



CHRISTMAS BLONDIES

Recipe On Page 12



HAPPY HOLIDAYS!

Enjoy Caregiving Tips
and Gift Ideas Inside!



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HOLIDAY ACTIVITIES

FOR AGING LOVED ONES

Source: Step2Health



Aging parents need special care. But that shouldn't deter you from spending the holidays with them. For seniors, Christmas is a time when they feel they are a part of the grander festivities. Their isolation reduces, and problems like depression and anxiety find a let-up. With involvement in Christmas activities, senior citizens feel cared for and loved. You can spend quality time making traditional recipes, singing songs, watching a movie, giving meaningful gifts, and creating memories together. Let's take a look at a few of them.

Gift Them Essentials

For seniors who are aging in place, the best Christmas gifts are those that make independent living safer and more accessible, like mobility aids. For example, most seniors find getting in and out of bed difficult as they age. Therefore, a reliable bed step stool is just the right gift for them. When they live alone, they are prone to accidents and falls that can cause serious injury. Making their homes aging-ready is an excellent way to show that you care for their wellbeing. Whether it is safety in the bathroom with a bathtub step stool, or a smart assistive device, you can give them a gift that makes their Christmas truly memorable.

Sing Holiday Songs

Whether it's Christmas carols or your favorite songs, let music fill the air with positivity. For seniors, music can enhance mood and memory, keep the blood pressure in check, and bring relief from any anxiety pangs. Moreover, as seniors recall long-forgotten songs, the younger generation adds their favorites to the mix, making the atmosphere lively and festive.

Cook A Delicious Meal

If your loved one is physically capable, cooking a Christmas meal together is one of the best Christmas activities for the elderly. Ask them to share their traditional recipes or seek their help in preparing for the big Christmas dinner. Cooking is an excellent activity that stimulates the intellect and can make your aging loved one feel involved. If they can't cook or prep, you could even ask for help in tasting and taking their opinion. Anything that makes seniors feel purposeful is beneficial for their mental wellbeing.

Watch A Holiday Movie

'Tis the season to be jolly and catch a fantastic holiday movie with the family. Make your Christmas merrier by watching movies that the whole



family enjoys together. It is one Christmas activity for the elderly that brings everyone together for a few hours. Select a movie that your aging loved ones would enjoy while making sure others will have a good time too. Watching a holiday movie is a way for seniors to forget their worries and stress about health and other age-related problems.

Unwrap Gifts

The best part about holidays is the gifts! While you could involve seniors to wrap gifts with you, unwrapping them is just as fun. This activity also improves hand-eye coordination and makes them feel loved and cared for. Although they may value family time much more than material gifts, they are sure to appreciate a thoughtful gift that improves their everyday life.

Christmas is the time to spread love and kindness. For your aging loved ones living independently, it is a time when they shake off the feelings of isolation by spending time with family and friends. Make this Christmas special for your aging parents by involving them in your festivities and giving them a gift that reflects your care for them. Rejoice in togetherness and make memories for the days to come.

CALL TODAY TO JOIN OUR TEAM!



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READING
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PITTSBURGH
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LANCASTER
(717) 719-9906

WILKES-BARRE
(570) 606-4124

LEMOYNE
(717) 826-0022



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A LETTER FROM THE CEO CHILDREN'S HOSPITAL OF PHILADELPHIA

Greetings!

Working at America's Home Health Services means so many things to me it is hard to list all the positive in one letter to all of you. One of the benefits that rises to the top during this time of year is that we are always looking for ways to make a difference in people's lives for the holidays. With seven branches in Pennsylvania and a large network of clients, caregivers, business partners and internal personnel we have the ability to foster initiatives that are impactful and meaningful.

Last year we partnered with Toys for Tots and was able to successfully collect a large amount of donations through the support of our staff and have them dispersed throughout the state to those in need of various age-appropriate toys and games.

This year we are supporting the virtual toy drive initiative by Children's Hospital of Philadelphia. Every dollar given goes to assisting the Child Life, Education and Creative Arts Therapy team. These individuals provide support year-round for children and are in need of toys, craft supplies, books, video games, movies and more.

