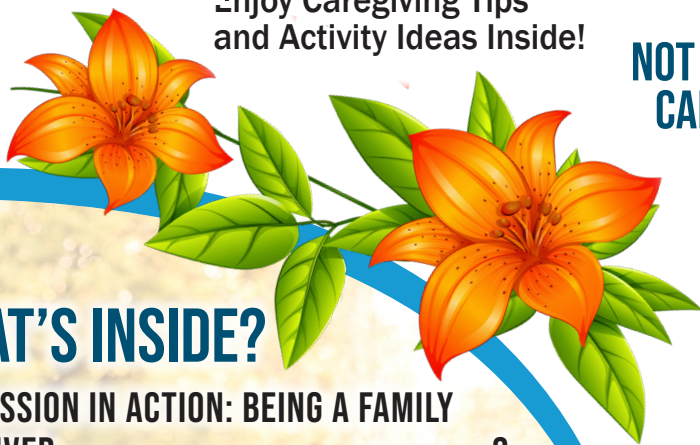




**SUMMER IS HERE!**  
Enjoy Caregiving Tips  
and Activity Ideas Inside!

**NOT SATISFIED WITH YOUR HOME  
CARE AGENCY? WE CAN HELP!**  
Learn More on Page 3



### WHAT'S INSIDE?

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Being a caregiver for a loved one is a deeply compassionate and fulfilling role. It involves providing physical, emotional, and often financial support to someone who needs assistance due to illness, aging, or disability. While the caregiving journey can be challenging at times, it is a unique opportunity to make a meaningful difference in someone's life. In this article, we will explore the important aspects of being a caregiver for a loved one and provide insights to help navigate this rewarding yet demanding role.

## Understanding the Role

As a family caregiver, you play a vital role in ensuring the well-being and comfort of your loved one. Take the time to fully understand their condition or illness, including its symptoms, treatments, and any potential challenges that may arise. This knowledge will enable you to provide better care and support, while also empowering you to communicate effectively with healthcare professionals.

## Practice Self-Care

Caring for a loved one can be emotionally and physically demanding, making self-care essential. Remember to take breaks, prioritize your own well-being, and seek support when needed. Engage in activities that bring you joy and help you recharge. Connect with support groups or counseling services that provide guidance and understanding for caregivers. By taking care of yourself, you can better care for your loved one.

## Effective Communication

Open and honest communication is vital in the caregiving relationship. Actively listen to your loved one's needs, concerns, and desires. Encourage them to express their feelings and preferences, and respect their autonomy as much as possible. Establish clear and consistent channels of communication with other family members, healthcare providers, and anyone else involved in your loved one's care. This collaboration ensures that everyone is on the same page and working towards the best possible outcomes.

## Seek Information and Resources

Educate yourself about your loved one's condition and available resources. Stay informed about the latest research, treatments, and support services related to their specific needs. Connect with local organizations, community centers, or support groups that offer assistance and guidance for caregivers. Utilize technology to access online forums, webinars, or virtual support networks where you can share experiences and gain valuable insights from others in similar situations.



## Establish a Routine and Delegate Tasks

Creating a routine can provide structure and stability for both you and your loved one. Plan regular activities, meals, and medication schedules to promote a sense of predictability and comfort. Delegate tasks to other family members or trusted individuals to avoid burnout. By sharing responsibilities, you can provide better care while also giving yourself necessary breaks.

## Foster Emotional Connection

Emotional support and companionship are essential components of caregiving. Spend quality time with your loved one, engaging in activities they enjoy or simply sharing conversations. Encourage them to reminisce, express their feelings, and maintain social connections with friends and family. Emotional well-being plays a significant role in overall health and happiness.

## Seek Professional Assistance When Needed

Recognize when the level of care required exceeds your capabilities. Seek professional assistance, such as home healthcare services or respite care, to provide temporary relief or specialized care for your loved one. Remember that asking for help is not a sign of weakness but rather a wise decision that ensures the best possible care for your loved one.

