

At Home Advocacy

Making Life Great Since '08

Payment Request Forms

Mi Via providers and EORs, as much as we try to make the process simple Conduent makes changes to PRFs unexpectedly and without our knowledge. As many of you know by now, a new PRF was released with a new date on it. November will be the last month of accepting the forms you currently have.

Due to these changes, unfortunately, we will no longer be able to send bulk packets of PRFs and instead will only be sending a couple months at a time to try to stay on top of changes. We will also only be mailing PRFs to out of town families. All in town families will need to pick up the forms or have the ability to print from home so we can email forms.

We will have new forms ready in December - a notification will be sent when forms are ready. We understand the inconvenience but thank you for your patience. Please give us a call with any questions at all!



OUR BUDDY ALI FIGHTS THE COVID
BLUES BY DOING ART PROJECTS

AHA Events

- 11/3 - ZUMBA with Chrissy
- 11/5 - Virtual Dance Party
- 11/10 - ZUMBA with Chrissy
- 11/12 - Virtual Dance Party
- 11/17 - ZUMBA with Chrissy
- 11/18 - AHA Happy Hour
- 11/19 - ZUMBA with Chrissy
- 11/20 - BINGO
- 11/25 - AHA Happy Hour

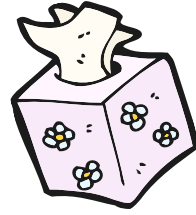
Event details can be found at
athomenm.com/events.
Please remember to register!

Winter Is Coming

Cold weather and cars don't mix. Here is a list of essentials to make sure you have in your car in case you find yourself in a break down:

- Flat tire slime
- Thermal blanket
- Bottles of water
- Small snacks
- Snow/ice sweeper

Don't forget to replace windshield washer fluid to a de icing formula! A car inspection and oil check would be a good idea too.



COVID and The Common Cold

It's no secret: Getting sick right now would be a nightmare. Be prepared and follow these tips:

- Get your flu shot
- Trade coffee for green tea
- Supplement with Vitamin D (less sunlight in winter)
- Avoid stress by meditating
- **WASH YOUR HANDS**

The Best Seed

There once was a farmer who grew the most excellent wheat. Every season, he won the the award for the best wheat in his county. A wise woman came to him to ask about his success. He told her that the key was sharing his best seed with his neighbors so they could plant the seed as well.

The wise woman asked, "How can you share your best seed with your neighbor when they compete with you every year?"

"That's simple." The farmer replied, "The wind spreads the pollen from everyone's wheat, carrying it from field to field."

"If my neighbors carried inferior wheat cross-pollination would degrade everyone's wheat. Including mine."

"If I'm to grow the best wheat, I must help my neighbors grow the best wheat as well."

If you want to live a meaningful and happy life, help others find happiness. The value of your life is measured by the lives you touch.