Please take a moment to join us in this effort to make a collective, sizable donation to this organization. \$5, \$10 or \$20 helps this cause and is tax-deductible. The link to America's Home Health Services donation page is below:

<http://chop.donordrive.com/campaign/America-s-Home-Health-Services>

Your selflessness is appreciated and needed during this time of year.

Enjoy your holidays!



Sincerely,

-Roseann



EASY HOLIDAY GIFT IDEAS FOR SENIORS

The holiday season is magical, filled with giving and receiving gifts and spending quality time with your friends and family. Sometimes, buying holiday gifts can be challenging. You want to purchase something that shows the receiver that you care, that you know them, and is also something that they will enjoy. Here are some ideas to help you think outside the box this holiday season and show your loved one that you care.

GIFTS FROM THE HEART

Heartfelt, simple gifts are some of the best things you can give your elderly loved one. Here are a few ideas:

Time together This Christmas set aside some time and have an intentional visit with your loved one at their place. It will mean the world to them. You can bring games, photos, puzzles, etc., to entertain and facilitate conversation.

Photo albums or framed photos Photo albums make the perfect gift for your friend or family member, especially if you live far away or are unable to visit often. Try writing captions or memories for each photo, so that your loved one can relive some of your best memories together, even when you are unable to be together in person.

Handmade card with a heartfelt letter Sometimes nothing is better than a good old-fashioned letter. Get creative and make a card and write from the heart. Better yet, hand-deliver your card and get in some quality time.

Homemade baked goods Try making some treats that remind you of time spent with them in earlier years, or an old family recipe. If you'd rather not bake, assembling a goody basket of their favorite snacks and sweets works too!

PRACTICAL GIFTS IDEAS

Practical doesn't equal boring. In fact, giving gifts that people need is one of the best things you can do!

Frequently used items Purchasing items for your loved one that you know they use frequently is a great way to show that you know them, and also will save them time and money down the road.

Blank cards & stamps Does your loved one enjoy sending cards to friends and family members? If so, gifting them a couple boxes of blank all-occasion cards and a sheet of stamps is the perfect gift!



Craft supplies Craft supplies like yarn, crochet hooks, knitting needles, scrapbook supplies, etc., are perfect for the a loved one who loves to craft.

Activity books Crossword, word search, sudoku, and even adult coloring books are great for loved ones who like to keep their mind sharp and active.

EXPERIENCE GIFTS

Give the gift of experience! Going out on the town with friends and family members is a treat that everyone enjoys.

Tickets to a movie or a play Is there a movie or theatrical production happening in your area that your loved one would enjoy? Gift the tickets and take them out for a day of fun and togetherness.

Gifts cards Gift cards make great gifts! You don't have to worry about it not being useful, and your loved one is able to use it as they please, and treat themselves to something.

Restaurant Gift Cards Is there a restaurant that you know your loved one enjoys or would like to go to? Get them a gift card! You can take them out to dinner or let them take their friends.

Remember, out of everything, the most important gift you can give your loved one is the gift of your time. If you are unable to be with your loved one over the holidays, no matter the reason, let them know that they are in your heart and mind by sending them a thoughtful gift.

RECOGNITION



CAREGIVER OF THE QUARTER AWARDS

RECOGNIZING DEDICATED CAREGIVING



LANCASTER

LORI SPICER

Whenever Lori can she always calls and asks who we have that may need just a few hours of extra assistance. Everyone she helps gives a glowing review and they're always happy to have her return. She currently splits her time with some of our VA clients and has such a wonderful rapport with them and their families. She's hard working, positive, and always reliable.

PITTSBURGH

LISA HELMAN

Lisa has been with our client Adam for the past 5 years. When asked why she does home care she said "My desire is to help people in their homes and to give them the best quality of life" Lisa has 4 kids and enjoys racing on the weekends. We are so lucky to have Lisa!

WILKES-BARRE

CATHERINE MCCLENDON

Catherine has been reliable, dependable and her client loves her. She is attentive to her client, and goes above and beyond to make sure our clients needs are met. She has never called off and has been there any time the agency has called upon her to service our clients. Catherine not only represents this agency with the upmost professionalism but gives our clients the dignity and respect that they deserve. She also gets the relationship with our clients that I would strive for every caregiver to have with theirs because it will make being a caregiver so rewarding.

