

# CAREGIVER NEWSLETTER

Volume 1 / Issue 3  
December 2021

## IMPORTANT NUMBERS:

York Office – 717-767-6300

CHA Office – 717-267-2672

## HAPPY BIRTHDAY THIS MONTH TO:

Laura Green  
Rebecca Palmerino  
Stephanie Fory  
Gail Carberry  
Pamela Smith  
Mary Clark  
Jayden Geppi  
Yessenia Galbreath

## CAREGIVER SPOTLIGHT:

This month caregiver spotlight is

### Ashley Wright:

She is one of our newer caregivers. Every client that she has been sent to absolutely loves her and says how amazing she is. She is always willing to fill in when needed!!!

Thank you for your hard work!

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*“The closest thing to being cared for is to care for someone else.”*

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## Expert Tips for Practicing Mindfulness While Traveling

“Mindfulness isn’t something you do or add to your ‘to-do’ list,” “It’s something you add to your ‘to-be’ list, your moment-to-moment, non-judgmental awareness of whatever is arising in the present.”

**1. Focus on Your Heart.** Heart-focused breathing can be done quickly and virtually anywhere, from a guest bathroom to the dining table when you’re sitting across from an in-law, says Dotson. To do it, shift your attention to the area around your heart, using box breathing or breathing normally at a slower pace. “Imagine your breath rolling up and down right behind your sternum,” she says. “Repeat for a few moments, perhaps sensing the space a few feet in front of your heart, on either side of your shoulders and a few feet behind you. Stay here as long as you like or until you sense a little more ease. This open focus helps [you] unplug from the stress response and plug into compassion and emotional presence, no matter how tough a situation may be,” says Dotson.

**2. Tap Your Fingers** If your mind is full or you’re facing a tough decision, clarity can literally be right at your fingertips. Finger tapping is a great way to pause and bring yourself back to the present. “Bring your pinky finger to your thumb, then your ring finger to your thumb, then your middle finger to your thumb and then your pointer finger to your thumb. Count one, two, three, four or say, ‘Be here right now,’” she says, adding that the exercise can bring you out of your mind and into your body and breath where you want to be.

For more examples, please go to <https://www.forbes.com/health/mind/how-to-practice-mindfulness-on-the-go/>

## Message from Executive Director

Another year is close to passing us by, bringing us to the verge of a new year. A year that will bring significant challenges to which we will, no doubt, rise above. This year has offered solid evidence that, despite the enormity of the challenges facing us due to the global pandemic, we are resilient and will remain so. I echo what the optimists continue to say: We will get through this.

We hope that you and your family members are healthy and have found ways to persevere and make the most of this time during the pandemic. The holidays will surely look different for all of us, again this year. However, no matter what, late December will most definitely be a time to feel extra grateful for family and friends.

During this special season, the lives of millions of Americans will be filled with the spirit of giving, the importance of family and friends, and a sense of healing, renewal, and new opportunity. That spirit lives year-round within our PennCares family through our In-Home Program.

Although it may be slightly more complex this year to keep up with our usual celebrations and traditions, there are some things we can do to take care of ourselves and

those we love that are both needed and still very much in keeping with the holiday spirit. Such activities may include additional physical and emotional rest, reflecting on our priorities and what really matters to us, learning some new skills, or sampling a food dish or two totally new to the family.

In keeping with the spirit of the season, I reflect and express my pride and gratitude for those I have the honor and privilege of serving with—the people who make the mission and values of PennCares a reality. I take this opportunity to wish you and your families a Blessed Festive Season and a prosperous New Year.

May these days be filled with joy, peace, and hope for the New Year! Merry Christmas, Happy Holidays, and Happy New Year!

With sincere gratitude,

Deborah, S. Allen, BS, MSW, CDP

Executive Director

### Did You Know...

When people have asked if they can be of help to you, how often have you replied, “Thank you, but I’m fine.” Many caregivers don’t know how to marshal the goodwill of others and are reluctant to ask for help. You may not wish to “burden” others or admit that you can’t handle everything yourself. Don’t wait until you are overwhelmed and exhausted or your health fails. Reaching out for help when you need it is a sign of personal strength.

## RETAIL MADNESS

- In need of more shirts? Reach out to Missy [mchittum@penncares.org](mailto:mchittum@penncares.org) with the quantity and size

## SELF-CARE CORNER

- Spending time with others
- Treat yourself
- Soaking or taking a bath
- Coloring
- Singing
- Laughter
- Meditation
- Reading your favorite genre
- Drawing
- Painting
- Dancing

### Contest Still On...

Contest is still running from **now until the end of the year**. There is still time.

#### We want:

- those who have perfect attendance
- those who pick up available shifts.

We want to add your names into a drawing for a prize.

#### Rules

- Get or maintain perfect attendance from now until end of year
- Pick up and show up for any available shifts your signed up for

Picking up available shifts can increase your chances as your name is entered an extra time.

