



**OCTOBER IS  
BREAST CANCER  
AWARENESS MONTH**

Join The Fight on Page 3

**PUMPKIN CHILI**  
Recipe On Page 12



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# HEALTH TOPICS

## BREAST CANCER AND THE ELDERLY

Source: Breast Cancer Research Foundation



Here, we highlight some of the ways elderly people experience breast cancer differently—and the importance of further research to improve outcomes.

### How breast cancer affects the elderly

Based on current knowledge, the biology of breast cancer in the elderly is not much different from breast cancer at younger, post-menopausal ages. Up to 80 percent of cases are ER-positive. A 2014 analysis showed that the percentage of luminal breast cancers increase with age, while the percentage of aggressive basal-like tumors decrease. While more favorable breast cancer subtypes are prevalent in older women, more aggressive breast cancers are not uncommon.

Older patients can respond to treatment differently. Chemotherapy, for example, requires a balance of providing the standard of care at recommended doses while monitoring potential toxicities (such as congestive cardiac failure and osteoporosis) and impact on quality of life. While elderly people with breast cancer are at a greater risk of side effects and treatment-related mortality, undertreatment at any age is linked to poor outcomes.

Regardless of breast cancer subtype and prognosis, patients over 75 years do not always receive appropriate treatment. Improper assessment of functional age as well as a lack of available data in older adults with cancer contribute to this disparity. It is important for patients and their caregivers to clearly define the goals of treatment with their oncologists, along with the potential side effects of treatment.

Functional age is different for individual patients. One 75-year-old person may be very independent and active, while another may be confined to home and require daily assistance. How cancer treatment affects the individual patient will very much depend on functional status. Incorporating a few basics of geriatric assessment (Has the patient had any falls? Can he/she walk one block?) into practice could better evaluate older patients and guide treatment and care. A geriatric assessment is now recommended for almost all older patients with breast cancer and is especially important in older women considering chemotherapy. The Cancer and Aging Research Group has a chemo-toxicity calculator and geriatric assessment for patients online here.

### The need for more research into breast cancer in the elderly

Older adults are often excluded from clinical trials, which form the basis of standards of care. This can be based on an eligibility cutoff age or a



restriction to only include healthier patients. The result is a lack of clear, evidence-based guidelines on how to treat breast cancer in this group.

“Understanding how toxicities of cancer therapies will affect older patients remains an unanswered question,” said Dr. Hyman Muss, BCRF investigator and director of geriatric oncology at the Lineberger Comprehensive Cancer Center at the University of North Carolina. “New drugs are not tested in adequate numbers of older patients,” he added. “We don’t know if they will have the same benefit or side effect profile as they do for a younger, healthier population.”

The doctors who dedicate their practice to older patients, are a special group of individuals who often view their diagnoses through the lens of a life’s journey. A geriatric oncologist, the late BCRF investigator Dr. Arti Hurria, who tragically passed away in 2018, once said of her profession: “I am so blessed to work with this population. Because of their life’s experiences and wisdom, they can somehow appreciate and accept the boundaries of our knowledge. I advise them on their cancer, and they advise me on life. I become part of their family and vice versa. Hugs and kisses are a big part of my clinic day.”

In addition to adequate treatment guidelines for older adults with breast cancer and further study of how standards of care affect this population, there is a critical need for more oncologists who specialize in treating this population—especially as the U.S. population continues to age.

## CALL TODAY TO JOIN OUR TEAM!



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

**LEMOYNE**  
(717) 826-0022



# L

## A LETTER FROM THE CEO TAKING CARE OF OUR CLIENTS AND CAREGIVERS

Greetings! I am pleased to announce that America's Home Health Services is providing quality home care to more individuals at this moment than ever before. The industry as a whole has seen an uptick regarding the need for home care post Covid and at America's Home Health Services we couldn't be happier about continuing to promote independent living and care in the comfort of the homes of our clients.

Our success and growth is derived from one place: **OUR PEOPLE**. Our internal staff is comprised of experienced home care personnel that are not only passionate about their jobs but personalize clients and caregiver needs on a daily basis.