Being a caregiver for a loved one is a compassionate and selfless endeavor. While it may present challenges, it also offers immense rewards and the opportunity to make a significant impact on someone's life. By understanding your loved one's needs, practicing self-care, communicating effectively, seeking resources, and fostering emotional connections, you can provide the nurturing care your loved one deserves. Remember, you are not alone in this journey—reach out for support and celebrate.

## L A LETTER FROM THE CEO

Greetings!

I often have conversations with clients and caregivers regarding their home care services. Many times I find that people are looking for a better agency for a multitude of reasons. The most common reasons I run into are:

- Poor customer service from the current agency staff
- Caregiver pay is too low
- No one calls – no one cares
- Agency messed up authorization and/or is not working preferred hours
- No after hour communication
- Quality of caregivers provided to clients is poor
- Quality of overall employment (for caregivers) is poor

Because of these numerous conversations our organization has committed itself to making transferring easy with no interruption to services. We are also committed to address each one of these common issues and overall outperform other agencies throughout the state regarding the home care provided and customer service.

America's Home Health Services addresses a few of the listed items through our CALL BACK GUARANTEE. As a client or as a caregiver you deserve to speak with a live person 24 hours a day, 7 days a week. If you happen to get our voicemail we offer a 1 hour call back time guarantee. No more waiting and wondering if someone received your message. You will hear from us promptly!

Caregiver pay is something we hear about all of the time. How do we stay competitive with our rates? Well, after 15 years in this business, America's Home Health Services' operational stability allows the organization to expand the scope of pay further than most agencies. What this means is that we not only offer some of the best rates in the state but we also have programs for our staff to support them financially such as our voucher program. Our voucher program allows us to reimburse staff for items such as transportation, groceries, phone bills, child care and more. We also have one of the best sign on and referral bonus programs in Pennsylvania. And, let's not forget our \$100 per month give-away to any caregiver that meets the criteria. Meeting the criteria is NOT difficult – some items include clocking in and out or filling in a shift. One of our most popular bonuses is geared around the topic at hand – transfer caregivers and clients. If a caregivers transfers to our agency with their client they receive \$1000.

The quality of our services is what has built our reputation throughout Pennsylvania for 15 years. As CEO, I am constantly receiving thank you calls and emails from our clients and from our caregivers about the home care and the employment we provide. The quality of the services, as I am told, is extremely high because we are reliable, honest and from what the clients are stating a lot of our caregivers are great cooks!

I put this out there to all current home care recipients and caregivers – is your agency working for YOU? Are they providing the support you need as a client to stay healthy, happy and at home? Are you receiving the necessary financial stability as a caregiver to work and support yourself and family? **WE ARE HERE FOR YOU!**

Call one of our local branches today and find out why we have caregivers and clients that have been with us for over a decade! We are committed to extending an extraordinary level of quality across the board to everyone. We hope to hear from you soon!

*-Roseann*



# July 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

# August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## BEATING THE HEAT PROTECTING SENIORS DURING SUMMER

As the sun shines brighter and temperatures rise during the summer months, it's essential to pay special attention to the well-being of vulnerable populations, including the elderly. Seniors are particularly susceptible to heat-related illnesses, making it crucial to take proactive measures to ensure their safety and comfort during these scorching days. In this article, we will explore the challenges that summer heat poses to the elderly and provide valuable tips to keep them cool, hydrated, and healthy.

### Understanding the Risks

As we age, our bodies become less efficient at regulating temperature, making older adults more susceptible to the adverse effects of heat. Moreover, various underlying health conditions, such as cardiovascular diseases, respiratory issues, and diabetes, can further exacerbate the risks associated with high temperatures.

