



## Message from Michael

### GOOD PEOPLE KNOW GOOD PEOPLE!!!

And JEVS Care at Home caregivers are GOOD PEOPLE! That's why we're calling all JEVS Care at Home caregivers to refer their friends and family members to the JEVS Care at Home TEAM! And we're going to make it worth your while! Refer a caregiver and both you and the person you referred will receive \$100!! Refer 5 or more caregivers and YOU will earn an extra \$300 in addition to the \$100 per referral!!! Who can you refer???? Just about anyone: a friend, a former co-worker, a family member, a friend of a friend, etc. Of course, there are a few stipulations:

1. You must be a current JEVS Care at Home caregiver,
2. The person you refer must meet all of the requirements to become a caregiver,
3. The person you refer must be hired and actively working for 90 days or have worked 250 hours.

It's that simple! Call your Client Care Manager for complete details. Caregiving is a tough job and it's not for everyone but our JEVS Care at Home caregivers are the BEST of the BEST and we're so proud that all of you are part of our family! So get out your contacts list! **READY! SET! REFER!!!**

## "WALK THE WALK" WITH US!



On **November 10, 2019**, JEVS Care at Home office and field staff will be teaming up for the "Walk to End ALZ" event at Citizen's Bank Park. Each year, the Alzheimer's Association conducts walk events, all over the country, to support social awareness and to raise money for Alzheimer's research and each year, JEVS Care at Home supports this incredible organization by forming a team to walk for the cause.

Founded in 1980, the Alzheimer's Foundation is the leading voluntary health organization in Alzheimer's care, support and research. There are currently 5.8 Million Americans living with Alzheimer's. That number is expected to grow to 14 Million by 2050. Every 65 seconds someone is diagnosed with the disease, affecting one in three Seniors. It is the 6th leading cause of death.

In 2018, it cost a staggering \$280 Billion dollars to care for those with Alzheimer's Disease. And, it is estimated that there are more than 16 million unpaid caregivers taking care of their loved ones so they can remain living at home.

Funds raised during the annual walks support worldwide research of the disease, its causes, treatments and, hopefully one day, a cure. The Alzheimer's Foundation invests over \$165 million in more than 450 projects in 25 countries. Recent strides in research include the development of the Pittsburgh Compound B (PiB), the first radiotracer capable of showing beta-amyloid in the living brain. Identifying this compound lets researchers know if experimental drugs decrease the Alzheimer's marker. There is still a tremendous amount of work to be done to find a cure but we are on our way.

So, please do your part to make a difference by joining the JEVS Care at Home team on November 10th to "Walk to End ALZ". Contact Ellen at 267-298-1638 or Kim at 267-298-1681 to sign up.

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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)

## ADD ESTATE PLANNING TO YOUR TO-DO LIST TODAY!

Written by: Linda Anderson, Anderson Elder Law Chamber Chatter | info@andersonelderlaw.com | 610-466-4700

You are packing for a trip and go looking for your passport. As you flip through all the important documents – birth certificates, deeds, love letters, transcripts – you see a thick, official-looking envelope. Travel with your mind at ease, knowing your estate planning documents are ready in case of an emergency.

But when is the last time you updated your Estate Planning documents? If you have experienced any of the following life changes, it may be time to see a Certified Elder Law Attorney (CELA) to ensure you are prepared for the future.



### Family Matters

- If there have been any changes to your immediate family, including births, deaths, marriage, divorce, adoption, or other, update your documents to include current information.

### Movin' On Up

- Laws governing estate planning can vary widely. If you have moved, check with a CELA in your new area that your documents still are valid in your new jurisdiction.

### Wheel of Fortune

- Your life and estate planning documents should reflect your current and expected wealth status to provide the best coverage for your future.

### Some People Change

- When you created your Estate Plan, who did you choose as your executor? Your designated agent? Your children's guardian? Are these people still willing and able to take on this role?

### Time Goes By

- Changing laws, new plan options, and a wide variety of other developments can cause your estate plans to simply become outdated. If it has been over 5 years since you last reviewed your documents, it is time to do a thorough review.

If you have questions about the validity of your estate plans, contact a CELA for a consultation.

## Caregiver Corner: Nancy's House Caregiving Tips: 5 Truths about Caregiving

Written by: Elissa Lewin

From years of being a caregiver and from talking with and working with other caregivers, here are some things I have learned along the way:

- Truth #1: YOU CAN TRUST YOURSELF.** Many well-intentioned people will feel free to tell you that you are doing too much/too little/everything all wrong. If the message comes from someone you trust, who has your best interests at heart, then listen to the feedback and evaluate it. They may be holding up a mirror to something you hadn't seen. If it is not a trust-worthy source, or if they are not thinking about you, you don't have to listen or defend. "Thank you for your concern" can go a long way.
- Truth #2: YOU DON'T HAVE TO BE PERFECT.** We can only do the best we can, and nobody bats 1000. That means sometimes really bad things happen, and it is not our fault. As caregivers, we often expect more from ourselves than is humanly possible. As one caregiver said, "That's when I put on my Super Woman costume," as if she could control the uncontrollable. Our love and our care may be super, but we are just human.
- Truth #3: HUMAN BEINGS ARE NOT MACHINES.** We need to eat healthy food, sleep, have a break, exercise, and be social. If we don't, our own capacities break down. In order to take care of our loved ones, we must take care of ourselves.
- Truth #4: THE PERSON YOU ARE TAKING CARE OF DOESN'T GET TO MAKE ALL THE DECISIONS.** Jennifer knew she needed a break. She was too exhausted to give her husband, who has ALS, proper care. But she is his security and she was afraid he'd be upset if she took a night away to get some sleep.

