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HOW IN-HOME CARE HELPS SENIORS STAY SAFE AND INDEPENDENT THROUGH WINTER

Author: Amber Campbell, America's Home Health Services



Winter can be a beautiful season, with snowy landscapes and holiday cheer, but it also brings unique challenges for older adults. Colder temperatures, icy sidewalks, shorter daylight hours, and seasonal illnesses can make it difficult for seniors to stay safe and maintain their independence. At America's Home Health Services, we know how important it is for seniors to remain in the comfort of their own homes while staying healthy, active, and connected. That's where our compassionate caregivers step in.

PROACTIVE SAFETY CHECKS AROUND THE HOME

Falls are one of the most common risks for seniors during winter. Our caregivers conduct safety checks to reduce hazards inside and outside the home. This includes ensuring walkways are cleared, rugs and cords are secured, and heating systems are functioning safely. They can also assist with practical daily tasks, such as carrying groceries inside, helping seniors dress warmly, and reminding them about proper footwear to prevent slips and falls. These small steps make a significant difference in preventing accidents and keeping seniors safe throughout the season.

HELP WITH ERRANDS AND DAILY RESPONSIBILITIES

Winter conditions can make routine errands dangerous. From trips to the grocery store to picking up prescriptions or attending medical appointments, in-home caregivers provide vital support. They help seniors maintain their independence by completing errands safely or accompanying them when needed. This ensures that seniors can continue their daily routines without exposing themselves to cold, ice, or snow-related hazards, while families have peace of mind knowing their loved ones are well cared for.

COMPANIONSHIP AND EMOTIONAL SUPPORT

Winter months can be isolating, especially for seniors who live alone. Reduced sunlight, limited mobility, and family members being away can contribute to loneliness or seasonal depression. Our caregivers provide more than just physical assistance, they offer companionship,



engaging in conversation, shared hobbies, or even holiday preparations. These connections help seniors feel emotionally supported and uplifted, reducing feelings of isolation and improving overall well-being.

ENCOURAGING ACTIVITY AND ENGAGEMENT

Even during colder months, staying active is crucial for seniors' health. Caregivers can assist with gentle exercises, indoor walking routines, or light stretching to maintain mobility and circulation. They can also encourage participation in hobbies, puzzles, crafts, or social activities to keep both the mind and body active during the winter season.

SUPPORTING INDEPENDENCE ALL YEAR LONG

With the right combination of safety measures, assistance, and companionship, seniors can continue living comfortably and confidently in their own homes, even in winter. America's Home Health Services is proud to provide skilled, compassionate caregivers who help seniors stay safe, healthy, and socially connected—no matter the weather. By addressing both physical and emotional needs, we ensure a fulfilling and independent winter season for every client.



L A LETTER FROM THE CEO RETHINKING LONG-TERM CARE: CHOICE, AFFORDABILITY, AND INNOVATION IN HOME SERVICES



Greetings,

I write to you today not just as the CEO of America's Home Health Services, but as someone deeply committed to preserving dignity, choice, and financial sustainability for individuals and families facing long-term care decisions in Pennsylvania. Over the past years, we have witnessed an alarming escalation in the costs associated with institutional long-term care—costs that are becoming unaffordable for many Pennsylvanians.

Recent data from the Genworth/CareScout 2024 Cost of Care Survey shows that long-term care costs in Pennsylvania are increasing at a pace that surpasses national averages. Costs for nursing home care, already among the most expensive options, are soaring: for a semi-private room, the median annual cost is \$141,985; for a private room, it is \$155,490. The median annual cost for a home health aide in Pennsylvania is increasing nearly 11 % year over year but still has a median cost half the amount as long term care facilities or lower (Acacia Ins 2024).

What does this mean in practical terms? Over a multi year care trajectory, institutional long-term care can deplete a lifetime of savings—and often does.

Given these trends, it is critical to examine alternative care models—chief among them, private-duty home care (sometimes called personal care or companion care). Institutional care (nursing homes, long-term care facilities) often requires a “one-size-fits-all” level of staffing, facility overhead, and regulatory compliance, regardless of whether a resident needs maximal nursing care or more moderate assistance. Whereas private-duty home care allows services to be tailored: you only pay for the hours and types of help truly needed (bathing, meal prep, medication reminders, mobility assistance, etc.). For many individuals whose needs are less than full nursing care, the incremental cost of a home health aide or personal caregiver can be substantially lower than institutional room-and-board plus care premium.

Many individuals prefer to age in place and science shows that maintaining one's residence also allows for better continuity of life, comfort, and emotional well-being. Private-duty home care can delay—or in some cases prevent—the transition to assisted living or nursing care, thereby deferring the large fixed costs of facility living.

