

# CAREGIVER QUARTERLY

KEEPING YOU IN THE LOOP



Keep an eye out for an interesting fact located in the blue box on every page!



## MARCH IS MULTIPLE SCLEROSIS AWARENESS MONTH

Join The Fight on Page 4

## SPRING GREENS CARBONARA

Recipe On Page 11

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# HEALTH TIPS 101

## STAYING HEALTHY AND ACTIVE THIS SPRING

Source: Meridian Care Services

Many people, especially seniors, tend to slow down and stay indoors more during the winter, so when spring finally makes its appearance, it may be difficult to get out of some of those winter habits. Spring is the perfect time to enjoy the outdoors and start a more active lifestyle. Although the key to maintaining good health is to stay active all year round, the cold, snow and ice can make it difficult for the elderly to get out. Getting your body used to a more active lifestyle takes a little preparation, but the following tips will help seniors get active and stay healthy this spring.

### Keep Active

As people age, it is essential that they stay active mentally, physically and socially. It is important to stay active and fit by doing something you enjoy. Finding a hobby or revisiting activities that you once enjoyed will help to maintain your strength, flexibility and balance as well as promote good cardiovascular health. If you have been huddled indoors all winter, now is the time to get out and take advantage of the warm weather. Physical activities will help you maintain a healthy weight, make sleeping easier, control illnesses and reduce stress.

### Eat Healthy

Eating a healthy diet is one of the most important things seniors can do have a healthy, active spring. Winter often makes it difficult to eat the fresh fruits and vegetables that your body craves, but now that spring has finally arrived, it's time to change your eating habits. The combination of physical activity

Binturongs smell like popcorn. Or popcorn smells like binturongs. I guess it depends on your perspective.



and eating a nutritious diet can help prevent or reduce the risk of a wide range of illnesses, such as high blood pressure and heart disease as well as reduce the symptoms of osteoarthritis. Our caregivers can help prepare nutritious meals if your loved one needs a little extra help in this area. It's important to make it a point to eat plenty of fresh fruits and vegetables this spring.

### Preventative Care

This is the perfect time of the year to schedule all of your routine checkups, including dental, vision and hearing as well as preventative screenings, such as mammograms and prostate cancer screenings. Schedule an appointment with your physician to ensure you are up-to-date on vaccinations, especially pneumonia and flu, which is potential risk all year round. Your physician can also provide you with recommendations for exercise and diet.

### Spring Cleaning

Yes, spring cleaning is a great way to ensure you stay healthy and fit this spring. Enlist the help of family, friends or your home health care aide to help you remove items that may be a fall risk, such as throw rugs or loose carpeting. Spring cleaning is also the perfect time to clean out the refrigerator and pantry, toss all expired foods and restock with fresh, healthy foods. Don't forget the medicine cabinet when spring cleaning; go through all medications to get rid of medicines you no longer take and those that are expired.



Opening the windows and letting the fresh spring air circulate through your home will not only help your home smell fresh, but it will help to relieve stress.

### Other Tips for Staying Healthy and Active

Getting outdoors as often as possible is one of the best things you can do to stay healthy this spring; it's a great way to get some exercise as well as a healthy dose of vitamin D. Keep in mind, that as people age, their skin becomes thinner, drier and less elastic, so when you venture outside to enjoy the fresh air and sunshine, don't forget to protect your skin from the sun. Apply sunscreen before going outdoors, even on cloudy days and wear a hat to protect your face and skin while working in the garden or taking a walk.

## A LETTER FROM THE OWNER WHAT'S GOING ON AT AHHS?



It is with great satisfaction that I congratulate America's Home Health Services/Management for finishing the year 2021 operationally and fiscally strong. Compared to the previous 2 years, 2021 has seen a dramatically positive change. We were able to lower our high employee turnover rates, that are common within the home health industry and in doing so we also employed a great management and administrative team that created a more positive and inclusive culture permeating through all 3 companies (AHHS/AHHM/MAZIWS). Our surveys and feedback from clients and employees show, that for the first time in America's Home Health history, employees are emotionally engaged and committed to demonstrating job ownership. Management's effective communication with employees has created momentum for America's Home Health Services to grow month after month. With the new year comes new challenges and obstacles, as well as new opportunities and possibilities. It is up to all of us, our hard work and dedication, to take America's Home Health Services and Mazi Workforce Solutions to new heights.

