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TERESA LUNDY'S PR FIRM TML COMMUNICATIONS HELPING SMALL BUSINESSES SURVIVE DURING THE PANDEMIC



By Elizabeth Crawley

During the coronavirus pandemic, Teresa M. Lundy, Principal and Founder of TML Communications, has used her company to provide pro bono guidance for Black and Brown small businesses and nonprofit organizations in Philadelphia, that have been affected by the resulting economic downturn.

In November, TML Communications will provide a “Non-profit Circle,” a six-month media subscription for non-profit organizations to have the benefit of a full-service public relations firm at a discounted rate.

“We noticed that the non-profit organizations have a budget, but they don’t have a corporate budget in order to support com-

munication needs,” said Lundy. “So, what you’ll get, in a lot of cases, is an Executive filling many roles. For example, the Executive Director or CEO often acts as the business developer, the communications specialist, the social media guru and organization spokesperson.”

As Philadelphia slowly reopens from its long COVID-19 quarantine, the number of small businesses reopening in the city is low.

According to Track-therecovery.com, a site that maps the economic impact of COVID-19 on businesses across the U.S., as of September 2020, the number of small businesses open decreased by 23.6 percent, since January.

Unlike many small businesses in the re-

INSIDE:

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LEGISLATION TO CREATE
LABELING STANDARDS FOR CBD

CITY COUNCIL PASSES
“LET PHILLY BREATHE” BILL

PHILLY PUBLIC LEAGUE
GOES VIRTUAL FOR FALL 2020



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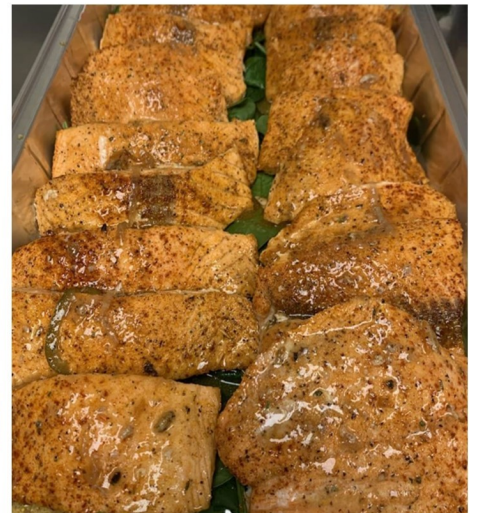
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TERESA LUNDY'S PR FIRM TML COMMUNICATIONS HELPING SMALL BUSINESSES SURVIVE DURING THE PANDEMIC



gion, TML Communications has managed to stay afloat.

“What I noticed during the pandemic is that you really have to be proficient in operating and managing your business,” said Lundy.

“This means focusing on the

nuts and bolts of operating your business. It is important to focus on accounting, finding appropriate legal representation and knowing your clients’ needs.

Fortunately, the crisis has also spawned some grass-

roots efforts to keep small businesses alive. We’re in the time of supporting and saving them, which has ignited the movement of #buybacktheblock.

Black businesses, however, only make up 2.2% of all U.S. businesses.

TML Communications, is a strategic public relations, crisis communications and community engagement firm. The firm was founded in 2015 and is a 100% certified minority and women-owned business.

“I saw a need in the marketplace for a Communications Firm that listens to customers and is willing to simply do the work,” said Lundy.

The firm has internally provided job opportunities to African American and other

professionals.

Despite significant unemployment across the country, TML Communications has also maintained & increased its staff during the pandemic with zero layoffs or firings.

Earlier in the year, TML Communications also managed the campaign that succeeded in electing Philadelphia’s First African American, Muslim & Female Sheriff, Rochelle Bilal.

During the pandemic, the Philadelphia Sheriff’s Office, with the help of the community partners, have held food and produce giveaways to families in need, serving more than 10,000 people across the City of Philadelphia.

In these times of crisis,

women like Lundy are leading the country by setting an example in giving back to community while being an entrepreneur.

“I believe that every business owner needs to do their part. I will continue to find ways to support the community, she said”.

According to the 2019 State of Women Owned Business Report, Black women represent 42% of new women-owned businesses and is significantly growing.

“I have found that networking and using my platform to effectively operate my business shows an intense opportunity for others to do the same.” said Lundy.

