



endless August

SUMMER EDITION

**Trending Destinations: Greece,
Maldives, Jersey Shore**

SUMMER TIPS

WHY SUNSCREEN
MATTERS FOR SENIOR?

AUGUST 2025

WWW.CARINGFORYOUCARE

A full-page background image showing a sunset over the ocean. The sun is low on the horizon, creating a bright orange glow that reflects on the water. The sky is filled with clouds, some of which are illuminated by the sunset. In the foreground, there is a sandy beach with some rocks or coral fragments visible.

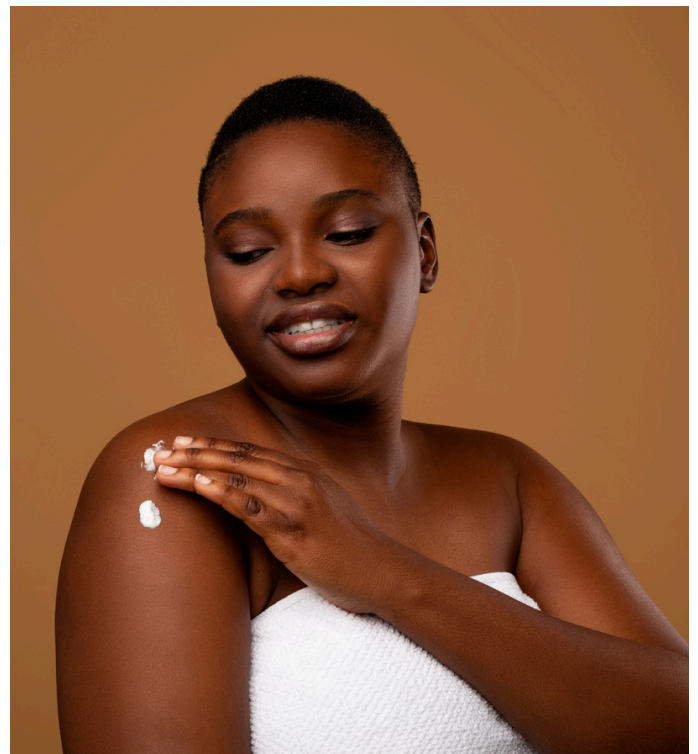
Why Sunscreen Matters for Senior?



Protecting Aging Skin from the Sun's Harmful Rays

As we enjoy the bright, beautiful days of summer, it's easy to forget that the sun, while life-giving, can also be dangerous—especially for older adults.

At Caring For You Home Care, we believe in educating our clients and their families on everyday steps that promote lifelong health. One of the most underestimated yet crucial summer safety practices for seniors is proper sunscreen use.



Understanding UV Rays

There are two main types of ultraviolet rays that affect our skin:

- UVA rays penetrate deep into the skin, causing premature aging (wrinkles, sun spots).
- UVB rays burn the surface layers of the skin and are the primary cause of sunburns.

Both types of rays contribute to skin cancer, the most common form of cancer in the United States. Seniors, especially those with lighter skin, a history of sun exposure, or weakened immune systems, are at elevated risk.

Why Sunscreen is Essential

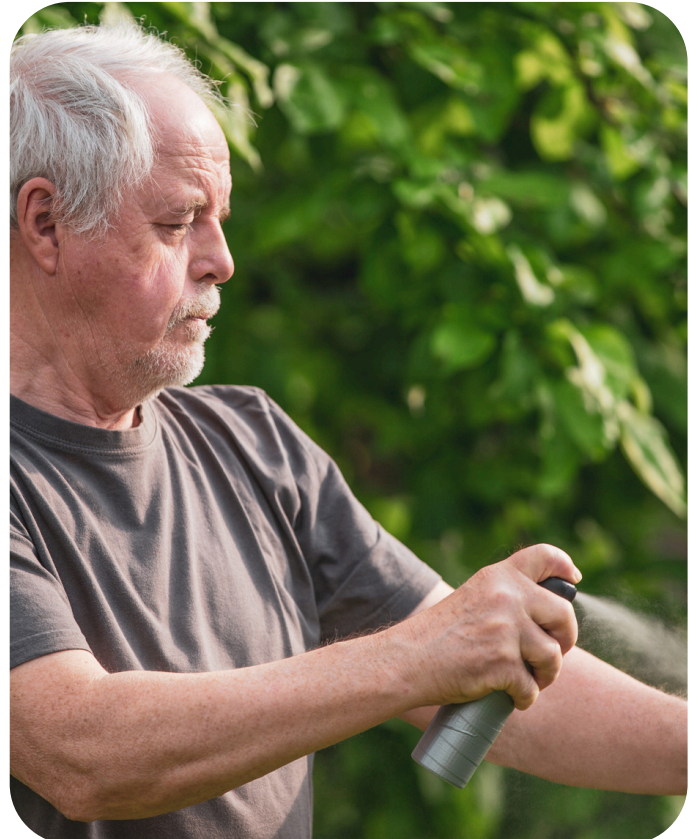
Using sunscreen daily is one of the simplest and most effective ways to protect the skin from UV damage.

