

GRATITUDE



THE CARING CHRONICLE

THE POWER OF
GRATITUDE IN
HOME CARE

YES,
YOU
CAN
CHANGE

National Family
Caregivers
Month

GIVING THANKS

Because every act
of care begins with
gratitude.

NOVEMBER 2025
ISSUE

AS THE SEASON OF GRATITUDE ARRIVES, WE TAKE A MOMENT TO
APPRECIATE OUR CLIENTS, FAMILIES, AND CAREGIVERS WHO MAKE
EVERY DAY MEANINGFUL.

INTRO

As we welcome November, our hearts are full of gratitude — for the families who trust us, the caregivers who serve with compassion, and the clients who inspire us every day.

This season reminds us that care is more than a service — it's an act of love, patience, and thankfulness. Each smile shared, each helping hand, and each moment of comfort reflects the true meaning of gratitude.

At Caring For You Home Care, we remain thankful for the opportunity to make a difference, one home and one heart at a time.



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HEALTH NEWS

ALTERNATIVE

PHILADELPHIA DOCTORS TURN TO MEDICAL MARIJUANA FOR PAIN RELIEF

As the opioid crisis continues to challenge patients and providers, some Philadelphia doctors are turning to a safer option — medical marijuana. At the Rothman Orthopaedic Institute, specialists are recommending cannabis for patients living with chronic pain, noting it may help reduce dependence on opioids. (CBS News)

A New Approach to Pain Relief

Dr. Ari Greis, Director of Rothman's Medical Cannabis Department, explained, "For many people, small amounts of cannabis can manage pain long-term without the harmful side effects of opioids."

One patient, 75-year-old Sharon Garcia, shared that medical cannabis has eased her chronic back pain and improved her sleep.

Why It Matters for Home Care

Medical marijuana, available in forms like pills, edibles, or creams, can offer comfort for seniors struggling with persistent pain. With proper supervision, it may promote better rest and reduce pain-related stress. Home care providers should stay informed about evolving laws and research, as medical cannabis could become an important tool in supporting clients' comfort and quality of life.

(Source: CBS News Philadelphia)



INDUSTRY >

LEHIGH VALLEY HEALTH NETWORK TO END CONTRACTS WITH UNITEDHEALTHCARE IN 2026

Lehigh Valley Health Network (LVHN) announced it will end its contract with UnitedHealthcare in 2026, citing unfair reimbursement rates and payment gaps as high as 40%. The decision could affect thousands of patients in Pennsylvania who rely on UnitedHealthcare for coverage. LVHN officials said they hope to reach a fair agreement before the deadline.



DETAIL >

SNAP-ED ENDS, BUT PENNSYLVANIA STEPS IN TO SUPPORT EAT RIGHT PHILLY

The School District of Philadelphia is facing new challenges as federal funding for the SNAP-Ed program is set to end, putting at risk the district's popular "Eat Right Philly" nutrition-education initiative. In many classrooms, students used to get hands-on lessons like building "bagel faces" with fresh produce — activities designed to teach healthy eating from a young age.

Parents are worried. One mom, Alina Amador, said the program not only exposed her daughter to healthier foods,

it relieved some of the stress that come with preparing nutritious meals for their family. With the ending of federal support looming, she asked: "Where would our next meal be coming from?"

Fortunately, the state of Pennsylvania has stepped in to fill the gap for at least one more year. But school leaders warn that this stop-gap isn't enough for the long-term health and nutrition of nearly 43,000 students and 11,000 families who participate in Eat Right Philly. As one principal put it: taking away these lessons is "a detriment to our whole community."



THE HEALING POWER OF GRATITUDE IN CAREGIVING

In caregiving, gratitude is more than a feeling — it's a quiet strength that uplifts both the giver and the receiver. Each day, caregivers offer time, patience, and compassion, often without expecting anything in return. Yet when gratitude is shared — through a simple “thank you,” a smile, or a moment of appreciation — it renews the heart and brings calm even in the busiest days.

For families and seniors, expressing gratitude strengthens connection and trust. It reminds us that every act of care, no matter how small, matters deeply. A kind word can ease loneliness, and a thankful spirit can turn routine care into meaningful companionship.

