



**EPIC SUMMER SALAD**  
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# BUILDING STRONGER CARE NETWORKS THE IMPORTANCE OF FAMILY CAREGIVING

Author: Amber Campbell, America's Home Health Services



In the realm of healthcare, family caregiving stands as a cornerstone, epitomizing the essence of compassion, dedication, and love. Across America, millions of families navigate the complex landscape of caregiving, often juggling multiple responsibilities while striving to provide the best care possible for their loved ones. At America's Home Health Services, we understand that good care truly takes a village, and we're committed to supporting these unsung heroes every step of the way.

Family caregiving is a profound journey, one that can be both rewarding and challenging. From managing medical needs to offering emotional support and companionship, caregivers play a pivotal role in enhancing the quality of life for their family members. However, the demands of caregiving can often take a toll, leading to stress, burnout, and feelings of isolation.

Recognizing the vital role of family caregivers, America's Home Health Services extends a warm invitation to join our team. By becoming part of our caregiving network, family caregivers gain access to a wealth of support and resources designed to ease their burden and enhance their caregiving experience.

One of the key benefits of joining our team is access to comprehensive support services. From educational resources and training programs to personalized guidance and counseling, we empower caregivers with the knowledge and tools they need to navigate their caregiving journey with confidence and competence.



Moreover, family caregivers who join America's Home Health Services receive fair compensation for their invaluable contributions. We believe that caregivers deserve to be recognized and rewarded for their dedication, and we're committed to ensuring that they receive the compensation they deserve for their hard work and commitment.

In addition to support and compensation, we also offer respite care services to provide caregivers with much-needed breaks. Caregiving can be demanding, and it's essential for caregivers to take time for themselves to rest, recharge, and rejuvenate. Our respite care services offer caregivers the opportunity to step away and take a break, knowing that their loved ones are in capable and caring hands.

At America's Home Health Services, we understand that family caregiving is a labor of love, and we're honored to stand alongside caregivers as they navigate this important journey. Together, we can build stronger care networks, empower caregivers, and ensure that every individual receives the quality care and support they deserve.

If you're a family caregiver looking for support, resources, and a supportive community, we invite you to join our team at America's Home Health Services. Together, we can make a difference in the lives of those we care for and create a brighter, healthier future for all.





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



Greetings!

June is here, and as we step into this vibrant month, let's take a moment to reflect on the importance of social connections, especially for our older Americans. While May was dedicated to celebrating Older Americans Month, promoted by the Administration for Community Living (ACL) under the theme "Powered by Connection," let's carry forward this spirit of connectivity throughout June and beyond.

In Pennsylvania, we're blessed with a rich tapestry of communities, yet many of our seniors find themselves isolated. It's our collective responsibility to combat this loneliness by fostering social connections. Research consistently highlights the mental, physical, and emotional health benefits that come with increased social interactions, making it imperative for us to prioritize these connections for our aging population.

Here are some actionable tips, inspired by the ACL, to promote social connections among older Pennsylvanians this June:

- Spread awareness about resources that facilitate engagement, such as community events and social clubs.
- Link aging individuals with transportation services to help them venture out into the community, fostering meaningful connections.
- Educate our aging community about the myriad health benefits that stem from social interactions. After all, knowledge is power!
- Let's not forget to extend a helping hand to those who may be experiencing isolation or limited social connections. A simple conversation can brighten someone's day and make a world of difference in their life.

Do you know an aging Pennsylvanian who could benefit from a friendly chat or some support? Reach out to them today! Together, let's weave a stronger, more connected community where no one feels alone.

*-Roseann*

## CALL TODAY TO JOIN OUR TEAM!



**READING**  
(610) 985-0071

**ALLENTOWN**  
(610) 351-3461

**PHILADELPHIA**  
(215) 745-7777

**ERIE**  
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## ENJOYING SUMMER TO ITS FULLEST: TRAVELING CARE WITH AMERICA'S HOME HEALTH SERVICES

Author: Amber Campbell, America's Home Health Services

As summer arrives, bringing with it sunshine, warmth, and the promise of new adventures, families across the nation are gearing up for vacations and outdoor activities. While the summer season is synonymous with relaxation and fun, it can also present unique challenges, particularly for those with aging loved ones or individuals requiring specialized care.

