



Message from Aurora

As 2019 approaches, so does the transition to Managed Care for thousands of Southeastern PA residents receiving home care through the state's Medicaid program. It is critical that all of our clients understand what this change means and how it will impact them. In short, three managed care companies, or MCOs, (Keystone First, UPMC and PA Health & Wellness) will be managing all long term care Medicaid services as of 1/1/19. You will need to select the company that best meets your needs or one will be assigned to you. You will be able to keep your current service coordinator for at least the first six months. After that, you might need to select a new SC if your current SC is not part of your MCO's provider network. The state will be sending you important information shortly regarding this change so please check your mail carefully. You can also find important information online at www.dhs.pa.gov/citizens/communityhealthchoices. No worries about your home care services! JEVS at Home plans to continue as a provider of choice! Feel free to contact your JEVS at Home Care Coordinator if you have questions about this important change!

Aurora
CEO

The Power of Music

In a quiet South Philadelphia rowhome, Golia Abdulmalik sits in her chair. Her hands clasped across her waist, she meets my eyes and smiles. Her daughter, Marvet Khalil looks at me and says, "It's the music". Across Golia's ears is a pair of bright, white headphones. She is listening to her favorite Arabic Christian Music. What makes the experience so unique is that Golia, diagnosed with Alzheimer's, wasn't always so pleasant to be around.

Marvet explained that her mother has been living with the disease for many years. In the beginning it was manageable, but as the disease progressed she became increasingly agitated and depressed, she lost her appetite, and had trouble sleeping. That's when Marvet turned to music.



Neurologists continue to research the link between music and brain functioning; from the ability to recall information to the effect it has on feelings and emotions. What they know for sure is that listening to music causes the brain to release Dopamine, the chemical that makes us feel happy. The brain also releases oxytocin, a chemical that makes us feel more kind and giving. Most importantly, music helps protect against cognitive decline and memory issues more than any other leisure activity.

These evidence-based outcomes are the basis behind the **"Music & Memory"** program. In this program, an assessment is conducted by a trained professional. Next, an iPod of music is created. What makes it different from just turning on the radio is that a custom playlist is created for each participant based on their favorite types of music, genres or musicians. And, the portability of the iPod makes it easy to go from home to almost anywhere all while reaping the mood and memory boosting benefits of listening to their favorite tunes. Several check-in visits are conducted to gauge changes in mood and cognition.

As I leave Golia's home I turn and smile. She removes the headphones, looks me in the eyes, waves and says "Bye".

Contact Us Anytime

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

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

Caregiver Corner



If you are caring for an older, ill, or disabled friend or family member, you know that caregiving is hard work. Making sure you take care of yourself is as important as the care you provide. Here are some tips to ease the stress of caregiving:

- The healthier YOU are, the better care you can provide. Don't be afraid to say you need a break—no one can do it all of the time. Support can come from community and religious organizations, family members, friends or neighbors.
- When people offer help, SAY YES! Keep a list of things you can use help with, such as bringing

dinner or giving you a break. When someone offers, have them choose from the list.

- Learning to care for another person can take practice and skill. You can learn these skills through office training, health care professionals, videos, or books.
- It is critical for caregivers to develop a support system. You can get support from a caregiver's group, therapist, family members, or friends. One of the best resources for caregivers is other caregivers. Caregivers who get help are less likely to burn out and will provide better care long term.
- A sense of humor is always helpful in dealing with the emotional ups and downs of caregiving.

Remember, Caregiving is not an easy job, but it can be very rewarding.

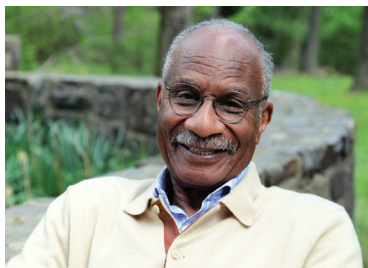
Music & Memory



JEVS at Home is a Certified Provider of the Music & Memory Program.

Please contact our Social Worker, Lara, at 267-298-1657 for more information on how this program could benefit you or your loved one.

JEVS at Home's OPEN HOUSE (by Mr. Burwell)



On Friday, May 18th, JEVS at Home hosted an Open House for community members and business partners to learn about our programs and services.

Despite the less than wonderful weather we were pleased to welcome clients, caregivers, interested community members, business partners and State and local Representatives. Attendees were provided goody bags and a map of the office, where they could stop by departmental tables for presentations, useful information, ask questions and learn about internal processes.

