




### Message from Aurora

I recently read a study about family caregivers that reported 60% experienced interruptions in employment due to their role as a caregiver. Some have taken a leave of absence and others have given up working entirely because of their caregiving responsibilities. This made me reflect on all of our JEVS at Home clients who are being cared for by a family member.

How many of our caregivers have quit their job or abandoned their career because they had no one else to care for their loved one? I'm so appreciative that at JEVS at Home we are able to hire family members as caregivers and I know that many of you feel a bit more at ease because of this opportunity. Caregiving is often a 24/7 job. That's why the Pennsylvania Homecare Association is hosting a Family Caregiver Lobby Day on June 13, 2017 in Harrisburg. This allows our family caregivers to meet with legislators to tell them their stories and convey the value of home care in the care continuum. If you are interested in participating in this Lobby Day event, please contact Debbie Beresin at [debra.beresin@jevsathome.org](mailto:debra.beresin@jevsathome.org).

Sincerely,

  
CEO

## Unsure of Your Home Care Eligibility? Let JEVS at Home Help You

Understanding your eligibility for home care benefits is time-consuming and can be frustrating. Even if you are currently receiving home care, you need more hours, or you question if you could receive more services, you might not know where to turn. You are encouraged to turn to JEVS at

Home to help you maximize the home care services you are entitled to.



Our patient staff at JEVS at Home will help guide you through the system. We will make sure your information on

file is up to date, assist you with any forms you might need, and help you with the application process.

Throughout the week, we are here for you to answer your questions. Start with Angel, our Special Projects and Navigation Manager, who will point you in the right direction with what you need to become a new client or if you are already a client and need more hours or services.

Next, you will meet Zor, our Intake Specialist, who will make sure your information is accurate and will work to connect you with the caregiver that best fits your needs.

Finally, you will continue on with the Care Coordinator assigned to you for exceptional care in the comfort of your home.

### Contact Us Anytime

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

After Hours: 215-528-9669  
Email: [info@jevsathome.org](mailto:info@jevsathome.org)

## Caregiver Spotlight: Susan McLeod



Susan McLeod stepped into the caregiving world by accident. Her mother fell ill and she and her siblings decided she would be the best one to care for her.

"I learned a lot from her working one-on-one with her

and still do," Susan said.

After caring for her mother, Susan decided to stay on with JEVS at Home as a Caregiver. When she started working with non-family member consumers, the gratitude and happiness shown by them made her feel that this job was more than a paycheck. It was fulfilling and rewarding.

"It feels great to reassure someone that they can be comfortable in their home," she said.

When asked what Susan loves most about being a Caregiver she said, "Working with the elderly is like working with a book of knowledge just waiting for you to tap into it! I've learned a lot from all of my consumers over the years and I've always been drawn to older people, it just feels natural to me."

Susan's work ethic is often shown in the eyes of her consumer and JEVS at Home. She was recently nominated for the JAH "You Rock Award" by her Care Coordinator, Regina. This award is an internal recognition program that recognizes exceptional care.

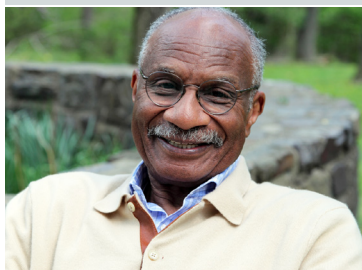
"Susan's dedication to provide excellent care and willingness to go above and beyond makes her such an outstanding caregiver that is loved by everyone she comes in contact with," said Regina.

## May is Older Americans Month

Each May, the Administration for Community Living (ACL) chooses a theme and leads our nation's celebration of Older Americans Month. The theme for 2017 is Age Out Loud. More than ever, older Americans are focusing on independence, taking charge, striving for wellness, and advocating for

themselves and others. The meaning of aging has and is changing for the better. This month is a great time to celebrate and recognize older Americans who are advocating for themselves and living their lives with boldness, confidence, and passion while serving as a role model for people of all ages.

## Keeping Up with Our Obligations by Mr. Burwell



As we advance in age, we may develop memory problems that will affect our ability to recall medical, social, or personal appointments and commitments.

What makes us forgetful and how can we best monitor that behavior? There are several theories why we may forget; however, in simple terms, things we should be doing are often pushed aside to accommodate things we want to do.

Missing appointments and commitments can be a burden. It can lead to illnesses that should be monitored, disappointment by those that may rely on us, and a neglect of family and personal duties that may trigger an unintended financial cost.

There are some easy-to-use methods that can serve as a reminder for appointments and commitments: written list of groceries and appointments placed on the refrigerator door by magnets, a dry-eraser message board with information written on it by a dry erase pen, pill boxes for medication reminder, and journals or copy books to keep track of daily activities. There are many computer programs with applications to manage a variety of tasks in a wide range of activities listed on [zappier.com](http://zappier.com).

## Nurse Kim Health & Wellness May is National Osteoporosis Month



According to the National Osteoporosis Foundation, Osteoporosis means porous bones. It's a bone disease that occurs when the body loses too much bone, makes too little bone, or both. When this happens, the bones become weak and may break from a fall or, in some cases, from sneezing or minor accidents.

To keep your bones healthy and strong, Nurse Kim shares a few tips that will help:

1. Get plenty of calcium in your diet with foods like dairy, almonds, broccoli, or ask your doctor about a calcium supplement.
2. Increase your Vitamin D intake with oily fishes like tuna, sunlight, or a Vitamin D supplement.
3. Engage in walking, jogging, or climbing stairs to help build strong bones and muscle.

More importantly, if you are concerned about your bone health or the risk for Osteoporosis, talk to your physician.

### 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**.

**April 18, 2017**

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

9350 Ashton Road, Philadelphia

### Riddle Me Gregg



**I travel all over the world, but  
always stay in my  
corner.**

**What am I?**

\*Turn to the back to see the  
answer.

## April is Parkinson's Awareness Month



Parkinson's disease (PD) is a chronic and progressive movement disorder with symptoms that continue to worsen over time.

Nearly one million people in the United States are living with Parkinson's disease. The cause is unknown, and there is presently no cure.

Fortunately, there are treatment options such as medication and surgery to manage its symptoms.

During this month we hope that you will join us in celebrating the Parkinson's community and creating further awareness to beat this disease.

For more information about Parkinson's and how to support those living with this disease, visit:

<http://www.parkinson.org/parkinsonsawarenessmonth>

## 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 Easter and Passover

During the month of April, we want to wish all those celebrating Easter and Passover many blessings and happiness.



## JEVS at Home Word Finder

**APRIL**  
**CAREGIVING**  
**COMMUNITY**  
**FAMILY**  
**HOME**  
**HOPE**  
**JEVS**  
**LOVE**  
**MAY**

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

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.

Riddle Me Gregg Answer:  
A Stamp