



APPLE CIDER DONUTS
Recipe On Page 11



FALL SUPERFOODS FOR SENIOR HEALTH
Article On Page 5



WHAT'S INSIDE?

SUPPORTING INDIVIDUALS WITH AUTISM THROUGH SEASONAL TRANSITIONS.....2
FALL INTO WELLNESS: AUTUMN HEALTH TIPS FOR SENIORS.....7
QUARTERLY CAREGIVER AWARDS.....6
PUZZLE PAGES: EXERCISE YOUR BRAIN.....8-10
SEASONAL RECIPE.....11

SUPPORTING INDIVIDUALS WITH AUTISM THROUGH SEASONAL TRANSITIONS

TIPS FOR MAINTAINING STRUCTURE, MANAGING SENSORY INPUT, AND REDUCING ANXIETY

Author: Amber Campbell, America's Home Health Services

As the seasons change, so does the world around us. From shifting weather and new routines to loud celebrations and unexpected décor, fall can bring excitement—but also unique challenges—for individuals with autism. For many, these transitions can disrupt daily routines, increase sensory input, and trigger anxiety.

We understand the importance of providing consistent, thoughtful support to help our clients with autism navigate seasonal changes smoothly. Here are a few ways caregivers and families can help ease the transition into fall and beyond:

Maintain Predictable Routines

A stable routine helps reduce anxiety and foster a sense of security. When fall schedules change—whether it's daylight saving time, school routines, or caregiver availability—be sure to:

- Use visual schedules or calendars to show any new routines
- Introduce changes gradually when possible.
- Offer reminders and prompts before transitions occur.

Even small changes, like earlier sunsets or cooler mornings, can feel disorienting. Consistency in meals, bedtime, and activities goes a long way in creating comfort.

Be Mindful of Sensory Overload

Fall is full of sensory-rich experiences, many of which can be overwhelming to those with autism. Decorations, costumes, strong smells, and loud gatherings can overstimulate the senses. To help:

- Prepare individuals in advance for holiday decorations or costume days with pictures and stories.
- Offer choices about participation in events like trick-or-treating or parties.
- Create a calm space or “quiet zone” during noisy activities or family gatherings.
- Use noise-canceling headphones or sunglasses if helpful.

Tailoring the environment can prevent overload and support participation in seasonal fun at their comfort level.

Prepare for Clothing and Temperature Changes

Cooler weather means new textures, heavier clothing, and unfamiliar sensations. For those with sensory sensitivities:

- Allow extra time to get used to jackets, scarves, or long sleeves
- Choose soft, tagless fabrics or layers that can be adjusted.
- Practice wearing new clothes around the house before going outside.



Respecting personal comfort helps build confidence and independence in managing seasonal weather.

Reduce Holiday Anxiety with Clear Communication

Fall brings a wave of social gatherings, from Halloween to Thanksgiving. These can feel unpredictable, crowded, or confusing. To reduce anxiety:

- Talk about what to expect ahead of time, using social stories or visual aids.
- Keep celebrations simple, familiar, and flexible.
- Focus on what the individual enjoys—whether that's preparing a favorite food, watching a holiday movie, or helping set the table.

Encouraging choice and communication promotes a sense of control and reduces stress.

Compassionate Support, Every Season

At America's Home Health Services, our caregivers are trained to support individuals with autism and intellectual disabilities with patience, respect, and personalized care. Whether it's adapting routines or creating a sensory-friendly environment, we're here to make each season feel safe and supportive.

If your loved one needs help navigating seasonal transitions or could benefit from compassionate in-home support, we're here for you.



L A LETTER FROM THE CEO HOME HEALTH CARE IS THE FUTURE — BACKED BY SCIENCE



Dear Valued Community,

As we look ahead in 2025, I want to take a moment to share why home health care is not only the fastest-growing sector in our industry—but one of the most evidence-based, patient-centered models of care we have today.

More than just a trend, the shift toward home-based care is rooted in rigorous research and real-world results. A growing body of scientific studies now confirms what many of us in the field have long believed: care delivered in the home improves outcomes, reduces costs, and enhances quality of life.

