



**AMERICA'S HOME HEALTH
CELEBRATES 15 YEARS**

Learn More on Page 3



SPRING IS HERE!

Enjoy Caregiving Tips
and activity Ideas Inside!

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PHYSICAL ACTIVITY IS ESSENTIAL TO HEALTHY AGING

Source: CDC



As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do.

Adults aged 65 and older need:

At least 150 minutes a week (for example, 30 minutes a day, 5 days a week) of moderate-intensity activity such as brisk walking.

Or they need 75 minutes a week of vigorous-intensity activity such as hiking, jogging, or running.

At least 2 days a week of activities that strengthen muscles. Activities to improve balance such as standing on one foot about 3 times a week.

If chronic conditions affect your ability to meet these recommendations, be as physically active as your abilities and conditions allow.

Move More and Sit Less

Older adults should move more and sit less throughout the day. Keep in mind, some physical activity is better than none.



Older adults who sit less and do any amount of moderate-to-vigorous intensity physical activity gain some health benefits. Your health benefits will also increase with the more physical activity that you do.

Older adults should follow the exercises as specified in the following options. Check out this print-friendly age chart for a quick snapshot of the recommended amount of weekly activity for adults.

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L A LETTER FROM THE CEO CELEBRATING 15 YEARS

Greetings to all,

It is my distinguished pleasure to wish America's Home Health Services a very Happy 15th Anniversary. Over these 15 years America's Home Health Services has proven to be a leader in the industry not only by the number of people our experienced staff cares for daily but also by dedicating ourselves to the quality of care individuals in Pennsylvania receive.

As most great success stories begin, America's Home Health Services started as a small agency in Philadelphia servicing the elderly, sick and disabled community with various personal and customized needs. The business expanded, adding two additional branches in Reading and Allentown some years after inception. The success of these first three locations established America's Home Health Services brand and was the beginning of the amazing reputation this organization has created.

During the pandemic the need for home care grew tremendously and we heard the calling! More services needed across Pennsylvania which resulted in two locations, Wilkes-Barre and Harrisburg, opening with an immediate surge of clientele and staff.

It was not a hard decision to make regarding opening our sixth branch in Pittsburgh. The Pittsburgh branch went on to cover 90% of the geographical area in the western part of Pennsylvania and still is growing.

Last year the seventh branch in Lancaster was established and has joined the rest of our success stories by continuing to provide great care to individuals in the community.

Currently America's Home Health Services covers over 50 counties in Pennsylvania through the seven locations and with an amazingly dedicated staff.

I always say, this is a special place. I am fortunate to be sitting at the table with all of you – our internal staff that commits themselves every day to providing exceptional care to our clients and support to our caregivers. And to our caregivers that so attentively make a difference in the lives of those in need in the communities we serve. For that I am eternally grateful and proud to say “Cheers to 15 years”!



-Roseann



SPRING HEALTH TIPS FOR SENIORS

Older adults tend to slow down and spend more time indoors during the winter; however, spring's arrival is an opportunity to rejuvenate your overall wellness by getting active outdoors in the fresh air and sunshine.

Here are six ways to reap the health benefits of a spring tune-up:

1. Get out in the garden.

Gardening is an activity that promotes overall health and quality of life, physical strength, fitness, flexibility, cognitive ability and socialization,* according to McMaster University.

2. Soak up warm sunshine safely.

Spending time outdoors in warm, sunny spring weather improves mood and cognition,* reported a Psychological Science study. Moderate exposure to sunlight for older adults,* who are at risk for low vitamin D, strengthens bones and may reduce the risk of colorectal cancer, hip fractures, stroke and heart attack, according to Cleveland Clinic. It also protects against depression and insomnia. Wear sunscreen, a wide brim hat, long sleeves and sunglasses to avoid too much sun exposure.

3. Walk outdoors in nature each day.

People who exercised outdoors in natural environments* reported feeling revitalized and energetic, and experienced less tension, confusion, anger and depression than those who exercised indoors, according to an Environmental Science and Technology study. They enjoyed outdoor activity more and were more likely to repeat it.

4. Lighten up your diet with spring seasonal foods.

Many fresh, locally grown vegetables and fruits such as asparagus, cucumbers, mushrooms, radishes, peppers, sweet potatoes, rhubarb and strawberries are in season in the spring. Eating seven to 10 servings of vegetables



and fruits each day* may help to reduce the risk of chronic diseases like diabetes, heart disease and cancer, according to Dietitians of Canada.

