

MY INDEPENDENCE AT HOME

Monthly Newsletter



"Love cures people, the ones who give it and the ones who receive it." - Dr. Karl Menninger

AMERICAN HEART AWARENESS MONTH

American Heart Awareness Month is an ideal time to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved.

The biggest part of living healthy comes down to simply making healthy choices. While you can't change things like age and family history, the good news is that even modest changes to your diet and lifestyle can improve your heart health and lower your risk by as much as 80 percent.

Chances are, we all know someone affected by heart disease and stroke, because about 2,300 Americans die of cardiovascular disease each day, an average of 1 death every 38 seconds. But together we can change that!



**American
Heart
Association®**

For more information go www.heart.org
or call 1-800-242-8721

MONTHLY EATS

Shrimp Scampi

Ingredients:

- 1 package of 8 ounces of angel hair pasta
- 1 cup dry white wine
- 1/2 cup butter
- 1/4 teaspoon ground black pepper
- 3/4 cup grated Parmesan cheese
- 1 tablespoon chopped fresh parsley
- 4 cloves minced garlic
- 1 pound shrimp, peeled and deveined



Preparation:

1. Bring a large pot of salted water to a boil. Stir in pasta and return pot to boil. Cook until al dente. Drain well.
2. Melt butter in a large saucepan over medium heat. Stir in garlic and shrimp. Cook, stirring constantly, for 3 to 5 minutes.
3. Stir in wine and pepper. Bring to a boil and cook for 30 seconds while stirring constantly.
4. Mix shrimp with drained pasta in a serving bowl. Sprinkle with cheese and parsley. Serve immediately.

BLACK HISTORY MONTH

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing the central role of African Americans in U.S. history. The event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating black history.

The Black History Month 2019 theme, "African Americans in Times of War," marks the 100th anniversary of the end of World War I and honors the roles that African Americans have played in warfare, from the American Revolution to the present day.



For more information go to
www.history.com

DID YOU KNOW?

The first heart-shaped box of chocolates was introduced in 1868. Today, more than 36 million heart-shaped boxes of chocolates are sold each year. That's 58 million pounds of chocolate.



FREE CELLPHONE FOR THOSE WHO QUALIFY



SafeLink Wireless is offering The Lifeline program to all eligible participants. Actual requirements vary by state, but in general to qualify for Lifeline, subscribers must either have an income that is at or below 135% of the Federal Poverty Guidelines, or participate in one of the following assistance programs:

- Medicaid
- Supplemental Nutrition Assistance Program (SNAP) Food Stamps
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance (Section 8)
- Veterans and Survivors Pension Benefit

For more information and to check eligibility, visit www.safelinkwireless.com or call 1-800-723-3546

CAREGIVER OF THE MONTH

Charles Williams

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

CONGRATULATIONS!

#TESTIMONIAL

"My caregiver helps me with walking, shopping, EVERYTHING. He is a big help. I have really started to depend on him a lot. My caregiver is a great asset to your company."

- PAULETTE GLASGOW

DAILY OBSERVANCES FOR FEBRUARY



Valentine's Day
February 14, 2019



Valentines Day is undoubtedly, the most popular Romantic Holiday - a day to express our appreciation, feelings, and love to our spouse, or significant other.

It is also a day to let our friends, and family know how much they mean to us.

Cupid is the symbol of love. It is said that if Cupid shoots his arrow of love and it hits you, that you will fall madly in love with the next person that you meet! Watch out!



National Organ Donor Day
February 14, 2019



National Organ Donor Day encourages people to sign up to donate their organs. It may save a life. Sure, it is uncomfortable to think of our own death, especially an early one. But, if it was to happen, you could save other lives. You are giving the gift of life to other people. So, please consider seriously signing up to donate your organs and tissue.

It's pretty easy to get started. We suggest you start here at www.organdonor.gov



Join and say,
"Yes!"



Rare Disease Day
February 28, 2019



Rare Disease Day takes place on the last day of February each year. The main objective of Rare Disease Day is to raise awareness amongst the general public and decision-makers about rare diseases and their impact on patients' lives.

On rarediseaseday.org you can find information about the thousands of events happening around the world on the last day of February.

#bethehope
CARE ABOUT RARE



1 Winding Drive, Suite 101
The Monroe Building
Philadelphia, PA 19131-2907

Phone: (215) 921-2277
Fax: (215) 921-2694
Web: www.myiah.org



@MYIAHOME