Let me share a few compelling data points:

Improved Outcomes: A 2024 study published in JAMA Internal Medicine found that patients receiving acute care at home experienced 20% fewer hospital readmissions and 30% fewer complications compared to those in traditional inpatient settings.

Cost Savings: According to a 2023 report from the National Bureau of Economic Research, home health programs reduced overall care costs by an average of \$5,000 per patient annually, without compromising quality.

Faster Recovery: Research from Harvard Medical School demonstrated that patients recovering from orthopedic surgery at home regained mobility 30% faster than those in skilled nursing facilities.

Mental Health & Patient Satisfaction: A 2025 cross-sectional study conducted across 12 states showed home health patients reporting 40% higher satisfaction scores and significantly lower levels of anxiety and depression than their facility-based peers.

These results are not anomalies—they are part of a broader movement toward care that is more personal, more effective, and more sustainable. Technological advancements such as remote monitoring, telehealth integration, and AI-powered care coordination continue to elevate the clinical quality of care we can provide at home.

At America’s Home Health Services we are committed to harnessing these innovations and applying the latest research to ensure our patients receive the very best. We believe that healing is faster, dignity is preserved, and families are empowered when care happens at home.

As CEO, I am proud of the incredible work our teams are doing to deliver evidence-based, compassionate care where it matters most. And I thank you — our community, our partners, and our advocates — for supporting this vision.

The science is clear: the future of health care is at home.

-Roseann

CALL TODAY TO JOIN OUR TEAM!



READING
(610) 985-0071

ALLENTOWN
(610) 351-3461

PHILADELPHIA
(215) 745-7777

ERIE
(814) 889-5261

PITTSBURGH
412-872-5110

LANCASTER
(717) 984-6218

WILKES-BARRE
(570) 606-4124

HARRISBURG
(717) 826-0022

August 2025

Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	1	2
10	11	12	13	14	8	9
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	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	1	2	3	4

FALL SUPERFOODS FOR SENIOR HEALTH

SEASONAL PRODUCE LIKE PUMPKINS, SQUASH, APPLES, AND ROOT VEGETABLES CAN SUPPORT WELLNESS IN OLDER ADULTS

Author: Amber Campbell, America's Home Health Services

As the leaves begin to change and the air turns crisp, fall brings more than just scenic beauty—it also delivers a harvest of nutrient-packed foods that can support the health and well-being of older adults. At America's Home Health Services, we know that good nutrition is essential to maintaining strength, boosting immunity, and supporting overall wellness in seniors.

This season, caregivers and family members can take advantage of autumn's bounty by incorporating these fall superfoods into meals and snacks:

Pumpkin: A Nutrient Powerhouse

Pumpkin isn't just for pies—it's rich in vitamin A, which supports eye health and immune function. It's also high in fiber, helping to promote digestive health and support heart wellness. Ways to serve:

- Pureed into soups or stews
- Mashed and blended into oatmeal
- Baked into soft muffins or bread for an easy-to-eat treat

Squash & Sweet Potatoes: Comforting and Nourishing

Butternut squash, acorn squash, and sweet potatoes are naturally sweet, soft when cooked, and easy to digest—perfect for seniors who may have dental or digestion concerns. These foods are high in vitamins A and C, potassium, and fiber. Ways to serve:

- Roasted with a drizzle of olive oil
- Blended into creamy soups
- Mashed as a colorful alternative to white potatoes

Apples: Antioxidant-Rich and Fiber-Filled

Apples are a classic fall fruit, offering a good source of vitamin C, antioxidants, and soluble fiber that supports heart health and lowers cholesterol. Choose soft or cooked apple options if chewing is a concern. Ways to serve:

- Stewed with cinnamon for a warm dessert
- Sliced thinly and paired with cheese or nut butter
- Baked into soft apple crisps



Root Vegetables: Earthy, Sweet, and Full of Nutrients

Carrots, beets, parsnips, and turnips are loaded with vitamins, minerals, and fiber, offering steady energy and supporting a healthy digestive system. Ways to serve:

- Roasted with herbs for a hearty side dish
- Mashed or pureed for easier consumption
- Added to soups and stews for depth and flavor

Why Seasonal Eating Matters

Eating seasonal produce isn't just delicious—it's also practical. These foods are at peak freshness and nutrition in the fall, often more affordable, and align with what our bodies need as the weather cools. The warm, hearty flavors of fall can bring both nourishment and comfort to the seniors in your life.