Heat-related illnesses, including heat exhaustion and heatstroke, are common among seniors during the summer. Heat exhaustion symptoms include heavy sweating, weakness, dizziness, nausea, and headaches, while heatstroke is a more severe condition that can lead to organ damage or even death.

### Tips for Keeping Seniors Safe

**Stay Hydrated:** Encourage seniors to drink plenty of fluids, even if they don't feel thirsty. Water is the best option, but they can also have fruit juices, herbal teas, or flavored water. Limit their consumption of caffeinated or alcoholic beverages, as these can contribute to dehydration.

**Dress Appropriately:** Advise seniors to wear loose-fitting, lightweight clothing in light colors to help reflect heat and sunlight. A wide-brimmed hat and sunglasses can also provide protection from the sun's rays.

**Create a Cool Environment:** Ensure that the living spaces of older adults are adequately ventilated and air-conditioned. If air conditioning is unavailable, use fans, keep windows open to allow air circulation, and use shades or curtains to block direct sunlight.



**Time Outdoor Activities:** Encourage seniors to limit their outdoor activities during the hottest parts of the day, usually between 10 a.m. and 4 p.m. Instead, suggest engaging in activities in the morning or evening when temperatures are cooler.

**Offer Assistance:** Check on elderly family members, friends, or neighbors regularly, especially if they live alone. Offer to help with grocery shopping, household chores, or other errands to minimize their exposure to heat.

**Provide Nutritious Meals:** Encourage a well-balanced diet that includes fresh fruits, vegetables, and light, easily digestible meals. Avoid heavy, greasy, or spicy foods, as they can increase body heat.

**Promote Personal Care:** Remind seniors to take cool showers or baths to lower their body temperature. Additionally, suggest they use sunscreen with a high SPF to protect their skin from harmful UV rays.

**Be Aware of Medications:** Some medications can affect how the body reacts to heat. Consult with healthcare professionals to understand if any prescribed medications increase the risk of heat-related illnesses and how to manage them effectively.

By understanding these risks and taking proactive steps to protect seniors, we can ensure their well-being during the hottest months of the year. Encourage hydration, create cool environments, and provide assistance when needed. By implementing these measures, we can help our older loved ones stay safe, healthy, and comfortable all summer long.

# RECOGNITION



## CAREGIVER OF THE QUARTER AWARDS

RECOGNIZING DEDICATED CAREGIVING



### LANCASTER

### YAHAIRA LUGO CORDERO

Yahaira's client speaks very highly about her. She is extremely caring, responsible and always meeting her client's needs. She has proven to be a positive asset to the Lancaster team.

### PITTSBURGH

### KRISTY KNAPP

Kristy has been with the company since April 2022. She has gone above and beyond for our patients and picked up shifts when asked, proving herself to be dependable and reliable. We are so lucky to have her on our team!

### WILKES-BARRE

### SHERRI TUDGAY

Sherrri has been reliable and dependable. She is attentive and goes above and beyond to make sure needs are met. She is an important part of our team.

### READING

### KAREEM FRAZIER

Kareem is an exemplary caregiver. He clocks in and out on time every day, and has perfect attendance. He is a very kindhearted, caring and a respectful person who takes wonderful care of his client. He is on time with all tasks asked of him, from not only his client but the company as well.

### ALLENTOWN

### MARIA FAJARDO

Maria is an excellent caregiver. She is very compassionate, extremely caring, reliable and dedicated. Her fluency in Spanish is a great asset to the team.

### PHILADELPHIA

### FATNA MOUMEN

Not only does Fatna clock in and out everyday, she never calls out either. It has been a pleasure getting to know her and meeting her daughter, they made me feel so welcome when I first entered the company.

### HARRISBURG

### CHANCE BOWERS

Chance is a professional caregiver who assists individuals with daily tasks and activities so their client can live more independent lives. He is kind hearted and has great organizational skills, and is always there to help and keep track of care plans for his clients.