Summer vacations often involve travel and exploration, whether it's a road trip to the coast, a visit to a national park, or a family reunion in a different state. While these experiences create cherished memories, they can also pose logistical hurdles for families caring for aging parents or individuals with health concerns. That's where America's Home Health Services steps in, offering private pay services that provide families with the option to have a caregiver travel with them on vacation.

Having a caregiver accompany your family on vacation offers numerous benefits, both practical and emotional. Here are just a few ways that our caregivers can enhance your summer getaway:

**Personalized Care:** Our caregivers are trained professionals who can provide personalized care tailored to the unique needs of your loved ones. Whether it's assistance with medication management, mobility support, or companionship, our caregivers ensure that your family members receive the attention and support they need to thrive during the trip.

**Peace of Mind:** Traveling with a loved one who requires care can be stressful, especially if you're concerned about their well-being. With a caregiver by your side, you can enjoy peace of mind knowing that your loved one is in capable hands. Our caregivers are experienced, compassionate, and dedicated to ensuring the safety and comfort of your family members throughout the journey.

**Enhanced Enjoyment:** Having a caregiver on vacation allows family members to relax and enjoy the experience



without worrying about the additional responsibilities of caregiving. Whether it's exploring new destinations, participating in outdoor activities, or simply relaxing by the beach, our caregivers provide the support needed to make the most of every moment.

**Flexibility and Convenience:** Our private pay services offer flexibility and convenience, allowing families to customize their care arrangements according to their specific needs and preferences. Whether you need assistance for a weekend getaway or an extended vacation, our caregivers are available to accompany you wherever your summer adventures take you.

At America's Home Health Services, we believe that everyone deserves the opportunity to enjoy summer to the fullest, regardless of age or health status. With our private pay home health care services, we empower families to create memorable summer experiences while ensuring the health, safety, and well-being of their loved ones. So, as you embark on your summer adventures, let us be your trusted partner in care, providing support every step of the way.

Ready to make the most of your summer vacation? Contact America's Home Health Services today to learn more about our private pay home health care services and how we can help you create unforgettable summer memories with your loved ones.

# RECOGNITION



## CAREGIVER OF THE QUARTER AWARDS

RECOGNIZING DEDICATED CAREGIVING



### HARRISBURG

### JANELSY PACHECHO

Janelisy is always going over and beyond for her client. She is a reliable and hard working caregiver. We love having her on our team in Harrisburg.

### WILKES-BARRE

### ANGELA CLARK

Angela goes above and beyond to make sure every patient has care . She also is willing to go anywhere when we call and ask. Her attendance is great and her clients love her!

### PITTSBURGH

### PATRICK KEITH

Patrick is an amazing caregiver whose work ethic does not go unnoticed. He goes above and beyond for his clients and always makes sure they are comfortable and taken care of.

### PHILADELPHIA

### RANDOLPH BROTHERS

Randolph is an excellent caregiver with a great work ethic. He is very reliable and never misses a shift. He is an asset to the Philadelphia team!

### ALLENTOWN

### MARILYN BATISTA

Marilyn is always eager to work, she is very pleasant, and she likes the clients to feel like they are family to her. Marilyn always tells me she is very loyal to staying with us as a company and that is very rear to find. I am happy to have her as part of our team!

### READING

### CLARIBEL AVILES

Claribel has been working with our company since 2021. She is exceptional at clocking in and out daily. Her client states "I dont know how I would make it with out Claribel". She is loved and admired by not only her client but us here in the office.

### LANCASTER

### MELISSA BITTENBENDER

Melissa is always prompt and a very loyal caregiver. She calls the office to relay any updates about her client and is always letting the office staff know how much she loves working at AHHS. She is helping her client meet personal goals of eating healthier and losing weight! She's a true asset to our agency.