Here is what people are saying about America's Home Health Services:

*Thankful for Donald and his team. My father requires 24/7 care and he took on our case without hesitation and with very little notice. Even brought on some of the team we already had in place because Dad was comfortable with them. Donald gave me hope when another agency almost made me believe my father wouldn't be able to stay in his own home. Thank you for making my Dads dream of being home a reality. – R. Ogin*

*I just wanted to share my deepest, heartfelt gratitude and appreciation for Miss Amanda, who is my caseworker, and Miss Ceonie, who is my aide, as they are both very sweet and understanding staff members and I believe a great asset to your company!! Especially in the past week or so, when I needed some extra help and had some schedule changes at the last minute, and neither one of them spared any expense to adapt to these last minute changes. Thank you God for allowing me to cross paths with these two extremely lovely, sweet and caring young ladies. – R. Warmen*

*My parents both have recently become ill and homebound. I knew that 24 hour care without the proper help would be impossible. A friend who had used services before recommended America's Home Health Services. I called the company and spoke with Alexis Sennett (Home Care Consultant). Alexis came to visit my parents in their home and from that day on became part of our family. Her dedication to her job and her genuine concern for my parent's care was extraordinary! The endless hours of work and compassion for her job always searching for the perfect caregivers provided the support to keep my parents in their home. Thank you Alexis for all you've done for my family! You are an exceptional person! I would also like to thank Clarissa Baynes (Director of America's Home Care Health) for her wisdom and empathy in selecting a staff with people like Alexis Sennett who strive to make a difference in the geriatric population. – M. Lee*

*I would like to tell everyone what a pleasure it was for my journey to learn about America's Home Health Services. They are honest, pleasant people to be around and talk to. They bring lots of sunshine, kindness, joy and love to your home. I am very happy with my aides. – D. Messinger*

A great big **THANK YOU** to all of our clients for allowing us to provide you exceptional care in your home.

And a giant **THANK YOU** to all of our dedicated caregivers for providing this care to our clients. You are making a difference in someone's life and whether this is a stepping stone to a career in health care or you are a life-long caregiver we appreciate the opportunity to give you this rewarding experience. **OUR community is YOUR community** and it shows.

*-Roseann*



# October 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9		11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

# November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			2	3	4	5
6	7	8	9	10		12
13	14	15	16	17	18	19
20	21	22	23		25	26
27	28	29	30			

## WHY IT'S DIFFICULT TO CALL YOURSELF A CAREGIVER

Source: Family Caregivers Online

Big events in life are often marked by ceremonies and rituals. A wedding makes you a spouse. A naming ceremony celebrates the birth of a child. A graduation acknowledges your educational achievements. A funeral marks the loss of someone you love. But when you become a family caregiver, there are no ceremonies or rituals. No one congratulates you. No one sends presents. No one even asks if you want to become a caregiver, or tells you what it might mean. You may not even have realized that you have taken on this life-changing role. And even if you do know that something big has happened, you may not realize what it means or how to adjust.

### You are a caregiver if you:

- Take care of someone who has a chronic illness
- Manage medications or talk to doctors and nurses on someone's behalf
- Help bathe or dress someone who is frail or disabled
- Take care of household chores, meals, or bills for someone who cannot do these things alone

### Why it's difficult to call yourself a Caregiver

Some people think, "I'm not a caregiver, I'm a daughter, son, partner, or spouse." They may be afraid that if they acknowledge their caregiving role, their basic relationship to their family member will mean less to both of them. This fear is understandable, but not realistic. You will always be a daughter, son, husband, or wife. Some people talk about caregiving as "becoming a parent to your parent." But that's not really true either. Whatever you do for your aging mother, she will always be your mother. Thinking of her as your child is not helpful to either of you. Another objection to being called a caregiver is that you are not doing anything special. You are just taking care of someone you love, as you promised, or feel obligated to do. But the reality is, "taking care" in today's complicated health care world goes far beyond what any family member had to do in the past.

### Why it's important to see yourself as a Caregiver

Being a caregiver gives you some rights and authority when dealing with health care and social service agency staff. As a family caregiver, you have the right to get information about your family member's condition. You have the right to be involved in decision making about your family member's care. It is hard to accept that your family member is going to need help from now on. It is also hard to accept that you will need to



provide that care or find other people to do it. But once you have accepted the reality, you can begin to deal with it. Here are a few things to remember:

**Set limits on what you can do-** No one can do it all. You will need to get help from many people – professionals, people you hire, other family members, friends, and community services. Find out what is available in your community for your family member and you, such as Home Care, Financial Support, Respite (a break from caregiving) services, or other services.