Caregiver Tip

Involve your client or loved one in the meal prep process when possible—even something as simple as stirring soup or choosing the recipe can encourage engagement and boost appetite.

At America's Home Health Services, we understand that nutrition is a key part of aging well. Our caregivers can help with grocery shopping, meal preparation, and ensuring clients receive nourishing, delicious meals tailored to their needs.

RECOGNITION



CAREGIVER OF THE QUARTER AWARDS

RECOGNIZING DEDICATED CAREGIVING



HARRISBURG

SHERRY MANCUSO

Sherry is a very dependable Caregiver. She takes pride in her work and has excellent communication skills. She shows up ready to work and with a smile on her face, has great bedside manners and is an amazing addition to America's Home Health Services.

ALLENTOWN

JOHANNA ANDUJAR

Johanna is a great and pleasant caregiver. She tries her best to accommodate herself even with our most challenging clients. Johanna is always in a great mood to go to work, and we are very happy to have her on our team.

READING

NYMIA COLONA

After the first 2 weeks of working, her client called to share how grateful she is to have such a wonderful caregiver. She works 7 days a week and has not missed a day since she has been assigned, and has given us advance notice of upcoming vacation with her family so that we can secure a caregiver for her client.

LANCASTER

BERNANDINA BALBUENA

She's a caregiver who hasn't missed a shift since she started. Whenever she needs a day off, she calls a week in advance. Her clients are very happy with her work and the service she provides.

ERIE

JAMIE MOORE

Jamie goes above and beyond for her client and has proven to be very reliable for AHHS! We are lucky to have her on our team!

WILKES-BARRE

AUDREY HAYES

Audrey does both OLTL and ODP Caregiving. She is very reliable, always clocking in and out with no issues, and has perfect attendance. She is a great example of a dependable Caregiver!

PITTSBURGH

AMANDA BRENDLINGER

Amanda is a wonderful caregiver! She makes sure her client is always taken care of on and off the clock. She always goes above and beyond!

PHILADELPHIA

KELLY EARLS

Kelly has consistently demonstrated strong performance as an employee, ensuring her time punches are accurate and maintaining clear, effective communication. Recently, she identified an opportunity to support the company's growth by referring her two brothers, who she believes would be excellent clients. We look forward to working with more employees like Kelly.



FALL INTO WELLNESS: AUTUMN HEALTH TIPS FOR SENIORS

STAY ACTIVE, EAT SEASONALLY, AND SUPPORT YOUR IMMUNE SYSTEM THIS FALL

Author: Amber Campbell, America's Home Health Services

As the summer heat gives way to cool breezes and vibrant leaves, fall offers the perfect opportunity to refocus on health and wellness. For older adults, seasonal changes can bring both benefits and challenges—from increased risk of illness to changes in routine and mood. Here are a few simple and effective health tips to help seniors embrace the autumn months with vitality and confidence:

Stay Active—Even as the Weather Cools

Cooler temperatures may make it tempting to stay indoors, but regular movement is essential for joint health, balance, and mood. Here are some tips to stay moving:

- Go for short daily walks when the weather is dry and mild
- Stretch or do chair exercises indoors.
- Rake leaves or tend to fall gardening tasks—gently and safely
- Try indoor activities like light yoga or following along with movement videos.

Maintaining physical activity improves circulation, boosts mood, and can help prevent seasonal stiffness.

Eat What's in Season

Fall is full of nutritious and delicious seasonal foods that support senior health. Eating in-season produce ensures meals are fresh, flavorful, and rich in essential vitamins. Here are some fall superfoods to try:

- Pumpkin & squash – full of vitamin A for vision and immunity
- Apples & pears – high in fiber for heart and digestive health
- Carrots, beets & sweet potatoes – rich in antioxidants and easy to digest.

A warm bowl of seasonal soup or a baked apple can bring comfort and nutrition to any day.

Boost Immunity Before Cold and Flu Season

Autumn is a key time to strengthen the immune system,



especially before winter illnesses begin to spread. Here are a few immunity tips:

- Stay up to date with flu and COVID-19 vaccinations.
- Eat a balanced diet with plenty of fruits, vegetables, and protein.
- Stay hydrated—even as the weather cools.
- Wash hands regularly and avoid close contact with sick individuals.