Photo Courtesy of TML Communications

GOV. WOLF LAUNCHES COVID-19 ALERT PA APP

Governor Wolf encourages everyone to download the Covid-19 app, 70,000 downloads since launch

Governor Tom Wolf wants all Pa residents to use the new COVID-19 alert system that is found in the Apple and Google play store. Already 70,000 PA residents have downloaded the app.

Go to the App Store and search “Covid alert pa.”

“Thanks to the tens of thousands of Pennsylvanians who have already downloaded the free app,” Gov.

Wolf said. “Now, I ask that you share the app with all those you know because the more people who download it, the more effective it will be in helping us unite against COVID. Please download the app and then encourage those you know to do the same and use their phones in the fight.”

The Covid Alert App is a tool created by The Pennsylvania Department of Health, U Penn, and MIT.

The app’s features include an interactive COVID-19 symptom checker, opt-in for alerts for potential exposures to the virus, updates on the latest public health data about COVID-19 in PA, and advice for what to do if you have a potential exposure to COVID-19.

The app is created to be private and does not show GPS or location information it is completely confidential.

Here’s how COVID Alert PA works:

- The app uses anonymous Bluetooth low energy proximity technology to know when your phone is within 6 feet of another phone with the app for 15 minutes or more.
- When an app user confirms a positive COVID-19 test result in the app, it will check to see if it matches any of the anonymous Bluetooth close contact interac-

tions your phone has had over the last 14 days.

- If there is a match, COVID Alert PA may send an alert after taking into account the date, duration of exposure, and the Bluetooth signal strength (which is used to estimate how close your phone was to the phone of the person having a positive test result).

By Andre Brown

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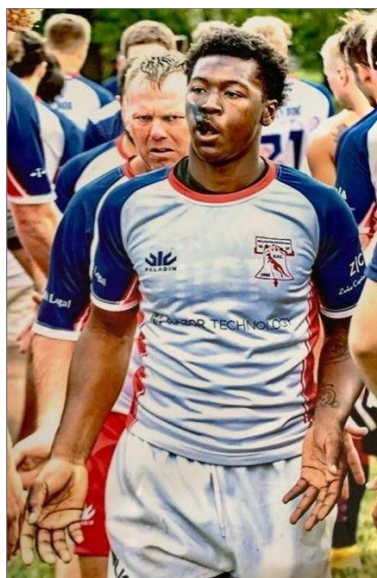
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LOCAL RUGBY STAR ANTHONY SMITH JR RECIEVES SCHOLARSHIP TO WHEELING UNIV.



“but my athletic trainer Nick Hunter introduced me to Rugby, as an opportunity.”

Soon Smith JR. was on a field similar to a football field but chasing a ball that was oddly shaped and colored. “It was fun at first.” Breaking away from the traditional sports like football and basketball where Smith JR. felt like there was favoritism, and sometimes difficult attitudes, Rugby was outside of the box.

dent studying in the nursing program, with dreams of going for a degree in medicine to ultimately become a doctor.

Coach Michael Geibel “creates a brotherhood and encourages us as a team to stand together.” With so much social injustice in main stream America Smith JR. one of two African American on the team feels his team is one brotherhood.

With the COVID spread slowing most of society down Smith Jr. says the team is talking of opening the season up in the new year with talks of Vegas as a opening season matchup.

As for who is encouraging this fire to burn Smith Jr was swift to mention his favorite two supporters his mother Turina Smith and his grandmother Marcel Holmes who always encourage “education” before anything else.

Anthony Smith JR has taken the game of rugby a game and turned into apart of his life. “Find somebody close to you to encourage you, and then think about the life you want to live.” A message Smith Jr. wants to give to the youth. “Being cool can be different then being on the streets, we can switch the narrative.”

By Andre Brown

Photo Courtesy of Anthony Smith Jr.

Athletes come in all shapes, sizes, and skill level. But for Anthony Smith Jr. his opportunity was what set him apart from the pack.

Anthony Smith Jr is a 2020 graduate from Simon Gratz High school where he was a star athlete. But he did it on a road less traveled by his friend group.

Smith Jr. picked up the sports of Rugby. “I was going to try out for the football team,” admits Smith JR.,

“My first game I made a mistake thinking it was like football.” Smith JR. shares about what he remembers about his first game. But now “Rugby is life!”

Not only did Smith JR. become a standout at Gratz high school he stood out to some colleges as well. The opportunity that was given to Smith JR. by Nick Hunter has turned into a scholarship at Wheeling University.