Because agencies like ours operate in-home, we avoid many of the capital, maintenance, and regulatory burdens that facilities carry. This leaner cost structure—when managed well—can translate into more value flowing back to clients.

As CEO, my commitment is twofold; 1.) To Promote Informed Decision-making. We must help families and individuals make side-by-side comparisons—total costs, quality of life, risk, and flexibility—when choosing between institutional care and home-based alternatives. 2.) To Lead in Innovation and Efficiency. At America's Home Health Services, we are aggressively investing in:

- Digital care coordination, to reduce overhead and increase caregiver reach.
- Training, retention incentives, and career pathways for home health workers, to mitigate turnover and service disruption.
- Partnerships with state agencies, payers, and philanthropic organizations to bridge funding gaps for those who lack private means.

We believe that by scaling home based care intelligently, we can relieve financial pressure on families, reduce pressure on institutional systems, and improve quality of life for those in need of long-term support.

I welcome an ongoing dialogue with policymakers, insurers, advocacy groups, and community leaders to expand access to sustainable home care models. Together we can help Pennsylvanians maintain choice, dignity, and security in the face of escalating care costs.

Thank you for your continued trust and partnership.

-Roseann





CARING FOR THE CAREGIVER DURING THE HOLIDAYS

Author: Amber Campbell, America's Home Health Services

The holiday season is a time of joy, family, and celebration, but it can also be a stressful and demanding time for family caregivers. Balancing caregiving responsibilities with holiday preparations, travel, and daily routines can be overwhelming. At America's Home Health Services, we recognize the incredible dedication of family caregivers, and we want to remind you that caring for yourself is just as important as caring for your loved one.

PRIORITIZING SELF-CARE DURING THE HOLIDAYS

Caregivers often put the needs of others above their own, which can lead to exhaustion or burnout, especially during the busy holiday season. Self-care is essential for maintaining both physical and emotional health. Even small actions, like enjoying a quiet cup of coffee, taking a short walk, reading, or practicing mindfulness, can help caregivers recharge. Staying connected with friends, getting adequate sleep, and eating nutritious meals are also important strategies for maintaining energy and mental well-being.

RESPIRE CARE: A HELPING HAND WHEN YOU NEED IT

During the holidays, respite care can be a lifesaver. Our professional caregivers step in to provide safe, reliable care, whether for a few hours, an entire day, or longer, allowing family caregivers time to rest, run errands, or participate in holiday activities. Knowing that your loved one is in capable hands can provide peace of mind, reduce stress, and make it possible to enjoy the season without feeling overwhelmed.

SHARING THE LOAD WITH PROFESSIONAL CAREGIVERS

Asking for help isn't a sign of weakness; it's a sign of responsible caregiving. Professional in-home care services, like those provided by America's Home Health Services, support both seniors and their families by providing personal care, companionship, meal preparation, and assistance with household tasks. This extra support allows family caregivers to



focus on quality time with their loved ones rather than feeling burdened by every responsibility.

MAINTAINING EMOTIONAL WELL-BEING DURING THE HOLIDAYS

The holiday season can also bring emotional stress, especially for caregivers managing grief, family dynamics, or health challenges. Compassionate support from trained caregivers ensures seniors and caregivers alike can enjoy the season with a sense of connection and balance. Whether it's helping with festive activities, sharing conversation, or simply providing reassurance, caregivers play a vital role in creating a warm, supportive holiday environment.

A SEASON TO CARE FOR EVERYONE

This holiday season, remember that taking care of yourself is just as important as taking care of your loved one. By practicing self-care, utilizing respite options, and leaning on professional support when needed, family caregivers can stay healthy, energized, and emotionally strong. With the right balance of care for both the caregiver and the senior, the holidays can be a time of joy, connection, and meaningful memories.

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

RECOGNITION



CAREGIVER OF THE QUARTER AWARDS

RECOGNIZING DEDICATED CAREGIVING



HARRISBURG

SOMAR TUCKEY

Somar came in eager to learn her client and all the little things that tailor her care specific to the client. She is attentive and picks up any and all hours that other caregivers call out, so that the client is never left alone, despite it taking away from her time with her family. She always shows up, provides great communication, and puts her all into the care she gives. We are very grateful for her!

ALLENTOWN

IDELIZA COLON

Ideliza is not only a great caregiver to her family members but she is always willing to help pick up shifts for other patients even driving beyond her preferred distance range to ensure the patients get the help they need. She also has great communication with the office and gets all required documentation in on time when asked.