Here's what makes it so important for older adults:

- Prevents sunburns: A painful sunburn can be more serious and slower to heal in seniors.
- Reduces the risk of skin cancer: Daily use of SPF 30+ sunscreen can reduce the risk of developing squamous cell carcinoma and melanoma.
- Protects against photoaging: Regular sunscreen use helps prevent the development of wrinkles, liver spots, and leathery skin caused by sun exposure.
- Supports healthy skin: When skin is protected, it retains moisture better and stays more resilient.



Bonus: Reapply every 2 hours, especially if you're sweating or outdoors for a long time.





Choosing the Right Sunscreen for Seniors

Not all sunscreens are created equal. For seniors, look for the following:

- Broad-Spectrum Protection: Guards against both UVA and UVB rays.
- SPF 30 or higher: SPF 30 blocks about 97% of UVB rays.
- Sensitive Skin Formulas: Look for products labeled “fragrance-free,” “hypoallergenic,” or “for sensitive skin” to avoid irritation.
- Mineral-Based Sunscreens: Ingredients like zinc oxide or titanium dioxide are gentle and effective.



🕒 How to Apply Sunscreen Properly

1. Apply 15–30 minutes before going outdoors.
2. Use about one ounce (a shot-glass full) to cover all exposed areas.
3. Don't forget often-missed spots: ears, neck, hands, scalp (for those with thinning hair), and feet.
4. Reapply every two hours, or immediately after swimming or sweating.
5. Use sunscreen daily, even on cloudy days—up to 80% of UV rays still pass through clouds.

🧢 Pair with Other Sun Safety Practices

Sunscreen works best when combined with additional sun safety:

- Wear wide-brimmed hats and UV-blocking sunglasses.
- Choose lightweight, long-sleeved clothing for added coverage.
- Seek shade, especially between 10 AM and 4 PM when the sun is strongest.
- Stay hydrated, as the sun and heat can worsen dehydration risks.

❤️ How Caring For You Home Care Helps

Our caregivers are trained to watch for early signs of sun exposure, dehydration, and skin issues, and we encourage our clients to follow smart sun safety practices every day. Whether it's assisting with sunscreen application, reminding clients to hydrate, or choosing proper clothing for outdoor walks, we're here to protect our seniors all year round.

Final Thought

Summer should be a time of joy, not discomfort or danger. Sunscreen isn't just for the beach—it's a daily essential that helps seniors maintain healthy, comfortable skin while enjoying the outdoors. Let's make sun protection a habit that empowers aging with grace and safety.



Health Update

COVID-19 Summer Wave Returns

As July unfolds with beach outings, family vacations, and community events in full swing, public health experts are urging Americans—especially seniors and caregivers—to remain alert due to a steady rise in COVID-19 cases across the country. California is once again a hotspot, with data showing a surge in infections consistent with what many now recognize as a seasonal summer wave.

This year's increase is attributed to the spread of new variants, most notably LP.8.1 and XFG, with a third variant, NB.1.8.1—nicknamed "Nimbus"—drawing attention for its distinct and painful sore throat symptom, often described as feeling like "swallowing razor blades."





