



My Independence at HOME

Quality Home Care with Compassion...

JANUARY-MARCH 2024

WELCOME TO OUR

# Quarterly Newsletter

## Q1

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*Happy New Year!*

*As we step into this new year, we want to take a moment to express our gratitude for your trust and support. At My Independence At Home, our mission has always been to provide compassionate care and support to our participants and their families, and your continued belief in our services inspires us every day.*

*As we embrace the opportunities and challenges that the new year brings, we remain committed to delivering exceptional home care services that cater to their unique needs. The importance of our your support of our mission and vision cannot be understated.*

*We look forward to continuing this journey together in the coming year and beyond and wish you and your loved ones a Happy New Year filled with prosperity and good health.*

## Celebrating 10 Years

We are thrilled to announce that MYIAH has celebrated one decade of providing compassionate and dedicated home care services. 🎉

Thank you for supporting us for the past 10 years; it has been instrumental to our journey.

Here's to a decade of caring and to many more years ahead! 🌟



### Exercise and Stay Active

As you get older, it can be easy to find excuses to let yourself slow down. However, exercise is vitally important for seniors. "Exercise improves your quality of life, meaning everything from how much activity we can do, to what kind of mood we're in," said Kristina Balanguie, MD, a geriatrician at Banner - University Medical Center Phoenix.

No matter your fitness level, here are just a few ways to exercise and stay active:

#### How to Keep Your Muscles Strong as You Get Older

And don't forget, keeping your mind active is as important as exercising your muscles and joints. Keep your mind engaged by taking classes, learning new skills and hobbies, playing games or reading, and most importantly, keeping up your social relationships with friends and family.



#### Start Your Day

Start your day with a few stretches, yoga, or meditation. Mindfulness practice has been shown to reduce stress and anxiety, and has a series of beneficial health effects, including improving cognitive functioning in older adults.



## Apprenticeship Program

My Independence at Home is thrilled to announce our official partnership with District 1199C and their apprenticeship program! Dedicated to uplifting our team, we've joined forces with District 1199C to enhance career advancement opportunities.

Thanks to this collaboration, higher education benefits are now a key feature of our employee retention plan. Embark on a journey of continued education and training through the esteemed District 1199c Training and Upgrading Fund. Your growth is our priority! Cheers to a brighter future with MY Independence at HOME!





Thank you for making our senior prom a success! Your enthusiasm and presence made the night truly unforgettable. We're grateful for your support and look forward to more joyous occasions together!

## Juneteenth

## Thanksgiving Drive



On Juneteenth, My Independence at Home participated in one of the largest parades in the City of Philadelphia. We were invited to ride on the HBCU float with Cheyney University and this was truly a great time! This was a day to celebrate, freedom, unity, and progress...

Reflecting on our Annual Thanksgiving Drive! Every year My Independence at Home delivers free Thanksgiving Dinners to all of our Participants! This always an amazing day...



### **Black History Month Began as Negro History Week**

In 1926, Carter G. Woodson established Negro History Week. The celebration highlighted Black Americans' history, lives, and contributions. In 1976, Negro History Week expanded to the month-long celebration we observe today.

Woodson, an African American historian who graduated with a Ph.D. from Harvard, founded the Association for the Study of African American Life and History (ASALH). The ASALH now leads nationwide Black History Month celebrations and establishes its themes.



*Dec 19, 1875-April 3, 1950  
Age: 74*

### **Black Students Protested for Black History Month**

In 1968, members of Black United Students (BUS) at Kent State University walked out, protesting disorderly conduct charges against students participating in sit-ins, according to ASALH. BUS's successful student activism helped establish three Black studies departments and institutes on campus.

In 1969, BUS students demanded that Kent State extend Negro History Week into a month of Black history celebrations. President Gerald Ford later affirmed the actions of BUS with the observance of Black History Month nationwide.

### **Black History Month Themes Change Yearly**

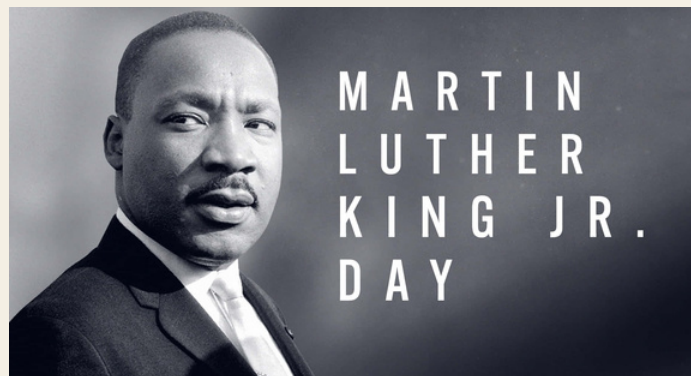
Every year, ASALH selects an overarching theme for Black History Month. The very first Black History Month theme was Civilization: A World Achievement. The 2024 Black History Month theme is African Americans and the Arts.

This theme is infused with African, Caribbean, and Black American lived experiences. In the fields of visual and performing arts, literature, fashion, folklore, language, film, music, architecture, culinary and other forms of cultural expression the African-American influence has been paramount.





On January 15th My Independence At Home was a sponsor at a MLK Day Service event held at the New Journey Christian Center. This “Senior Love Brunch” was amazing day and we were proud to take part and give back to the community!



*“Every man must do two things alone; he must do his own believing and his own dying. Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree.”*  
~Dr. Martin Luther King, Jr.



## January

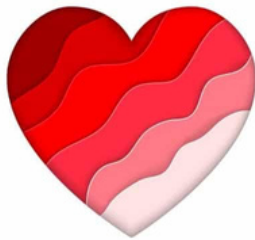
- National Blood Donor Month
- Thyroid Awareness Month



## February

- American Heart Month
- National Cancer Prevention Month
- Congenital Heart Defect Awareness Week (Feb 7th-14th)
- World Cancer Day Feb 4th

FEBRUARY IS  
**AMERICAN  
HEART  
MONTH**



## March

- Multiple Sclerosis Awareness Month
- National Bleeding Disorders Awareness Month
- National Kidney Month
- National Traumatic Brain Injury Awareness Month
- World Kidney Day (March 11)
- Purple Day for epilepsy awareness (March 26)



## Spinach & Artichoke Dip Pasta !



### Ingredients

- 8 ounces whole-wheat rotini
- 1 (5 ounce) package baby spinach, roughly chopped
- 4 ounces reduced-fat cream cheese, cut into chunks
- $\frac{3}{4}$  cup reduced-fat milk
- $\frac{1}{2}$  cup grated Parmesan cheese, plus more for garnish, if desired
- 2 teaspoons garlic powder
- $\frac{1}{4}$  teaspoon ground pepper
- 1 (14 ounce) can artichoke hearts, rinsed, squeezed dry and chopped