## ENJOYING SUMMER SAFELY ENGAGING ACTIVITIES FOR SENIORS

Summer is a wonderful time to embrace the great outdoors and engage in enjoyable activities. While seniors may have specific considerations for their safety and well-being, there are plenty of safe and engaging options to make the most of the season. In this article, we will explore a variety of summer activities that are suitable for seniors, promoting physical activity, social interaction, and overall well-being while prioritizing safety.

### Gentle Outdoor Exercise

Engaging in gentle outdoor exercises allows seniors to enjoy the warm weather while improving their physical health. Walking in a nearby park, practicing tai chi or yoga in the shade, or taking a leisurely bike ride on a designated path are excellent low-impact activities that promote cardiovascular health, flexibility, and balance. It's essential to choose cooler times of the day, wear comfortable clothing, and stay hydrated.

### Gardening

Gardening provides an excellent opportunity for seniors to connect with nature and indulge in a rewarding hobby. Whether it's tending to a backyard garden, planting herbs on a balcony, or participating in community gardening programs, seniors can enjoy the therapeutic benefits of being outdoors, nurturing plants, and witnessing their growth. It's advisable to garden during cooler hours, wear sun-protective clothing, and use sunscreen.

### Picnics and Outdoor Social Gatherings

Organizing picnics or outdoor gatherings with family and friends is a fantastic way for seniors to enjoy the company of loved ones while relishing the beauty of nature. Choose shaded areas or bring along umbrellas or canopies for sun protection. Prepare a delicious and healthy picnic spread that includes refreshing fruits, salads, and plenty of water. Engage in light conversation, play board games, or simply relax in the pleasant surroundings.

### Water Activities

Water-based activities provide seniors with a fun and cooling way to beat the summer heat. Options like swimming, water aerobics, or aqua therapy offer low-impact exercises that are gentle on joints while providing excellent cardiovascular



benefits. Ensure the availability of lifeguards, use proper flotation devices if needed, and be mindful of slippery surfaces to prevent accidents.

### Arts and Crafts

Engaging in arts and crafts activities can be a great way for seniors to express their creativity and keep their minds active during the summer months. Set up outdoor painting or sketching sessions, create summer-themed crafts, or participate in pottery classes held in shaded areas. These activities not only provide mental stimulation but also foster a sense of accomplishment and personal fulfillment.

### Indoor Activities

When the heat becomes too intense, indoor activities provide a safe and comfortable alternative for seniors. Encourage reading clubs, puzzle-solving, indoor games, or even virtual tours of famous landmarks and museums. Participating in these activities not only helps beat the heat but also stimulates cognitive abilities and provides opportunities for social interaction.

By engaging in safe and stimulating activities, older adults can enhance their physical, mental, and emotional well-being. Whether it's gentle exercises, gardening, social gatherings, water activities, arts and crafts, cultural outings, or indoor pursuits, there are numerous options available to ensure a fulfilling and memorable summer experience.