Home caregivers can assist with appointment scheduling, medication reminders, and healthy meal prep to support strong immune function.

Watch for Mood Changes

As daylight hours shrink, some seniors may experience a drop in mood or energy—a condition known as Seasonal Affective Disorder (SAD). Here's how you can help:

- Open curtains during the day to increase sunlight exposure.
- Take short walks outside when possible.
- Stay connected with family, friends, or a companion caregiver
- Maintain a regular routine to support mental well-being.

Companionship and activity are powerful tools for staying emotionally healthy through seasonal shifts.

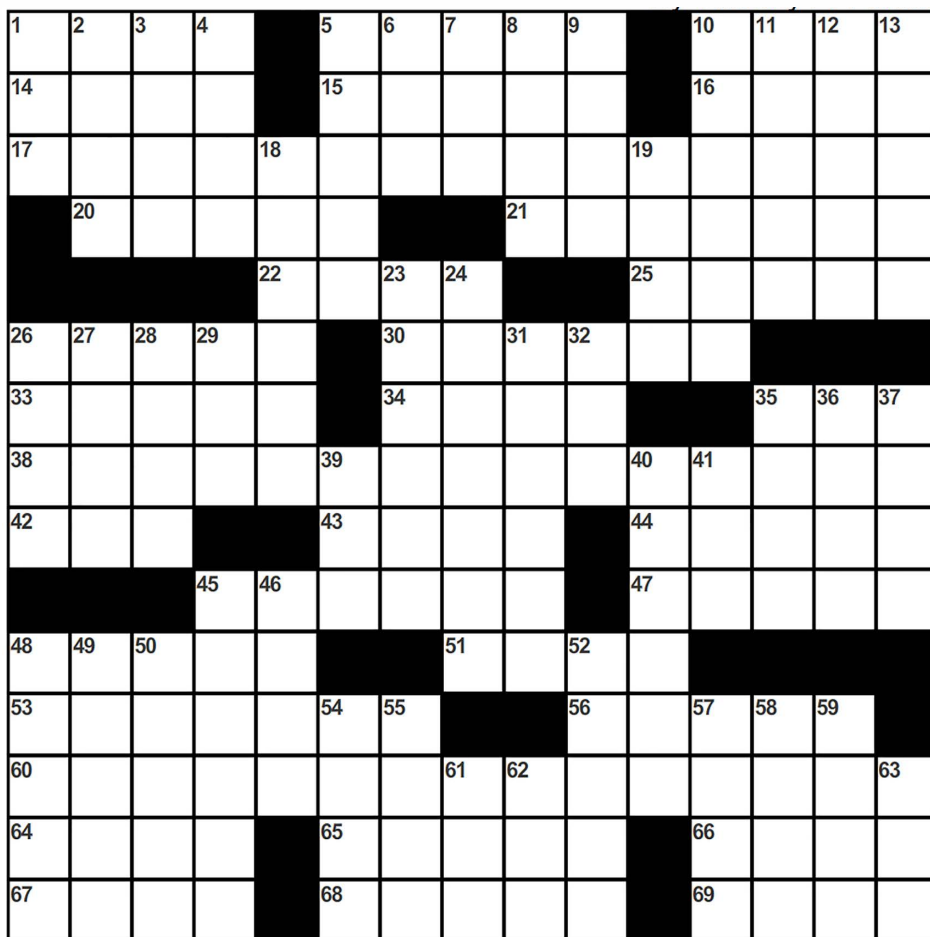
We're Here for Every Season

At America's Home Health Services, we understand the unique needs of older adults throughout the year. Our compassionate caregivers can help clients stay safe, nourished, and engaged during the fall and beyond—whether it's preparing nutritious meals, assisting with errands, or offering companionship.