At Caring For You Home Care, we believe that gratitude transforms caregiving into something beautiful — not just a service, but a shared journey of kindness, dignity, and love.



NOV

THANKSGIVING WELLNESS TIPS FOR SENIORS

Thanksgiving is a time for family, gratitude, and delicious food — but for older adults, it's also important to keep health and safety in mind during the celebrations. With a few simple steps, seniors can enjoy the holiday comfortably and fully.

1. Choose Heart-Healthy Options.

Traditional favorites can be made lighter — try roasted turkey without the skin, steamed vegetables, and low-sodium gravy. Moderation allows seniors to savor every bite without overindulging.

2. Stay Active and Engaged.

Even light movement, such as a short walk after dinner or helping set the table, supports good circulation and mood. Sharing stories or family memories also helps seniors feel connected and valued.

3. Manage Medications and Rest.

Busy gatherings can disrupt routines. Make sure medications are taken on schedule, and plan moments to rest between activities to avoid fatigue.

4. Practice Gratitude Together.

Encourage everyone to share something they're thankful for. It's a simple yet powerful way to nurture emotional well-being and strengthen family bonds.

At Caring For You Home Care, we believe Thanksgiving is about more than food — it's about gratitude, connection, and creating memories that warm the heart long after the holiday ends.



THANK YOU FOR WHAT YOU DO!



**CELEBRATING NATIONAL FAMILY
CAREGIVERS MONTH**



THANK YOU FOR WHAT YOU DO!

Every day, millions of family caregivers across the country show extraordinary love, strength, and commitment as they support older adults and loved ones with health challenges. November marks National Family Caregivers Month — a time to honor the incredible people who give so much of themselves to ensure the dignity, safety, and happiness of others.

At Caring For You Home Care, we see the devotion behind every act of care. We witness daily the sacrifices that family caregivers make: rearranging schedules, managing personal stress, and putting others first — sometimes at the expense of their own well-being. Today and every day, we want to say:

Thank you for your compassion.

Thank you for your patience.

Thank you for showing up — even when it's hard.

Thank you for the love you give.

You are making someone's world safer, brighter, and more full of life — and that is a beautiful gift.

As we celebrate caregivers this month, we also want to remind families that you don't have to do it alone. Support is available, and seeking help is a sign of strength. Our trained caregivers are here to provide relief, companionship, and hands-on care when needed — giving family caregivers more time to rest, breathe, and take care of themselves, too.

Because when caregivers feel supported... the care they give becomes even more powerful. Let's continue to honor caregivers — not just in November, but every single day.

You are appreciated. You are valued. You are not alone. 🧡

Thank you for what you do!



HONORING OUR VETERANS: COMPASSION AND CARE FOR THOSE WHO SERVED

Every Veteran carries a story — a story of courage, sacrifice, and commitment to protecting our nation. As these heroes grow older, many face new challenges, from chronic medical conditions to mobility limitations and emotional changes such as PTSD or memory loss. This month, as we honor Veterans Day and recognize all who served, we also shine a light on the importance of providing them with the care and dignity they deserve at home.

Veterans have given so much for our safety and freedom. Now, it's our turn to ensure they feel safe, valued, and supported. Compassionate home care allows Veterans to remain in the comfort of their own homes — surrounded by familiarity, memories, and the people who matter most.

At Caring For You Home Care, we take pride in serving Veterans and tailoring support to their unique needs. Whether it's assistance with daily routines, medication reminders, mobility support, or meaningful companionship, our caregivers are dedicated to uplifting our heroes with respect and honor in every moment.

Because care for a Veteran is more than assistance, it's a promise to preserve dignity and independence.

We also understand that families of Veterans may need guidance, especially when navigating services or benefits. Our team is here to support loved ones, answer questions, and provide compassionate care every step of the way.





HONORING OUR VETERANS



This November, and throughout the year, we say:

Thank you to our Veterans.

Thank you for your service.

Thank you for your sacrifice.

Thank you for your strength.

