

CONSUMER NEWSLETTER

Volume 1 / Issue 3

December 2023

IMPORTANT NUMBERS

HANOVER OFFICE

717-632-5552

OPTION 4 FOR ALL YOUR
IN-HOME PROGRAM
NEEDS.



Clean Out Your Closet

Take advantage of your time at home and go through your closet. From year to year – fashion styles, your taste, and your body change. De-clutter, re-arrange, and get rid of anything that no longer fits you.

Bake or Cook

Being indoors is a great time to experiment in the kitchen. Wearing big sweaters and bikini season being far far away is a great excuse for some winter delights. I find food super comforting, especially in the winter – warm food makes me feel all warm inside. Winter comfort food is all about hearty casseroles and warming soups.

DIY Something

It can be as small as a painting on a coaster or as big as building a bench.

“Kindness can transform someone’s dark moment with a blaze of light. You’ll never know how much your caring matters.” ~Amy Leigh Mccree

FUN INDOOR WINTER ACTIVITIES

Play

A wintery indoor board game or cards night is a great idea if a puzzle is not your thing.

Invite some friends over, make a jug of hot sangria, and play your hearts out.

Learn How to Knit

This is very easy to learn (at least the basics); It also has a delight to it. Not only will you give your brain a good workout, and kill some time on a winter day but you also end up with a nice, homemade scarf to wear during the winter.

Slip-and-Fall Safety Tips for Winter Weather



Watch out for black ice



Wear shoes with good traction



Use your cane or walker if you have one



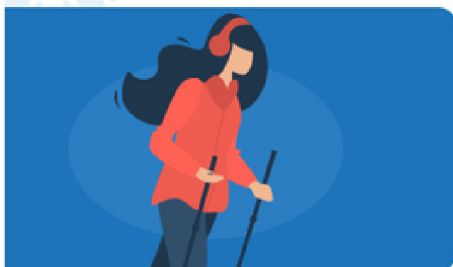
Make use of handrails when available



Take short, small steps



Clean caked snow and ice out of the tread of your shoes



Bend slightly forward to place your center of gravity over your feet



Keep your hands out of your pockets for better balance

Resource Corner

We have created a list of resources available for you. We will highlight a new one in each newsletter.



DOING THE
MOST GOODSM

Salvation Army is located throughout the nation. They are an international movement with a mission to meet human needs without discrimination.

Salvation Army offers:

- assistance with rent and utilities ALL YEAR ROUND!
- socialization programs tailored to seniors.
- shelters to those who are unhoused.
- assistance with food needs through their food pantries.
- hot meals for delivery or pick up.
- case management to help with getting out of poverty.
- after-school programs (for the younger ones in your life).

The Salvation Army offers so many great programs that everyone could benefit from. Curious about the different programs the Salvation Army has?

Please call 1-800-SAL-ARMY or visit salvationarmyusa.org for more information.

Announcements

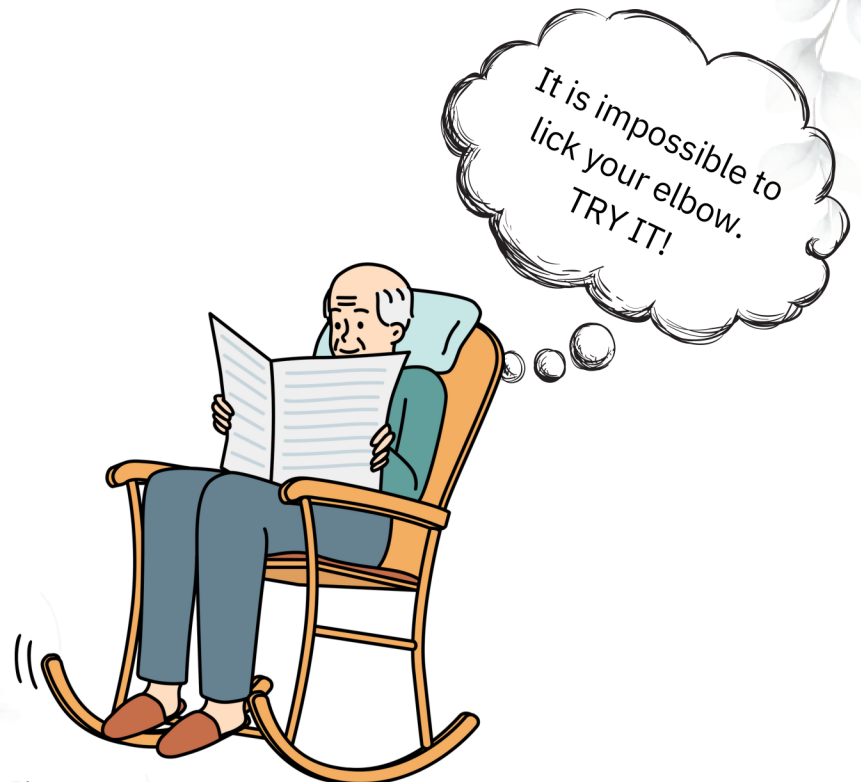
Thank you for your patience during this time of scheduling the in-person fall training.