ACROSS

- | | |
|----------------------------------|--------------------------------------|
| 1) Bag with plenty of room | 42) 157.5 degrees from N |
| 5) Gloomy atmospheres | 43) Utilizing a liner |
| 10) Sealing material | 44) Bert's Muppet pal |
| 14) Purposefully overlook | 45) Film-script instruction |
| 15) Freeze over, as a windshield | 47) Hatchlings' homes |
| 16) Yemen neighbor | 48) V-8 you cannot drink |
| 17) Small fractional unit | 51) It has a wide spine |
| 20) "Gandhi" role | 53) Of a reproductive organ |
| 21) Kind of rug | 56) Respond to the alarm |
| 22) Stunning aquarium fish | 60) Bad thing to make a mistake with |
| 25) With cunning | 64) Scot's tongue |
| 26) Handled clumsily | 65) Geek |
| 30) As yet | 66) Leafy green |
| 33) Shah of Iran, once | 67) Follow a cookbook directive |
| 34) Samovar's cousin | 68) Memo taker of old |
| 35) Socrates' T | 69) "Mr. Roboto" rockers |
| 38) Fruits and vegetables, e.g. | |



DOWN

- 1) Zenith
- 2) Writing on the wall
- 3) Firestone item
- 4) Delineate
- 5) Cheesecake picture
- 6) It may be hard to follow
- 7) Meadow
- 8) Carries a heavy load
- 9) On ___ (without a guaranteed sale)
- 10) Play a piccolo
- 11) "Jaws" resort
- 12) Game show group
- 13) Webster's listing
- 18) Creates naturally, as a gorge
- 19) "Present" and "future" partner
- 23) "Relax, soldier!"
- 24) Nevertheless, archaically
- 26) ___ up (invigorates)
- 27) Gives the heave-ho
- 28) Send money, in a way
- 29) Yale student
- 31) FDR's middle name
- 32) "___ you out of your mind?"
- 35) A heck of a lot
- 36) Mine opening
- 37) Finds a purpose for
- 39) Used to own
- 40) Biological subdivisions
- 41) Metallic rock
- 45) Previous
- 46) Showstopper for a diva
- 48) Broods
- 49) In plain sight
- 50) Bones below the tibia
- 52) Certain ballroom dance
- 54) Common connections
- 55) Salamander family member
- 57) Ruffles one's feathers
- 58) Card game for three
- 59) Slithery and slimy
- 61) Society column word
- 62) Perfect score, sometimes
- 63) "Oedipus ___"

WORD SEARCH

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

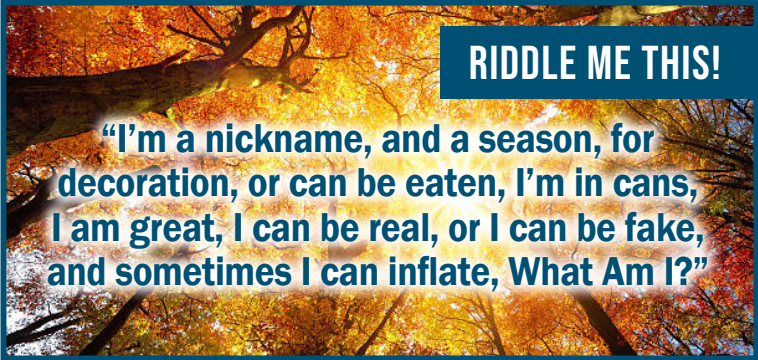
APPLE
 CIDER
 CORN
 HALLOWEEN
 LEAF
 PUMPKIN
 SEPTEMBER



AUTUMN
 COLORFUL
 FALL
 HARVEST
 NOVEMBER
 RAKE
 THANKSGIVING



BRISK
 COOL
 FOOTBALL
 HAY
 OCTOBER
 SCARECROW
 TURKEY



SUDOKU

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

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



ANSWER KEY

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

1	2	3	4	5	6	7	8	9	10	11	12	13			
T	O	T	E		P	A	L	L	S		T	A	P	E	
14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	
O	M	I	T		I	C	E	U	P		O	M	A	N	
29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	
P	E	R	C	E	N	T	A	G	E		P	O	I	N	T
44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	
N	E	H	R	U		S	C	A	T	T	E	R			
59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	
74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	
89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	
104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	
P	A	W	E	D		T	O	D	A	T	E				
119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	
E	X	I	L	E		E	W	E	R						
134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	
P	E	R	I	S	H	A	B	L	E		G	O	O	D	S
149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	
S	S	E			A	S	E	A			E	R	N	I	E
164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	
179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	
M	O	T	O	R		T	O	M	E						
194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	
O	V	A	R	I	A	N	A	R	I	S	E				
209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	
P	E	R	M	A	N	E	N	T	M	A	R	K	E	R	
224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	
E	R	S	E												
239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	
S	T	I	R			S	T	E	N	O					
254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	