### ERIE

### TORI SMITH

Tori has had almost perfect attendance since her hire date and never misses punch ins/outs. She is an outstanding employee, and we are lucky to have her!



# GRATITUDE IN ACTION

## MEANINGFUL WAYS TO THANK YOUR CAREGIVER

Author: Amber Campbell, America's Home Health Services

As the backbone of compassionate care, caregivers play an invaluable role in enhancing the lives of those they serve. Whether providing assistance with daily tasks, offering companionship, or delivering specialized medical support, caregivers embody dedication, empathy, and unwavering commitment. At America's Home Health Services, we recognize the profound impact of caregivers and celebrate their tireless efforts to improve the well-being of our clients. If you're wondering how to express your appreciation for the exceptional care provided by your caregiver, here are some meaningful ways to say thank you:

**Personalized Notes or Cards:** A heartfelt message can convey gratitude in a deeply meaningful way. Take the time to write a personalized note or card expressing your appreciation for your caregiver's kindness, compassion, and dedication. Share specific examples of how their care has positively impacted your life or the life of your loved one. Your words of thanks will undoubtedly brighten their day and serve as a reminder of the difference they make.

**Thoughtful Gifts:** Consider giving your caregiver a thoughtful gift as a token of your appreciation. Choose something that reflects their interests, hobbies, or preferences, whether it's a bouquet of flowers, a gourmet treat, a book by their favorite author, or a gift card to their preferred restaurant or store. Small gestures of kindness can go a long way in showing your gratitude and recognizing the value of their care.

**Recognition and Acknowledgment:** Take the time to acknowledge your caregiver's hard work and dedication publicly. Whether through social media posts, testimonials, or reviews, sharing your positive experiences can help raise awareness of the important role caregivers play in our communities.



**Time Off and Self-Care:** Recognize the importance of self-care for caregivers by offering them time off to rest, recharge, and rejuvenate. Arrange for respite care or temporary relief so that your caregiver can take a well-deserved break and attend to their own well-being. Prioritizing their health and wellness demonstrates your appreciation for their hard work and underscores your commitment to their overall happiness and fulfillment.

**Open Communication and Feedback:** Foster open communication with your caregiver and provide constructive feedback on their care approach. Express appreciation for their strengths and contributions while offering suggestions for areas of improvement. By engaging in honest and respectful dialogue, you demonstrate your commitment to collaboration and partnership in the caregiving process.

At America's Home Health Services, we believe in the power of gratitude to strengthen bonds, foster connection, and inspire positive change. As you express your appreciation for your caregiver, remember that even the smallest gestures can have a profound impact. Whether through words, actions, or thoughtful gestures, let your caregiver know how much their care means to you and your family. Together, let's celebrate the extraordinary contributions of caregivers and honor their commitment to making a difference in the lives of others.





### ACROSS

- 1) Book of maps
- 6) "You \_\_\_ a mouthful!"
- 10) Scoundrel
- 13) New moon, e.g.
- 14) Chips in
- 16) Mine find
- 17) Swiss soldier's do-all
- 19) Time div.
- 20) They may be clear or threatening
- 21) Blocks for metalworkers
- 23) Dash
- 26) Begley and Sullivan
- 27) Not at all emotional
- 28) Solar-system mobile
- 30) Verse makers
- 33) Brighton baby buggies
- 34) Euripidean tragedy
- 35) Letter after sigma
- 36) "\_\_\_ who?"
- 37) Exposed
- 38) Film crew member
- 39) One for the off-road
- 40) More pure, as silver
- 41) Straight-billed game bird
- 42) Incomplete components
- 44) Evening repast
- 45) Backside
- 46) Newspaper div.
- 47) Bro, for one
- 48) Connect to electricity, as an appliance
- 50) Pelt hunter's tools
- 52) Unagi, at a sushi bar
- 53) Lovers of high-fidelity sound
- 58) Guy's opposite
- 59) Hideouts
- 60) Dickens' Heep
- 61) CIA employee
- 62) Cleaning cabinet supplies
- 63) Make a new attempt