Anthony is a full time stu-

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COMMUNITY ANNOUNCEMENT: JEFFERSON LAUNCHES COVID TESTING SITE AT ST. RAYMONDS

PHILADELPHIA — Jefferson Health is launching a public COVID-19 testing site in Northwest Philadelphia in a City of Philadelphia-funded initiative to expand testing accessibility. The COVID-19 Community Testing Program site, at the St. Raymond of Penafort Church school parking lot, aims to reduce barriers faced by community members seeking testing, especially Black people, who have been disproportionately affected by the virus. Jefferson care teams will staff the site two days a week over the next six months.

“As we reopen schools, churches, offices and other public spaces, there is a critical need for easy access to COVID-19 testing,” said Dr. Edith P. Mitchell, a Jefferson Clinical Professor of

Medicine and Medical Oncology and a pioneer in addressing health disparities. “To keep our communities safe, we must expand testing access, so we know who is sick and how this disease spreads. The goal of this project is to reduce health disparities and bring testing at no cost to patients in areas with the most need.”

“By providing this publicly accessible COVID-19 testing site, we can expand capacity by thousands of tests,” added Dr. J. Matthew Fields, a Jefferson emergency medicine physician and principal investigator on the project. “With the city’s support and our invaluable community partners, we can target locations with higher rates of COVID-19 or significant under-testing.”

WHAT: A publicly accessible COVID-19 testing site, administered by Jefferson Health and funded by the City of Philadelphia. The testing site is supported by complimentary secure mobile network connectivity from Comcast Business, the nation’s largest cable provider to small and mid-size businesses.

WHERE: St. Raymond of Penafort Church school parking lot, 7940 Williams Ave., Philadelphia PA 19150

WHEN: The COVID-19 testing site at St. Raymond of Penafort Church starts Thursday, October 1, and will be open from 11 a.m. to 7 p.m. Thursdays and 8 a.m. to 4 p.m. Saturdays.

WHO: The testing site is led by Jefferson’s COVID-19 Task Force, which worked with a multidisciplinary team including Jefferson Enterprise Analytics, Jefferson’s College of Population Health, the Emergency Department, the Philadelphia Collaborative for Health Equity and more to identify locations with need for more testing.

MORE INFO: Testing is at no cost and will be billed to your insurance. Please bring identification and insurance information. If you do not have insurance, please bring your ID. Save time by calling ahead, or you can walk/drive up for testing. Walk-ups may experience a wait depending on volume.

prioritized for testing. People who are asymptomatic but have suspected or known exposure to COVID-19 are advised to wait to be tested until at least seven days after exposure due to the average incubation period for COVID-19.

All patients will receive follow-up communication about test results and infection-control practices. Positive patients will receive counseling on continued self-isolation measures, symptom monitoring, and referral to additional care and/or social services.

CONTACT: To schedule a testing time, call 833-533-3463 (833-JEFF-4ME).

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REP. RABB INTRODUCES LEGISLATION TO CREATE LABELING STANDARDS FOR CBD



State Rep. Chris Rabb recently introduced legislation that would create a labeling standard for CBD. Cannabidiol is often referred to as CBD and it comes in many different forms; oils, smoka-

ble joints, and gummies. CBD is an extract of Hemp and is often viewed by many as a similar substance to Cannabis, however CBD as no psychoactive properties. Basically, you can't get high from smoking it, but it does have very positive attributes. It's good as a stress reliever, it's good for inflammation, anxiety, pain, and focus. Many pro athletes have taken CBD because of its positive attributes and it's much safer and not addictive like pain killers. Currently, CBD

shops are popping up throughout the Greater Philadelphia area, Deep Six in Willow Grove and Plymouth Meeting Malls.

"CBD is everywhere these days," Rabb said. "We see it for sale in pharmacies, corner stores, grocery stores and online. With CBD's popularity exploding due to its medicinal uses – treating conditions like epilepsy, chronic pain and anxiety – I believe that its regulation is necessary."

Since hemp has been legalized at the federal and state levels, CBD products have grown in popularity. But currently like most products available in stores CBD has no labeling standards to let consumers know what they are purchasing.

"People should be able to make informed decisions about the items they're purchasing," Rabb said. "To address the issue, I have introduced legislation that would legally define hemp extract to include CBD and

direct the Pennsylvania Department of Agriculture to create labeling standards and other regulations to help inform and protect consumers who purchase or are considering purchasing products containing CBD."