**Let go of guilt-** Sometimes other people make you feel guilty. Most guilt, however, comes from your own feelings of not being a good enough caregiver, parent, spouse, or employee. If you are doing your best to keep up with the many demands of caregiving, there is no reason to feel guilty.

**Try to continue some of your previous activities-** You may get pleasure from singing in a choir, meeting the garden club, bowling, going to a baseball game, or just having lunch and a movie with friends. These activities keep you in touch with the non-caregiving world. It is not selfish to take time off to do these things. It is a way to keep caregiving from overwhelming you.

**Your Own Health-** "Take care of yourself" is the most common advice you will get from professionals and friends. And it's good advice. It's just hard to get a good night's sleep, eat healthy foods, exercise, and go to the doctor regularly when caregiver seems to take every minute of every day.

# RECOGNITION



## CAREGIVER OF THE QUARTER AWARDS

RECOGNIZING DEDICATED CAREGIVING



### LANCASTER

### LACHANELL EVANS

Lachanell has been a great asset to our Lancaster team. She has proven herself to be consistent and reliable and is very easy to communicate with.

### PITTSBURGH

### RONALD PICKETT

Ronald has been with AHHS since September 2021. Ronald is very reliable and caring and is always looking out for his clients, picking up shifts in the evenings and on the weekends. In his free time Ronald likes to take care of his animals, 1 dog and 2 cats. He likes to go to the movies and sporting events with his friends.

### WILKES-BARRE

### DANA VANDERPOOL

Dana Vanderpool is an amazing caregiver, because she always shows up on time for her scheduled shifts, she always offers to stay late or come in early if we need her. Dana is dependable, compassionate and trustworthy. If we get stuck in a jam last minute, it's Dana to the rescue! She's an amazing kind person who is passionate about her job and clients. We are lucky to have her on board with us!

### PHILADELPHIA

### AMEERAH ANDERSON

Ameerah is a great Caregiver. She is kind, compassionate and goes above and beyond for her clients. Ameerah is an asset to our team, and we are lucky to have her.

### ALLENTOWN

### JUANITA ANDREWS

Juanita is a great example of an amazing worker. She is super friendly and kind with our clients. They love her. Whenever we need coverage she is always available and does not hesitate to help when we need her.

## FALL ACTIVITIES SENIORS AND LOVED ONES CAN ENJOY

Source: Saber Healthcare

Now that fall is here, it's the season for enjoying the beautiful colored leaves and everything pumpkin. Here's a list of fall activities that seniors can enjoy.

**Go for a Hike-** There are many beautiful scenic changes that come alongside the fall scenery. The landscape will begin to turn golden, and wildlife can be seen preparing for the upcoming winter. Going for a nature hike can be one way you and your loved one bond together this fall. If your loved one likes to take photos, this is an opportunity for them to capture some of autumn's unique scenery on camera.

**Apple Picking-** Apple picking is another fun activity that older adults can enjoy. There are many local farms that will allow you to pick apples directly off the trees, and the apples they offer will vary by the time of year. After you go apple picking, you and your loved one can bake a pie, cook apple fritter, make applesauce, or squeeze apple juice. This can be a fun way to spend quality time together during this season.

**Pumpkin Picking-** Pumpkin picking is another fun activity that people of all ages can enjoy. With the harvest, pumpkins are ripe and ready to be picked at the farms. You and your older loved one can visit a pumpkin patch to find the pumpkins that fit your needs. Once you have the pumpkins, you can bake fall treats or turn them into Halloween decorations.

**Decorate For Halloween-** If your older loved one likes the spooky season, you can help them decorate their home for Halloween. You can share Halloween stories while you decorate.

**Go to a Corn Maze-** Corn maze challenges are a popular autumn activity where you have to navigate your way to the exit. There are many corn maze challenges that pop up around this time of year. Each maze is a different size and difficulty depending on your skill level.

**Go on a Hay Ride-** Hay rides are a fun outdoor activity for seniors because they can enjoy the fall scenery. Your family can also take photos of the scenic views that you can later turn into a scrap book.