*-Ramazi*



The name Texas, based on the Caddo word *tejas* meaning “friends” or “allies”, was applied by the Spanish to the Caddo themselves and to the region of their settlement in East Texas.

## A LETTER FROM OUR CEO



## H HOW TO RECOGNIZE A DIABETIC EMERGENCY

Diabetes affects 11% of women and 10.5% of men in the state of Pennsylvania according to a Joint State Government Commission from the Commonwealth. With 12.9 million people residing in this great state these statistics mean that well over 1.3 million people are affected by either Type 1 or Type 2 diabetes.

In turn, with Pennsylvania accounting for 7% of the nation’s total diabetic cases according to the Pennsylvania Health Care Council it is likely you know someone who has been affected and it is important to know the warning signs of an emergency so you can properly assist in getting them care.

There are two types of diabetic emergencies and it is important to recognize symptoms of each since they are on the opposite ends of the spectrum – too much insulin in the blood verse too little.

When someone has too much insulin in their blood it can cause the first emergency referred to as Hypoglycemia. When you hear someone speak about “low blood sugar” this is what they are referencing. Some causes of Hypoglycemia can be taking too much insulin, skipping a meal, over-exertion and drinking alcohol. Some early warning signs of this diabetic emergency can include shaking, blurred vision, confusion and in the most severe cases seizures. If you are witnessing these symptoms please ask the person to immediately check their blood sugar. If it is low, in some cases, you can treat this by utilizing the 15/15 rule according to the panel of doctors on WebMD. The 15/15 rule is eating 15 grams of fast-acting carbs and wait 15 minutes to see if the person is feeling better. Checking the blood sugar at this time is also recommended. Fast-acting carbs can include 4oz of fruit juice or a tablespoon of honey. Never hesitate to call 911 because Hypoglycemia can cause a diabetic coma. It is wise to have the affected individual wear a call alert button or have one handy in the case of being alone and experiencing Hypoglycemic symptoms.

The second emergency is referred to as Diabetic Ketoacidosis (DKA) and is caused by not having enough insulin in the body forcing the liver to break down fat causing elevated ketone levels. Too many of these acids is dangerous to a person and can go undetected as DKA typically develops over time according to the CDC. The first signs of DKA include extreme thirst and frequent urination. Left untreated, stomach pain, muscle aches, tiredness, flushed face and nausea can develop. Often, these symptoms are the cause for many people to head to their doctor to discover that they have diabetes. Treatment for DKA involves receiving insulin which can reverse the condition that causes DKA.

Ultimately, if you are experiencing any of the symptoms mentioned above or are witnessing someone else experiencing them your best bet is to always contact a medical professional and/or call 911.

*-Roseann*

# CALENDARS

The Statue of Liberty arrived in New York Harbor on June 19, 1885, as a gift of friendship from the people of France to the people of the United States.



## March 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>MULTIPLE SCLEROSIS AWARENESS MONTH</b>		1	2	3	4	5
6	7	8	9	10	11	12
 +1h <b>Spring Forward</b>	14	15	16	 <b>HAPPY ST. PATRICK'S DAY</b>	18	19
20	21	22	23	24	25	26
27	28	29	30	31		1



MS sat me down.

**I will dance at my daughters' weddings.**

**Jim**  
Dad. Podcaster.  
Diagnosed in 1998.  
Explore powerful stories of people doing **whatever it takes** at [nationalMSSociety.org/jim](http://nationalMSSociety.org/jim)

Multiple Sclerosis Awareness Month encourages support for nearly 400,000 people diagnosed in the United States with this unpredictable disorder. While not contagious, it can be devastating if untreated and challenging to diagnose.

It is a disease of the central nervous system, affecting the brain, optic nerves, and spinal cord. Each day, those living with multiple sclerosis do everything they can to push forward. Despite all the challenges they face, they persevere.

Common signs of the disease include trouble walking, difficulty balancing, fatigue, numbness or tingling, and vision problems. These symptoms can vary widely depending on which nerves are affected and the level of damage to the nerves.