# COLORING PAGE



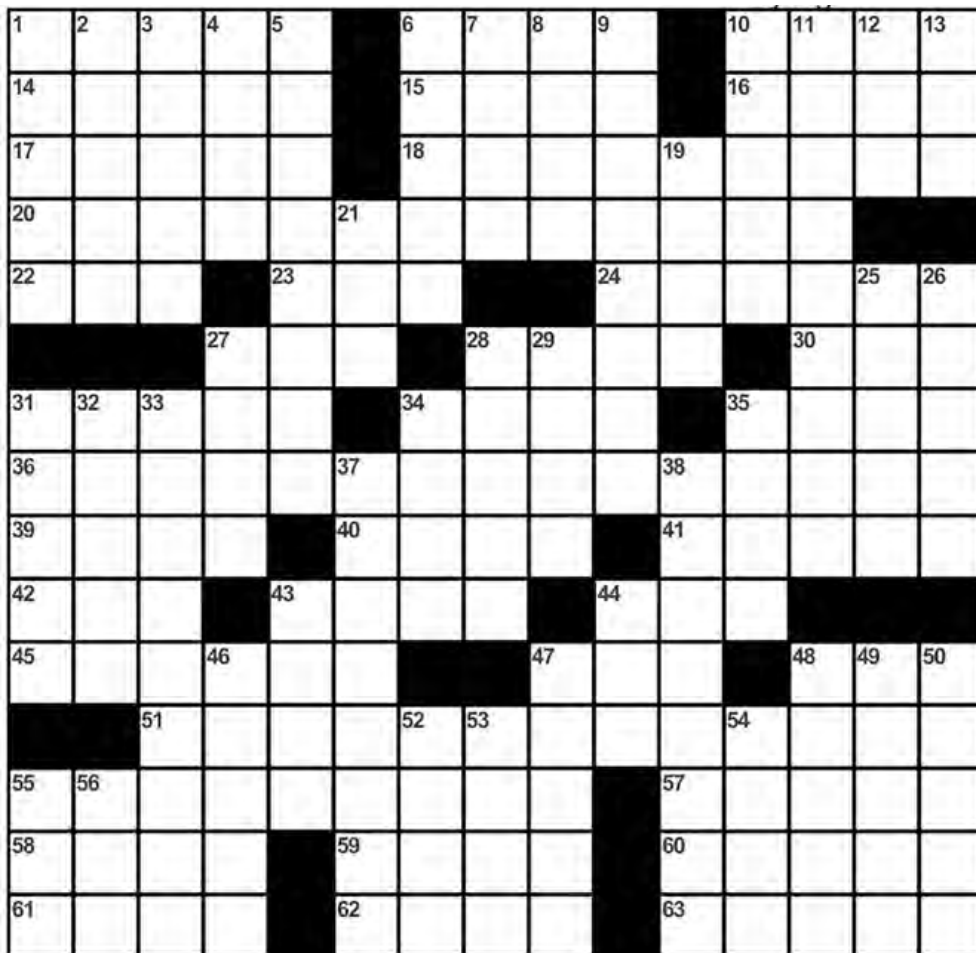


### ACROSS

- |   |                                  |
|---|----------------------------------|
| 1) Cinematic turkeys                    | 39) Cosmetics giant              |
| 6) William the Conqueror's burial place | 40) Air freshener scent          |
| 10) Nasty guy                           | 41) Ship of fuels?               |
| 14) Farewell                            | 42) Prohibit, as a pesticide     |
| 15) Fashion magnate Gucci               | 43) Monthly expense, for some    |
| 16) Manitoba tribe                      | 44) Larry King worked there      |
| 17) "Blue" singer Rimes                 | 45) Fainting                     |
| 18) Ticket for a makeup game            | 47) "In" thing                   |
| 20) Start of a woman-approved quip      | 48) Weight-loss locale           |
| 22) Singer DiFranco                     | 51) End of a woman-approved quip |
| 23) Shipping co.                        | 55) Put in order                 |
| 24) Made uniform                        | 57) "Nancy" rich kid             |
| 27) Dude kin                            | 58) Create                       |
| 28) Elroy Jetson's mom                  | 59) Masked men in parks          |
| 30) Caesar's 1,011                      | 60) John of music                |
| 31) Negatively charged particle         | 61) Former world power           |
| 34) Shoots the breeze                   | 62) Cancun coin                  |
| 35) Adam's boy                          | 63) Accomplishing                |
| 36) Middle of a woman-approved quip     |                                  |

