



## Message from Michael

First and foremost, I want to thank everyone for the warm welcome into the JEVs Care at Home family. I feel privileged to be leading such a compassionate and caring TEAM of people dedicated to a mission of preserving the independence and dignity of so many people who have entrusted us with their care. I am fully committed to continuing our legacy of providing exceptional service and am looking forward to increasing our value through innovation, customer service and growth.

Our most pressing issue at this time is the implementation of Electronic Visit Verification (EVV). As required by the U.S. 21<sup>st</sup> Century Cures Act, all Caregivers providing Personal Assistance Services will be required to use some form of EVV starting 7/1/2019. This new law applies to **ALL** home care agencies. EVV is technology that electronically captures caregiver clock ins/outs plus records all of the services that were provided during each shift. The use of EVV eliminates the need for paper timesheets and paper service reports! No more faxing, no more driving to the office. When used correctly, EVV ensures a perfect paycheck every time! We will be transitioning all caregivers over to our EVV system over the next few months to ensure that all staff are completely trained and comfortable using the technology before July 1<sup>st</sup>. Stay tuned for more information coming soon!

## THE LITTLE THINGS- El Hassania El Bedraoui

Far too often we spend too much time focusing on one amazing gesture or heroic act when identifying outstanding commitment, but, in truth, it is the little, day to day things that make the biggest impact on the lives of our clients.



In the 6 years that El Hassania El Bedraoui has been with JEVs Care at Home she has consistently demonstrated a level of compassion, commitment and dedication that goes beyond the expected for even the most seasoned caregiver. Her reliability to always be there, no matter what, no matter how, on time and in the worst weather conditions, is second to none. Understanding that she is her client's lifeline

to the outside world, El Hassania has shared Thanksgiving dinner, made a fuss in celebrating her client's birthday and has been by her client's side during so many other life events, both good and bad. She often stays beyond her scheduled time, without pay, to ensure an informative and seamless transition to the next caregiver coming in and she often spends time with her client even when she is not scheduled to be there. With her background in Biology and a keen understanding of her client's needs, El Hassania can tell, within seconds, if her client is "not herself" on any given day. She continues to seek out opportunities to learn new techniques, methods and strategies for best practices and she freely shares that knowledge with other caregivers. She firmly believes that it is critical for all caregivers to be familiar with the unique needs, habits, moods and possible changes in their clients.

El Hassania's commitment to excellence proves that doing the "little things", every single day, caring so deeply about the welfare of someone in need and the happiness and peace that she can provide, exceeds all of the pomp and circumstance from any one great act. Thank you El Hassania, for your unwavering commitment and compassion.

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## 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)

## Supporting our Communities through Fundraisers



At JEVS Care at Home, we firmly believe that reaching out to and actively participating in our communities is paramount in fulfilling our mission and ensuring that all people are living healthy and engaged lives. That's why we are always looking for ways to give back to our communities; whether it's through volunteer activities, partnering on initiatives and events, providing helpful

information or by just being here to address issues and concerns. For 2019, JEVS Care at Home has initiated a year round "Collections" initiative to assist our community partners in fulfilling their missions as well. Our first two collections are the following:

2/18/2019 – 3/15/2019 – Collection of clothing, shoes, socks and under garments for Project HOME.

3/18/2019 – 4/11/2019 – Collection of small appliances (microwaves, toasters, irons, coffee makers), clothing, toiletries, children's clothing and baby supplies for the Career Link Spring Bazaar.

Please help us in providing these critical items to those in need. Items can be dropped off at our main office located at 9350 Ashton Rd., Suite 102, Philadelphia, PA 19114. Thanks so much for helping us help those in need.

## Calling All Caregivers



Once again, the JEVS Care at Home Team is participating in the 2019 Disability Pride Philadelphia Parade and Event to be held on Saturday, June 15, 2019 in Center City. Come join our walking team for this important and fun event! Families welcome! Call Ellen at 267-298-1638 for details and to sign up.

## The Fine Art of Aging Gracefully by Mr. Burwell

Let's be honest, who doesn't want to live a long, happy and financially stable life? The problem is, most people find it overwhelming when trying to figure out how make that possible. Well, I'm here to tell you that it's not that difficult if you know what to do and what to look out for. Here are some helpful tips based on research:

### Stay Physically Healthy

- Eat to live, don't live to eat. Put fruits and vegetables in the forefront of your diet. Enjoy whole grains and fortified cereals. Stick to lean proteins such as fish, chicken and eggs and low fat or fat free milk, cheeses and yogurts.
- Get up and MOVE! No need to run a marathon. Naturally incorporate movement into your life. Walk, cycle, golf or garden!
- Give up smoking and use alcohol moderately.
- Get your ZZZZs! Proper sleep habits are critical.
- Mind your Meds! Use a pill organizer and routinely go over your

medications and supplements with your doctor.

- Prevent Falls: Keep your home well lit, Eliminate tripping hazards, Have something to hold onto, Don't use unstable chairs, Wear the right shoes!

