



**TWICE-BAKED  
SWEET POTATOES**  
Recipe On Page 11



**WINTER ACTIVITIES  
FOR SENIORS**  
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# NAVIGATING WINTER 101

## TIPS FOR SENIORS TO AVOID SLIPS AND FALLS

Author: Amber Campbell, America's Home Health Services



As winter blankets the world in a serene layer of snow, it also brings with it a potential hazard for seniors - slips and trips. Icy sidewalks and slippery surfaces can pose a significant risk to the elderly, but with a few simple precautions, seniors can enjoy the beauty of winter while staying safe.

### Footwear Matters:

Choosing the right footwear is crucial during the winter months. Opt for shoes or boots with non-slip soles and good traction. Avoid high heels or smooth-soled shoes, as they offer little grip on icy surfaces. Insulated and waterproof footwear can also keep feet warm and dry.

### Keep Paths Clear:

Regularly clear snow and ice from pathways around your home. Use salt or sand to melt ice and provide additional traction. Ask for help if needed, and consider hiring a service if shoveling becomes challenging. Keeping walkways clear not only benefits you but also your neighbors and the community.

### Take Small Steps:

When walking on icy or slippery surfaces, take short and deliberate steps. This lowers the risk of losing balance and provides better control of your movements. It's essential to stay aware of your surroundings and walk at a pace that feels comfortable and secure.

### Use Handrails:

Handrails are there for a reason - use them. Whether going up or down stairs or navigating uneven terrain, holding onto handrails provides an additional layer of support and stability.



This simple practice can make a significant difference in preventing slips and falls.

### Stay Indoors During Severe Weather:

When weather conditions become extreme, it's advisable for seniors to stay indoors. Avoid unnecessary trips outside, and if possible, arrange for help with essential tasks such as grocery shopping or snow removal. Many communities offer services to assist seniors during harsh weather conditions.

### Proper Lighting:

Ensure that outdoor areas are well-lit, especially during the winter months when daylight hours are shorter. Adequate lighting can help seniors identify potential hazards like icy patches or uneven surfaces, reducing the risk of slips and trips.

### Stay Informed:

Keep an eye on weather forecasts and plan your outdoor activities accordingly. If severe weather is predicted, reschedule non-essential outings or activities to safer times. Staying informed allows seniors to make proactive decisions about their daily routines.

Winter can be a magical time, but for seniors, it also brings unique challenges. By taking simple precautions, such as wearing appropriate footwear, keeping paths clear, and using handrails, seniors can navigate the winter season with confidence and reduce the risk of slips and trips. Staying proactive, informed, and enlisting the help of friends, family, or community services when needed, ensures that seniors can enjoy the beauty of winter while prioritizing their safety.





## L A LETTER FROM THE CEO PREPARING FOR THE FUTURE



Greetings!

As each year passes we must all consider the inevitable fact that aging is an unstoppable process. With proper measures in place aging can be stress free for you and your family as long as preparations are discussed and acted on for the future.

According to a study by AARP, 90% of people age 65 and older would prefer to stay in their home for as long as possible. This is great news as we know that home care options can decrease doctors visits by 25% , lower the length of stay in hospitals and increase life expectancy. Home care is a cost efficient way to age in place – however, for folks that do not qualify for Medicaid resources any long-term care options can be a financial burden on the individual and their families.

One option is Long-Term Care Insurance (LTCI). This is a great option to consider if you do not qualify for Medicaid (too many assets, higher monthly income) but have inadequate savings for long-term care. Some families invest in LTCI as early as their 40's in order to meet premiums and benefit from the most they can through this option. An average age to start educating yourself on these programs is 50 years old.

There are 2 LTCI models – Traditional and Hybrid. Traditional requires payments of premiums that are not returned if care is not needed. The coverage of care is great if you start paying into this insurance in your 50's with an average of \$150 a day covered for long-term care including home care in the future. The second model, hybrid, is attractive as an individual can draw on the premiums later in life if care is not required. Typically, you are paying premiums for 10 or 20 years in the form of a life insurance policy with a death benefit that allows long-term care coverage or an annuity that pays more when care is needed. Although you do receive money back if you do not need care with the hybrid model the premiums are expensive and can price people out of this option.