5. Take care of seasonal allergies.

Spring is the worst season for allergies,* according to the Canadian Society of Allergy and Clinical Immunology. If pollen is a trigger,* keep doors and windows closed to keep it out, and wear wraparound sunglasses when outside, advises University of Toronto. Also, ask your doctor about the most appropriate allergy medications to avoid possible side effects, such as drowsiness and confusion.

6. Drink more water when exercising.

Older adults who drink plenty of water after being physically active outdoors avoid dehydration and reap more cognitive health benefits from exercise,* according to the American Physiological Society. Drinking water when exercising is especially important for seniors since they often have diminished thirst perception, the researchers said.

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 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

EDWARD "EDDIE" FERGUSON

Eddie has shown exceptional work ethic and we are continually impressed with his ability to go above and beyond with his patient. When he is not working he is a volunteer secretary at the local fire department. When asked what made him want to be in the home care field, he said his Mom was an inspiration as she was a nurse while he was growing up. We would like to congratulate Eddie on his continued success and are happy to have him on our team!

WILKES-BARRE

JERRY MATOS

Jerry has been reliable and dependable. He is attentive to his client, and goes above and beyond to make sure needs are met. Jerry represents this agency with the upmost professionalism and gives our clients the dignity and respect that they deserve. He has a relationship with his clients that we strive for every caregiver to have because it makes being a caregiver so rewarding.

READING

CRYSTAL PARHAM

Crystal is valued in the office because she is always helping out. She even brought her daughters to work because she has a 24/7 case and we couldn't staff it. We really appreciate her because she is always willing to help out and her client is really happy with her, That's why we nominated her for caregiver of the month for being responsible, caring and always willing to help!

ALLENTOWN

MARIA RAYA ADAMES

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

PHILADELPHIA

VINCENT TALLY

Vincent always makes sure he's clocking in and out. He's very respectful when he's calling into the office. Vincent is really a blessing to this company. He's what we look for when searching for caregivers.

HARRISBURG

BRITNEY TAYLOR

When available she will help out to pick up additional shifts and is very reliable. Britney makes sure her client is taken care of, even on her days off. She follows procedures to report information by calling the office and not texting in important situations. Thank you Britney, for a job well done!



IN CASE YOU DIDN'T KNOW

SPRINGTIME ACTIVITIES FOR CAREGIVERS

Source: Home Watch Caregivers

Spring is calling and it wants you outside and enjoying life!

We've put together this fun infographic with some springtime activities for family or professional caregivers to do with the person that they care for and want to have some fun with.

Consider the following:

Taking a walk together.

Even for those who are living with mobility issues, getting outside while assisted by a caregiver can be good for everyone. A change of scenery with new flowers and clear skies can be refreshing and invigorating.

A caregiver can make sure appropriate clothing and shoes are worn, that water and a snack are brought along, and that hat or sunscreen are on hand in the light of day.

Visiting a local farmer's market.

People tend to have stories to share about food so this can be a real conversation starter as you stroll past what's in season and talk about what you might make to eat together.

A caregiver can bring a shopping bag and carry any purchases as well as provide transportation to and from the market.

Tackling some spring cleaning chores.

Cleaning is always better with at least two people, isn't it? Whether it's decluttering and reorganizing, sweeping and mopping, or tidying up the garden beds, make this the season of clean(er).

A caregiver can help with lifting items, setting up giveaway pick up service, and light housekeeping tasks.



Visiting a local museum.

Not all spring days are sunny so add something indoors to your schedule and learn about history or art as you explore.

A caregiver can provide transportation and assistance with mobility in the museum.

As a caregiver, you can help to alleviate feelings of helplessness, boredom and loneliness that can accompany life at advanced age or with a chronic condition. This is achieved by trying new things that take into consideration a person's unique preferences and current abilities and then joining them to ensure safety and engagement.