While this variant doesn't appear to cause more severe illness overall, the discomfort and contagiousness of the symptoms have been enough to renew public concern, especially for high-risk groups. Wastewater surveillance, a reliable early indicator of community spread, shows moderate to high virus levels in numerous regions. The CDC now reports rising activity in over half the states, including Florida, Texas, Ohio, and parts of the Southeast—suggesting a wider national trend is underway.

For older adults, immunocompromised individuals, pregnant people, and those with chronic conditions, the summer wave is a serious reminder to check vaccination status and consider additional protection. Health experts recommend that these groups get an updated booster as soon as they become eligible—rather than waiting for a fall release. Meanwhile, masking indoors or in crowded travel settings (like airports, buses, or senior centers) remains a smart precaution. Testing is especially important at the first sign of symptoms like sore throat, fatigue, fever, or nasal congestion, all of which could easily be mistaken for allergies or a summer cold. Rapid antigen tests remain widely available and can help reduce unintentional spread during gatherings. Caregivers are advised to stay informed on local transmission rates and help their loved ones access vaccines, masks, and other essentials.

Though this summer's surge is milder than the pandemic peaks of previous years, the virus is far from gone. Seniors and caregivers should not let their guard down, especially during times of travel or events involving large groups. Fortunately, we now have the tools—vaccines, treatments, rapid tests, and preventive habits—to manage COVID risk effectively.

Staying cautious doesn't mean canceling plans; it means being informed, prepared, and protective of our most vulnerable. As we enjoy the warmth and freedom of July, let's also protect our health and the well-being of those around us.

[Read the Whole Article](#)

August 2025

THE CARING CHRONICLE

WOMEN.

Woman Equality Day

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HONORING HER LEGACY

*WOMEN'S EQUALITY DAY & THE SENIOR WOMEN WHO
PAVED THE WAY*



Every August 26, we celebrate Women's Equality Day—a date that commemorates the 1920 adoption of the 19th Amendment, granting women the right to vote in the United States. But this milestone didn't come easily. It was won through decades of courage, resilience, and action by women who believed in fairness, dignity, and voice.

Today, as we honor that legacy, we also shine a light on a group whose contributions are often overlooked: senior women—our mothers, grandmothers, aunts, neighbors, and caregivers—who lived, worked, and advocated through some of the most transformative decades in American history.

Many of today's senior women were born in the 1940s, '50s, and '60s—eras of major societal change. They were the first in their families to attend college, the first to balance careers and caregiving, and the first to demand equal pay, reproductive rights, and representation. Their lives were shaped by movements for civil rights, gender equality, and workplace fairness. They paved the way for younger generations to enjoy greater freedom and opportunity. As we talk about equity, we must also talk about how we care for them now—with the same respect, voice, and protection they spent their lives fighting for.

Women's Equality Day reminds us that equality is lifelong. That means ensuring senior women have access to quality healthcare, home care services, financial stability, and a society that sees their value—not just in the past, but in the present.



HONORING HER LEGACY: WOMEN'S EQUALITY DAY & THE SENIOR WOMEN WHO PAVED THE WAY



“She didn’t just witness history—she shaped it. On Women’s Equality Day, we honor the senior women who paved the path, broke the silence, and taught us to stand tall.”

It means advocating for policies that support women in aging—such as stronger Social Security protections, affordable housing, dementia care, and safe caregiving environments. It also means recognizing the many older women who continue to give back as community leaders, mentors, volunteers, and family anchors.

At Caring For You Home Care, we see the strength of senior women every day—women who led households, built careers, raised families, and fought for progress. On Women’s Equality Day, we honor their lives by continuing their work: treating them with the dignity they earned, ensuring their needs are heard, and making sure their final chapters are filled with respect, independence, and care.

“The wisdom of her years, the strength of her journey—every senior woman carries the spirit of equality within her. Today, we celebrate her story.”



What to Visit this August?

