



Message from Aurora

Every day at JEVS at Home, we schedule homecare for more than 1,000 clients. Without our dedicated caregivers, it would not be possible for our clients to continue living in their homes and within their communities.

We do all that we can to provide the needed tools to ensure our caregivers are able to deliver personal care services with skill, compassion, customer service, and professionalism.

On February 17, take time to thank a caregiver for their dedication and care for all of the individuals we serve.

Sincerely,

CEO

*Have a social media page? Show your support by
tagging your post with
#NationalCaregiversDay*

National Caregivers Day February 17, 2017

Who stands between someone in need of daily personal care assistance and very long and demanding days? A caregiver—a caregiver whose days can be filled with the joy of being someone's companion or the heartache of caring for someone who is very ill.



Caregiving can be extremely emotional and challenging, yet absolutely necessary. With 10,000 people turning 65 years old every day for the next ten years, the need for care will not go away.

By 2020, 56 million Americans will become 65 years old. According to national statistics, 40% of the nation will need in-home supports.

Nationally, the awareness of the need for in-home care is on the rise. To recognize the accomplishments and their dedication to Caregivers, November has been known to be dedicated as Family Caregiver Month. In 2017, for only the second time, **National Caregivers Day** will be held on Friday, February 17th to recognize those who are providing quality, compassionate care every day.

Show appreciation to a caregiver on this special day. Take the time to thank a caregiver for their dedication and care of our loved ones. Caregivers make a difference.

Contact Us Anytime

Phone: 267-298-1325
Toll-Free: 866-964-4617

After Hours: 215-528-9669
Email: info@jevsathome.org

Caregiver Spotlight: Verdell Isabell



"I've been doing this for a long time, but only recently did I start getting paid for it," Verdell Isabell said as she spoke of her lifelong commitment to caring for others.

"Whenever someone gets sick, they say 'call Verdell' and I come running to help."

Verdell spent her entire life helping others whenever called upon. Yet, it was only 4 years ago when Verdell was the one who needed help.

"My father got sick," Verdell explained. "He had pancreatic cancer." It was during this time that Verdell discovered that she could be compensated for what had always come naturally to her – caring for someone in need.

"That was when I found JEVS at Home," Verdell said.

Ever since then, Verdell has worked as a caregiver for JEVS at Home, even after her father's passing.

"This isn't just a job for me," Verdell explained. "I treat all my clients like I did my father."

This attitude has made Verdell a trusted member of her clients' family and a caregiver that makes them feel safe and secure.

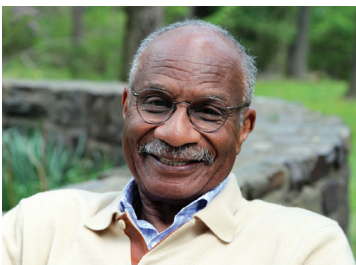
"My number one concern is making sure my clients feel safe," Verdell said. "Nothing is more important to me than knowing that they are comfortable."

A Little Help from our Friends at St. Eugene School

On December 12, 2016, the 6th grade class from St. Eugene School gathered at Delaware County Intermediate Unit in Morton, Pennsylvania to make gift baskets for our homebound clients. In addition to items that we donated, they packed

each basket with items donated from Second Melody, Jack's Catering, and Artcraft Promotional Concepts that included warm fleece blankets, fruit, nonperishable foods, and assorted gift cards.

Aging & Health by Mr. Burwell



One of the most delightful experiences during the process of aging is to be healthy and active.

An appreciation for food and mobility make eating healthy very rewarding. Each day I prepare and cook what I eat.

For breakfast, I eat a light meal consisting of cereal, yogurt, juice, fruit, toast, and a hard-boiled egg. I like to compliment it with juice and coffee with cream and raw sugar.

My lunch is usually prepared with dinner left-overs. Some days I prepare a sandwich in the morning with lettuce and sliced tomatoes with a choice of fresh turkey, cheese, tuna, egg salad, and water.

