

# Caregiver Newsletter



September  
2024



## Here's what has happened in the last three months and what's to come!

It's time to celebrate your incredible work once again! We're thrilled to share another update on our community and recognize your outstanding contributions.

The positivity point system continues to be a fantastic way to foster a supportive and competitive spirit among our team. We've been truly impressed by the enthusiasm and dedication displayed by so many of you. The competition has been fierce since the August incentive was launched, with several caregivers emerging as top contenders. It's wonderful to see new names joining the ranks of our high performers!

A special shoutout to everyone who participated in our first-ever yard sale. The event was a huge success, thanks to your support, volunteer efforts, and generous purchases. We loved seeing the community come together for a fun-filled day. Your involvement means the world to us.

As always, we want to express our sincere gratitude for your unwavering commitment to our consumers. Your hard work and dedication make a tremendous difference in their lives. We're incredibly fortunate to have such a compassionate and caring team.

Stay tuned for more exciting updates and opportunities to connect with your fellow caregivers!

Thank you again for all you do.

Enjoy this quarter's newsletter!

*Penncares Team*

### In this newsletter you can expect:

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Summer

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# Summertime Community Fun

This summer has been nothing short of amazing for Penncares as we've been out and about, connecting with our community in the most delightful ways! In June, we had the pleasure of spending a warm, summer evening at Handel's Ice Cream in York, PA. It was more than just a visit to a local favorite; it was an evening filled with laughter, heartfelt conversations, and, of course, some seriously delicious ice cream! We had the chance to mingle with the local community, sharing stories and spreading the word about the impactful services Penncares offers.

Then, in July, we turned up the heat (literally!) by participating in the Snacktown Street Fair in Hanover, PA. Despite the scorching temperatures of the heat wave, the fair was a spectacular success. The streets were alive with excitement as Hanover residents showed up in droves, eager to enjoy the festivities. Our team was thrilled to set up our booth amidst the vibrant array of local vendors. But what set this event apart was the incredible opportunity it provided for us to connect directly with the community.



*Left to Right: Tammie Woolgar, Assistant Executive Director & Deb Allen, Executive Director of Penncares, enjoying an ice cream cone at the Handel's event.*



*Left to Right: Kya Jefferies, Scheduler, and Roseann Stewart, Administrative Assistant at the information table ready to answer the community's questions.*



*Sarah Rutledge holding the register down at our August community yard sale.*

We engaged with countless individuals, educating them about the essential services Penncares provides and sparking interest from many who wanted to learn more. The enthusiasm from the crowd was infectious, and we were so grateful to have had the chance to make meaningful connections. It was a day full of rich interactions, new friendships, and the reaffirmation of our commitment to serving and partnering with our community.

From the cool, sweet treats in June to the lively, sun-soaked fair in July, this summer has been a testament to the power of community engagement. We're incredibly thankful for these opportunities and look forward to continuing our mission to make a positive impact in the lives of those around us. The memories we've made and the relationships we've built are something we'll cherish as we move forward, always striving to serve our community with passion and dedication.

# HAPPY Birthday

## SEPTEMBER

Shannon Moyer-Potts  
Sharon Machamer  
Lorraine Miller  
Stephanie Ches  
Trinity Grangrade  
Jennifer Mateo  
Arlene Feliciano  
Richard Farbman  
Rose Kopp  
Jeanette Petty  
Acik Maluk  
Tryna Brooks  
Sheimarie Sanabria-Tapia  
Alicia Sherman

## OCTOBER

Yelitza Cervantes  
Tara Hightower  
Barbara Rode

## NOVEMBER

John Golden  
Catherine Denis  
Destiny Bane  
Bonnie Walker  
Josiah Hernandez  
Stephanie Utz  
Ivy White  
Rachel Gensmer

# HAPPY Anniversary

## SEPTEMBER

Kelly Adams - 5 years  
Ian Fralic - 1 year  
Dell Marie Brunk - 8 years

## OCTOBER

Rose Kopp - 17 years  
Sarah Rutledge - 4 years  
Margaret Murray - 4 years  
Lynne Clingan - 5 years  
Shannon Moyer-Potts - 2 years  
Julia Walsh - 1 year  
Stephanie Forry - 5 years  
Michele Murren - 1 year  
PJ White - 1 year

## NOVEMBER

Vanessa Brooks - 2 years  
Timothy Becker - 3 years  
Elizabeth Hicks - 1 year  
Sharon Machamer - 12 years  
Deborah Cooper - 1 year