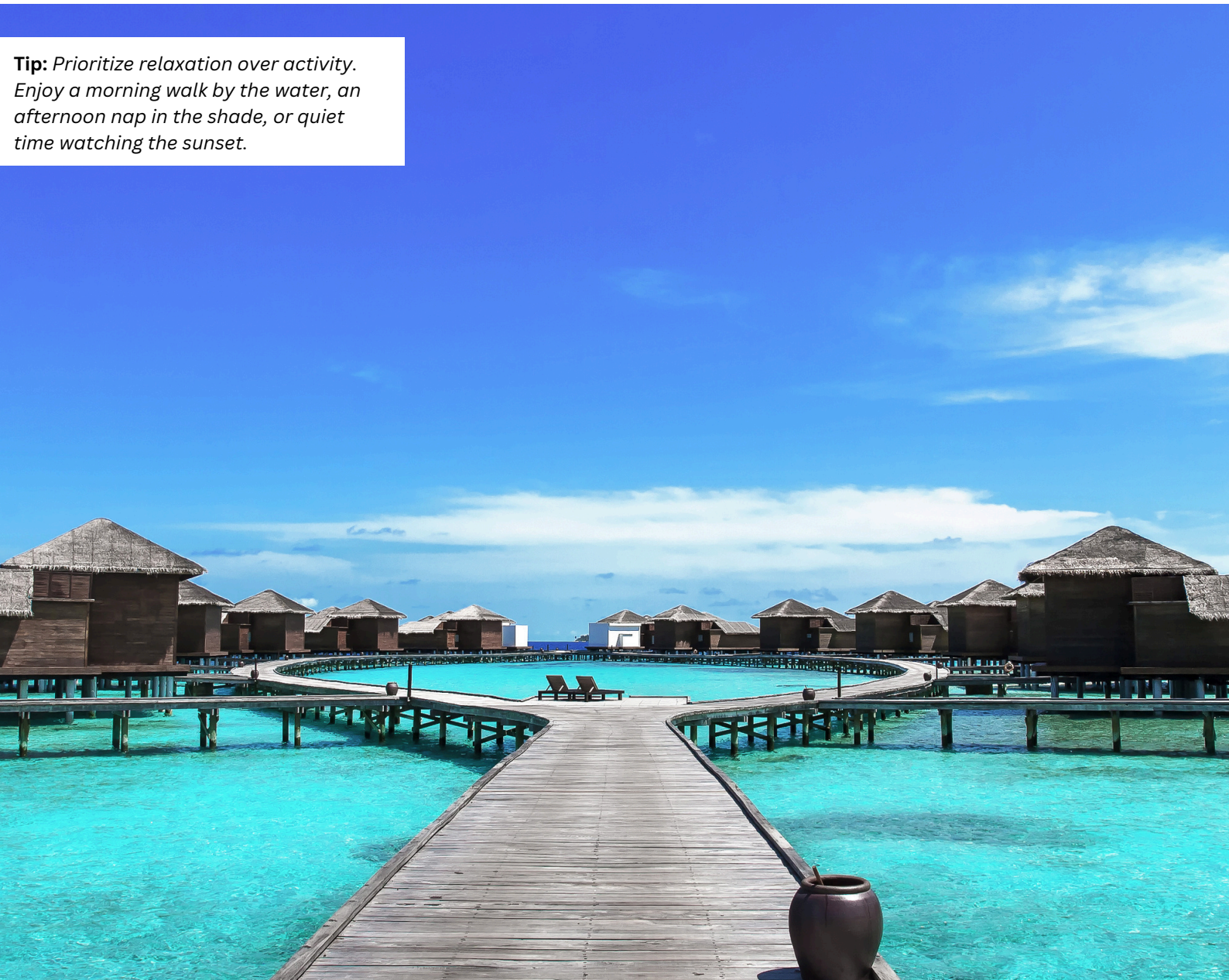
Why August in the Maldives Is a Gift to the Senses — Especially for Seniors?

Dreaming of the Maldives

The Maldives isn't just a postcard fantasy — it's a destination where seniors can thrive. Whether it's dipping your feet into clear waters, sipping tea by a palm-shaded deck, or simply enjoying the view with a loved one, the Maldives offers a serene August escape like no other.

Because every senior deserves a chapter of calm, beauty, and discovery — even if it's in the endless summer of life.

Tip: *Prioritize relaxation over activity. Enjoy a morning walk by the water, an afternoon nap in the shade, or quiet time watching the sunset.*



What to Visit this August?