LETTERBLOCKS
 OCTOBER
 HARVEST

RIDDLE ME THIS
 PUMPKIN

A APPLE CIDER DONUTS

Source: *Delish.com*

The first sight of apple cider donuts at farmers' markets signals the arrival of fall and the best time of year. A warm, freshly baked donut, sweet and well spiced, coated in cinnamon sugar will soon be at the top of your list of favorite things. These apple cider donuts are baked, which yields a soft, dense donut, and once brushed in butter, it's just as good as any fried donut. It also means you don't have to use up a big pot of oil or deal with a yeasted dough. These donuts can be ready in an hour, so go ahead and boil down extra apple cider so when you want more tomorrow, the longest step is already done.

INGREDIENTS

- Cooking spray
- 1 cup apple cider
- 2 cups (240 g.) all-purpose flour
- 1 tsp. baking powder
- 1 tsp. kosher salt
- 1/2 tsp. ground nutmeg
- 1/4 tsp. ground ginger
- 3 1/2 tsp. ground cinnamon, divided
- 3/4 cup vegetable oil
- 1/2 cup (105 g.) packed dark brown sugar
- 1 cup (200 g.) granulated sugar, divided
- 1 large egg
- 6 Tbsp. unsalted butter, melted



DIRECTIONS

- Preheat oven to 350°. Grease 2 donut pans with cooking spray. In a small pot over medium heat, bring apple cider to a boil. Cook until reduced to about 1/2 cup, 10 to 15 minutes. Let cool.
- Meanwhile, in a medium bowl, whisk flour, baking powder, salt, nutmeg, ginger, and 2 teaspoons cinnamon until combined.
- In a large bowl, whisk oil, brown sugar, and 1/2 cup granulated sugar until combined. Add egg and whisk until incorporated. Add dry ingredients and apple cider and whisk until just combined.
- Transfer batter to a piping or plastic bag, snip off a small corner, and pipe into prepared pans (or spoon batter in) until about three-quarters full.
- Bake donuts until tops are dry, 12 to 15 minutes. Let cool 5 minutes, then turn out onto a wire rack.
- In a wide shallow bowl, combine remaining 1/2 cup granulated sugar and 1 1/2 teaspoons cinnamon. While donuts are still warm, brush with butter, then toss in cinnamon sugar.



AMERICA'S HOME HEALTH SERVICES



Quality Care IN THE *Comfort* OF YOUR *Home*

We are dedicated to delivering personalized, high-quality care to individuals across Pennsylvania. With a commitment to enhancing the well-being and independence of our clients, we provide comprehensive home health services tailored to meet the unique needs of each person we serve.

Visit our website for more information or contact your local Home Care Consultant today!



MEAL PREPARATION



TRANSPORTATION



BATHING/TOILETING



HOUSEKEEPING



MEDICATION REMINDERS



COMPANIONSHIP

CONTACT US

AT ANY OF OUR LOCATIONS

PHILADELPHIA

8116 Old York Rd. FRNT
Elkins Park, PA 19027
(215) 745-7777

WILKES-BARRE

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

READING

100 North 5th Street
Suite 101
Reading, PA 19601
(610) 985-0071

HARRISBURG

2601 N. 3rd St.,
Suite 2-221
Harrisburg, PA 17110
(717) 826-0022

ALLENTOWN

1122 Hamilton Blvd.
Allentown, PA 18101
(610) 351-3461

PITTSBURGH

10 S 4th Street,
Youngwood, PA 15697
(412) 872-5110

LANCASTER

326 N. Duke St.
Lancaster, PA 17602
(717) 984-6218

ERIE

1220 W. 38th St.
Erie, PA 16508
(814) 889-5261



Visit us online today:

WWW.AMERICASHOMEHEALTH.COM

contact@americashomehealth.com