Maria's husband, who has MS, insisted that the family take a trip to a foreign country in the middle of summer. MS is a disease in which exposure to heat can cause extreme muscle weakness and life-threatening complications, and he "would not allow" her to take the larger, more obvious wheelchair that would give him better physical support. She felt helpless.

Both of these smart women were willing to acquiesce in order to please to give their husbands a sense of control. See Truth #1. Jen took her respite; Maria took the wheelchair. Both were glad they did.

- Truth #5: YOU DON'T HAVE TO DO IT ALL BY YOURSELF.** It is critical to find ways to both ask for and accept help. Practice saying "yes" when friends and family offer to help. Try [www.LotsaHelpingHands.com](http://www.LotsaHelpingHands.com) to organize that help. Or the model suggested at <https://www.sharethecare.org> to organize a whole team to help. Local and on-line support groups are available. It helps to know you are not alone. Check out [www.caring.com](http://www.caring.com) for resources and ideas.



## Nurse Kim Health & Wellness

## Events:



September is Healthy Aging Month and it is a great time to get started on better health practices. Healthy Aging Month is designed to focus national attention on the positive aspects of growing older. The number of people over 50 is growing every year. The goal is to stay active and vibrant for as long as possible.

### EAT WELL AND EXERCISE

About 80% of older Americans have at least one chronic health condition. Maintaining a healthy diet and exercising regularly is the best way to combat chronic illness.

**Start slowly.** If you're just starting to exercise, choose something low-impact that you can do a little at a time.

- Walk for ten minutes in the morning and the afternoon
- Sign up for a Tai Chi class
- Do some gentle stretches
- Most senior and community centers offer free or low-cost options

### Activity is important, but nutrition is equally vital.

- Keep a food journal
- Make healthier choices every day
- Control your portion sizes
- Try to eat vegetables at every meal

### Follow your PASSION – Reinvent Yourself

By 2029, more than 20% of Americans will be of retirement age. Even if you never felt artistic, everyone has the ability to be creative. Studies show that the arts can improve brain health.

- ✓ Learn to paint or draw
- ✓ Try dancing lessons
- ✓ Pick up a musical instrument
- ✓ Take a class in stand-up comedy or acting
- ✓ Finally write that story
- ✓ Learn a new language
- ✓ Take a computer class
- ✓ Travel and discover other cultures
- ✓ Volunteer

*No matter what you choose, pursuing a new interest will help keep you happy, healthy, and connected.*

## TRAINING WITH NURSE KIM



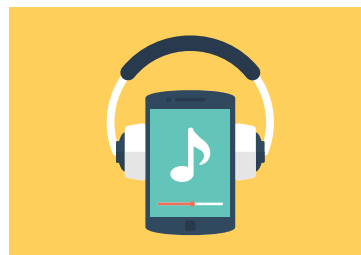
### CPR, AED, First Aid Training:

August 27<sup>th</sup> 1:00pm – 4:00pm  
September 10<sup>th</sup> 1:00pm – 4:00pm

### Dementia Training:

August 13<sup>th</sup> 1:00pm – 4:00pm  
September 17<sup>th</sup> 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. Contact Nurse Kim at 267-298-1681 for more information



### 8/10/2019

4<sup>th</sup> Annual 60<sup>th</sup> Street Wellness Jam  
11:00am-5:00pm  
60<sup>th</sup> Street between Chestnut & Arch

### 8/10/2019

Hunting Park Community Day  
12:00pm-4:00pm  
900 W. Hunting Park Ave

### 8/29/2019

Rep. Steve McCarter's Senior Fair  
10:00am-1:00pm  
Reform Congregation  
Keneseth Israel  
8339 Old York Rd, Elkins Park

### 9/6/2019

Healthy From Head to Toe Senior Appreciation Fair  
11:00am-1:00pm  
Presbyterian Senior Homes  
2050 S. 58<sup>th</sup> St., Phila., PA 19143

### 9/7/2019

25<sup>th</sup> Annual Southwest Pride Day  
10:00am-2:00pm  
12<sup>th</sup> Police District Headquarters  
6448 Woodland Ave.,  
Phila., PA 19142

### 9/14/2019

Rep. Carolyn Comitta's Senior Expo  
9:00am-12:00pm  
West Chester East High School,  
450 Ellis Lane, West Chester

### 9/21/2019

Rep. Jared Solomon's Senior Fair  
9:00am-11:00am  
St. William's Hall 6200 Rising Sun Ave.

### 9/26/2019

**PITTSBURGH:**  
Senior Wellness & Safety Expo  
McKeesport Palisades  
100 Fifth Ave McKeesport

## Follow us on Social Media



Facebook.com/JEVSatHome



Twitter.com/JEVSatHome



Instagram: jevscareathome



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



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Philadelphia, PA 19114

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## Do you have a story to tell? Is there a topic you would like to learn more about?

JEVS Care at Home Companion is seeking input from our readers so that we can provide you with the information that you want or need. Contact Ellen at 267-298-1638 with your ideas and suggestions!

### JEVS Care at Home Word Finder

- ALZHEIMERS
- CAREGIVING
- ESTATE
- EXERCISE
- FAMILY
- HEALTHY
- NUTRITION
- REFERRAL
- TEAM
- VEGETABLES
- VIBRANT
- WALKWITHUS

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

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.