### DOWN

- 1) Model-maker's wood
- 2) Music hall
- 3) City on Biscayne Bay
- 4) "Well done!" in Italy
- 5) Overexposed, in a way (Var.)
- 6) Marathoners' prerace intake
- 7) Jai \_\_\_ (court game)
- 8) Falco of "The Sopranos"
- 9) "You must be kidding!"
- 10) Earthy hue
- 11) Anti-takeover maneuver
- 12) Kind of center
- 13) Cartoon squeal
- 19) Hibernation site
- 21) Mil. address
- 25) Drive out
- 26) Thanksgiving guest
- 27) Beethoven's birthplace
- 28) Pleasure trip
- 29) Having the necessary power
- 31) Addis \_\_\_ (Ethiopia's capital)
- 32) Some old Chevy models
- 33) Smelting locale
- 34) Winner's look
- 35) It can be doubled on a face
- 37) Unfolded
- 38) Pondered
- 43) Architect Mies van der \_\_\_
- 44) Subway unit
- 46) Seal's kin
- 47) Corpulent 1980 Dom DeLuise comedy?
- 48) Longtime Chicago Symphony conductor
- 49) Air-race marker
- 50) For \_\_\_ (cheaply)
- 52) "Julius Caesar" setting
- 53) Eats late
- 54) Type of tie or knife
- 55) Mustangs school, briefly
- 56) Western defense grp.



### WORD SEARCH



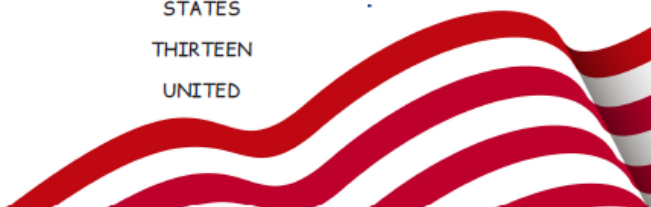
DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

## 4<sup>TH</sup> OF JULY

- ADAMS
- AMERICA
- BARBECUE
- COLONIES
- CONGRESS
- DECLARATION
- EQUALITY
- FIREWORKS
- FOURTH
- FREEDOM
- HOTDOGS
- INDEPENDENCE
- JEFFERSON
- JULY
- LIBERTY
- NATION
- PARADE
- REVOLUTION
- RIGHTS

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

- STATES
- THIRTEEN
- UNITED



### SUDOKU

3	8			6	5		1	4
2		5						
	6						9	2
		4						
			1	9				
	3	6	8		2		4	9
				2	6		8	
				3				
1	2	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 SUMMER. Letters can be moved from one line to the other.




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### ANSWER KEY

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

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

LETTERBLOCKS  
CAMPING  
COOKOUT

1	2	3	4	5	6	7	8	9	10	11	12	13	14	
B	O	M	B	S	C	A	E	N	O	G	R	E		
A	D	I	E	U	A	L	D	O	C	R	E	E		
17	L	E	A	N	R	A	I	N	C	H	E	C		
20	S	O	M	E	B	A	B	I	E	S	A	R	E	
23	A	N	I	U	P	S	E	V	E	N	E	D		
27	B	R	O	J	A	N	E	M	X	I				
31	A	N	I	O	N	G	A	B	S	C	A	I	N	
36	B	O	R	N	T	O	R	U	L	E	W	H	I	L
39	A	V	O	N	P	I	N	E	O	I	L	E	R	
42	B	A	N	R	E	N	T	C	N					
45	A	S	W	O	O	N	F	A	D	S	P	A		
49	O	T	H	E	R	S	A	R	E	B	O	Y	S	
54	S	O	R	T	E	D	O	U	T	R	O	L	L	O
58	M	A	K	E	U	M	P	S	E	L	T	O		
62	U	S	S	R	P	E	S	O	D	O	I	N		



# PUZZLE PAGES FOR THE KID IN ALL OF US

## CRYPTOQUOTE

DIRECTIONS: Each distinct letter in the original quote has been substituted with another letter from the alphabet. (Hint: M = E.)



