



News Letter 2021



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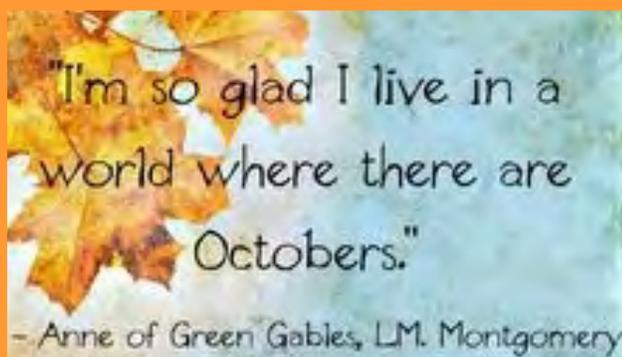
Covid-19 Booster Guidance

-Continue to follow CDC guidelines on eligibility for healthcare workers. To receive booster vaccine or call the office.

-October 31st is the deadline for Covid-19 vaccine for all healthcare workers. (see attached regulations)

You are and continue to be truly Homecare Heroes and we are grateful and appreciative to have you on our team.

-Jayne Kelleher
Director
Bethany at Home



-Please, be on the look out for In-Services arriving monthly in the mail - October, November and December. Complete and return them in a timely manner.

-Please, look over the symptoms of Coronavirus, Flu and the common cold on back side of flyer.

Thank you, Kathleen Hopkins R.N.

Easy Pumpkin Pie Twists

- refrigerated crescent roll dough 1 tube
- 1/2 cup pumpkin puree
- 1/4 cup brown sugar
- 1 Tablespoon maple syrup
- 1 teaspoon pumpkin spice
- 2 Tablespoons melted butter
- 1 Tablespoon sugar
- 1/2 teaspoon cinnamon
- whipped cream for dipping optional



- Preheat oven to 375F. Line a baking sheet with parchment paper
- In a small bowl, mix together the pumpkin puree, brown sugar, maple syrup and pumpkin spice
- Unroll crescent dough on a cutting board. Cut the dough in half so you have two identical sides and place them side by side
- Evenly spread the pumpkin mixture over the rectangles of dough
- Place the second rectangle of dough on the top of the first rectangle of dough make sure the mixture is sandwiched in between the dough and the edges line up.
- Use pizza cutter to cut the dough into strips approximately 3/4 inch wide
- Transfer the strips to the parchment lined baking sheet
- Twist each strip by picking up one end and twisting twice then picking up the other end and twisting two more times
- Brush with melted butter generously over each twist
- Mix together the sugar and cinnamon and sprinkle evenly over the twist

CORONAVIRUS, FLU, COLD?

As the number of coronavirus cases rise, some key differences set coronavirus apart from the seasonal flu and the common cold — mainly the intensity of the symptoms and the recovery period. A guide at identifying the differences in the three conditions

All three, however, are spread by air-borne respiratory droplets and contaminated surfaces

CORONAVIRUS	SEASONAL FLU	COMMON COLD
Onset: Sudden	Onset: Abrupt	Onset: Gradual
Symptoms	Symptoms	Symptoms
<ul style="list-style-type: none"> ■ Fever ■ Dry cough ■ Muscle ache ■ Fatigue 	<ul style="list-style-type: none"> ■ Fever ■ Dry cough ■ Muscle ache ■ Fatigue ■ Headache ■ Sore throat ■ Runny or stuffy nose 	<ul style="list-style-type: none"> ■ Runny or stuffy nose ■ Sneezing ■ Sore throat
Less common symptoms	Less common symptoms	Less common symptoms
<ul style="list-style-type: none"> ■ Headache ■ Coughing up blood (haemoptysis) ■ Diarrhoea 	<ul style="list-style-type: none"> ■ Diarrhoea ■ Vomiting 	<ul style="list-style-type: none"> ■ Low grade fever ■ Muscle or body ache ■ Headache ■ Fatigue
<p>WHAT THIS MEANS If you have a stuffy/runny nose or are sneezing, you likely DO NOT to have coronavirus</p>		