Speaking with a financial planner that specializes in long-term care insurance is recommended for all families as the future holds many unknown variables and keeping options open can alleviate stress of planning for care for yourself or a loved in in the years to come. Stay informed – weigh the best, most affordable plans for you and your family as the option to age in your preferred environment – your home – continues to be the preference for most aging Pennsylvanians.

*-Roseann*

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## THE VITAL ROLE OF SOCIALIZATION FOR SENIORS DURING WINTER

Author: Amber Campbell, America's Home Health Services

As winter wraps its icy embrace around us, the importance of socialization for the elderly becomes more significant than ever. The cold season can sometimes lead to isolation, with seniors staying indoors to avoid harsh weather conditions. However, maintaining social connections during winter is not just about combating loneliness – it's a vital aspect of overall well-being.

### Combatting Seasonal Blues:

Winter often brings a decrease in sunlight, which can contribute to feelings of lethargy and low mood, commonly known as Seasonal Affective Disorder (SAD). Socializing with friends, family, or participating in community activities provides a natural antidote to these winter blues. Sharing laughter and experiences with others can elevate mood and contribute to a more positive mindset.

### Physical and Mental Stimulation:

Social interaction is a powerful stimulus for both the body and mind. Engaging in conversations, games, or group activities helps keep the mind sharp and active. Furthermore, socialization often involves movement, whether it's a stroll through a winter wonderland or participation in indoor activities. This physical engagement is crucial for maintaining mobility and preventing the onset of health issues related to sedentary lifestyles.

### Building a Support System:

The winter months can be challenging for seniors, especially those facing health issues or mobility limitations. Socializing provides an opportunity to build a support system, whether it's friends, family, or neighbors. Knowing that there is a network of people ready to assist and offer companionship can significantly improve the mental and emotional well-being of seniors.

### Cultural and Community Involvement:

Winter offers a myriad of cultural and community events, from holiday celebrations to local gatherings. Participating in these events not only provides entertainment but also fosters a



sense of belonging. Feeling connected to one's community can create a profound sense of purpose and fulfillment, combating any feelings of isolation or loneliness.

### Learning and Growth:

Socialization introduces new perspectives, ideas, and experiences. Engaging in conversations with others, attending classes, or participating in group activities can be intellectually stimulating for seniors. It's never too late to learn or try something new, and the winter months provide an ideal time for exploration and personal growth.

### Technology as a Bridge:

In today's digital age, technology can bridge the gap between seniors and their loved ones, even during winter. Video calls, social media, and online communities enable seniors to stay connected with family and friends, regardless of physical distance. Embracing technology opens up a world of opportunities for socialization, providing an avenue for virtual gatherings and shared experiences.

The winter season should not be a time of isolation for seniors. Instead, it offers an opportunity to strengthen social bonds, share warmth, and create lasting memories. By recognizing the importance of socialization during winter, we can contribute to the well-being of our elderly community members, ensuring that they not only endure the cold season but thrive in the warmth of meaningful connections.

# RECOGNITION



## CAREGIVER OF THE QUARTER AWARDS

RECOGNIZING DEDICATED CAREGIVING



### HARRISBURG

### NAKEYA ADAMS

Nakeya is a wonderful caregiver with the compassion to translate empathic feelings into actions. She is also very optimistic in her daily duties to bring a positive outcome to the client at the end of the day. She also shows the confidence needed to ensure her client of her abilities.

### WILKES-BARRE

### PATRICIA JONES

Patricia goes above and beyond to make sure her client(s) are taken care of. She is very reliable and is a pleasure to work with. Thank you for being an asset to the AHHS team, Patricia!

### PITTSBURGH-INDIANA

### JOY DARR

Joy has been with us since May. She goes above and beyond for her patient taking her to bingo, shows compassion and empathy daily. When not working Joy spends time with her 3 boys and her husband. We appreciate all of her hard work here at AHHS.

