

Consumer Newsletter



September
2024



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

Over the past three months, Penncares has devoted itself to strengthening our bonds within the community, working tirelessly to make our presence felt and to further our mission of service. We've had the privilege of participating in some truly memorable events that have brought us closer to those we care about and serve.

In York, we took part in vibrant community gatherings, where we were able to connect with many wonderful individuals who share our passion for making a difference. Our involvement didn't stop there; in Hanover, we continued our outreach by participating in events that allowed us to engage even more deeply with the local community.

One of the highlights of this period was our first-ever Penncares yard sale. This wasn't just a fundraising event; it was a true celebration of community spirit. It provided a wonderful opportunity to come together, share stories, and build lasting connections with those who support and benefit from our work.

In October, we'll be hosting our annual pumpkin decorating contest, an event we always look forward to. This contest is a fantastic opportunity for you and your caregiver to engage in a creative, joyful activity together, crafting something beautiful that reflects your unique bond. We're eagerly planning the details and will be sharing more information soon.

At Penncares, we are deeply grateful for your trust and partnership in this journey. Together, we are creating a community where everyone feels valued, supported, and cared for. Thank you for being an essential part of our mission and for sharing in our vision of a brighter, more connected future.

Enjoy this quarter's newsletter!

Penncares Team

In this newsletter you can expect:

Recipe

Penncares Summer

Positivity Points

Resource

Electrical Safety Flyer

Recipes



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.

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.

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 and new friendships, and it reaffirmed 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.



Left to Right: Tammie Woolgar, Assistant Executive Director of Penncares & 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.



Our booth at the SnackTown Street Fair in Hanover, PA.

Do you think your caregiver is amazing?

Positivity Point Program!

☀️ Shout-out to Our Amazing Caregiver! ☀️

Delight your consumers!

Inspire rave reviews!

Climb the leaderboard!

Receive peer recognition!



Have you seen your caregivers doing an incredible job? Do you have stories of them going above and beyond? We want to hear all about it!

Breakdown of Points:



Reach out to us at rstewart@penncares.org or give us a call to share those heartwarming stories. Every positive shoutout earns Positivity Points that bring them closer to the prizes they want. Let's uplift each other and celebrate the amazing work we do!



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

Be on the lookout for opportunities for you and your caregiver to work together and compete against other caregivers and consumers. Also if you have any ideas, please reach out to the office or rstewart@penncares.org

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.

Trivia: It has keys, but no locks. It has space, but no room. You can enter, but can't go inside. What is it?

DON'T OVERLOAD YOUR HOME!

i According to the National Fire Protection Association, **47,700 home fires** in the U.S. are caused by electrical failure or malfunction each year. These fires result in **418 deaths**, **1,570 injuries**, and **\$1.4 billion in property damage**. Overloaded electrical circuits are a major cause of residential fires. Help lower your risk of electrical fires by not overloading your electrical system.

OVERLOADED CIRCUIT WARNING SIGNS



Flickering, blinking, or dimming lights



Warm or discolored wall plates



Burning odor coming from receptacles or wall switches



Frequently tripped circuit breakers or blown fuses



Cracking, sizzling, or buzzing from receptacles



Mild shock or tingle from appliances, receptacles, or switches



HOW TO PREVENT ELECTRICAL OVERLOADS

Never use extension cords or multi-outlet converters for appliances.



All major appliances should be plugged directly into a wall receptacle outlet. Only plug one heat-producing appliance into a receptacle outlet at a time.



A heavy reliance on extension cords is an indication that you have **too few outlets** to address your needs. Have a qualified electrician inspect your home and add new outlets.



Power strips only add additional outlets; they do not change the amount of power being received from the outlet.



50%

The CPSC estimates **more than 50%** of electrical fires that occur every year can be prevented by Arc Fault Circuit Interrupters (AFCIs).

To learn more about AFCIs, visit ESEL.org



Only use the appropriate watt bulb for any lighting fixture. Using a larger watt light bulb may cause a fire.



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
(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!!