To the heroes who have stood for us — we proudly stand with you. 🇺🇸

If you or a loved one is a Veteran and needs home care support, we're here to help:

📞 267-639-7006 | 267-215-5570

✉️ Mail@Caring4YouHomeCare.com

🌐 Caring4YouHomeCare.com

Together, we honor the past by caring for those who helped shape it.

Compassion. Respect. Care for our heroes.



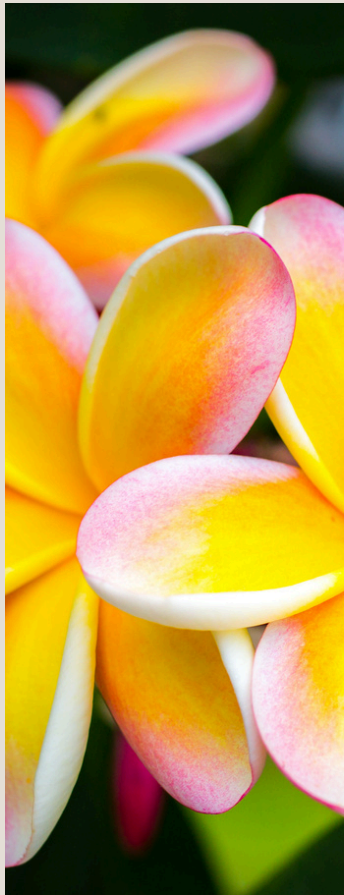
November Getaways Perfect for Seniors

As the cool winds of November start to roll in, Honolulu, Hawaii offers seniors the perfect seasonal escape — gentle sunshine, soothing ocean waves, and a welcoming atmosphere designed for comfort and enjoyment.

Located on the island of O‘ahu, Honolulu provides a balanced mix of leisure, culture, history, and beautiful scenery, making it an ideal destination for senior travelers seeking a refreshing change of pace before winter.



November brings warm but pleasant temperatures — not too hot, not too humid — ideal for seniors with joint concerns or heat sensitivities.





Recipes Made Simple

THE CARING CHRONICLE

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Pumpkin Pie



There's nothing quite like the cozy taste of fall. This easy pumpkin pie brings warmth, sweetness, and a little holiday magic to the table. Soft, smooth, and filled with seasonal spice – it's the perfect treat to enjoy with loved ones, a hot cup of tea, and grateful hearts.



Ingredients



- 1 (15 oz) can pumpkin purée*
- 1 (14 oz) can sweetened condensed milk*
- 2 large eggs*
- 1 teaspoon ground cinnamon*
- 1/2 teaspoon ground nutmeg*
- 1/2 teaspoon ground ginger*
- 1/2 teaspoon salt*
- 1 teaspoon vanilla extract (optional)*
- 1 unbaked 9-inch pie crust (store-bought or homemade)*

Directions

- Preheat your oven to 425°F (220°C).
- In a large bowl, mix together the pumpkin purée, sweetened condensed milk, eggs, spices, and salt until the filling is smooth.
- Pour the mixture evenly into the unbaked pie crust.
- Bake at 425°F for 15 minutes.
- Then reduce the oven temperature to 350°F (175°C) and bake for an additional 35–40 minutes, or until a knife inserted near the center comes out clean.
- Cool completely on a wire rack before cutting and serving.
- Add whipped cream on top if you'd like — and enjoy your slice of November comfort!

Philly Style Tomato Soup

Recipe Made Simple

Philly Style Tomato Soup



Philly Tomato Soup is a smooth, cozy classic that warms you from the inside out. Made with simple ingredients and a touch of local charm, it's the perfect bowl to enjoy on a chilly November day in Philadelphia.