Moments in Mykothos, Greece

Discovering Mykothos in the Endless August

Imagine golden sunsets over whitewashed villages, the gentle lull of Aegean waves, and the scent of fresh sea air drifting through narrow cobblestone streets. Welcome to Mykothos — a reimagined island escape inspired by the elegance of Mykonos, designed in spirit for those who seek not just travel, but peace, purpose, and beauty in their golden years.

In Mykothos, age is not something to hide — it's something to honor. There's beauty in the silver hair that glows in sunset light, and grace in the quiet conversations shared under olive trees.

Endless August in Mykothos isn't about doing more — it's about feeling more.



What to Visit this August?

Jersey Shore Joy

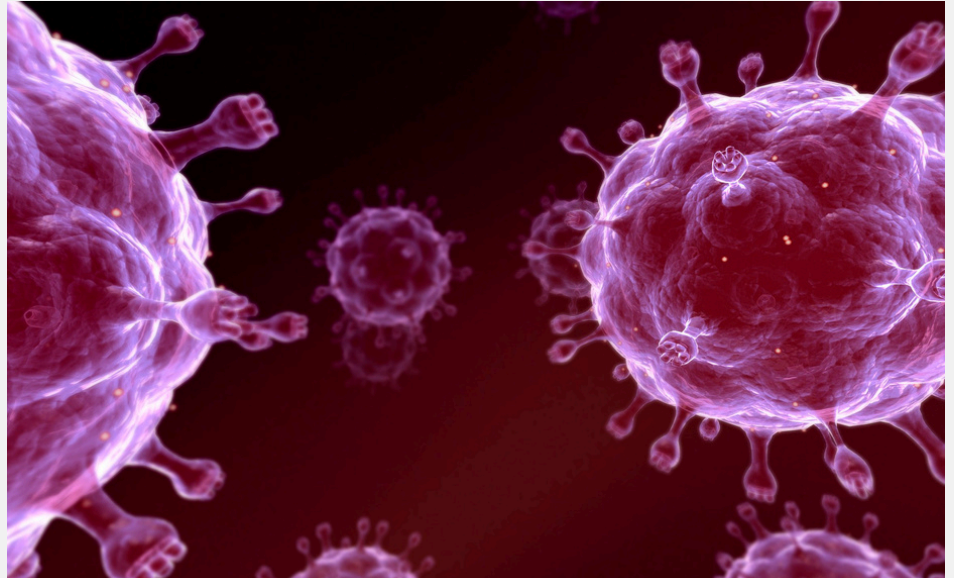
Jersey Shore Escapes for Philly Seniors

For seniors living in Philadelphia, the call of the ocean is never far. Just a short drive east, the Jersey Shore offers a refreshing, accessible, and memory-rich getaway — especially in August, when summer is still alive but the crowds begin to thin.

Whether it's the boardwalk breeze, the rhythm of crashing waves, or the taste of fresh saltwater taffy, the Jersey Shore offers more than nostalgia — it's the perfect mix of comfort, calm, and carefree living for seniors.



A NEW ERA IN HIV PREVENTION



At Caring For You Home Care, we recognize the importance of accessible, simplified, and dignified health solutions—especially for populations we serve every day: seniors, individuals with chronic conditions, and those who rely on at-home care.

In July 2025, the World Health Organization (WHO) officially endorsed lenacapavir, a twice-yearly injectable medication for HIV prevention (PrEP). This is a major advancement in global HIV prevention efforts. Unlike traditional PrEP, which requires taking a daily pill, lenacapavir is administered only twice a year, making it more discreet and significantly easier to manage—especially for individuals who face challenges with daily adherence.

This new approach is particularly impactful for people who experience stigma, live in underserved communities, or have difficulty accessing consistent medical care. It also holds promise for older adults and individuals with disabilities who may have trouble managing complex medication routines.

While HIV prevention may not always be openly discussed among aging adults or home care clients, it remains a critical public health issue. Everyone deserves the opportunity to protect their health in a way that fits their lifestyle, values, and physical needs. Long-acting injectable PrEP like lenacapavir helps remove barriers to care, and allows people to take control of their health with greater confidence and privacy.