LANCASTER

MICHELLE SANTIAGO

While her client is not family, she sure does treat her as such! Her client's family raves about her and her care. They say that they feel safe and relaxed knowing that their loved one is in such good hands. We are so thankful for her!

ERIE

VILLIN RODRIGUEZ

Villin is a great communicator and almost always willing to pick up a shift in emergency situations. We appreciate the extreme reliability and eagerness to help out above and beyond.

WILKES-BARRE

MAURICE MCDOWELL

Maurice is a very reliable caregiver and goes above and beyond for his patients. He is always willing to stay late or fill in when needed. He has received many compliments from his patients family due to the care he provides to his current patient. The family has even complimented that Maurice is able to get the patient out for short walks down the hallway which is a welcome change of scenery.

PITTSBURGH

MAVLUDA EGAMOVA

Mavluda has only been with AHHS a short time, but within that time, we have only great things to say about her. Both the client and her husband have taken time out to call and tell me that Mavluda is a great worker and they really like her. I have never heard him praise a caregiver the way he has praised Mavluda. Mavluda also has great communication with the office.

PHILADELPHIA

SONYA PITTS

Sonya has been a true blessing to her client and consistently keeps the office informed with regular updates. She brings a positive attitude to every interaction, and her dedication has not gone unnoticed. Since I began working with the company in March 2025, Sonya has not had a single call-out, which speaks volumes about her reliability and commitment.



RECOGNIZING AND PREVENTING SEASONAL AFFECTIVE DISORDER (SAD) IN SENIORS

Author: Amber Campbell, America's Home Health Services

The shorter days, colder temperatures, and reduced sunlight of winter can take a toll on everyone, but seniors are particularly vulnerable to the effects of Seasonal Affective Disorder (SAD). SAD is a type of depression that occurs at the same time each year, usually during fall and winter months, and can lead to fatigue, irritability, social withdrawal, and changes in appetite or sleep. Recognizing the signs early and implementing strategies to combat it can make a meaningful difference in seniors' mental, emotional, and physical well-being.

UNDERSTANDING THE SIGNS OF SAD IN SENIORS

Seniors may experience different symptoms than younger adults, and these can sometimes overlap with typical age-related changes. Common signs of SAD include:

- Persistent low mood, sadness, or irritability
- Decreased interest in favorite activities or hobbies
- Social withdrawal and increased isolation
- Changes in sleep patterns or appetite
- Low energy or fatigue
- Difficulty concentrating or making decisions

Being aware of these symptoms allows caregivers and family members to intervene early and support seniors in staying active, connected, and engaged.

MAXIMIZING LIGHT EXPOSURE

Light plays a crucial role in regulating mood and circadian rhythms. During winter, seniors may not get enough natural sunlight, which can exacerbate symptoms of SAD. Caregivers and family members can help by:

- Encouraging outdoor walks during daylight hours
- Sitting near windows while reading or enjoying a meal
- Considering light therapy boxes specifically designed to treat SAD, under the guidance of a healthcare provider

Even small changes in daily light exposure can help regulate sleep patterns, improve energy, and boost overall mood.

THE POWER OF COMPANIONSHIP

Social engagement is another key factor in preventing or reducing SAD symptoms. Seniors who feel isolated may experience more intense depressive symptoms during the winter months



Companionship can take many forms:

- Spending quality time with family members or friends
- Engaging in shared hobbies, games, or holiday activities
- Participating in community programs, virtual gatherings, or senior center events

For those with limited mobility or living alone, in-home caregivers provide an essential source of companionship and emotional support, offering conversation, encouragement, and shared activities that brighten the darker months.

STAYING MENTALLY AND PHYSICALLY ENGAGED

Keeping the mind and body active is essential for emotional well-being. Caregivers can encourage seniors to:

- Continue hobbies like reading, puzzles, or crafting
- Try gentle indoor exercises, such as stretching or chair yoga
- Set small, achievable goals each day to maintain a sense of purpose and accomplishment
- Engage in creative or skill-building projects, such as cooking, gardening indoors, or learning new skills online

Staying active not only combats feelings of lethargy but also promotes better sleep, physical health, and resilience against seasonal mood changes.