EM PWTL BPMAM BZCBPA BW JM  
 AMTN-MDQLMVB, BPIB ITT UMV IZM  
 KZMIBML MYCIT, BPIB BPMG IZM  
 MVLWEML JG BPMQZ KZMIBWZ EQBP  
 KMZBIQV CVITQMVIJTM ZQOPBA,  
 BPIB IUWVO BPMAM IZM TQNM,  
 TQJMZBG IVL BPM XCZACQB WN  
 PIXXQVMAA.

**ADVERTISE IN  
THE CAREGIVER  
QUARTERLY!**

Share your ad  
with our print  
audiences and  
online viewers!

WE HOLD THESE TRUTHS TO BE  
 EM PWTL BPMAM BZCBPA BW JM  
 SELF-EVIDENT, THAT ALL MEN ARE  
 AMTN-MDQLMVB, BPIB ITT UMV IZM  
 CREATED EQUAL, THAT THEY ARE  
 KZMIBML MYCIT, BPIB BPMG IZM  
 ENDOWED BY THEIR CREATOR WITH  
 MVLWEML JG BPMQZ KZMIBWZ EQBP  
 CERTAIN UNALIENABLE RIGHTS,  
 KMZBIQV CVITQMVIJTM ZQOPBA,  
 THAT AMONG THESE ARE LIFE,  
 BPIB IUWVO BPMAM IZM TQNM,  
 LIBERTY AND THE PURSUIT OF  
 TQJMZBG IVL BPM XCZACQB WN  
 HAPPINESS.  
 PIXXQVMAA.

## CALL TODAY TO JOIN OUR TEAM!



**ALLENTOWN**  
(610) 351-3461

**PHILADELPHIA**  
(215) 745-7777

**READING**  
(610) 985-0071

**PITTSBURGH**  
412-872-5110

**LANCASTER**  
(717) 719-9906

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

**HARRISBURG**  
(717) 826-0022

## S WATERMELON MINT JUICE

Source: VeguKate.com

### INGREDIENTS



6 CUPS DICED WATERMELON  
CHILLED



3 SPRIGS FRESH MINT



Having a party this summer? A barbeque? Pool party? Maybe a Family Reunion? Fiesta? Perhaps a birthday party? Possibly absolutely no parties at all, but you just really want a refreshing summer drink? Great! This is your drink!

Watermelon and mint, mint and watermelon; a combination for the ages, I'd say. The two together in an ice cold drink is the most refreshing and satisfying thing on a scorching hot day. Not only will your body drink up the amazing vitamins and phytonutrients found in watermelon, but you will feel/act/look/function so much better drinking this than drinking a sugary, chemical laden, over sweetened, glass of junk that ups the risk of many diseases in your body, including obesity and diabetes.

Watermelon is loaded with flavonoids and carotenoids, which provide powerful antioxidants and anti-inflammatory effects in your beautiful body. Ever heard of lycopene? You've probably seen it splashed across a ketchup bottle or two at your grocery store. Watermelon is one of the best sources of lycopene, beating out trusty tomatoes and its ketchup too. Lycopene is a phytonutrient, a red pigment found in plant tissues which gives watermelon and others its lovely red hue. Lycopene works as an antioxidant to search and destroy overly reactive oxygen species in our body. Those little guys result in cell damage, oxidative stress, and future diseases and problems. So yes, watermelon is amazing. Watermelon and mint juice is even more amazing. Enjoy it at your summer party/barbeque/pool party, birthday party, reunion/fiesta/anti-party!

### DIRECTIONS

Makes 5-6 small servings, or one big-mama glass. You can easily double, triple, or quadruple this recipe to fit the amount of partygoers too.

Simply place chopped watermelon into a blender and blend until watermelon is broken down. Using a very fine strainer or sieve, pour blended watermelon through strainer and into a large bowl to remove all pulp.

Once watermelon is strained, pour into a large pitcher or small glasses. Gently crush mint in your hand and place in glasses or pitcher to infuse. Place in refrigerator to keep cold.

Serve chilled and garnish with a fresh mint leaf!



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