**Have a Fall Picnic-** A fall picnic is the perfect way to spend time with your loved ones while enjoying the beautiful orange and red colors that come with autumn. You can plan a family picnic at the park or in your own backyard this year.



**Bake Seasonal Treats-** If your senior loved one enjoys cooking or eating food, making seasonal treats can be a fun activity you can do together this year. Fall is notorious for treats that are pumpkin and apple flavored.

**Do an Autumn Puzzle-** If your senior loved one enjoys doing puzzles, there are many puzzles available at the store that center around the autumn scenery. Puzzles are a great way for older adults to keep their brain active while spending quality time with the family.

**Visit the Farmer's Market-** The farmer's market is a great way to support your local farms while getting some much-needed items for cooking up your family's fall treats. At this time of year, many farmers are excited to sell their harvests to help families make seasonal meals.

**Knit a Scarf, Hat, or Sweater-** If your loved one is creative and likes to knit, making an autumn themed scarf or sweater can be a fun activity that you can enjoy together. Knitting is a great way for you and your loved one to learn a new skill while spending time together. You will also have something to remember this year by when you're done!

**Make Fall Wreaths-** Making fall wreaths with autumn-colored decorations such as leaves, pumpkins, flowers, leaves, and pinecones is one way you and your senior loved one can get creative this year.

**Plant a Garden-** Many seniors love gardening, and this is the time of year where you can help them plant flowers that will bloom in the spring. When the spring season comes around, these plants will bloom and create a colorful look in the yard!