SUPPORT AND PREVENTION MATTER

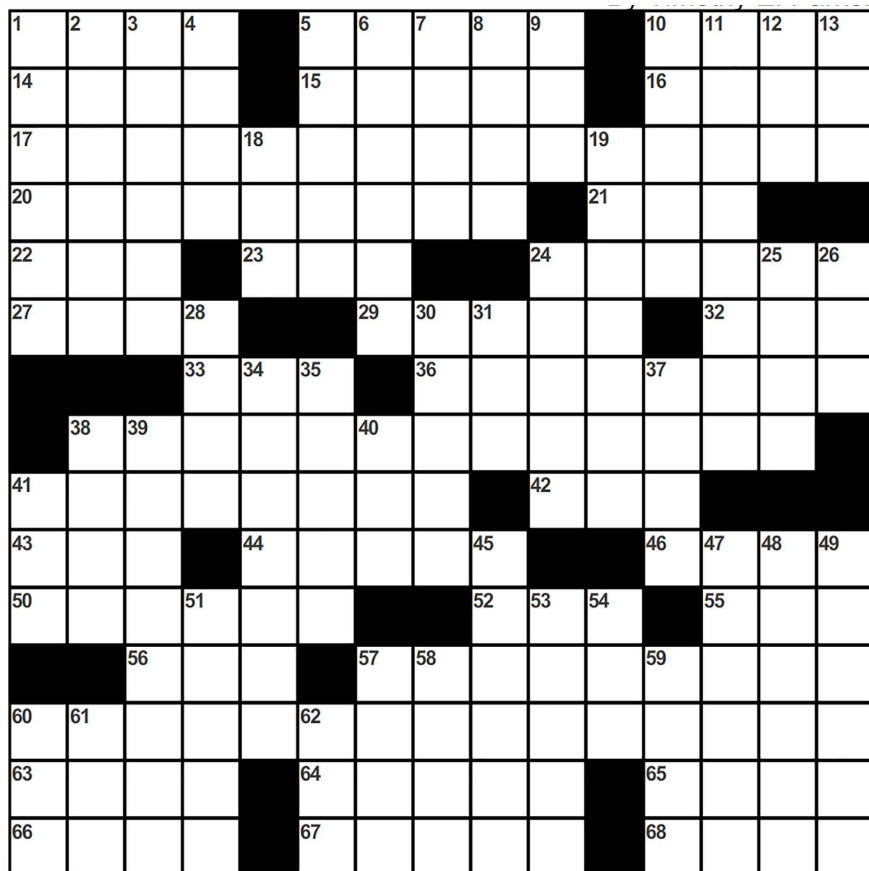
Recognizing and preventing SAD in seniors requires a combination of awareness, routine, social connection, and care. With compassionate support from family, friends, and professional caregivers, seniors can maintain their mental and emotional health, even during the darkest months of the year.

At America's Home Health Services, our caregivers are trained to provide companionship, encouragement, and structured daily engagement that supports emotional well-being. By combining light exposure, social interaction, and meaningful activities, we help seniors navigate winter with energy, connection, and a sense of purpose, making the season brighter for everyone involved.



ACROSS

- 1) "Beg pardon ..."
- 5) Much, slangily
- 10) It's far from a flattop
- 14) Handed-down history
- 15) Hole-___ (golf coup)
- 16) Common roller-coaster feature
- 17) They include numerators and denominators
- 20) Providing bearings
- 21) Tiny carpenter
- 22) Thing picked up at the beach
- 23) Animated Olive
- 24) Drunk, in slang
- 27) Not us
- 29) Short choral composition
- 32) Tokyo of long ago
- 33) "Much ___ About Nothing"
- 36) Fence for defense
- 38) It includes angles and shapes
- 41) Jon Bon Jovi, for one
- 42) "What ___ the odds?"
- 43) Notable period of history
- 44) Golden Horde member
- 46) D.C. veterans
- 50) Spanish capital
- 52) Clairvoyant's favorite letters?
- 55) Lobster eggs
- 56) Moray, e.g.
- 57) Evolution adherent
- 60) $X = 3$, $X + 2 = 5$, and other
- 63) Pavarotti solo
- 64) Tossed with force
- 65) Singing club
- 66) Like much lingerie
- 67) Make fun of
- 68) Half a matched set



DOWN

- 1) March family creator
- 2) "Yippee!" alternative
- 3) Ferret's cousin
- 4) Humorous internet image
- 5) Full of dryer fluff
- 6) Photographed or taped
- 7) In a quandary
- 8) It might produce a run
- 9) Former nuclear power agcy.
- 10) Flared dress style
- 11) Shoes, sandals, sneakers, etc.
- 12) Director Howard
- 13) Photo ___ (media events)
- 18) Plastic ___ Band
- 19) More moth-eaten, e.g.
- 24) Historic Alabama city
- 25) Challenge to a canoer
- 26) Bambi's mother, e.g.
- 28) Bit of Halloween attire
- 30) Musical with its own glasses?
- 31) "The ___ of Pooh"
- 34) Concentrate, in a way
- 35) Group of eight
- 37) It's used to take flight?
- 38) When doubled, a Society Island
- 39) Campus VIP
- 40) Gangster's gun in old films
- 41) Sleep phenomenon
- 45) "The Twilight Zone" telecasts, tod.
- 47) Baltimore's bird
- 48) Body shop convenience
- 49) Has a hunch
- 51) One way to get out of debt
- 53) Metal-shaping tool
- 54) Place for an orchestra
- 57) Take out, to an editor
- 58) Lung opening?
- 59) Approaching, in romantic poetry
- 60) "Do the Right Thing" pizzeria own
- 61) Common savings vehicle
- 62) Little salamander