In the evenings on the way home, I visit my local fruit and vegetable store to buy groceries that will complement my dinner. A salad often accompanies dinner with salmon (broiled or baked) or chicken. Lastly, a good glass of wine with dinner provides the perfect closure.

Nurse Kim Health & Wellness March is National Nutrition Month



National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics.

It is dedicated to increasing the awareness of eating healthy and the importance of developing healthy eating habits.

To learn more about nutrition and what to eat to be healthy, Nurse Kim shares these four tips to follow:

- 1. Naturally sweeten your water with fresh fruits**
- 2. Increase your protein intake to boost metabolism**
- 3. Eat nuts which are nutritious and loaded with magnesium, vitamin E, and fiber**
- 4. Avoid processed junk food**

Join Us at Our Next Stakeholder Advisory Meeting

Thursday, March 16th from 4:00 p.m. - 6:00 p.m.

Call Kim at 267-298-1632 to RSVP (Refreshments will be served)

CPR Training



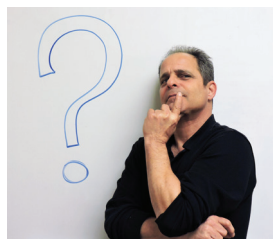
CPR Training is now available. Feel free to sign up on one of the following dates (please note that class sizes are limited):
To RSVP, call **(267) 298-1681**.

February 9, 2017

March 7, 2017

10:00 a.m. - 2:00 p.m.

Riddle Me Gregg



Why do skeletons hate the cold?

*Turn to the back to see the answer.

Caregiver Support Groups

Philadelphia County:

Northeast Regional Library
2228 Cottman Ave
Philadelphia, PA

Thursday, February 2, 2017
Time: 10:30 a.m.

Thursday, March 2, 2017
Time: 10:30 a.m.

Allegheny County:

AgeWell Pittsburgh
5743 Bartlett Street
Pittsburgh, PA 15217

Contact Stephanie Small
or Maxine Horn
412-422-7200; 412-422-0400

Third Thursday of the month
Time: 1:30 p.m.

Essex County:

Newark Beth Israel
Medical Center
201 Lyons Ave
Newark, NJ

Last Tuesday of the month
Time: 2:00 p.m.

Call 973-926-2147

United Way
Caregivers Coalitions
Visions Federal Credit Union
47 Rt 206
Augusta, NJ

Thursday, March 2, 2017
Time: 12:00 p.m.

Call Robin Ennis
973-993-1160 (ext. 305)

Follow us on Social Media



Facebook.com/JEVSatHome



Twitter.com/JEVSatHome



Instagram: jevsathome



Linkedin.com/company/jevs-at-home

For more information about our services,
please call 267-298-1325 or
www.jevsathome.org

JEVS at Home Complaint Hotline:
855-883-2424



9350 Ashton Rd., Suite 102
Philadelphia, PA 19114

19020-3973

NON PROFIT ORG.
US POSTAGE PAID
LISTMASTERS

Happy National Caregiver Day

February 17th marks National Caregiver Day. Day in and day out, Caregivers fulfill a vital role in people's lives. They spend their days caring for those that are in need of help with daily chores like cooking and cleaning, offering daily support and companionship, and much more.

In lieu of this day, take time to thank a caregiver for their dedication and care to our loved ones.

Fun Fact: National Caregivers Day was founded by Providers Association for Home Health & Hospice. Agencies (PAHHHA) in 2015.

JEVS at Home Word Finder

CAREGIVER

HEALTH

LOVE

NUTRITION

WELLNESS

JEVSATHOME

JEVS at Home does not discriminate on account of a person's age, race, color, religion, creed, sexual orientation, marital status, national origin, ancestry, citizenship, military status, veteran status, HIV status, handicap, disability, gender, gender identity or expression, or membership in any other protected group.

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

Riddle Me Gregg Answer:

Because the wind goes right
through them.