**COLORING PAGE**  
**FOR THE KID IN ALL OF US**

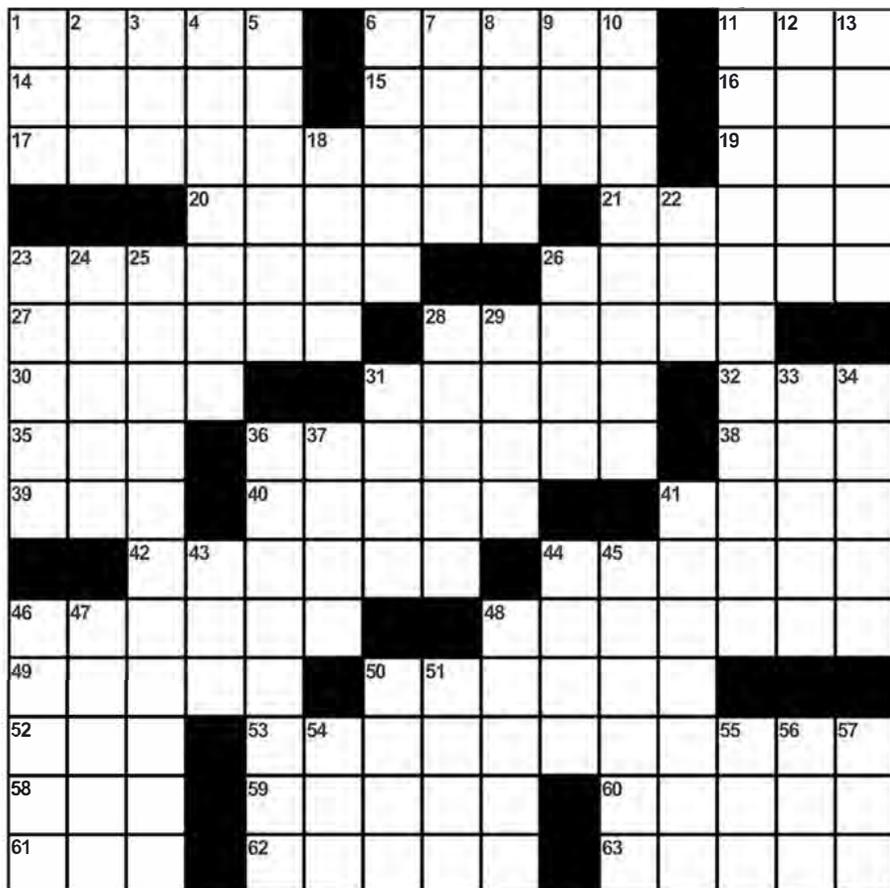


### ACROSS

- 1) Improbable wish
- 6) A Muse
- 11) Environmental hazard, for short
- 14) Maternally related
- 15) Ruby or diamond, e.g.
- 16) Chicken \_\_\_ king
- 17) Did a gymnastic maneuver
- 19) It may have a nap on the floor
- 20) Smart \_\_\_ (obnoxious ones)
- 21) Likes and dislikes
- 23) Most risqué
- 26) "\_\_\_ of the Field" (Poitier classic)
- 27) Spiral-horned beasts
- 28) Type of clock or power
- 30) Rocky peaks
- 31) Brief period of time
- 32) Mauna \_\_\_ (Hawaiian peak)
- 35) Hamlet's catch
- 36) Ancient Roman magistrate
- 38) Palindromic Bobbsey
- 39) "Deep Space Nine" character
- 40) "Me too"
- 41) Aphid, to a gardener
- 42) Word on a nutritional label
- 44) Cleans the slate
- 46) New delivery
- 48) In an angry way
- 49) Nigerian currency
- 50) Cook with direct radiant heat
- 52) Add a soundtrack
- 53) Browns, as onions
- 58) Anger
- 59) Feudal vassal or lord
- 60) Sidestep, as an issue
- 61) An inferior dog
- 62) Certain church officer
- 63) Transfer, as at a nursery

### DOWN

- 1) Christmas mo.
- 2) Retrovirus contents, for short
- 3) Canal site
- 4) Gains
- 5) Whimpered
- 6) Act the bouncer
- 7) Unpleasant smell
- 8) Belt-hole makers
- 9) Football formation
- 10) Aged one
- 11) Dramamine prevents it
- 12) High-pitched woodwind
- 13) Baseball backstops
- 18) Amerada \_\_\_ (bygone petroleum company)
- 22) He fought Frazier three times
- 23) '80s fashions, now
- 24) How most fans cheer
- 25) Material for some bikes
- 26) Batty, in Spain
- 28) "There's no music in \_\_\_ ..." -- Ruskin
- 29) Former Yugoslavian president
- 31) Samoan money
- 33) It might come with a few pointers
- 34) Jittery
- 36) Acme
- 37) Huck Finn's boat
- 41) Type of resistance
- 43) Paddle kin
- 44) Ashtabula's lake
- 45) Window-shade part
- 46) Like Sanskrit, Hindi and Bengali
- 47) South Pacific island nation
- 48) Up-and-\_\_\_
- 50) Raised racehorses
- 51) Rush furiously, as a river
- 54) Feel pain, perhaps
- 55) Use the microwave
- 56) Tokyo, formerly
- 57) Fix, as a clock



### WORD SEARCH

N T U Z B E D I R Y A H V X B S P K V R M C  
 A I P O C U N R O C B E E G A I L O F L F A  
 M X D L O G H S P K C O H S R E D D O F Q Q  
 N E C I J F R A E I W D T K R C O F F E E C  
 O C A P S S L E R E E N T I H A Y R I D E S  
 S I N L E E B Z B V R F A L L B R E A K K B  
 A P D U V R S E W M E T R N F N D B U P U O  
 E S Y F A I F O R R E S T C R E A T U R E S  
 S N C R E F O Y E R S V T D A A A M W R A F  
 W I O O L N T O B N I O O X C G P E C P O N  
 O K R L T O S H O W H E R N S K A G P O W S  
 R P N O T B J I T O N T S C I T U L T O W D  
 C M K C L P T E C L M C A N H B E B R E W M  
 E U S L E A R Z O L W M P E A A A B A E S F  
 R P A E R G C I E E U A R K R L R T Y N L H  
 A F L O P A J A N Y T C I A L W E D X O A B  
 C U C E R T F M U C H N P Z B R B H X C V O  
 S E T A N P E R H A G C I N N A M O N E I O  
 D Z M U I N A M N K L U F K N A H T Q N T T  
 B E W L M K A G B Q S T U N T S E H C I S S  
 L T E Y E N E L O E A O N P H X D B Y P E L  
 A C O R N S G R F Z R I X R Y G O U R D F C