READING

MIOSOTIS VEGA

Miosotis joins us in May of 2022, she has been the most reliable staff at our branch. Her clients are consistently satisfied with her skills and efforts. She is always friendly and positive and willing to help with additional clients when needed. The daughter of one of her clients commented, "She is very patient and hardworking, she is really good with my dad and always willing to help him in everything he needs. She always has a big smile and always brings a positive attitude to the house"

ALLENTOWN

WANDA VAZQUEZ

Wanda is a great example of an amazing worker. She is extremely reliable and willing to help out. Wanda is also responsible and shows an amazing amount of patience. We are lucky to have Wanda on our team.

LEMOYNE

NOEL WILFROM

Noel always goes above and beyond for her client. She will always jump in when coverage is needed even if it means working double shifts. Her client has nothing but great things to say about her "Noel is always going the extra mile for me when I need help." She has a positive and upbeat personality that helps motivate her client to perform daily tasks as much as she possibly can for herself.



NEW YEAR'S RESOLUTIONS FOR CAREGIVERS

Source: *Daily Caregiving*

With all the stress and responsibility of caregiving, it's easy to forget to give ourselves credit for the wonderful things we do for others. Here are New Year's resolutions for caregivers that help us acknowledge our contributions and find ways to reduce stress and increase well-being.

Learn to love yourself again

When we embark on the journey of family caregiving, it's easy to lose ourselves. Between endless to-do lists and increasing needs, caring for an older adult may swell to consume our time and eventually, our personality, too. And when even tiny, unimportant mistakes feel like we're failing someone we love, we may find ourselves in dark places with no clear path out. But part of being a good family caregiver is taking care of yourself, too. Finding ways to manage the doubt and insecurity that can sink in over time is one of the most important things we can do for ourselves.

Don't stress about things you can't control

One way to manage that doubt is to understand that there are many things that are simply out of our control. There are times when we just can't be there or when there's nothing we can do to make a situation better, but these things are not your fault. Punishing yourself for unforeseen events or things outside your control only makes life harder and the future seem more bleak. In the new year, take a step back and breathe – and remember that you can't control or solve every situation.

Become mindful of your situation

Ultimately, as family caregivers, we do what we do out of love for someone in our lives. Our sense of responsibility and duty may cloud that, but that love is the bond that keeps family caregivers going. But it's easy to lose sight of this when you're trying to have a conversation with your older adult's doctor or helping them with basic needs. Stop for a minute and consider the valuable time you've shared with the important people in your lives as well as the relationships you've built through these challenging times.

Look for silver linings

There are upsides to even the most difficult situations, but sometimes they're difficult to see. The forest is there, though, you just have to look for it. Every time your kids get to spend an afternoon with their grandparents, or you have a moment to flip through old photo albums with your parents, these are points of genuine meaning. Reflect on these and savor them as they occur.



Make time to decompress

Every caregiver needs to be able to step away once in a while. You deserve to find respite from your responsibilities, whether it's finally taking that vacation you've been planning or going for a short walk in the evenings. Self-care is care too. And finding ways to process or escape your feelings is a valid and important part of the caregiving process. Start here: once a week, plan to take an hour for yourself. What you do with that time is yours to decide, just as long as you give yourself some distance from your caregiving responsibilities. Taking time for yourself isn't selfish, it's critical for your well-being and those around you.

Embrace the time you have

Caregiving may seem endless, but it won't last forever. The moments we have with an older adult are special, even if stress and responsibility often prevent us from enjoying them. Working toward appreciating some of these moments a little more can help you feel more secure and confident about your caregiving – and maybe a little happier, too.

Find help when you need it

Finally, caregiving is a huge job. It's often more than one person can handle alone. When you find yourself stretched thin or unable to meet all the obligations you've set, don't hesitate to reach out to family and friends for assistance. Remember to be specific and direct, so your calls for help don't fall through the cracks. Remind yourself that caregiving is about caring for someone and helping them live the best life they can, despite the circumstances. Seeking help to provide the needed level of care isn't a failure. It's part of doing the best job you can.