Is there something you want to see in the upcoming issues? Please let us know by emailing us at fiscal@penncares.org or calling 717-632-5552 ext 4106.

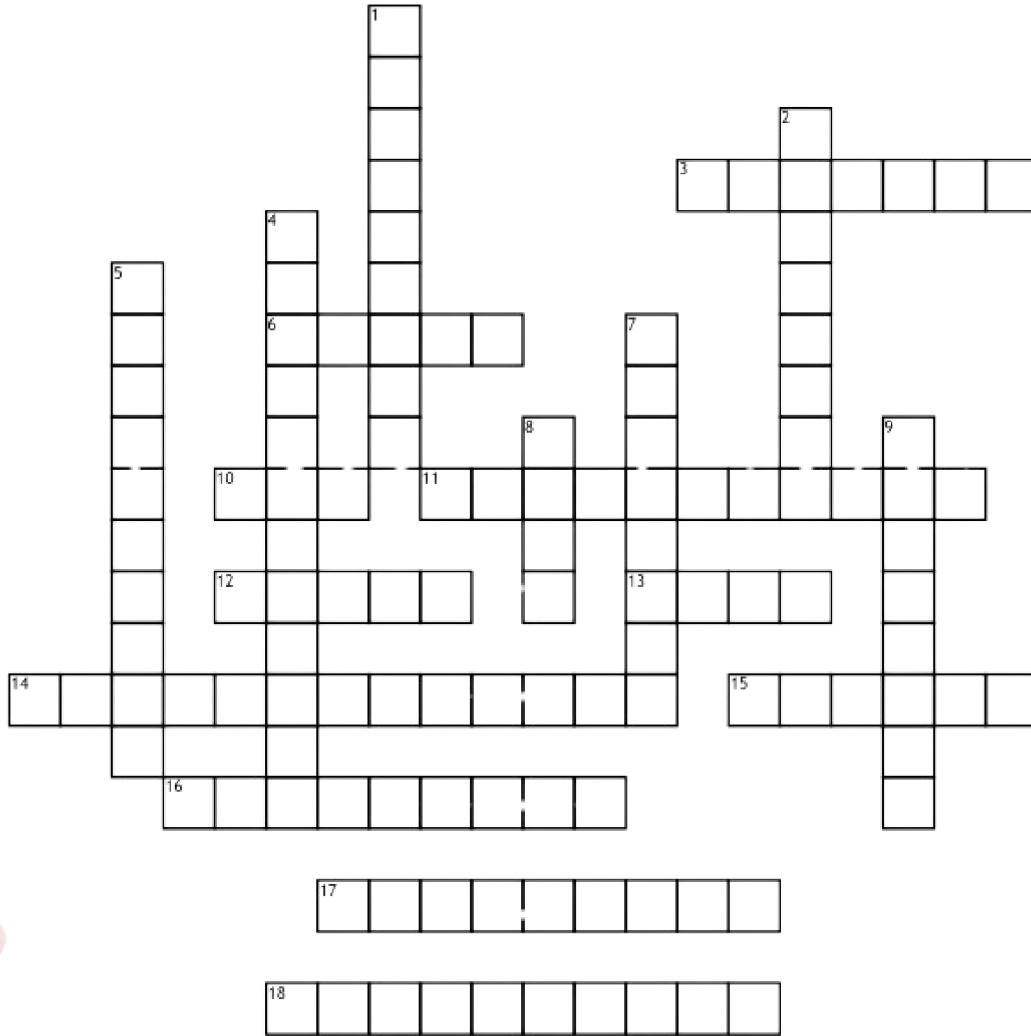
Your feedback is welcomed!

Do you and your caregiver get along well? Do you want to shine some light on their efforts to provide you with quality care? We want to know!

Email fiscal@penncares.org or call 717-632-5552 ext 4106 so we can let everyone else know!



Winter Wonderland



Across

3. "In the meadow we can build a _____" (Song)
 6. What appears under the tree
 10. It's very slippery!
 11. Christmas cookies that smell good
 12. _____ Old St. Nick
 13. What go on top of gifts
 14. What gifts are wrapped in

15. Synonym for 'Relatives'
 16. "So here we are under the _____" (Song)
 17. The holiday in Winter
 18. Little itzy-bitsy _____ blanket the earth around Christmas-Time.

Down

1. "It's the most _____ time of the year-" (Song)

2. You and your family are _____ hopefully around Christmas-Time
 4. Cookies made with sugar
 5. Another name for 'Santa Claus'
 7. The month Christmas is held in
 8. Frozen rain
 9. Over fields we go, _____ all the way! (Song)



Happy Holidays



Thank you for entrusting us with your care. Without
you, we would not be us.
Best wishes for the holidays.



penncares
SUPPORT SERVICES