The last stop on the tour was the Raffle Room where attendees had a chance to win one of many gift baskets generously donated by our business partners. Thank you to the JEVS at Home staff for putting together this event.

THANK YOU TO OUR COMMUNITY AND BUSINESS PARTNERS WHO SO GENEROUSLY DONATED BASKETS TO OUR OPEN HOUSE:

Law Offices of Jonathan D. Levitan, Levy & Associates, Northeast Times, Philadelphia Eagles, PCA Industrial & Paper Supplies, ShopRite of Morrell Plaza, The Chamber of Commerce of Greater Philadelphia, TPG Direct.

Nurse Kim Health & Wellness Summertime Skin Safety



Summer is here so it's important to remember skin safety when enjoying the outdoors. Your skin is your body's largest and most prominent organ. It's essential that you take care of it, especially during the summertime, when UV levels can harm exposed skin. According to the American Academy of Dermatology (AAD), one in five Americans will develop some form of skin cancer during their lifetime. Prolonged ultraviolet exposure can also lead to cataracts and The National Institute on Aging has pointed to sunlight as the major culprit of wrinkles, dryness, and age spots.

Here are tips to keep you safe in the sun:

- **Exfoliate:** This removes dead, dull debris to prevent skin congestion and improve hydration from moisturizers.
- **Hydrate:** Keep skin hydrated by moisturizing before and after sun exposure.
- **Drink Water:** Higher temperatures and more time outdoors leads to internal dehydration which can result in headaches and dizzy spells. Drinking eight 8 ounce glasses of water every day helps maintain critical moisture balance.
- **Use Sunscreen:** Studies indicate most people do not apply nearly as much sunscreen as they should. Experts suggest re-applying every 2 hours. Avoiding mid-morning through late afternoon sun decreases your exposure
- **Always wear sunglasses** outside to protect your eyes.

Remember, **PREVENTION** is key to enjoying all that summer has to offer.

CPR Training with Nurse Kim



CPR training is now available. Please sign up on one of the following dates (please note that class sizes are limited):

June 26th & July 24th

1:00 p.m. - 4:00 p.m.
9350 Ashton Road, Philadelphia

To RSVP, call **(267) 298-1681**.

Our Hereos



JEVS at Home wishes all Fathers and other men who have made positive impacts in our families & communities a
**VERY HAPPY
FATHER'S DAY!!**

JOIN US for these upcoming community events:

Latino Golden Age Event

Saturday, June 2nd, 9am–2pm
Antonio Pantoja School
4101 N. American St., 19140

APM SugarCane Festival

Saturday, June 9th, 11am–3pm
6th & Susquehanna Sts., 19122

Salvation Army Job Fair

Saturday, June 9th, 10am–1pm
3401 Gray's Ferry Ave., 19146

2018 Disability Pride Parade

Saturday, June 16th, 10am–4pm
National Constitution Center
525 Arch St., 19106

Delco Senior Games – Bowling Event

**Thursday, June 21st,
1:30pm–3:30pm**
Sproul Lanes
745 S. Sproul Rd.
Springfield, PA, 19064

Representative MaryJo Daly's 50+ Event

Friday, June 22nd, 10am–1pm
Plymouth Whitemarsh High School
201 E. Germantown Pk.
Plymouth Mtg, 19462

Councilwoman Cherelle Parker's Community Event

Saturday, June 23rd, 11am–4pm
2nd Macedonia Church
1301 W. Ruscomb St., 19141

Concilio Festival

**Saturday, July 7th &
Sunday, July 8th
2pm–8pm**
Penns Landing, Philadelphia, 19106



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
Philadelphia, PA
Permit # 5634

Coming Soon... EVV

Per the U.S. 21st Century Cures Act, all Caregivers providing Personal Assistance Services will be required to use some form of EVV(Electronic Visit Verification) starting 1/1/2019. EVV is technology that electronically captures caregiver clock ins/outs plus services that are provided. JEVS at Home currently uses 2 types of EVV technology for real time capture of payroll and service data. Call us today if you're interested in getting signed up for EVV now!

JEVS at Home Word Finder

FAMILY
FUN
HUMOR
ICECREAM
PICNIC
RELAX
SAFETY
SUMMER
SUN
VACATION

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

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.