COLORING PAGE

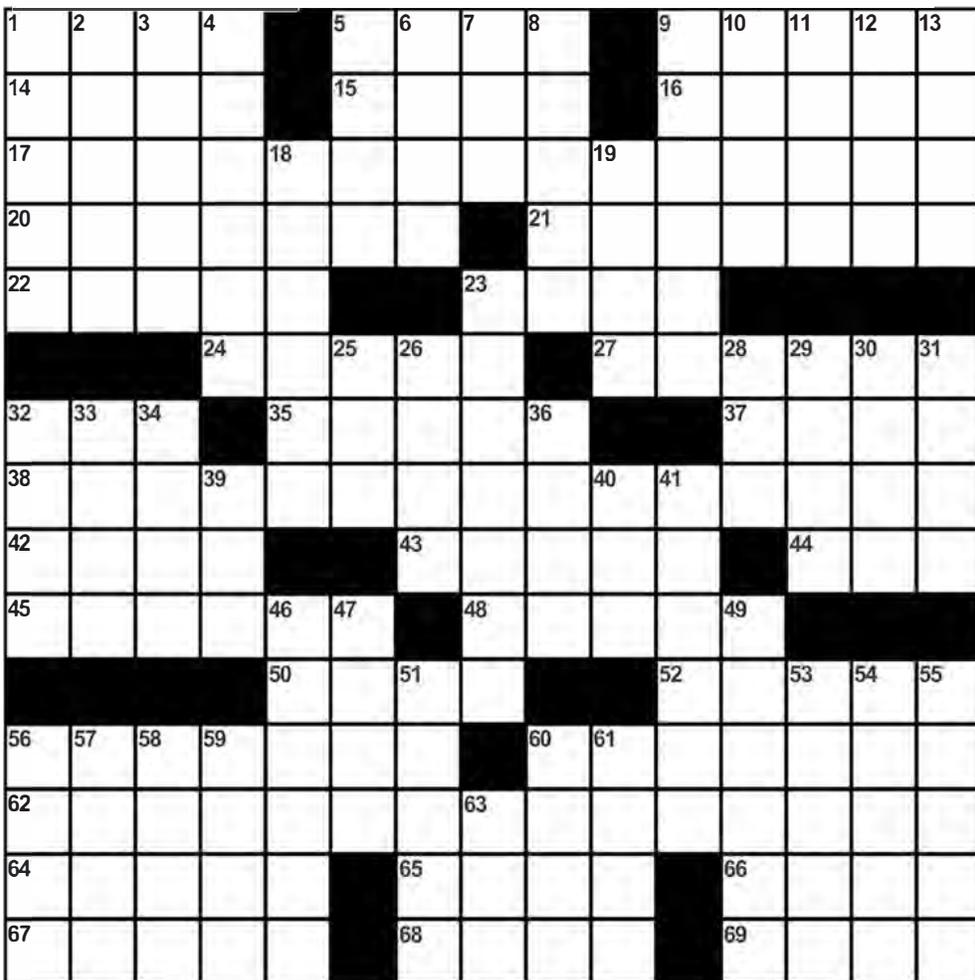


- ACROSS

- | | |
|-----------------------------------|---------------------------------------|
| 1) Emulate a quarterback | 42) Edible Pacific tuber |
| 5) Leak through slowly | 43) Part of a drum kit |
| 9) Prepares for a boxing match | 44) Ribonucleic acid, familiarly |
| 14) With the bow, to a violinist | 45) Old sailor |
| 15) All done | 48) Rustic poems (var.) |
| 16) Hushed | 50) Christian Coalition, e.g. |
| 17) 1986 "fish out of water" film | 52) ___ Island (immigration landmark) |
| 20) Hot and sultry | 56) Partial paralysis |
| 21) Condiment in gourmet cooking | 60) Not at all harsh |
| 22) Perspiration | 62) Good thing to have in the jungle |
| 23) Nicholas I was one | 64) Farm mudholes |
| 24) Become embedded | 65) Big-mouthed pitcher |
| 27) Tire protector | 66) Noted canal |
| 32) Recede like a tide | 67) Is inclined |
| 35) One way to cook eggs | 68) "Friends" friend |
| 37) Common beverage | 69) Changes hair color |
| 38) Cause for ahem? | |