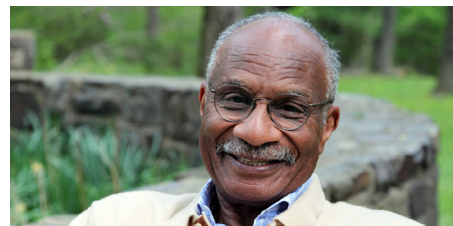
### Stay Mentally Healthy!

- Stress causes your body to pump adrenaline and cortisol into your blood. A constant supply of cortisol due to chronic stress turns a body on itself which can lead to weight gain, increased blood sugar levels, digestive problems, a suppressed immune system and heart disease. It can also impair your brain's ability to rid itself of toxic waste products.
- Healthy relationships result in longer lives. Be sure to spend time with friends, family, and loved ones. Do things that make you happy!
- Lend a helping hand and have a positive attitude. Helping someone causes your brain to release endorphins and serotonin which puts you in high spirits a creates a sense of well-being.

- Accumulate "experiences" rather than "things". Money spent on "doing things" actually provides more happiness than buying things.

### Stay Financially Sound

- Create a budget and stick by it.
- Consider getting a part-time job or starting your own business from home. It can be something simple like stuffing envelopes or making crafts.
- Protect yourself from financial fraud. Never send or wire money to someone that you don't know. The IRS does NOT make phone calls. Do not open suspicious pop-ups or emails on your computer. If someone offers you a get-rich-quick plan, be skeptical.



## Nurse Kim Health & Wellness Make the Most of your Doctors' Visits



Keeping regular Doctor's appointments is an important part of maintaining your overall physical wellbeing and getting the most out of your visit ensures your time with the doctor is well spent. It's important that you see your doctor for regularly scheduled visits as well as changes that you might notice in your general, overall health, functions or behaviors, sudden illnesses or injuries or responses to your medications.

**Planning ahead** can mean better care for you. So here are some tips to help you prepare for the visit:

1. Keep track of your symptoms, notice changes in eating habits, bodily functions, mood and weight gain or loss. Have a list of prepared questions and be sure to schedule your appointment for **your** best time of day.
2. Bring your insurance card, medical history (especially if you are seeing a new doctor), a list of over the counter and prescribed medications that you take regularly, a list of other health care providers you are seeing, a health directive if you have one, and any necessary equipment (walker, wheelchair, etc).
3. Bring paper and pencil or use the note function on your phone to take notes and a calendar for scheduling follow up visits.

### During the appointment:

1. Speak openly and honestly about all of your issues including symptoms and side effects. Be sure to ask all of your questions, and don't be afraid to ask for clarity if the answer is unclear to you. Do not leave the appointment if you have unanswered questions.
2. Remember, it is always ok to ask for a second opinion if you feel that your provider has not answered all of your questions or hasn't discussed all of your treatment options.
3. Ask for help. If going to the doctor feels overwhelming, ask a family member, friend, or caregiver to go with to make sure you have captured all of the information your physician has shared with you.

### Training with Nurse Kim

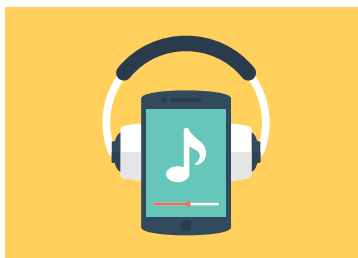


CPR, AED, First Aid Training:  
February 12th 1:00pm – 4:00pm  
March 12th 1:00pm – 4:00pm

Dementia Training:  
February 26th 1:00pm – 4:00pm  
March 19th 1:00pm – 4:00pm

9350 Ashton Road, Philadelphia  
To RSVP, call (267)298-1681

### IPODS NEEDED!!



JEVS Care at Home is accepting donations of gently used IPODS for our Music & Memory program. Please contact 267-298-1325 for more information.

## CHECK OUT THESE HELPFUL RESOURCES:



### Pennsylvania Homecare Association – [pahomecare.org](http://pahomecare.org)

Represents organizations that provide care and support to individuals in their homes by promoting and advancing bringing care home.

### National Family Caregiver Support Program – [www.aging.pa.gov/aging-services](http://www.aging.pa.gov/aging-services)

Aims to reduce stress on primary, informal, unpaid caregivers.

### PA Community HealthChoices Program – [enrollchc.com](http://enrollchc.com)

Pennsylvania's newest Medicaid managed care program for individuals eligible for Medicaid and Medicare that will manage both physical health care and long-term services and supports.

### Seniorlaw – [seniorlaw.com](http://seniorlaw.com)

Information about Elder Law, Medicare, Medicaid, estate planning, trusts and the rights of the elderly and disabled.

## 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 Care at Home Complaint Hotline:  
855-883-2424



9350 Ashton Rd., Suite 102  
Philadelphia, PA 19114

19020-3973

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Did you know that JEVS Care at Home does a weekly podcast on a variety of topics ranging from bath safety to healthy recipes? Watch our Facebook page at Noon on Wednesdays to get the latest information. Have a topic you would like to know more about but haven't seen? Contact Ellen at 267-298-1638 with your ideas and suggestions.

## JEVS Care at Home Word Finder

**COMPASSION**

**DOCTOR**

**EVV**

**FUNDRAISER**

**HEALTHY**

**PARADE**

**RESOURCES**

**TRAINING**

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

JEVS Care 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.