Rabb believes his legislation would help consumers understand what they are buying and will build consumer trust in the products.

By Staff

Photo Courtesy of Chris Rabb

GOV. WOLF SAYS PA REPUBLICANS ARE TRYING TO UNDERMINE LOCAL ELECTION OFFICIALS FOR 2020



Resolution 1032, which has been proposed by Republican Caucus members, this would "establish a Select Committee on Election Integrity to investigate, review and make recommendations concerning the regulation and conduct of the 2020 general election."

- Employ staff for the use of the select committee."

This would give the Committee very broad and vague powers during an election in which every member of the State House of Representatives are up for Re-Election.

The committee will consist of three Representatives from the Republicans and two members from the Democrats, and a Committee appointed Chair by the Republican Speaker of the House. Based on the on the text of the Resolution "the chair of the select committee, on behalf of the select committee, be authorized and empowered to do all of the following:

- Send for persons and papers and subpoena witnesses, documents and other materials under the hand and seal of the chair.
- Administer oaths to witnesses.
- Take testimony.
- Prepare and file pleadings and other legal documents.

The Resolutions prime sponsor is Republican Rep. Garth D. Everett, District 84 which includes Lycoming County (Part) and Union County (Part).

The Resolution states that;

"It is imperative that the General Assembly, on behalf of the people of this Commonwealth, have access to a comprehensive investigation and review of the regulation and conduct of the 2020 general election, as well as events leading up to the 2020 general election, in order to determine the need to enact legislation before or after the 2020 general election."

Gov. Wolf, believes the resolution undermine the au-

thority of county-level elections officials and the Department of State to administer safe, secure and non-partisan elections.

In a Press Conference he had the following to say about Resolution 1032: "The House Republicans are not only walking in lockstep with President Trump to try to sow chaos and put the results of the election in question, they are also taking steps to take the authority to administer elections away from the Department of State. The reso-

lution also attacks the integrity of county election administrators. This is an unprecedented attack on non-partisan election administrators at a time when we should all be doing everything we can to instill confidence in our elections.

"Last year we came together on a bipartisan basis to pass landmark legislation to modernize Pennsylvania's election system. Now House Republicans are hypocritically bowing to political pressure to undermine the mail voting that has

proven to be a tremendous benefit to Pennsylvanians during the pandemic.

"Despite the best efforts of the House Republicans, Pennsylvania will administer our elections safely and securely. And we will stand up to House Republicans' partisan efforts to interfere in our elections to benefit themselves and their political schemes."

By Staff

Photo Courtesy of PA.GOV Communications

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PHILADELPHIA CITY COUNCIL PASSES "LET PHILLY BREATHE" BILL

COUNCIL APPROVES COUNCILMAN JOHNSON'S "LET PHILLY BREATHE" BILL TO BAN THE USE OF CHOKEHOLDS AND OTHER DANGEROUS RESTRAINTS BY LAW ENFORCEMENT OFFICERS



City Councilman Kenyatta Johnson sponsored Bill No. 200368-A which prohibits the use of restraints or other physical contact that prevents individuals from breathing, that are being detained by police. This Bill bans restraints such as; chokeholds, hogtying, and placement of body weight on the head, face, neck, chest or back. The legisla-

tion was unanimously passed by City Council on September 17th.

"My 'Let Philly Breathe' bill specifically outlaws physical contact by law enforcement officials that can make it difficult or impossible for a citizen to breathe," said Johnson, Vice-Chair of Council's Public Safety Committee and Chair of

Council's Special Committee on Gun Violence Prevention. "What happened to George Floyd in Minneapolis and others around the nation should never have happened and we want to be on the forefront to make sure that it doesn't happen here in Philadelphia."

Councilman Johnson believes that his bill is a step in building public trust with the Philadelphia Police Department. Currently, the PPD relationship within the African American community is at an all time low.

A recent Pew poll on "respect for police" illustrated that 61% of people polled had "a great deal" or "a good amount" of respect for police. This is compared to 86% of people polled in

2016.

"When we talk about the issue of police reform and smart policing, we want to make sure the public has the utmost confidence in our law enforcement community," Johnson continued. "I also believe that the 'Let Philly Breathe' bill will go a long way towards building trust in the Philadelphia Police Department and our law enforcement community, which goes a long way towards the issue of public safety."