### PHILADELPHIA

### BETTY MCRAE

Betty always clocks in and out and never calls out. Betty is always positive and a ray of sunshine whenever she calls into the office no matter the situation. Betty is a great example of the AHHS mission and being the support for her client and family each and every day! Thank you for all you do.

### ALLENTOWN

### CLARIBEL ESPINAL

Claribel is a very dedicated caregiver. She works very hard and gives the best of her to make sure her clients are happy. Most important she is very humble!

### READING

### RUTH RODRIGUEZ

Ruth is an exemplary employee. Ruth is dependable, accurate and efficient. She has great work ethic, and we are lucky to have her on our team!

### LANCASTER

### NORMA MARTY

Norma is dedicated, compassionate, reliable and patient with her Client, we hear nothing but positive feed back from the Clients on her great work. Norma always goes beyond expectations and has great communication skills!

### ERIE

### MARK GONZALES & JENNIFER CARNES

Both Mark and Jennifer have been extremely helpful in filling shifts with new clients, covering call offs, and just all around being great caregivers! They also are great at clocking in and out.



## IN CASE YOU DIDN'T KNOW

# FUN WINTER ACTIVITIES FOR SENIORS

Author: Amber Campbell, America's Home Health Services

Winter is a season filled with possibilities, and seniors can embrace the chill with a variety of enjoyable activities that cater to their unique interests and abilities. From indoor pursuits to outdoor adventures, here's a guide to fun and festive winter activities that seniors can delight in during the colder months.

### Winter Crafting:

Indoor crafting projects are a fantastic way for seniors to unleash their creativity and pass the time with joy. Whether it's making handmade holiday cards, crafting winter-themed decorations, or trying their hand at knitting or crocheting, seniors can engage in activities that not only provide entertainment but also result in beautiful, handmade creations.

### Winter Garden Tours:

For those who enjoy the crisp winter air, a stroll through a winter garden can be both invigorating and visually stunning. Many botanical gardens feature winter landscapes, adorned with frost-kissed plants and festive decorations. Consider organizing a group outing or exploring local parks with friends to appreciate the beauty of winter flora.

### Baking and Cooking:

The winter season is synonymous with delicious treats and hearty meals. Seniors can engage in the joy of baking cookies, cakes, and other winter delights. Gather friends or family for a baking day, exchanging recipes and creating a festive atmosphere filled with the delightful aroma of freshly baked goods.



### Winter Movie Marathons:

Create a cozy and comfortable movie-watching environment with warm blankets and a selection of favorite films. Whether it's classic holiday movies or heartwarming winter tales, a movie marathon is a perfect way for seniors to relax and enjoy the season from the comfort of their homes.

### Bird Watching:

Winter is a unique time for bird watching, as many species migrate or become more active. Set up a bird feeder outside a window and enjoy observing feathered friends visiting for a snack. Identifying different bird species can be a delightful and educational pastime that connects seniors with the wonders of nature.

### Board Games and Puzzles:

Cold winter days provide an excellent excuse to gather around a table and engage in classic board games or challenging puzzles. Whether it's a game of Scrabble, chess, or putting together a jigsaw puzzle, these activities foster camaraderie and mental stimulation.

Winter offers a treasure trove of opportunities for seniors to engage in enjoyable activities that cater to their interests and abilities. Whether indoors or outdoors, crafting, baking, watching movies, bird watching, or participating in group activities, these winter pastimes ensure that seniors can revel in the season's charm and create lasting memories with friends and family.