Ingredients



- *1 can crushed tomatoes or tomato sauce (15 oz)*
- *1 cup chicken or vegetable broth*
- *1 tbsp butter or olive oil*
- *½ tsp sugar (cuts acidity)*
- *¼ tsp onion powder (optional)*
- *Pinch salt & pepper*
- *Splash of milk or cream (optional for creamy style)*

Directions

- **Pour tomatoes + broth into a small pot.**
- **Add butter, sugar, and onion powder.**
- **Simmer on low for 8–10 minutes, stirring occasionally.**
- **Taste and season with salt & pepper.**
- **Optional: For a creamy version, stir in 2–3 tbsp milk/cream at the end.**

Suggested

Location

Monday

10AM–11AM

Upper Room Missionary Baptist
7236 Ogontz Ave, Philadelphia PA
19138

Tuesday

11AM–1PM

Holsey Temple CME Church
5305–5315 Germantown Ave,
Philadelphia PA 19144

Wednesday

10AM–2PM

Philadelphia Food Coalition
3981 Nice Street, Philadelphia, PA
19140

Thursday

10AM–12PM

Provision of Grace World Mission
Church
1950 W Rockland St, Philadelphia PA
19141

FOOD GIVEAWAY LOCATIONS

Suggested

Location

Friday

12PM–1PM

Champlost Homes
1953 W Nedro Ave, Philadelphia PA
19141

Saturday

10AM–1PM

Men Who Care
180 E Tulpehocken Street,
Philadelphia, PA 19144

Sunday

12PM–2PM

Philadelphia Food Coalition
47 E. Coulter Street, Philadelphia, PA
19144

Disclaimer: These community events are not run by Caring For You Home Care. We're simply sharing helpful information for the public. If the schedule or location changes, please reach out to the hosting site to confirm details.

FREE FOOD DISTRIBUTION

FREE FOOD DISTRIBUTION

IN GREATER PHILADELPHIA
AND NEW JERSEY

Mighty Writers Locations:

- MW West — 3524 Fairmount Ave., Phila.
- MW El Futuro — 1025 S. Ninth St., Phila.
- MW North — 23rd & Seybert, Phila.
- MW Camden — 1801 Broadway, Camden
- MWC East — 307 Ablett Village, Camden
- MW El Futuro Kennett (Chester County)
— 121 Willow St., Toughkenamon, PA

Pick-Up Location

- Lucien E. Blackwell Community Center —
761 N. 47th St., Phila.
- John F. Street Community Center — 1100
Poplar St., Phila.
- Christ Gospel Church — 615 Ohio Ave.,
Atlantic City
- Stanley Holmes Village Community Center
— 1539 Adriatic Ave., Atlantic City

We Love to Give

*We Love To Give & Beloved St. John
4541 N Broad St, Philadelphia, PA 19140*

Schedule

- Saturday November 8th 12PM – 2PM
- Saturday November 22nd 12PM – 2PM
- Saturday December 13th 12PM – 2PM
- Saturday December 27th 12PM – 2PM

TCRC Philly Food Coalition Community Pantry

*Philly Food Coalition
The Center for Returning Citizens
Community Healing Center*

- Walk-Up Wednesdays
November 5, 12, 19, 26 — 11 am to 2 pm
3981 Nice St, Philadelphia, PA 19140
- Fabulous Fridays — November 14, 28
Broad & Diamond St., Philadelphia — 11 am
to 1 pm
- Super Saturdays — 2nd & 4th Saturday of
each month
November 10 & 24
Hunting Park Ave & Old York Rd. — 12–2 pm
- Spectacular Sunday — 3rd Sunday of each
month
47 Coulter St., Philadelphia, PA — 12–2 pm



EMBRACING NOVEMBER

Time to Gobble Up the Good Moments



THIS MONTH'S EVENTS

Chair Yoga for Seniors



***Every Wednesday at 10:30am
Episcopal Church of the
Annunciation BVM
324 Carpenter Lane
Philadelphia***

Join us for a relaxing session of Chair Yoga tailored specifically for seniors to help improve flexibility, strength, and overall well-being

[More info: Click here](#)

Getting Your Affairs in Order



***Nov 11 from 6pm to 7:30pm
EST
209 Race Street
Ambler, PA***

Considerations for Planning with a Chronic Illness/Progressive Disease in Mind with Elder Law Attorney



[More info: Click here](#)

Diabetes and You



***Nov 14 from 10am to 11am
EST
Parkway Central Library
1901 Vine Street
Philadelphia, PA***

Join health professionals from Health Promotion Council for a friendly and practical conversation about diabetes risk and management.

[More info: Click here](#)



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🌐 Caring4YouHomeCare.com



made with love