COLORING PAGE

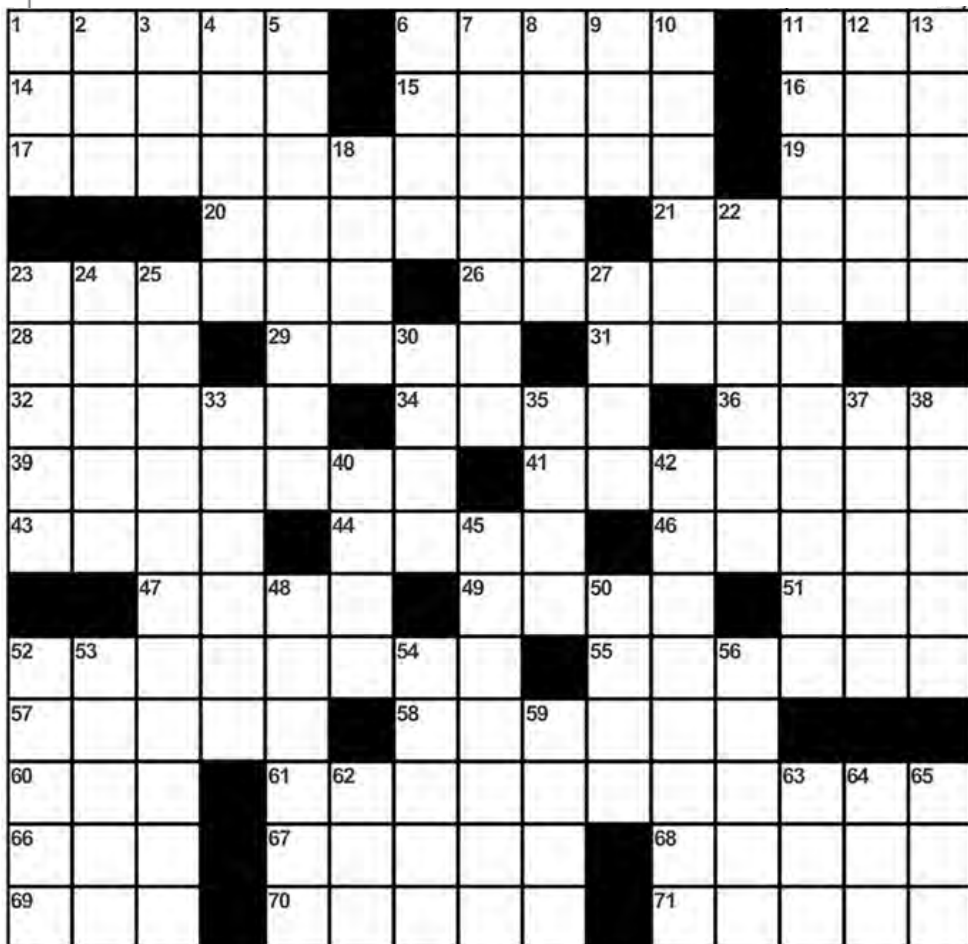


ACROSS

- 1) Certain informal parent
- 6) Wooded valleys
- 11) Female pronoun
- 14) ___ of expertise
- 15) Bye-bye, in Burgundy
- 16) Pin number?
- 17) Object on Israel's flag
- 19) Interject
- 20) Burning
- 21) Suitable material?
- 23) Annoying inconvenience
- 26) Professed
- 28) FBI employee, briefly
- 29) Eve's mate
- 31) Jacob's twin
- 32) Unedited version
- 34) Petticoat junction?
- 36) Blueprint detail, in short
- 39) Most spooky
- 41) Brandy cocktail
- 43) Words with "precedent"
- 44) Senate helper
- 46) Having an irregular edge
- 47) Spot in the distance
- 49) Point to the right
- 51) Harden
- 52) Barnum and Bailey's business
- 55) Home for an old king
- 57) Guiding beliefs of a group
- 58) In a lively manner
- 60) Doctor in a 1964 movie
- 61) Campus VIP
- 66) Nightmare street of film
- 67) Down provider
- 68) Barbecue leftover
- 69) "Sayonara!"
- 70) Run-down in appearance, as a motel
- 71) Furry weasel cousin

DOWN

- 1) ___ de deux
- 2) Dinner scrap
- 3) Ammo in a harmless shooter
- 4) Legal aides, informally
- 5) Recently
- 6) Baby's word for 1-Across
- 7) Japanese protein source
- 8) Cats have nine of them
- 9) Welcoming garland
- 10) Makes soapy bubbles
- 11) Business seed money
- 12) Steeplechase obstacle
- 13) Called off
- 18) Left the scene
- 22) Desk drawer item
- 23) Hellish place
- 24) See things the same way
- 25) First base?
- 27) Prefix for "circle"
- 30) ___ spumante (Italian wine)
- 33) Total disaster
- 35) Sailing the Atlantic
- 37) Renoir's prop
- 38) Minotaur's home
- 40) Verb for Simon
- 42) Unfastens
- 45) Longed for
- 48) Boot-wearing felines?
- 50) Sing "shooby-doo" and such
- 52) Paparazzi target, briefly
- 53) Venice setting
- 54) Dodge
- 56) Historical Alabama march site
- 59) Results may do this, in commercials
- 62) Make a sheepshank
- 63) Flow back
- 64) Business card no.
- 65) Prior, to poets



