



Health at Home by Cooperative Home Care

1-800-HOMECARE (in MO) & 618-466-3227 (in IL)
CooperativeHomeCare.com

February/March 2015, Issue 14

Happy New Year! Cooperative is pleased to introduce our updated newsletter, designed to keep you entertained and informed when it comes to your changing healthcare needs. We make it possible for people to maintain their independence and rehabilitate at home, and we apply our vision to everything we do, including our newsletter. Our customer feedback is that you love our content, but you want shorter articles and larger print. Done! We love hearing what we've done well and even more importantly, what we can do better. Thank you for reading!



"Surely as cometh the Winter, I know...there are Spring violets under the snow." - R. H. Newell

Avoiding the Winter Blues

Exercise regularly. If you are a beginner, get your doctor's approval and start slow, but start!

SilverSneakers.com promotes older adults who can work out when, where and how they want. My aging parent got her free Silver Sneakers YMCA membership through her Medicare Advantage plan this year. What freebies will you discover?

Reach out to others. Depression is more common in winter months, and bad weather can also mean social isolation. When weather makes visiting difficult, pick up the phone for a chat! **Be safe.** Icy, snowy walkways are hazardous, especially if you have decreased balance and/or difficulty walking. Check your cane or walker to see if new, slip-resistant tips are due.

Start an indoor hobby. My mom is resuming a cross-stitch project she started a few years ago-she is so sharp when she is engaged in this activity! OR sketch your favorite photograph, create a family/friends recipe book, make a lavender pillow, grow an Amaryllis, start a poetry journal, solve crossword puzzles, find a new favorite window seat and enjoy a lovely cup of tea as you sit.

In This Issue

Front Page: Welcome, Avoiding the Winter Blues

Page 2: Our Wild West Holiday Party

Page 3: Seasonal Foods, Roasted Winter Vegetables Recipe, Bread Pudding with Bourbon Sauce Recipe

Page 4: ILF Spotlight, Now Hiring, Submit YOUR Story



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promoted several times and was managing our St. Charles office. We love you Kathy!

Visit our Cooperative Home Care Facebook page for complete albums



Our Wild West Party

As Cooperative celebrates 29 years in business in 2015, one of our favorite longstanding traditions is our January holiday party. Within this heritage, we proudly present our Kathy Kaegal Administrative Employee of the Year Award. Each year, we remember Kathy's impact on us. Born without arms or legs, Kathy never limited herself even as she regularly encountered people who doubted what she could achieve. When she applied for a job at Cooperative, our company spotted her determination and potential. By the time she passed



from our holiday parties and other events!



2014 Speakeasy



2013 The Wizard of Oz



Award Recipient

Holly Goldblum, LPN

away from medical complications many years later, she had been

BRAIN BOOSTER Think of a favorite party memory or choose your favorite party theme & plan the details!



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What's in Season?

Healthy, fresh food is important year-round. Track seasonal fruits and vegetables to choose the freshest, least expensive options as you shop.

In Winter, shop for:

- ✓ **Brussel Sprouts**
- ✓ **Collard Greens, Kale**
- ✓ **Grapefruit**
- ✓ **Oranges**
- ✓ **Pears**
- ✓ **Pomegranates***
- ✓ **Sweet Potatoes**

*Cut your pomegranate in half and immerse in a bowl of warm water; the seeds will easily separate and sink while the pith rises to the top.

JOKES FOR GRANDKIDS! Why did the tomato blush? *It saw the salad dressing!* Knock Knock/Who's There?/Beets...Beets Who?/Beets Me!

Easy Roasted Winter Vegetables

Clean and slice as needed any combination of veggies, including winter favorites like brussel sprouts and sweet potatoes as well as staples like onions, green beans and garlic cloves. Toss in a bowl with a dash of olive oil and salt; place on a baking sheet lined with parchment paper and roast at 375 degrees until browned to your preference. Serve immediately and store leftovers in the refrigerator to toss on a salad for tomorrow lunch or dinner. Delicious!

Rich Bread Pudding &

Bourbon Sauce

Ingredients:

- 3 cups stale bread cut in $\frac{3}{4}$ inch cubes
- 2 cups milk
- 2 eggs
- $\frac{3}{4}$ cup sugar
- 1 Tbs. vanilla extract
- $\frac{1}{2}$ tsp. cinnamon
- 4 Tbs. butter, melted/cooled

Bourbon sauce:

- 2 egg yolks
- 1 stick butter
- $\frac{3}{4}$ cup sugar
- $\frac{1}{3}$ cup whiskey, to taste

Preheat oven to 350 degrees. Place bread in a bowl with the milk and let soak while you beat eggs and sugar until thick, then stir in vanilla, cinnamon and butter. Add the soaked bread crumbs and let stand for 10 minutes. Transfer to a greased baking dish and cook about 45 minutes. Near end of baking time make your bourbon sauce by beating yolks until thick. Melt butter and sugar in saucepan and pour this mixture over the yolks, beating constantly until well thickened. Stir in bourbon by hand, and pass the hot bourbon sauce separately.



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Independent Living Facility
("ILF") Spotlight

Cooperative Home Care is proud to be the preferred home care provider of Crestview Senior Living in South County, Missouri. Since October 2011, we have worked together to meet the medical and daily needs of Crestview residents. Did you know there are two main ways we serve ILF clients? We provide **Medicare funded services** when you qualify after a planned or unplanned hospitalization, as well as after a decline in your condition. When you cannot leave your home, our home health care nurses and therapists come to you, to assess your needs and design a plan to help you get stronger and well. We also serve clients through our **Private Services**, which help you with your daily, non-medical activities like dressing, bathing and meal preparation. Private Services are funded mainly through long-term care insurance or self-pay. If you are a Crestview resident, you may choose our shared services, or our dedicated services if your needs are greater (or if they increase). You may receive Medicare and Private Services at the same time. No matter what your need is, we are prepared to respond and act promptly when you need us.

February & March Birthdays

Thomas Edison (2-11-1847)

Alexander Graham Bell (3-3-1847)

Tennessee Williams (3-26-1911)



Now Hiring

Do you know someone that you feel is just meant to be a caregiver or companion? Or, maybe your oldest granddaughter wants to be a nurse and is looking for a job to gain related experience while she is in school. Caregiving is both challenging and rewarding. It is also a job that offers flexibility when you are in school or just want to work part-time. Interested applicants can call our Human Resources Director, Lyn Thoma, at 314-772-8585 ext. 332.

Submit YOUR Story

Share a picture, a story, a helpful hint or a delicious recipe—and see yourself right here:

YOU'RE FAMOUS!



Call our Project Manager, KristyAnn Pfister, at 314-779-9900 to submit your idea. Who will you see here???