Johnson introduces his legislation in June. Internal police policy already banned certain hold but not the knee-on-the-neck hold that Minneapolis police officer Derek Chauvin used on George Floyd.

Johnson's legislation is supported by Philadelphia Police Commissioner Danielle Outlaw, SEPTA Police Chief Thomas Nestel and Philadelphia Sheriff Rochelle Bilal. The bill was co-sponsored by Councilmembers Curtis Jones, Jr., Cherelle Parker, Mark Squilla, Katherine Gilmore Richardson, Bobby Henon, Allan Domb, Helen Gym, Jamie Gauthier, Isaiah Thomas, and Derek Green.

By Staff

*Photo Courtesy of
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VIRTUAL SEASON IS THE PLAN TO CONTINUE SPORTS IN PHILA PUBLIC SCHOOLS

The fall season much like the previous season in the spring looks like it to will be put on a shelf.

But instead of a full non-season the Philadelphia School District has decided to go 100 percent virtual at least for Fall Sports.

“It’s the coaches jobs, to work with us to make this a success for our student athletes.” Jimmy Lynch The Director who believes this is Philadelphia Public School only hope at a season.

Zoom meetings and Google call will act as the field and there will be no contact from coaches or athletes. Meetings must be conducted instead of practices. Content should be engaging and something that each athlete can use as a reference point.

As the plan unfolded you

would be surprised if everyone understood exactly what this would look like.

Lynch admitted “It will look a lot different then anything we have seen but it can work.”

There were many concerns some were numbers and participants, will students fully engage in a fully virtual season with no competition or contest planned for at least January what will motivate the athletes to participate?

Another concerned issue was how do we contact the kids? By suddenly losing a season last spring many coaches were able to have their season interest meeting or even engage freshman who may have been interested in the sports that will be offered in the virtual format of Fall Sports.

Lynch offered working closely with the athletic directors as well as teachers to spread the word about this virtual season and encourage kids to still participate in the sports that they would normally do in the fall.

While the fields of the city still aren’t in use there will be a season this fall. This virtual season will be in place starting in September and will be looked at as times change with COVID-19 and what will be next.

Many coaches are hoping that maybe we can get back and compete even have local or small in person workouts . Much like many of the professional teams, coaches are hoping for sports looking like we have seen in the NBA,NFL, and even the Pro Tennis players who have been competing as well.

The fall without high school sports seems like something eerie as many of the seasons

would be suiting up much like their counterparts of the class of 2020 May miss their Fall season but may have a chance to compete by winter or next spring.

Sports for now in the city will be Virtual and that’s just how it has to be for now for the District of Philadelphia.

By Andre Brown



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FORGET 40 ACRES AND A MULE, TRUMP PRESENTS "THE PLATINUM PLAN"

The Platinum Plan is a \$500 Billion pledge of capital investment to Black America



By R.S. Broker

We always hear about the price of gold. And recently we been hearing about the price of silver. We know both prices of silver and gold are at or near all-time highs. But do we ever talk about the price of Platinum? Well we will be talking about Platinum, but not the commodity, but the plan that Trump has introduced to the United States citizens and the black community.

The Platinum Plan is a \$500 Billion pledge of capital investment to Black America for economic development, which includes 3 million jobs, open 500,000 new black owned business, and home ownership. His plan is to be built on opportunity, security, prosperity and fairness.

It also includes prosecuting the Ku Klux Klan and Anti-fa as terrorist organizations and proposes recognizing Juneteenth, the widely observed holiday commemorating the end of slavery in the United States. Now we do know Black American unemployment was at its lowest ever, since statistics was being recorded in the 1970's. And although the USA has been on a rise in Gross Domestic Product (GDP) since the great re-

cession in 2008, with Obama's policies, Trump did take the helm and got the markets red hot into the 2020's until the covid19 stalled the USA economy, and the world. It does sound good.

However, Trump is the president now, so he can just pass it into legislation. If he did it before the election, he would win many black votes. But he hasn't, because we know his base probably won't like it. After all, when Trump was asked to denounce white supremacy, all he could say is "stand back and stand by." That's the message.