MS destroys the myelin surrounding the nerves and over time results in reduced communication between the nerves and the brain. Symptoms include visual issues, difficulty with balance and coordination which ultimately limits mobility, and overwhelming fatigue.

### HOW TO OBSERVE

**#MultipleSclerosisAwarenessMonth**  
Learn more about multiple sclerosis and its symptoms. Visit [www.mysmaa.org](http://www.mysmaa.org) to find out how to provide support to a loved one or a friend who has MS. Use **#MultipleSclerosisAwarenessMonth** to share on social media. Reach out to someone you know who has multiple sclerosis. Talk openly with them about it to learn more. While it may be a tad uncomfortable at first, they will be glad you wanted to learn more.



Quite fittingly, the first CD made in the United States for commercial release was Bruce Springsteen's 1984 album, "Born in the U.S.A."

## IN CASE YOU DIDN'T KNOW

### SPRING IS COMING! SPRING ACTIVITIES FOR SENIORS

Springtime is a favorite season for many because it is a time of renewal and awakening. As the weather warms up after a long winter, it is refreshing to spend time outdoors and enjoy the warm weather and outdoor activities. There is nothing like breathing in fresh air and soaking up the warm sun to renew the spirit and enhance our quality of life!

Taking time to enjoy some spring activities can not only improve cognitive function but happiness as well.

Here are a few favorite springtime activities for older adults:



SOURCE: Live Well at Home



**Go for a walk** at a local park or nature trail. Walking is a great form of exercise for older adults. If you can, find a friend to walk with you to enjoy some social activities while exercising.

**Enjoy a meal outdoors** with friends or family. Visit a favorite restaurant and sit on the patio if the weather is nice with a friend or family member.

**Enjoy a local tourist attraction.** Whether it's a local landmark, sporting event or historical site, visiting local attractions are a great way to get out and combat cabin fever.

**Plant a garden and/or herb garden.** Gardening is a great activity for older adults and planting a vegetable garden and/or herb garden can provide healthy ingredients for your favorite dishes.

**Visit a local botanical garden** or farmer's market. Having fresh fruits and vegetables on hand can help older adults make better choices in their diet, plus you can potentially find some great deals on local produce and fresh cut flowers to bring some joy into your home. What activities are you looking forward to enjoying this spring?

# RECOGNITION

Kansas City, Missouri, is often abbreviated as KC. It is officially nicknamed the City of Fountains. With over 200 fountains, the city claims to have the second most in the world, just behind Rome.



## CAREGIVER QUARTERLY AWARDS

RECOGNIZING YOUR DEDICATED CAREGIVING THROUGHOUT THE YEAR

### PITTSBURGH

### NATASHA GHRIST

Natasha has been with AHHS since August. She has a great relationship with her client and she never calls off. She is very reliable and a great asset to our team.

### ALLENTOWN

### KADIJAH BAILEY

Kadijah is extremely pleasant and very respectful. She has been extremely flexible and has covered various cases every time we call her to fill in, and is a very hard worker. Thank you, Kadijah, for all the work you do!

### WILKES-BARRE

### YOLANDA SCOTT

Yolanda is dedicated, reliable, compassionate, and takes great care of all of her patients. She is always on time, rarely calls off, picks up extra shifts, and even on short notice covers call offs. Not only has she built great relationships with her regular patients, but every patient she sees has had very good things to say about her and the care she provides. She is a fantastic Caregiver!