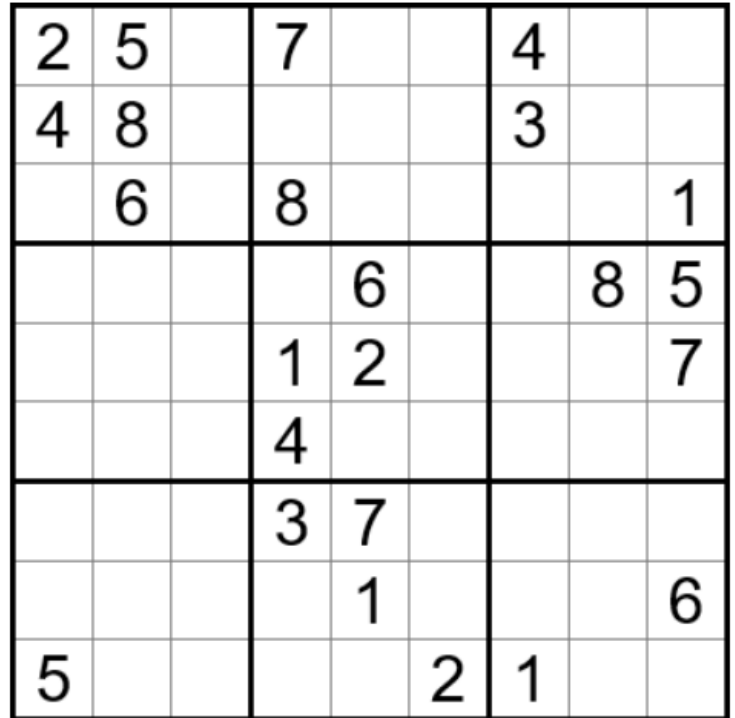


WORD SEARCH



- | | | |
|--------------------|---------------------|-------------------|
| AMERICAN DOGWOOD | MAGNOLIA | ROSE |
| APPLE BLOSSOM | MISTLETOE | SAGEBRUSH |
| BITTERROOT | MOCK ORANGE | SAGUARO CACTUS |
| BLACK EYED SUSAN | MOUNTAIN LAUREL | SCARLET CARNATION |
| BLUEBONNET | ORANGE BLOSSOM | SEGO LILY |
| CALIFORNIA POPPY | OREGON GRAPE | SUNFLOWER |
| CAMELLIA | PASQUE FLOWER | TRAILING ARBUTUS |
| CHEROKEE ROSE | PEACH BLOSSOM | VIOLET |
| COAST RHODODENDRON | PEONY | WHITE PINE CONE |
| COLUMBINE | PINK AND WHITE LADY | WILD PRAIRIE ROSE |
| FORGET ME NOT | PUA ALOALO | WOOD VIOLET |
| GOLDENROD | PURPLE LILAC | YELLOW JESSAMINE |
| HAWTHORN | PURPLE VIOLET | YUCCA FLOWER |
| INDIAN PAINTBRUSH | RED CLOVER | |
| IRIS | RHODODENDRON | |

SUDOKU



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 SPRING. Letters can be moved from one line to the other.



ANSWER KEY

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



LETTERBLOCKS

SHOWERS
FLOWERS



HEALTHCARE SOLUTIONS



CORPORATE STAFFING SOLUTIONS



INFORMATION TECHNOLOGY



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S SPRING ASPARAGUS

Source: Taste of Home

INGREDIENTS



1-1/2 POUNDS FRESH ASPARAGUS, TRIMMED & CUT



2 SMALL TOMATOES, CUT INTO WEDGES



5 TABLESPOONS CIDER VINEGAR



3/4 TEASPOON WORCESTERSHIRE SAUCE



1/3 CUP SUGAR



1 TABLESPOON GRATED ONION



1/2 TEASPOON SALT



1/2 TEASPOON PAPRIKA



1/3 CUP CANOLA OIL



1/3 CUP SLICED ALMONDS, TOASTED



1/3 CUP CUMBLD BLUE CHEESE, OPTIONAL

DIRECTIONS

- In a large saucepan, bring 1 cup water to a boil. Add asparagus; cook, covered, until crisp-tender, 3-5 minutes. Drain; place in a large bowl. Add tomatoes; cover and keep warm.
- Place vinegar, Worcestershire sauce, sugar, onion, salt and paprika in a blender; cover and process until smooth. While processing, gradually add oil in a steady stream. Toss with asparagus mixture. Top with almonds and, if desired, cheese.





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 15 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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Wilkes-Barre, PA 18701
(570) 606-4124

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100 North 5th Street
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Reading, PA 19601
(610) 985-0071

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418 Market Street
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(717) 826-0022

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(610) 351-3461

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Youngwood, PA 15697
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contact@americashomehealth.com