So it's quite hard to talk money when you have all the distractions going on in the USA. And we wonder why so many countries are want to stop using the USD

as the world reserve currency. The USA is known to be the most stable country in the world, and Trump is making it unstable and the very next day, president Trump is under quarantine United States of America because he has coronavirus, we can do better. The world is watching. Whether your 20 or 60, a new transfer of wealth is upon the horizon.

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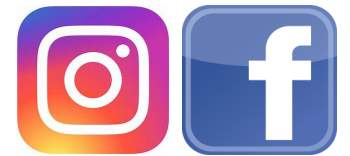
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3RD CONGRESSIONAL DISTRICT CANDIDATE MICHAEL HARVEY



I had the pleasure to sit down with Michael Harvey, who will be challenging Congressman Dwight Evans in this years election for the 3rd Congressional District. Michael is a native of West Philadelphia, he attended West Catholic High School and Transfiguration Elementary School. He received his undergraduate degree from Temple University. Michael is on of eleven siblings from a middle class working family.

Why are you running for Congress?

I decided to run for office because I want to fight for quality of life issues on behalf of the PA 3rd District community. I have been involved in community activism for sometime since 2009. When discussing and addressing issues of community concern, I began to feel that politicians and other civil servants were not listening to the community. I felt that they were listening past the community – in effect, simply pacifying us. I felt that way because the same problems persisted (or even became worse) weeks, months and even years after so called town hall sessions. So, I decided to run for office to be in a position where I could be an element and force for betterment in our community.

What are you looking to accomplish, if you are

elected?

I plan to address the high unemployment rates in West and North Philadelphia. I plan to address the weakly constituted elementary and high school curricula here in Philadelphia. I plan to address the scourge and increase in recreational drug sales to our children and young adults. And, I plan to address the issue of nuisance businesses in Philadelphia.

What endorsements have you garnered thus far?

I have received the endorsement of the Philadelphia GOP. Besides that the only endorsement that matters to me is the endorsement of the voters in the PA 3rd District by electing me to be their Representative from Philadelphia in Washington, D.C.

What are some of the biggest challenges that you

face running as a Republican?

The challenge I face here in Philadelphia is the preconceived notion that a Republican candidate is by definition opposed to the interests of Black/African-American Philadelphians. This notion persists despite the intense dissatisfaction that the Black/African-American community has had and has with the Democrat party, particularly in the areas of business ventures, long-term employment, school choice and criminal justice, among others.

It seems like we are more divided now politically than ever, what do you think is the cause of the division?

It seems that the divide between urban voters and rural voters is a divide, primarily, of perception. Urban voters must realize that, in actuality, it is more convenient and

cost effective to live in a city like Philadelphia. Thus, the actual divide is not between urban voters vs. rural voters but special interests within the city itself in terms of governance, administration and services in the commons (such as trash collection, thoroughfare upkeep, etc.). When that divide is closed then urban voters will realize that in all actuality no divide exists between urban voters and rural voters.

Why should our readers vote for you?

The readers of Uptown Standard and their neighbors should vote for me because I am the Candidate who will champion policies and legislation to resolve quality of life issues that matter to them and their children.

By Brandon Brown



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UPTOWN SMALL BUSINESS GUIDE AVAILABLE AT THESE LOCATIONS

Restaurants

Nonna's Pizza Tavern
7200 Germantown Ave

Mi Puebla Mexican
Restaurant
7157 Germantown Ave

Paradise Jamaican
Restaurant
1530 E. Wadsworth Ave.

AGAPE Christian Café
1605 E. Wadsworth Ave

Metropolis Restaurant
8460 Limekiln Pk

AJ Diner
8152 Ogontz Ave

Lincoln
Chicken & Burger
801 E. Cheltenham Ave

Victoria's Kitchen
7304 Ogontz Ave

Uptown Seafood
6255 Limekiln Pk

Vernie's Soul Food
1800 Eleanor St

The Nile Cafe
6800 Germantown Ave

Mr Hook
Fish & Chicken Halal
5625 Germantown Ave

Tasties
5241 Germantown Ave

Food from The Heart
8010 Ogontz Ave

O Sunny Side Breakfast
7706 Ogontz Ave

Silver Star Kitchen
1453 Vernon Rd

All The Way Live
6108 Germantown Ave

Green Garden
1556 Wadsworth Ave

Sister Muhammad's
Kitchen Bakery
4441 Germantown Ave

Markets

Choo's Quick Stop
6709 Chew Ave

NRC Mini Market
1532 67th Ave

Rodriguez Mini Mart
6731 Ogontz Ave

Town Supermarket
5031 Germantown Ave

Heems 1 Stop Shop
200 W. Clapier St

Lee's Market
8014 Ogontz Ave

Day & Night
Food Market
7722 Ogontz Ave

Stop One Food
Market & Deli
6510 N 21st St.