## CALL TODAY TO JOIN OUR TEAM!



**ALLENTOWN**  
(610) 351-3461

**PHILADELPHIA**  
(215) 745-7777

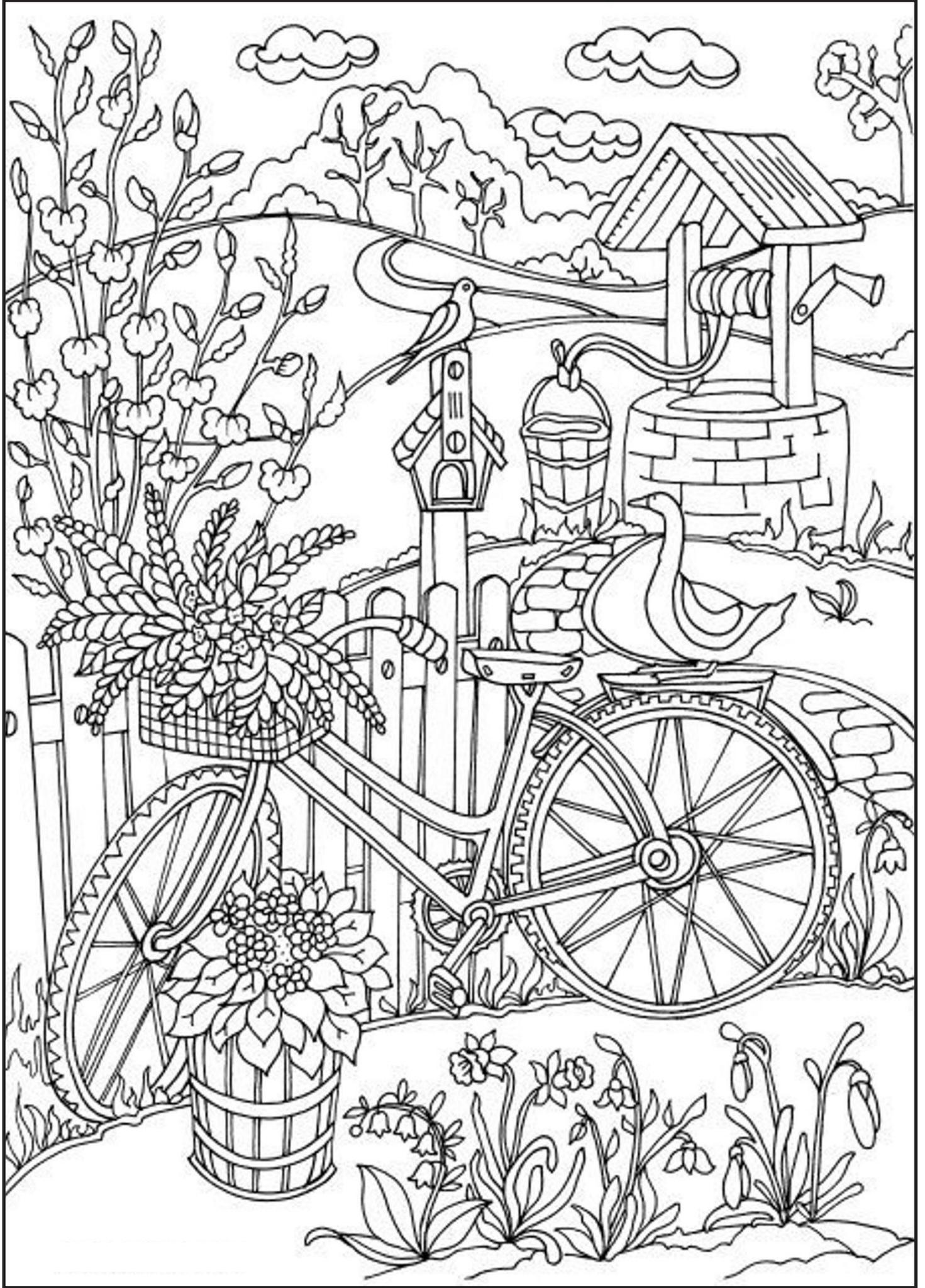
**READING**  
(610) 985-0071

**PITTSBURGH**  
412-808-5339

**POTTSVILLE**  
(570) 535-2278

**WILKES-BARRE**  
(570) 606-4124

**LEMOYNE**  
(717) 826-0022



# PUZZLE PAGES

## FOR THE KID IN ALL OF US

According to superstition, bad luck will “rain” on you if you open an umbrella indoors. One explanation comes from the days when umbrellas were used as protection from the sun; opening one inside was an insult to the sun god.