# Welcome

## *NEW CAREGIVERS*

Madeline Slenker  
Trinity Grangrade  
Kay Horn  
Acik Maluk  
Reba Crowl  
Alashia Dickson  
Maria Ramirez de Garcia  
Teresa Bass  
Debby Richards  
Lindsay Menges  
Jenna Sanders  
Rosemary Odai  
Janet Martins  
Anthony Hightower  
Ethan Hinkle  
Keishlyann Ortiz  
Sheyanne Alamo  
Kylie Gallagher  
Tryna Brooks  
Yelitza Cervantes  
Arlene Felciano

# Recipe

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## Sheet Pan Pork Chops with Apples

Hands-On Time: 10 mins  
Total Time: 35 minutes  
Yield: 4 Servings

### Ingredients

- 1/4 c. extra-virgin olive oil
- 1 1/2 Tbsp. balsamic vinegar
- 2 tsp. maple syrup
- 2 tsp. whole-grain mustard
- Kosher salt
- Freshly ground black pepper
- 1 medium red onion, halved and sliced in 1/4"-thick wedges
- 2 sweet-tart apples (such as Honeycrisp or Pink Lady), cored and cut into 8 wedges each
- 4 (1"-thick) boneless pork chops (about 1 1/2 lb. total)
- 4 sprigs fresh rosemary

## Directions

1. Preheat oven to 425° and place racks in the center and upper third of the oven. In a small bowl, whisk olive oil, balsamic, maple syrup, mustard, and 1/4 teaspoon each of salt and pepper.
2. Add onion and apple to a rimmed baking sheet. Drizzle with half of the balsamic mixture and toss to combine. Season with 1/4 teaspoon each salt and pepper.
3. Season the pork chops on both sides with 1 teaspoon salt and 1/4 teaspoon pepper. Nestle the pork chops among the onions and apples. Brush the remaining half of the balsamic mixture on both sides of each chop. Top each chop with a rosemary sprig. Place in the center rack of the oven and bake until apples and onions are softened about 15 minutes.
4. Increase oven temperature to a high broil. Discard rosemary and place the sheet pan on the rack in the upper third of your oven and broil until chops are slightly caramelized, 3 to 5 minutes, depending on the strength of your broiler. Let pork rest for at least 5 minutes before slicing. Serve pork with apples and onions with any pan juices spooned over top.

**Trivia:** *Pronounced as one letter and written with three, there are two letters, and two are only in me. I'm double, I'm single, I'm black blue and gray, I'm read from both ends, and the same either way. What am I?*

# Caregiver Spotlight



## Caregiver Spotlight

This month's spotlight is Rose Kopp!

Rose has been with Penncares for almost 17 years! She has shown up and created lasting relationships with her consumers. She has been a safe space for them to go to. She does a great job with communicating with the office and helps to provide insight into how we can improve together. Rose is a valued employee and we are excited to recognize her.

Let's congratulate Rose on a job well done! Great job!

## POSITIVITY POINTS FOR CAREGIVERS

🌟 Shout-out to Our Amazing Caregiver! 🌟

This program is for YOU too! Encourage your consumers to call in and share how you're making a difference. We've got fantastic prizes to give away, and we can't wait to hear your stories!

Let's spread the joy and recognize the outstanding efforts of our team.

**TOP 5**



**Autumn K.**



**Kiersten E.**



**Reba C.**



**Joneiry O.**



**PJ W.**

# ROAD READY

Driving in winter weather can be dangerous and surprising. Make sure you're ready for unexpected repairs or delays by keeping a well-stocked emergency kit with the following items in your vehicle. Even in warmer months, the kit can be useful if you're stranded.



**Hat, gloves, warm clothes and a blanket** are crucial for added warmth. Also include a brightly colored cloth, which can be tied to the antenna to draw attention to your location for assistance.



Working **flashlight** (preferably with a bright beam and waterproof) and extra batteries. Also include road flares in your kit.

Gallon jug of **distilled water, non-perishable food** such as jerky and unsalted nuts and **hard candy**. Don't include items with chocolate, which can melt. Be sure to include items for any family members with dietary needs.



**Tool kit, jumper cables and flares**. Make sure the kit has tools to perform simple jobs such as tightening battery cables. Even if you don't know what to do, a Good Samaritan will need tools to work with.

Bag of non-clumping **cat litter, salt or sand** for added traction if your tires become stuck.



Collapsible **shovel, ice scraper and snow brush**. The shovel can dig your vehicle out of the snow while the scraper and brush keep windows clear.



Properly inflated **spare tire**, wheel wrench and jack designed for your vehicle. Tow and tire chains are also recommended.

Wooden stick **matches** in a waterproof container to create heat, not as a light source.