### ACROSS

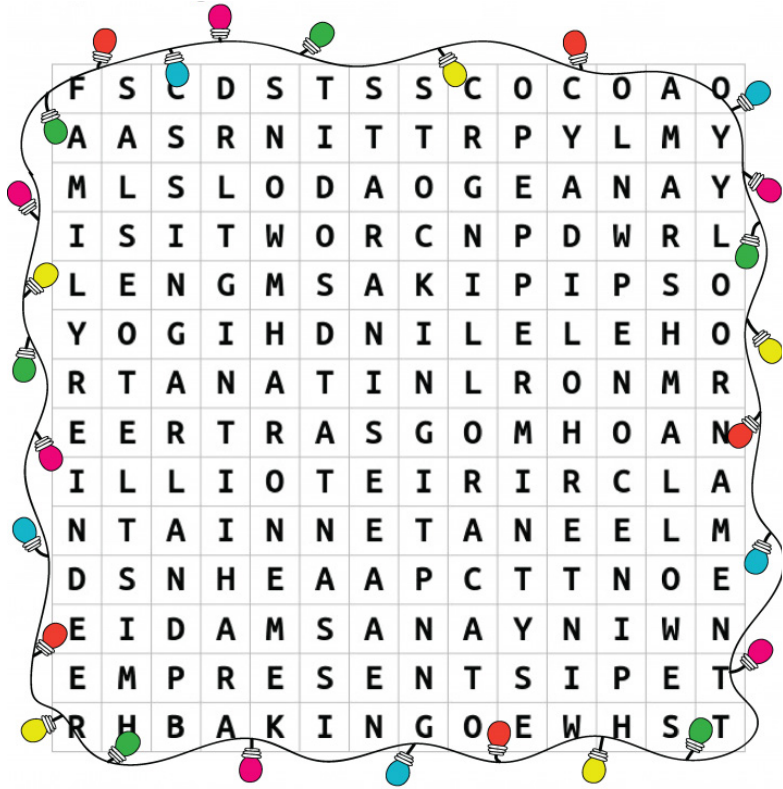
- 1) Not for
- 5) Light-headed?
- 10) Give up land
- 14) Creature for Crockett's cap
- 15) Tattered and torn
- 16) Catch wind of
- 17) Vamoose
- 20) City sought by Raleigh
- 21) Thing in the plus column
- 22) Suffix for "acrobat"
- 23) "... slithy toves did \_\_\_ and gimble" ("Jabberwocky")
- 25) Enter a pool
- 29) Homestyle entree
- 33) Dull, hollow sound
- 34) Oscar winner Sean
- 35) Direction away from "to"
- 36) Make a beeline toward
- 40) Money roll
- 41) Superior rating
- 42) Construction support
- 43) School gathering
- 46) Bart and Belle
- 47) Use a beam for surgery
- 48) Summa \_\_\_ laude
- 49) "Who knows?" gesture
- 52) Apprehended by cops
- 57) Traveling straight up?
- 60) Allocate (with "out")
- 61) Alpine tune
- 62) Common food fish
- 63) Lofty poems
- 64) How coquettes chat
- 65) "Clapping" aquatic animal

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	32	
33								34						35	
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40								41				42			
43				44	45					46					
				47						48					
49	50	51										53	54	55	56
57								58	59						
60								61						62	
63								64						65	

### DOWN

- 1) Result of overtraining, perhaps
- 2) Christmas tune
- 3) Frog's relative
- 4) Chinese leader?
- 5) Bring up, as a subject
- 6) Adds fat for cooking
- 7) Football great Graham
- 8) Extreme utmost degree
- 9) Do a salon job
- 10) Carpentry tool
- 11) Congers and such
- 12) Chip's cartoon chum
- 13) Prefix with "while," once
- 18) Searches for weapons
- 19) Hind's mate
- 23) "Arabian Nights" character
- 24) Yin partner
- 25) Upside-down "e"
- 26) Answers to charges
- 27) Readies, as a rifle
- 28) "Go on ..."
- 29) Irving's "A Prayer for Owen \_\_\_"
- 30) Bidder's amount
- 31) Loud, as a stadium crowd
- 32) Government paperwork
- 34) Member of the wking. class
- 37) File folder parts
- 38) Contract workers?
- 39) Unknown, on a TV sched.
- 44) Dodges
- 45) The kings of "We Three Kings"
- 46) "\_\_\_ you jest!"
- 48) Barbaric
- 49) Schmendrick
- 50) Act on, as advice
- 51) Assign stars to, perhaps
- 52) Mark of "Game of Thrones"
- 53) Drunkard
- 54) Not false
- 55) Sicilian hothead?
- 56) Indian lentil dish (Var.)
- 58) Empire State Bldg. site
- 59) Baby's first word, sometimes