23rd March

### ACROSS

- 1 Huge flop
- 5 Roe producer
- 9 Proof word
- 13 PC alternatives
- 17 Benjaminite of the Bible
- 18 Atmosphere: prefix
- 19 Mother of Helen of Troy
- 20 Flattened circle
- 21 Claudius's successor
- 22 Arbor supports
- 24 Type of wire
- 25 Applied Armor All
- 27 Bull's-eye pouch of “Our Gang”
- 28 Presided over
- 30 Kanye, to North
- 31 Jockey Willie
- 33 Navigate
- 36 Goalie's protected spot
- 37 British gun
- 38 Fawn's mother
- 41 Ali Khamenei's

- country
- 42 Billie \_\_\_ King
- 43 Secluded valleys
- 44 Peyton Place's main street
- 45 \_\_\_ publica
- 46 Give the impression
- 47 Finer than fine, to a collector
- 48 “Volsunga Saga” king
- 49 Haciendas
- 51 Sultry singer Horne
- 52 Kilt feature
- 53 Word in a lover's vow
- 54 Abscam, for one
- 56 Bridge support
- 57 Emir's dears
- 59 “There But for Fortune” singer
- 60 Bay fed by the River Erne
- 63 Landers and Jillian
- 64 Mexican sauce
- 65 Big House tenants
- 66 Guidonian note
- 67 Road map abbr.
- 68 “\_\_\_ Lottery”

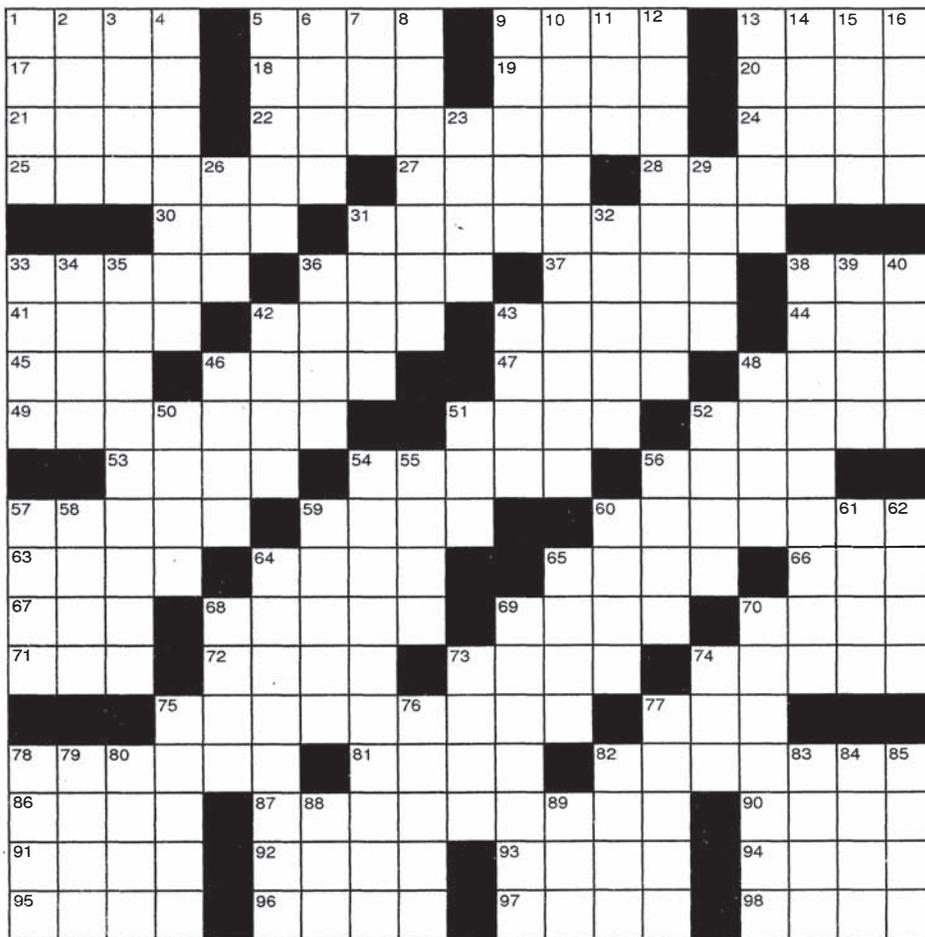
- (Philip K. Dick novel)
- 69 Window piece
- 70 Freeze start
- 71 Word in MPH
- 72 Dutch town
- 73 Bedouin lodging
- 74 Script studier
- 75 Zealots
- 77 Feedback start
- 78 Request another decision
- 81 Prohibition crime-fighter
- 82 Frank
- 86 Credit
- 87 Ells, e.g.
- 90 Silent star Novello
- 91 Came down to earth
- 92 “\_\_\_ Angel”
- 93 Purplish black
- 94 Weed in the Bible
- 95 Signals the auctioneer
- 96 Birthplace of Joyce and Yeats
- 97 Mrs. Dick Tracy
- 98 Beatrice d' \_\_\_