We will announce the winner in the next newsletter!!!

### We want to hear from you!!!

Do you have any stories about challenges you and your consumer have overcome?

Please share with us. We would love to help encourage others.

Please send them to [fiscal@penncares.org](mailto:fiscal@penncares.org) we would love to include them in the next issue.

With the colder weather approaching we wanted to provide some resources for you, your families as well as your clients. For more resources and information please visit <https://www.dhs.pa.gov/Pages/default.aspx>

## HOUSING/UTILITIES



### Emergency Rental Assistance Program (ERAP)

- Pennsylvania ERAP County Application Finder  
ERAP remains a lifeline for renters of residential properties who are at risk of eviction or utility shutoffs due to hardship caused by the COVID-19 pandemic. Landlords can apply for assistance on behalf of tenants and receive rental assistance directly if the tenant is eligible. Pennsylvanians experiencing housing instability or at risk of eviction are strongly urged to begin their ERAP application as soon as possible

### Low-Income Home Energy Assistance Program (LIHEAP)

- Apply for benefits: <https://www.compass.state.pa.us/>
- LIHEAP helps families living on low incomes pay their heating bills in the form of a cash grant. Households in immediate danger of being without heat can also qualify for crisis grants. The cash grant is a one-time payment sent directly to the utility company/fuel provider to be credited on your bill. These grants range from \$500 to \$1,500 based on household size, income, and fuel type. Remember: This is a grant and does not have to be repaid.

## FOOD ASSISTANCE



### Supplemental Nutrition Assistance Program (SNAP)

- Apply for benefits: [www.compass.state.pa.us](http://www.compass.state.pa.us)  
SNAP helps Pennsylvanians buy food. People in eligible low-income households can obtain more nutritious diets through SNAP, increasing their food-purchasing power at grocery stores and supermarkets. Those who are eligible receive an Electronic Benefits Transfer (EBT) ACCESS Card to make food purchases.

**Find a Meal** - <https://www.feedingpa.org/food-assistance/find-your-food-bank/>

### Senior Food Box Program

- The Senior Food Box Program works to improve the health of low-income seniors by supplementing their diets with nutritious USDA Foods. In Pennsylvania, eligible participants include low-income individuals who are at least 60 years old and whose household income is at or below 130 percent of the U.S. poverty level.

## MENTAL HEALTH



### PA Support & Referral Hotline

- Call: 1-855-284-2494 (TTY: 724-631-5600)

DHS' mental health support and referral helpline is available 24/7 and is a free resource staffed by skilled and compassionate caseworkers available to counsel Pennsylvanians struggling with anxiety and other challenging emotions

### National Suicide Prevention Lifeline

- Call: 800-273-8255 (Español: 888-628-9454)

### Crisis Text Line

- Text "PA" to 741741 to start the conversation 24/7

## SUBSTANCE USE



### Get Help Now Helpline

- Call: 1-800-662-HELP (4357)

A toll-free helpline maintained through the Department of Drug and Alcohol Programs (DDAP) that connects callers looking for treatment options for themselves or a loved one to resources in their community. Calls are anonymous and available 24/7.

## VICTIM'S ASSISTANCE



### ChildLine

- Suspect abuse? Report it! Call 1-800-932-0313.
- Mandatory reporters can report electronically

ChildLine is part of a mandated statewide child protective services program designed to accept child abuse referrals and general child well-being concerns and transmit the information quickly to the appropriate investigating agency. ChildLine is responsible for receiving verbal and electronic referrals 24 hours a day, seven days a week.

## Adult Protective Services (APS)

- Report abuse by calling 1-800-490-8505.

APS laws establish a program of protective services in order to detect, prevent, reduce and eliminate abuse, neglect, exploitation and abandonment of these adults in need...

## Pennsylvania Coalition Against Rape (PCAR)

- Pennsylvania Sexual Assault Helpline: 1-888-772-7227

## Pennsylvania Coalition Against Domestic Violence (PCADV)

- 24-hour national hotline: 1-800-799-SAFE



### UPCOMING EVENTS



#### HOLIDAY OPEN HOUSES

**December 16** - 10a-6p at the **York** location

**December 17** - 10a-6p at the **Chambersburg** location

Please stop in for your sweatshirt. We will also have some Christmas cookies. You will be able to meet the staff and enter a drawing. You do not want to miss out. See you there!

If there is something you would like to see in the newsletter, please do not hesitate to send your ideas to [fiscal@penncares.org](mailto:fiscal@penncares.org)

# SEASON'S GREETINGS FROM YOUR TEAM!!



**Top Row** (left to right): Missy Chittum, Deborah Allen, and Becki Palmerino. **Bottom Row** (left to right): Tammie Woolgar, Rich Farbman, Roseann Stewart and Sarah Rutledge

**We thank you for all your hard work caring for those in the community. We thank you for being the awesome person you truly are. We appreciate you!**