WORD SEARCH



WINTER

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

blizzard	frostbite	igloo	skating	snowman
December	frozen	jacket	skiing	snowshoes
February	gloves	January	sleigh	solstice
fireplace	hockey	longjohns	slippery	sweater
flannel	holidays	mitts	snowballs	toboggan
flurries	hot chocolate	scarf	snowboarding	whiteout
frigid	icicle	shovel	snowflakes	wintertime



RIDDLE ME THIS!

Why do reindeer wear bells?

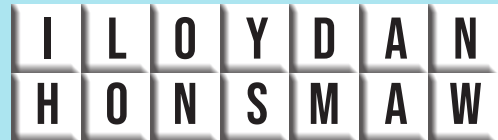


SUDOKU

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

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

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

1	A	2	H	3	E	4	M	5	L	6	O	7	T	8	S	9	A	10	A	11	F	12	R	13	O	
14	L	15	O	16	R	17	E	18	I	19	N	20	O	21	N	22	E	23	L	24	O	25	O	26	P	
27	C	28	O	29	M	30	M	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49
50	O	51	R	52	I	53	E	54	N	55	T	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70
71	T	72	A	73	N	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94
95	T	96	H	97	E	98	M	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117
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981	982	983	984	985	986	987	988	989	990	991	992	993	994	995	996	997	998	999	1000	1001	1002	1003	1004	1005	1006	1007
1008	1009	1010	1011	1012	1013	1014	1015	1016	1017	1018	1019	1020	1021	1022	1023	1024	1025	1026	1027	1028	1029	1030	1031	1032	1033	1034
1035	1036	1037	1038	1039	1040	1041	1042	1043	1044	1045	1046	1047	1048	1049	1050	1051	1052	1053	1054	1055	1056	1057	1058	1059	1060	1061
1062	1063	1064	1065	1066	1067	1068	1069	1070	1071	1072	1073	1074	1075	1076	1077	1078	1079	1080	1081	1082	1083	1084	1085	1086	1087	1088
1089	1090	1091	1092	1093	1094	1095	1096	1097	1098	1099	1100	1101	1102	1103	1104	1105	1106	1107	1108	1109	1110	1111	1112	1113	1114	1115
1116	1117	1118	1119	1120	1121	1122	1123	1124	1125	1126	1127	1128	1129	1130	1131	1132	1133	1134	1135	1136	1137	1138	1139	1140	1141	114

A BAKED BRIE WITH CRANBERRY SAUCE AND PECANS

Warm, gooey, and bursting with holiday flavor, this Baked Brie with Cranberry Sauce and Pecans is the perfect appetizer for your festive gatherings. Crispy puff pastry encases creamy Brie, while tart cranberry sauce and crunchy pecans add a delightful contrast. Easy to prepare and irresistibly delicious, it's sure to be the centerpiece of any holiday spread, or a cozy treat to enjoy at home.

INGREDIENTS

- 1 (8-ounce) round of Brie cheese
- 1 sheet puff pastry (thawed if frozen)
- 1/3 cup cranberry sauce (homemade or store-bought)
- 1/4 cup chopped pecans (toasted, optional)
- 1 tablespoon honey or maple syrup
- 1 egg (beaten, for egg wash)
- Crackers, apple slices, or baguette for serving



DIRECTIONS

- Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
- Prepare the Brie: Place the Brie wheel in the center of the puff pastry sheet. Spoon cranberry sauce on top, then sprinkle with chopped pecans and drizzle with honey.
- Wrap it up: Fold the puff pastry over the Brie, trimming any excess dough. Press to seal and flip the wrapped Brie so the seam side faces down. Brush with beaten egg for a golden finish.
- Bake: Bake for 15–20 minutes, or until the pastry is golden brown and puffed.
- Cool slightly: Let it rest for 5–10 minutes before serving (the cheese will be very hot and melty inside).
- Serve: Transfer to a serving platter. Serve warm with crackers, apple slices, or toasted baguette.



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