### DOWN

- 1 Like a clothes-hanger jimmy
- 2 Superior: Ger.
- 3 Just
- 4 \_\_\_ one's horizons
- 5 Filled completely
- 6 Bovine band
- 7 TV's “You \_\_\_ There”
- 8 Dan Marino, once
- 9 Upper crust
- 10 Bearing a likeness to
- 11 Fruity thirst quencher
- 12 Capital of Uzbekistan
- 13 Adapted for grinding, as teeth
- 14 Enthusiastic
- 15 Stalagmite's locale
- 16 Hibernial conveyance
- 23 Panetta or Spinks
- 26 Paver's stuff
- 29 Twilights, poetically
- 31 Imitation

- 32 Forum
- 33 Term for addressing royalty
- 34 \_\_\_ bien
- 35 New England resident
- 36 Bishops' domains
- 38 Laundry need
- 39 Spanish jar
- 40 Spout
- 42 Heckle
- 43 James Cagney film
- 46 Restrain
- 48 Protected, at sea
- 50 Class of birds
- 51 Model Hurley
- 52 Connects, as culpability
- 54 Mythical fire dweller
- 55 One ready to drive, in golf
- 56 Part of a Southern meal
- 57 Dulcimer's kin
- 58 Throw in a chip
- 59 Cattle stoppers
- 60 “It \_\_\_ Come Easy”

- 61 Member of the sax section
- 62 Hideout
- 64 Tone down
- 65 Vegetable containers
- 68 “Que \_\_\_...” (Doris Day hit)
- 69 Hang in there
- 70 Monkshood
- 73 Screen, for one
- 74 Telecast
- 75 Coppers
- 76 “Komm, Gib Mir \_\_\_ Hand” (Beatle recording)
- 77 Expedition starting points
- 78 Hale of “Gilligan's Island”
- 79 Ralph Lauren's line
- 80 Satisfied a blackmailer
- 82 Slaughter of baseball
- 83 Gabor and Marie Saint
- 84 Match by type
- 85 Koala's perch
- 88 Opus \_\_\_ (“The Da Vinci Code” villains)
- 89 Roberto's “rah”





The rings of blue, black, yellow, red and green, which make up one of the most recognized symbols in the world, traditionally represent the five different areas of the world involved in the Olympics.

# PUZZLE PAGES FOR THE KID IN ALL OF US

## WORD SEARCH



- |           |            |                 |
|-----------|------------|-----------------|
| APRIL     | GRASS      | SPRING BREAK    |
| BLOOM     | GREEN      | SPRING CLEANING |
| BLOSSOM   | GROW       | SPROUT          |
| BREEZE    | HATCH      | SUNSHINE        |
| BUD       | LIFE CYCLE | TADPOLE         |
| BULBS     | NEST       | TULIP           |
| BUNNY     | PUDDLES    | UMBRELLA        |
| BUTTERFLY | RABBIT     | WARMING         |
| CHICK     | RAIN       | WEATHER         |
| DAFFODIL  | RAINBOW    | WINDY           |
| EASTER    | RAINCOAT   | WORMS           |
| EGGS      | SHOWERS    |                 |
| FLOWERS   | SPRING     |                 |

## SUDOKU

	8		9			6		
	5	7	6		8			2
		4		3		7		9
	6				7			5
4				9	6	1		
8	7			5		2		3
			7	1	9		3	
		8					2	
7	9	6		8		5		1



