



## CAREGIVER NEWSLETTER

Volume 1 / Issue 7

October 2022

### CAREGIVER SPOTLIGHT:

This month caregiver spot-  
light is

#### ANGELICA DAYWALT

Angelica has been a pleasure to work with. She is a newer addition to the agency. She puts her best effort forward when it comes to caring for her clients. She is always willing to jump in and cover shifts when in need. She is a hard worker.

We appreciate all you do!  
Thank you!

---

*"A good laugh and a long sleep are the two  
best cures for anything."*

---

### AUTUMN SAFETY AND WELLNESS TO-DOS FOR OLDER ADULTS

**Schedule pre-winter heating maintenance.** Before you crank up the heat, schedule regular maintenance for heating systems to confirm they're in good working order.

**Get ready for fall fashion.** Layering is the name of the game throughout autumn. Be mindful of footwear, as well. Non-skid boots and shoes with plenty of traction can help prevent slips and falls in wet or frosty weather.

**Prepare for ice and snow.** Be sure to make shovels, car brushes and salt accessible in the event of an early storm.

**Beware of falling leaves.** When wet, they can become slippery and pose a fall risk and hide dangerous obstacles. Be sure to remove them regularly from porches and sidewalks.

**Be sure you can detect danger.** Fall is one of the critical times of the year for checking smoke and carbon monoxide detectors. Change the batteries in these devices, and test them to make sure they're in good working order.

**Take advantage of the harvest.** Adding seasonal produce such as beets, broccoli, Brussels sprouts, sweet potato, pumpkin, apples, cranberries, eggplant and kale can help manage diabetes, contribute to heart health and promote a healthy immune system.





### **What's Your Motivation?**

#### **Sarah Rutledge, Program Manager**

My motivation for doing this job is my son. I want him to know that no matter how hard some things are, you just do not quit. I like making a difference in others lives by providing them with a service they otherwise may not have access to.

I have personal goals that I want to reach and this position gives me the freedom I need to accomplish that.

### **Welcome New Caregivers**

Isabell Ecenrode

Christina Moore

Tara Hightower

Amanda Messersmith

Theresa Barner

Jennifer Krebs

Soul Martinez Hernandez

Alexus Gibson

Melinda Joines

Chakay Benjamin

### **Did You Know?**

"Strengths" is the longest word in the English language with one vowel.





# Happy Birthday!

Christina Moore

Tara Hightower

Isabel Ecenrode

Lynn Rotz

Jennifer Krebs

Sonia Lucre

Bonnie Walker

Erica Rector

# HAPPY Anniversary!

*"You are doing a great job in your professional life. Your hard work, creativity, and effort are really appreciable. Best wishes."*

## OCTOBER

Rose Kopp - 15 years

Sarah Rutledge - 2 years

Margaret Murray - 2 years

Stephanie Forry - 3 years

Robin Holtzinger - 2 years

## NOVEMBER

Brittany Crist - 8 years

Alexsandria Polanco-Martinez - 3 years

Zugeil Maldonado - 3 years

Timothy Becker - 1 year

Angela Young - 3 years

Sharon Machamer - 10 years

# Announcements

## 60th ANNIVERSARY CELEBRATION

We will be hosting our 60<sup>th</sup> Anniversary Mixer at our PennCares office at 788 Cherry Tree Court in Hanover on **10/13/2022** from 4:30pm-6:30pm. Participants will enjoy heavy appetizers, beverages, and activities all while celebrating PennCares previous 60 years.

Please register at <https://business.hanoverchamber.com/events/details/membership-mixer-october-2022-hosted-by-penncares-4937?calendarMonth=2022-10-01>

~~~~~  
Be on the look out for holiday giveaways coming your way. We are so excited about it! Stay tuned for more information  
~~~~~

## IN NEED OF MORE SHIRTS?

Reach out to Missy [mchittum@penncares.org](mailto:mchittum@penncares.org) with the size and quantity.

~~~~~  
Fall Training is now open. Please if you have any questions, reach out to Rich Farbman. He has been sending out emails. Check your inbox!  
~~~~~

To streamline the process for **calling off** for everyone please **call 717-632-5552** and follow the prompts for In-Home Program.

~~~~~  
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.







**PUMPKIN CARVING  
CONTEST**

TAKE A PIC OF YOUR  
CARVED PUMPKIN.  
UPLOAD IT TO FB GROUP OR  
SEND TO SARAH  
SRUTLEDGE@PENNCARES.ORG

PLEASE INCLUDE YOUR NAME IN  
YOUR EMAIL SUBMISSION

**THERE WILL BE A PRIZE FOR 1ST, 2ND  
& 3RD PLACE**

Deadline: October 21st @ 11:59pm

**THE PRIZE WILL BE  
WORTH IT!**

The announcement features a light beige background with decorative autumn leaves in shades of orange, yellow, and purple. Two carved pumpkins are illustrated: one with a classic jack-o'-lantern smile and the other with a spooky, wide-eyed expression. The text is arranged in a central column, with the title in a large, bold, orange font, followed by instructions in a smaller, dark brown font, and the prize information in a bold, dark brown font.