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		
36							37					38		
39				40						41				
42			43						44					
		45						46				47		
48	49							50				51		
52				53		54						55	56	57
58				59							60			
61						62					63			

### DOWN

- 1) Smartphone software, briefly
- 2) Even if, briefly
- 3) Lancelot du \_\_\_ of "Camelot"
- 4) Does something appealing?
- 5) Hiders' companions
- 6) "Land \_\_\_!"
- 7) Coulter and Curry
- 8) "Lord, is \_\_\_?" (Last Supper question)
- 9) Like skim milk
- 10) Newspaper features
- 11) Husk
- 12) Animal shelters
- 15) Mexican missus
- 18) Like a neatnik
- 22) Seven, on a grandfather clock
- 23) Comes to light
- 24) Text mistakes
- 25) How some approach big decisions
- 27) Exodus commemoration
- 29) Ambulance initials
- 30) French mothers
- 31) Taiwan's capital
- 32) "Outstanding!"
- 34) Hairy-chested
- 37) Occurring twice a year
- 38) Econ. measure for a country
- 40) Decorative knob
- 41) Gunpowder ingredient (Var.)
- 43) Children's game
- 44) Bathroom bar
- 46) Anti-vampire device
- 48) Coatrack parts
- 49) Move like a kangaroo
- 50) Get bushed
- 51) "Your majesty"
- 54) Handyman's letters
- 55) On, as an old lamp
- 56) Ring bearer, often
- 57) Not outgoing

### WORD SEARCH

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



#### WORD LIST

- |         |          |          |          |
|---------|----------|----------|----------|
| BEACH   | OCEAN    | SEAGULL  | SWIMSUIT |
| BIKINI  | SAILBOAT | SEASHORE | TOWEL    |
| DUNE    | SAND     | SHELL    | TROPICAL |
| FISHING | SANDALS  | SNORKEL  | UMBRELLA |
| LAGOON  | SCUBA    | SUN      | WAVE     |

### SUDOKU

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

### 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.



### ANSWER KEY

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



#### LETTERBLOCKS

VACATION  
SUNSHINE

## E EPIC SUMMER SALAD

Source: GoodFood.com

Perfect for BBQs and buffets, our epic salad is an assembly job of gorgeous ingredients – no cooking required. Serve it with kebabs for an impressive summer feast.

### INGREDIENTS

- 1 2/3 cups black beans, drained
- 2 large handfuls baby spinach leaves, roughly chopped
- 2 cups heritage tomatoes, chopped
- 1/2 cucumber, halved lengthways, seeds scooped out and sliced on an angle
- 1 mango, peeled and chopped
- 1 large red onion, halved and finely sliced
- 6-8 radishes, sliced
- 2 avocados, peeled and sliced
- 1/2 cup feta, crumbled
- handful of herbs (reserved from the dressing)

#### FOR THE DRESSING

- large bunch mint
- small bunch coriander
- small bunch basil
- 1 fat green chilli, deseeded & chopped
- 1 small garlic clove
- 1/2 cup extra virgin olive oil
- 2 limes, zested and juiced
- 2 tbsp white wine vinegar
- 2 tsp honey



### DIRECTIONS

#### STEP 1

Make the dressing by blending all of the ingredients in a food processor (or very finely chop them), saving a few herb leaves for the salad. You can make the dressing up to 24 hrs before serving.

#### STEP 2

Scatter the beans and spinach over a large platter. Arrange the tomatoes, cucumber, mango, onion and radishes on top and gently toss together with your hands. Top the salad with the avocados, feta and herbs, and serve the dressing on the side.



# 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 16 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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**TRANSPORTATION**



**BATHING/TOILETING**



**HOUSEKEEPING**



**MEDICATION REMINDERS**



**COMPANIONSHIP**

## CONTACT US

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