## ANSWER KEY

2	8	3	9	7	1	6	5	4
9	5	7	6	4	8	3	1	2
6	1	4	5	3	2	7	8	9
3	6	1	8	2	7	4	9	5
4	2	5	3	9	6	1	7	8
8	7	9	1	5	4	2	6	3
5	4	2	7	1	9	8	3	6
1	3	8	4	6	5	9	2	7
7	9	6	2	8	3	5	4	1



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**INFORMATION TECHNOLOGY**



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Mazi Workforce Solutions is a full-service recruitment firm specializing in recruitment for all size businesses. We are a leader in direct hire, contract-to-hire and project consulting positions. We leverage our deep talent network to identify multiple high performing candidates for each requisition.

Utilize our comprehensive labor research service that includes market trends about the candidate profile that you seek so you can make the perfect addition to your staff.

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From the continental point of view, Japan is in the direction of the sunrise, so the Japanese began to call their country Nihon, meaning “source of the sun” and often translated into English as “land of the rising sun.”

# SEASONAL RECIPE

## TRY COOKING SOMETHING NEW

### S SPRING GREENS CARBONARA

Source: [bbcgoodfood.com](http://bbcgoodfood.com)

Spring is right around the corner! Enjoy a twist on a carbonara with plenty of spring vegetables. Sweet peas and asparagus balance the saltiness of the pancetta and richness of the egg yolks.



## DIRECTIONS

Boil the kettle. Heat ½ tbsp oil in a large, deep frying pan or saucepan over a low-medium heat and sizzle the pancetta until crisp, about 5 mins. Once crisp, reduce the heat to as low as it will go to keep warm.

Meanwhile, put the parsley, basil, mint and remaining oil in a small food processor and blitz until finely chopped. Or, finely chop the herbs using a sharp knife and omit the oil. Whisk the egg yolks and parmesan together in a separate bowl.

Fill a large saucepan with boiling water from the kettle, season well with salt and bring to the boil on the hob, then cook the spaghetti for 10 mins until al dente. Add the asparagus and broccoli for the final 3 mins of cooking time, and the peas for the final 30 seconds.

Lift the spaghetti into the pan with the pancetta using tongs, allowing a little water to be added with each addition of pasta. Drain the boiled veg but reserve a mug of the cooking water, then add the veg to the pan with the spaghetti and pancetta. Keep the heat set as low as possible and ensure there is a small puddle of the pasta cooking water in the bottom of the pan. This will prevent anything catching and help loosen the sauce.

Scrape all of the herb mixture and the egg and cheese over the warm spaghetti mixture and use tongs to toss everything together, ensuring each strand of spaghetti is well-coated. Continue tossing the pasta through the sauce for a few minutes, turning the heat up slightly if needed until the sauce thickens and clings to the spaghetti. Add splashes of the reserved pasta cooking water if the sauce becomes too thick – the spaghetti should be glossy and shiny when ready.

Divide between bowls and top with extra parmesan, a grinding of black pepper and a drizzle of extra virgin olive oil, if you like.

## INGREDIENTS



2½ TBSP OLIVE OIL



200G PANCETTA CUBES OR SLICES



SMALL BUNCH OF PARSLEY, ROUGHLY CHOPPED



2 SMALL BUNCHES OF BASIL, LEAVES PICKED



4 LARGE MINT SPRIGS, LEAVES PICKED AND ROUGHLY CHOPPED



4 EGG YOLKS



50G PARMESAN, GRATED, PLUS EXTRA TO SERVE



350G SPAGHETTI



125G ASPARAGUS, ENDS REMOVED, CUT INTO PIECES



125G LONG-STEMMED BROCCOLI, CUT INTO PIECES



125G FRESH OR FROZEN PEAS (SHELLED IF FRESH)



# AMERICA'S HOME HEALTH SERVICES



*Quality Care* IN THE *Comfort* OF YOUR *Home*

America's Home Health Services has been servicing the great citizens of Pennsylvania for over 13 years. We are dedicated to providing exceptional, cost-effective, family-focused care for the sick, elderly and disabled. Our goal is to meet your medical and personal needs in the nurturing environment of your home.

Visit our website for more information or contact your local Home Care Consultant today!



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