We support health innovations that empower our clients to live safely and independently—because healthcare should meet people where they are, including at home.

[Check this Article](#)

WOMEN'S HISTORY



Whitney Houston – Born August 9, 1963

One of the best-selling music artists of all time. Her talent and impact on pop and soul music remain unmatched. Her success opened doors for Black women in the global music industry.




NOURISHING SOUTH PHILLY

THE MISSION OF BIRDSEED.ORG


In South Philadelphia and beyond, Birdseed.org is planting seeds of justice through food access and housing equity. What began as a grassroots fight against food insecurity has become a powerful movement for dignity, mutual aid, and liberation.

From community fridges and gardens to neighborhood resource hubs, Birdseed ensures families not only eat – but thrive. Their mission goes beyond charity; it's about shifting systems and returning power to the people.

Now, their Housing Justice Program offers \$5,000–\$15,000 in down payment grants for historically excluded, first-time homebuyers in Philly and DC.

 Apply by September 30 – and take a step toward homeownership and justice.

Birdseed is more than support – it's a movement for lasting change.

 Join them. Volunteer, donate, or apply.

 www.birdseed.org

Apply now



SAME DAY WORK & PAY:

IMMEDIATE JOBS FOR PHILADELPHIA RESIDENTS

The Same Day Work & Pay (SDWP) Program, run by Philadelphia's Office of Community Empowerment and Opportunity, offers no-barrier, same-day work opportunities for residents facing economic hardship, homelessness, or other challenges.

Open to all city residents 18 and older, the program provides quick access to paid work—no lengthy hiring process required. Participants earn a minimum of \$50 per shift, with some opportunities paying up to \$100.

Alongside income, the program connects individuals to support services and pathways toward stable employment.

This initiative is more than a paycheck—it's a step toward stability and self-sufficiency for those in need.

♥ Learn more or register:

phila.gov/same-day-pay | 📞 215-685-3629

AUGUST IS HERE!

Sunny Skies, Strong Hope



THIS MONTH'S EVENTS

Free Back-to School Event



**Backpack Giveaway,
Food, & Fun!**

**Tuesday, August 5
12- 2pm EDT
at 6517 Chester Ave,
Philadelphia**

Join us for a fun-filled afternoon with backpack giveaways, food, and more on Tuesday.

♥ Backpacks available while supplies last. Youth must be present to receive one.
Hosted by the Family Empowerment Center at Gemma Services. ♥
☎ (215) 730-2240

[More info: Click here](#)

Anger Management Classes



DISCOVER THE POSITIVE SIDE OF ANGER

Anger is often seen as a negative emotion, but it doesn't have to be. This class will teach you how to understand and manage anger, turning it into a positive force in your life. Classes facilitated by a NAMA Certified Anger Management Specialist. Participants do not need to be Court Ordered to attend.

**Every Wednesdays at 10
AM (please arrive 10
minutes early) 1425 Arch
St., Philadelphia.**

The Office of Reentry Partnerships is offering a 6-week Anger Management program facilitated by a NAMA Certified Anger Management Specialist. These classes aim to help participants understand and manage anger, transforming it into a positive force for personal

[More info: Click here](#)

FREE Parenting Skills Group!

Office of Reentry Partnerships Presents:

**Parenting Action Network (PAN)
Parenting Skills Group**

FREE Education and Support Group for Justice-Impacted Parents

**Every Thursday | 11 AM – 1
PM | 8 Weeks
Central Reentry Hub, 1425
Arch St., Philadelphia**

The Parenting Action Network (PAN) is an 8-week, in-person parenting skills group designed to provide free education and support for justice-impacted parents.

[Register Here: Click here](#)



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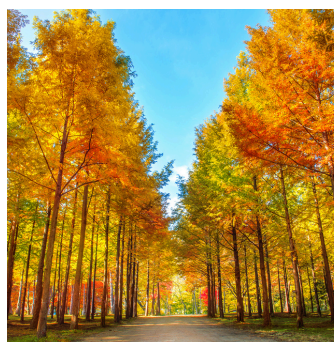


www.caring4youhomecare.com

Stay Connected & Engaged!



COMING NEXT MONTH:



**WORLD PATIENT
SAFETY DAY**