- |             |                  |               |
|-------------|------------------|---------------|
| ACORNS      | FALLBREAK        | ORCHARD       |
| APPLE       | FESTIVALS        | PIE           |
| AUTUMN      | FLANNEL          | PINECONE      |
| BAKING      | FODDERSHOCK      | PUMPKINPATCH  |
| BERRIES     | FOLIAGE          | PUMPKINSPICE  |
| BONFIRES    | FOOTBALL         | RAKE          |
| BOOTS       | FORRESTCREATURES | SCARECROW     |
| BROWN       | GOLD             | SCARF         |
| CANDYCORN   | GOURD            | SEASON        |
| CARAMEL     | HARVEST          | SEPTEMBER     |
| CHESTNUTS   | HAYRIDE          | SWEATER       |
| CINNAMON    | HAYRIDES         | THANKFUL      |
| COFFEE      | LEAFPILE         | TREES         |
| COLORFUL    | LEAVES           | WEATHERCHANGE |
| CORNUCOPIA  | MAIZE            | WREATH        |
| DECORATIONS | NOVEMBER         | YELLOW        |
| FALL        | OCTOBER          |               |

### SUDOKU

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

### LETTERBLOCKS

Move the letter blocks around to form two words, one on the top line, the other on the bottom line, that can be associated with HALLOWEEN. Letters can be moved from one line to the other.

R	N	H	K	D	I	P
U	Y	M	I	P	A	E

\_\_\_\_\_

\_\_\_\_\_

### ANSWER KEY

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

1	D	2	R	3	E	4	A	5	6	7	8	9	10	11	12	13
14	E	15	N	16	A	17	T	18	E	19	J	20	21	22	23	24
25	C	26	A	27	R	28	T	29	30	31	32	33	34	35	36	37
38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
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89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122
123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139
140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156
157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173
174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190

#### LETTERBLOCKS

PUMPKIN  
HAYRIDE



#### HEALTHCARE SOLUTIONS



#### CORPORATE STAFFING SOLUTIONS



#### INFORMATION TECHNOLOGY



#### EXECUTIVE SEARCH

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.

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## S PUMPKIN CHILI

Source: *The Pioneer Woman*

If you contain your pumpkin obsession to just fall desserts, you are missing out! Here, pumpkin gives an otherwise traditional chili a ton of body while also adding a slightly sweet and earthy flavor. The cinnamon plays up the pumpkin flavor and complements the smoky chili powder and cumin, while the spicy Italian sausage works to balance the sweetness from the gourd. The whole thing comes together in under 1 hour but tastes like it's been simmering all day. In other words, it's the perfect fall weeknight dinner.

### INGREDIENTS



1 TBSP. OLIVE OIL



1 LB. GROUND SPICY ITALIAN SAUSAGE



1 ONION, CHOPPED



1 RED BELL PEPPER, CHOPPED



3 GARLIC CLOVES, CHOPPED



1 1/2 TBSP. CHILI POWDER



2 TSP. GROUND CUMIN



1 TSP. SALT AND PEPPER



1/2 TSP. GROUND CINNAMON



2 15 OZ. CANS FIRE ROASTED TOMATOES, NOT DRAINED



1 15 OZ. CAN KIDNEY BEANS AND BLACK BEANS RINSED



1 15 OZ. CAN PUMPKIN PUREE



2 1/2 C. CHICKEN BROTH

### DIRECTIONS

- In a large Dutch oven, heat the oil over medium heat. Add the sausage and cook, stirring to break into pieces, until browned and cooked through, 8 to 10 minutes. Using a slotted spoon, transfer the sausage to a paper towel lined plate to drain.
- Add the onion and bell pepper to the Dutch oven. Cook over medium, stirring, until softened, 10 to 12 minutes. Stir in the garlic, cumin, chili powder, 1 teaspoons salt, 3/4 teaspoon pepper and cinnamon. Cook, stirring, for 30 seconds.
- Stir in the tomatoes, kidney beans, black beans, pumpkin puree, chicken broth and sausage. Bring to boil over medium-high. Reduce heat to medium-low, cover and cook, stirring occasionally, until the flavors meld, about 20 minutes.
- Season the chili with salt and pepper. Serve, garnishing with pumpkin seeds, sour cream, cheese and avocado, if desired.





# 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 14 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!



**MEAL PREPARATION**



**TRANSPORTATION**



**BATHING/TOILETING**



**HOUSEKEEPING**



**MEDICATION REMINDERS**



**COMPANIONSHIP**

## CONTACT US

**AT ANY OF OUR LOCATIONS**

### PHILADELPHIA

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