**Compass** or other navigational device so you can direct assistance to your location if you become stranded.



**First aid kit** with supplies to treat anything from small cuts or burns to more severe injuries. Stock the kit with bandages, alcohol pads, medical tape, gauze, antibiotic ointment and basic medicines such as ibuprofen and antacids.

## IF YOU BECOME STRANDED

- **DO NOT** leave your vehicle. Only leave if you know exactly where you're located, how far away you are from assistance and if you're certain leaving your vehicle will improve your situation.
- Light two flares to attract attention, placing one a safe distance from each end of your vehicle.
- Use gloves and blankets to keep your extremities warm. These items should be part of your emergency kit (above). You can also include hand warmers, available at most sporting goods stores. When the warmer is crushed or twisted a chemical reaction occurs to create heat.
- Hard candy may seem like an unusual item for your emergency kit, but eating it will keep your mouth moist.
- Ensure your vehicle's exhaust pipe is not blocked and run the engine and heater for 10-minute intervals each hour, depending on how much gas is in your tank.
- Keep at least one window slightly open. Heavy

# RESOURCE

## LIHEAP

The Low Income Home Energy Assistance Program (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 \$300 to \$1,000 based on household size, income, and fuel type. Remember: This is a grant and does not have to be repaid.

### Eligibility

- You must meet income guidelines
- You don't have to be on public assistance
- You don't need to have unpaid heating bills
- You can rent or own your home

Here are the LIHEAP income requirements for 2023-2024

Household Size      Income Limit

1	\$21,870
2	\$29,580
3	\$37,290
4	\$45,000
5	\$52,710
6	\$60,420
7	\$68,130
8	\$75,840
9	\$83,550

*\*Be on the lookout for the NEW income requirements for the 2024-2025 season.*

### Crisis Grants

Households experiencing a heating crisis may be eligible for additional benefits through the LIHEAP crisis program. Emergency situations include:

- Broken heating equipment or leaking lines that must be fixed or replaced
- Lack of fuel
- The main heating source or second heating source (a source that is used to operate the main heating source or used if the main heating source is not working) has been completely shut-off
- The danger of being without fuel (less than a 15 day supply)
- The danger of having utility service terminated (you've received a notice that service will be shut off within the next 60 days)

### Contact Us

#### LIHEAP Hotline

Call the hotline Monday through Friday at 1-866-857-7095. Individuals with hearing impairments can call 711.

OR

Your local County Assistance Office.

# Announcements

## REMINDER

REQUESTS OFF FOR VACATIONS NEED TO BE MADE 30 DAYS IN ADVANCE.

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### **Annual Virtual Training is OUT!!!**

*If you need assistance, please email [rfarbman@penncares.org](mailto:rfarbman@penncares.org)  
Failure to complete training means removal from the schedule until its completion.*

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### **IN NEED OF SUPPLIES?**

Reach out to Missy [mchittum@penncares.org](mailto:mchittum@penncares.org) with the quantity and we will get them to you.

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Clocking in/out must be done from the client's home using the Generations app or Telephony 1-866-595-7534 (using the client's landline).

**If you forget to clock in or out, whenever you clock in/out will count as your starting time. We will no longer back up your time once we receive a missed visit alert. No missed punch will be accepted for that shift.**

**Please ensure you complete your tasks, task notes, and visit notes at the end of each shift. (EVERY BOX NEEDS A CHECKMARK AND/TASK NOTE)**

Please make sure to complete your trainer/trainee questionnaires at the end of each training shift. If you have any questions, please reach out to the office.

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**To streamline calls please call 717-632-5552 option 4 for In-Home Program. You need to call this number for running late, call off, to report incidents, etc., No texting, please. Thank you.**

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Connect with us on Facebook. We have a group just for caregivers! It is called PennCares VIP.

Check us out! Scan the QR code for access or search "PENNCARES VIP" on Facebook.



*Trivia Answer: Eye*

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# 3rd ANNUAL PUMPKIN *Decorating Contest*

You must decorate or carve the pumpkin with your consumer. Take two photos:

- You and your consumer with your pumpkin after decorating/carving
- The decorated/carved pumpkin

Send both to Roseann at [rstewart@penncares.org](mailto:rstewart@penncares.org)  
(Please include your name and consumer name)

**DEADLINE: OCTOBER 23, 2024**

Need a pumpkin?

Reach out to Roseann and we will have  
a pumpkin delivered to your consumer's  
home.

Voting will begin on October 24th-30th on the Penncares agency  
Facebook page [here](#). Winner will be announced on October 31st!!