Pat's Caribbean
1527 Wadsworth Ave

Sam Meats
1524 Wadsworth Ave

M&F Supermarket
1431 E. Vernon Rd

Crab & Claw
7801 Ogontz Ave

Salons

RDB'S Unisex Salon
6900 Ogontz Ave

Michael's Unisex Salon
8008 Ogontz Ave

Allure Hair Designs Inc
8006 Ogontz Ave

Hair Culture
7909 Ogontz Ave

Golden Comb
7614 Ogontz Ave

Cuts Correct
1447 E. Vernon Rd

Savvy Salon
1443 E. Vernon Rd

Service

ML Community
Health Care
610 Old York Rd #400

Cleaners & Laundry
7222 Ogontz Ave

M Lawton & Associates
7167 Ogontz Ave # A

Nutrition & Herbs Center
5601 N. 10th St

215 Wireless
7907 Ogontz Ave

Nickens Agency
1550 Wadsworth Ave

R.E. Amstead Real Estate
1455 Vernon Rd

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HOW TO GET PAID TO CARE FOR A LOVED ONE

If you have a relative, friend, or neighbor, in need of a home companion or aide, you can get paid to take care of them. Perhaps your grandparent, uncle, aunt, sibling or parent who can use extra help? Buying groceries, preparing meals, getting dressed, or just being available to help out?

Amazingly, you can be paid to do these things, so that your loved one gets extra help, while you get compensated. Talk about a win-win!

Many people are not aware of this, but people can qualify for homecare services even if they are not elderly. There are a lot of reasons that someone may need a caregiver. In fact, even if you already live with them, you can still be hired.

That's right--even if you are already caring for a loved one, you can get paid to do what you're already doing. So you have nothing to lose!

As a caregiver, your hours may be flexible. You can often incorporate it into your own schedule. For example, let's say you work part-time. You may be able to arrange your relative's care plan during off hours, giving maximum benefit.

How can you start getting paid to take care of a loved one?

If the person receiving care is already enrolled in Medicaid, the process can be really easy. The patient can apply by calling an agency like Family First Home

Care, located right here in Philadelphia. They will walk you through the application and assessment step by step, and they are always available if you have questions. Family First offers caregivers great rates and other amazing benefits.

(Even if you are currently a caregiver, you can transfer services to another agency. You can call and speak to a friendly representative for all the details.)

What are some activities you can perform as a caregiver?

There are many basic activities that you can help with. Light cleaning, meal preparation, household chores, shopping, going for walks, answering the phone, dressing, helping with medicine

doses, and much more. Sometimes you can simply offer companionship. Depending on the situation, patients can be approved for 8 hours, 10, 12, or even 24 hours per day of care.

How can you qualify as a caregiver?

In Pennsylvania, it's extremely easy to qualify. All it takes is a short, simple process, and you will be certified as a Personal Care Assistant, or PCA. Simply call (267) 551-7409 and you can have the entire process completed right away.

How does the patient apply for care?

One of the simplest ways to apply is to call the experts at Family First Home Care, which is located right here

in Philadelphia. Their experts have helped thousands of people receive home care, and thousands of aides and caregivers get paid to take care of relatives, friends, and loved ones. They will help you apply for something known as a Medicaid waiver, which basically means that the patient is able to be taken care of at home, and the expenses will be covered by Medicaid.

If you believe that you have what it takes to be a caregiver, or if you simply want more information, call the friendly experts at Family First today at (267) 551-7409. It's a simple phone call, and it may offer great benefits. What are you waiting for?

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SIDES

COLLARD GREENS W/ SMOKED TURKEY, STIR FRY VEGETABLES, STRING BEANS, GLAZED CARROTS, GRILLED ASPARAGUS, TOMATO SALAD, CANDIED YAMS, BAKED MAC N CHEESE, RICE PILAF, HOT PENNE PASTA W/CRÈME SAUCE, PARSLEY GARLIC POTATOES, POTATO SALAD, AND BLACK EYE PEAS,

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