

MY INDEPENDENCE AT HOME

Monthly Newsletter



"Only in the darkness can you see the stars" - Dr. Martin Luther King, Jr.

THYROID AWARENESS MONTH

The thyroid gland is a small, butterfly-shaped gland located in the base of the neck just below the Adam's apple. Although relatively small, the thyroid gland plays a huge role in our bodies, influencing the function of many of the bodies most important organs, including the heart, brain, liver, kidneys and skin. Ensuring that the thyroid gland is healthy and functioning properly is vitally important to the bodies overall well-being.

Some patients who have an enlarged thyroid gland may also produce too much or too little thyroid hormone. Because many symptoms of thyroid imbalance may be hard to recognize and may be mistaken for symptoms caused by other conditions, the best way to know for sure about your thyroid health is to ask your doctor for a thyroid-stimulating hormone test, a simple blood test that measures whether your thyroid gland is functioning normally.

For more information go www.thyroidawareness.com or call 1-800-994-9662

MONTHLY EATS

Golden Sweet Cornbread

Ingredients:

- 1 cup all-purpose flour
- 1 cup yellow cornmeal
- 2/3 cup white sugar
- 1 teaspoon salt
- 3 1/2 teaspoons baking powder
- 1 egg
- 1 cup milk
- 1/3 cup vegetable oil



Preparation:

1. Preheat oven to 400 degrees F (200 degrees C). Spray or lightly grease a 9 inch round cake pan.
2. In a large bowl, combine flour, cornmeal, sugar, salt and baking powder. Stir in egg, milk and vegetable oil until well combined. Pour batter into prepared pan.
3. Bake in preheated oven for 20 to 25 minutes, or until a toothpick inserted into the center of the loaf comes out clean.

THE MEANING OF THE KING HOLIDAY

The Martin Luther King, Jr. Holiday celebrates the life and legacy of a man who brought hope and healing to America. We commemorate the timeless values he taught us through his example — the values of courage, truth, justice, compassion, dignity, humility and service that so radiantly defined Dr. King's character and empowered his leadership. On this holiday, we commemorate the universal, unconditional love, forgiveness and nonviolence that empowered his revolutionary spirit.

We call on you to commemorate this Holiday by making your personal commitment to serve humanity with the vibrant spirit of unconditional love that was his greatest strength, and which empowered all of the great victories of his leadership. And with our hearts open to this spirit of unconditional love, we can indeed achieve the Beloved Community of Martin Luther King, Jr.'s dream.

For more information go to thekingcenter.org



DR. MARTIN LUTHER KING, JR FACT:

In 1983 President Ronald Reagan signed a bill that created a federal holiday to honor King. The holiday, first commemorated in 1986, is celebrated on the third Monday in January, close to the civil rights leader's January 15 birthday.

TOP 11 THINGS TO LOOK FOR IN A HOME CARE AGENCY



1. 24-Hour On-Call Service
2. Caregiver Screening
3. Background Checks
4. Pop-Up Visits
5. Physical Location
6. Professionalism
7. Compassionate
8. Licensed and Bonded
9. Quality Service
10. Trustworthy
11. Company History

CAREGIVER OF THE MONTH

Demetrius Brown

My Independence at Home prides itself on providing quality, compassionate, professional homecare; a commitment we could not fulfill without stellar employees!

#TESTIMONIAL

"My Independence at HOME really does care about their people. They are not in it solely for the money. The aides that they send out are very intelligent, attractive, fun, loving people. I would most definitely recommend My Independence at HOME to whomever seeks good quality homecare service."

~Dr. Corrine Butler-Williams

DAILY OBSERVANCES FOR JANUARY



Mummer's Parade
January 1, 2019



New Year's Day is about celebrating, and there's no better place to fete than at Philadelphia's Mummers Parade. During the festive, nearly 120-year-old tradition, 10,000 men, women and children dressed in colorfully lavish costumes twirl, sashay, pirouette and strut down one of the city's main streets.

In 1901, the tradition began in earnest with the first recognized and judged Mummers Parade. The term "Mummer" is German and means "to costume or masquerade."

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Holocaust Memorial Day
January 27, 2019



Holocaust Memorial Day is the day for everyone to remember the millions of people murdered in the Holocaust, under Nazi Persecution, and in the genocides which followed in Cambodia, Rwanda, Bosnia, and Darfur.

Holocaust Memorial Day Trust provides free resources for everyone to get involved with Holocaust Memorial Day. From lesson plans and assemblies to poems and films, our resources will help you organised meaningful activities for Holocaust Memorial Day.

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World Leprosy Day
January 27, 2018



World Leprosy Day takes place on the last Sunday in January. In 2018 this will be 28th January and this year we are calling for people to raise awareness to help prevent disabilities in children.

Across the globe, leprosy charities and partners aim to awareness of a disease that many people believe to be extinct, when in fact around 210,000 new cases are diagnosed each year, and we believe millions more people are living undiagnosed, leaving them at risk of disabilities.



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