DOWN

- 1) Formal accords
- 2) It points the way
- 3) Rifle attachment
- 4) Like a party animal
- 5) 37-Across, e.g.
- 6) Opposite of good
- 7) Anago, really
- 8) Fourth estate
- 9) Shape learned in preschool
- 10) Corny bits of wordplay
- 11) Verdi classic
- 12) Walk dizzily
- 13) Proofreader's direction
- 18) Multi-armed creatures
- 19) Unable to hear
- 23) "Poly" attachment, in school na
- 25) Have on
- 26) B-movie machine guns
- 28) Major ATM manufacturer
- 29) It can open for you
- 30) Impressive style
- 31) Pro ___ (in proportion)
- 32) Semiaquatic salamanders
- 33) Hillside, to the Scottish
- 34) When doubled, one of the Soci Islands
- 36) Be in charge of
- 39) "In ___ We Trust"
- 40) Make an attempt
- 41) Cosmetics queen Curtis
- 46) Be preoccupied with
- 47) Flippant
- 49) Assaulted with goo
- 51) Purple willow, e.g.
- 53) Distrustful
- 54) Private film producer, informal
- 55) Eyelid lumps
- 56) Whispered attention-getter
- 57) Poker pay-in
- 58) Form of precipitation
- 59) Barely managed
- 60) Bottom of the barrel
- 61) Does the wrong thing
- 63) A couple



WORD SEARCH



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



- candles
- caroling
- chimney
- cocoa
- cookies
- eggnog
- elf
- family
- garland
- green
- greetings
- Grinch
- holly
- joy
- lights
- mistletoe
- poinsettia
- present
- red
- reindeer
- Santa
- shopping
- sleigh
- snowman
- star
- stockings
- traditions
- tree
- vacation
- winter
- wreath
- yuletide
- candy cane
- Christmas
- December
- decorations
- gingerbread
- ornaments
- peppermint
- wonderland

SUDOKU

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

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.



ANSWER KEY

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

1	P	A	S	S		S	E	E	P		S	P	A	R	S	
14	A	R	C	O			O	V	E	R			Q	U	I	E
17	C	R	O	C	O	D	I	L	E		D	U	N	D	E	E
20	T	O	P	I	C	A	L				S	E	A	S	A	L
23	S	W	E	A	T						T	S	A	R		
26						L	O	D	G	E		F	E	N	D	E
29	E	B	B				P	O	A	C	H				C	O
32	F	R	O	G	I	N	T	H	E	T	H	R	O	A	T	
35	T	A	R	O				S	N	A	R	E		R	N	A
38	S	E	A	D	O	G			I	D	Y	L	S			
41						B	L	O	C			E	L	L	I	S
44	P	A	R	E	S	I	S				L	E	N	I	E	N
47	S	N	A	K	E	B	I	T	E	R	E	M	E	D	I	C
50	S	T	I	E	S					E	W	E	R			E
53	T	E	N	D	S					R	O	S	S			D

LETTERBLOCKS

PRANCER
COOKIES



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 CHRISTMAS BLONDIES

Source: *Delish.com*

Loaded with M&Ms, crushed Oreos, and chocolate chips, we could not think of a better way to celebrate the holidays.

INGREDIENTS



COOKING SPRAY



3/4 C. (1.5 STICKS) BUTTER
SOFTENED



1 C. GRANULATED SUGAR



1/5 C. PACKED BROWN SUGAR



2 LARGE EGGS



2 TSP. PUR VANILLA EXTRACT



2 C. ALL PURPOSE FLOUR



3/4 TSP. BAKING POWDER



1/2 TSP. KOSHER SALT



8 OREOS, CRUSHED



1/2 C. CHRISTMAS M&M'S



1/2 C. SEMI SWEET
CHOCOLATE CHIPS

DIRECTIONS

- Preheat oven to 350° and grease a 9"-x-9" pan with cooking spray. In a large bowl using a hand mixer, beat butter and both sugars until light and fluffy. Add eggs and vanilla and beat until combined.
- In another bowl, whisk together flour, baking powder, and salt. Add dry ingredients to wet ingredients and beat until just combined. Fold in Oreos, M&M'S, and chocolate chips.
- Press batter into prepared pan and bake until golden and still slightly soft in the middle, 25 to 30 minutes.
- Let cool completely before slicing into squares.





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