### WORD SEARCH



- baking
- carolling
- cocoa
- family
- garland
- holiday
- lights
- marshmallow
- menorah
- mistletoe
- ornament
- ornament
- peppermint
- pinecone
- presents
- reindeer
- santa
- snow
- star anise
- stocking
- tree
- winter

### 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 WINTER. Letters can be moved from one like to the other.



\_\_\_\_\_

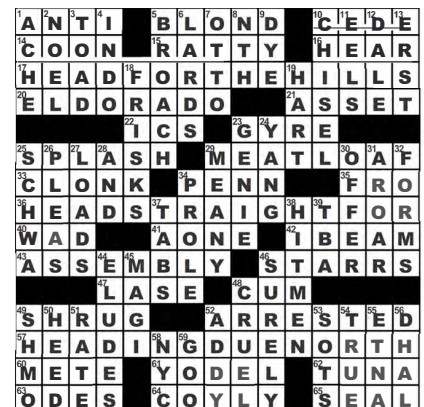
\_\_\_\_\_

### SUDOKU

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

### ANSWER KEY

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



### LETTERBLOCKS

SNOWMAN  
WREATHS

## A TWICE-BAKED SWEET POTATOES

Source: *ThePioneerWoman.com*, Lauren Wood

With streusel and a little hot honey kick, these are the perfect holiday side dish! Baked, stuffed, and topped, these twice-baked sweet potatoes are all glammed up for your holiday menu. Think of these spuds as smaller, self-contained sweet potato casseroles with a maple-flavored mash in the middle and a toasty oat and pecan crumble on top. Fresh rosemary and a hint of cayenne help keep these sweet potatoes on the savory side, along with an optional drizzle of hot honey for extra kick. The potatoes can be baked ahead and finished just before serving—no need to use precious oven space. It's perfect for a small gathering (when a casserole is a bit too much) or a big crowd (when a casserole wouldn't be quite enough). No matter your group size, this dish is sure to be the star!

### INGREDIENTS

#### FOR THE POTATOES:

- 6 medium sweet potatoes
- 1/4 c. maple syrup
- 3/4 tsp. kosher salt
- 1/2 tsp. cinnamon
- 1/2 tsp. vanilla extract
- 6 tbsp. salted butter, softened
- 1/3 c. hot honey, optional

#### FOR THE CRUMBLE:

- 6 tbsp. all-purpose flour
- 1/3 c. old fashioned oats
- 1/2 c. coarsely chopped pecans
- 3 tbsp. firmly packed light brown sugar
- 1 tbsp. finely chopped fresh rosemary
- 1/8 tsp. cayenne pepper
- 4 tbsp. salted butter, melted



### DIRECTIONS

- 1. For the potatoes:** Preheat oven to 425°. Wrap each potato with foil and prick with a fork a few times. Place on a rimmed baking sheet and bake for 1 hour 30 minutes, or until soft. Cool the potatoes completely. Reduce oven temperature to 350°.
- 2. For the crumble:** Meanwhile, combine the flour, oats, pecans, brown, sugar, rosemary, and cayenne in a medium bowl. Add the brown butter and stir until the mixture comes together and forms clumps. Place the mixture in an airtight container and refrigerate until use. (This can be made up to 1 week in advance.)
- 3. To assemble:** Remove the foil from the cooled potatoes and cut an oval out of the top of each potato. Scoop out the flesh and leave a 1/4-inch rim of potato and skin intact.
- 4.** Mash together the potato, maple syrup, salt, cinnamon, vanilla, and butter in a medium sized bowl until smooth. Spoon the potato mixture back into potato skins. Top each with approximately 1/3 cup of the crumble mixture.
- 5.** Place potatoes back into the oven and bake for 15 to 20 minutes, or until the crumble is golden brown and toasted. Drizzle each potato with about 1 tablespoon of hot honey, if you like, and serve warm.



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