



Welcome to Home Healthcare

Your trusted source for home health

Hello and welcome to the inaugural edition of the **Person To Person Home Healthcare Newsletter!** We are thrilled to have you join our community dedicated to providing valuable information and support for your health journey at home.

Our Mission

Our mission is simple: to empower you with the knowledge and resources you need to maintain a healthy and fulfilling life in the comfort of your own home. We understand that navigating the world of home healthcare can be challenging, and we're here to make it easier.

What to Expect in Future Editions

Health & Wellness Tips:

- Preventative care
- Managing chronic conditions
- Nutrition and fitness

Each month, we'll share practical and actionable tips to help you stay healthy and well. From preventative care strategies to managing chronic conditions, our expert advice will cover a wide range of topics to support your overall well-being. We will also be sharing insights on nutrition and fitness to help you adopt a healthier lifestyle.

Patient Stories:

- Inspirational experiences
- Overcoming challenges
- Finding support

We believe in the power of storytelling. In each edition, we'll feature inspiring stories from patients and their families who have navigated the home healthcare landscape. These stories will offer valuable insights, encouragement, and a sense of community, demonstrating how challenges can be overcome with the right support and resilience.

Service Updates:

- New offerings
- Policy changes
- Community resources

Stay informed about the latest developments in our home healthcare services. We'll keep you updated on new offerings, policy changes, and valuable community resources available to you. Our goal is to ensure you have all the information you need to make informed decisions about your healthcare needs and to access the best possible care.



INGREDIENTS

- 2 Tbsp. • Olive oil
- 8 •small chicken thighs (about 2 pounds)
- Kosher salt •Pepper
- 1 •large orange, cut into 6 wedges
- 8 oz. •stale bread, torn into 1-inch pieces
- 2 Tbsp. •lemon juice
- 1 tsp. •Dijon mustard
- 1 •5-ounce package baby kale mix

DIRECTIONS

STEP 1 Heat oven to 425 degrees F. Heat 1 tablespoon oil in a large skillet over medium-high heat. Season the chicken with 1/2 teaspoon each salt and pepper and cook skin-side down until the skin is golden brown, 6 to 7 minutes. Transfer to a large rimmed baking sheet skin-side up and scatter the orange wedges around the chicken. Roast until the chicken is cooked through, 8 to 10 minutes.

STEP 2 Meanwhile, discard all but 2 tablespoons fat from the skillet and return to low heat. Add the bread to the skillet and toss in the fat to coat, then sprinkle with 1/2 teaspoon each salt and pepper. Cook, tossing the bread occasionally, until crisp and lightly golden brown, 8 to 10 minutes. Remove from the pan.

STEP 3 Return the pan to medium-low heat, add the lemon juice to the pan and cook, scraping up all the brown bits, for 1 minute. Remove from heat, squeeze the roasted orange wedges into the pan, add the Dijon mustard and the remaining 1 tablespoon olive oil and whisk to combine.

STEP 4 Add the kale mix to the skillet along with the croutons and toss to coat. Serve with the chicken.

PER SERVING 391 CAL, 14 G FAT (7 G SAT FAT), 90 MG CHOL, 615 MG SOD, 37 G PRO, 34 G CAR, 2 G FIBER



"The best is yet to come."

We are excited to embark on this journey with you and look forward to being a trusted source of information and support. Thank you for subscribing to the [Person To Person Home Healthcare Newsletter!](#)

Warmly,

[Person To Person Home Healthcare Team](#)

We hope you find this newsletter valuable and inspiring. Thank you for being an essential part of the home healthcare community.

For feedback or story submissions, please contact us at **1(513)375-1815, PersonToPerson.Life** or email us at **PersonToPersonHomeHealth@gmail.com**.

Stay healthy and connected!