

# COOPERATIVE NEWS

Cooperative Home Care News

April 2016

## Let's Get Organized!

*Getting and staying organized can improve your mood, your mindset and your productivity. Don't wait to get started on this three-step plan to organize your home.*

1. Walk through your home. Make note of two areas you can de-clutter. One area may be your entryway, where both kids and grown-ups dump their stuff when they get home. The kitchen is also high risk for clutter, as working parents and busy kids struggle to make on-the-go meals, often without enough time for planning or clean-up. Now, let's tackle these two spots:

2. Clear your entryway by adding one bin or basket per person. Always try to use containers you already have. The bin or basket is to catch everyone's things when they arrive home, as well as to neatly store what they need to take with them when they leave. If you have school-age children, hang one wall hook per child, low enough for them to reach but high enough for them to grow into, for their backpacks and bags. Encourage everyone to use their bins and hooks for their stuff. If your space is limited, adding even one basket to store everyone's shoes will make a big impact.

3. In your kitchen, work through each cabinet to remove older and/or damaged cups, plates and bowls that you don't use or need. Re-using plastic containers is a good plan, but don't keep ones that no longer have lids, or that are oddly-sized and thus hard to store. Next, try to purchase a bag of fresh fruits and veggies once a week. Wash, trim and store them right when you get them, to ensure their use as healthy and non-messy grab-and-go snacks.

Caregiving is a very important job. When you feel organized as you leave your home to start your work day, this powerful feeling can empower you all day long. Great work!

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"For every minute spent organizing, an hour is earned."

— Benjamin Franklin

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BE SOMEBODY  
WHO MAKES  
EVERYBODY FEEL  
LIKE A  
SOMEBODY.

## APRIL TRAINING CLASSES

Please call the office hosting the class you want to attend, to confirm times and to reserve your seat.

### Franklin County

415 S. Main Street  
St. Clair, MO 63077  
636-629-5313

#### **In-service:**

To be determined

### Jefferson County

1320 Commercial Blvd  
Herculaneum, MO 63048  
636-937-9449

#### **Orientation:**

To be determined

#### **In-service:**

To be determined

### St. Charles

4101 Mexico Road  
Suite A  
St. Peters, MO 63376  
636-441-7753

#### **Orientation:**

4/11—4/12

#### **In-service:**

To be determined

### Fairview Heights, IL

618-394-5681

#### **CPR**

Every Weds. & Fri.  
10am-12pm

### St. Louis

1924 Marconi Ave  
St. Louis, MO 63110  
314-772-8585

#### **Orientation:**

4/4—4/5;

4/18—4/19

#### **Med Level 1:**

4/13—4/14

#### **CPI:**

4/15

#### **In-service:**

4-21

## Caregiver's Corner

### Delicious & Quick Quesadillas

Quesadillas are a terrific family meal option, because you can easily customize them for different tastes and cravings. They are also delicious served hot or cold, so they are great to grab and eat for a hearty and healthy meal on the run.

#### Ingredients:

One bag of small flour tortillas (12 count)

1 lb. bag shredded queso blanco cheese or a Mexican cheese blend

Optional fillings: grilled chicken and/or steak, chopped green onions, sliced peppers, sliced mushrooms

Heat a small pat of butter in a skillet on medium. Add your onions and veggies and sauté until just soft (about five minutes). Remove ingredients from the pan into a bowl and set aside. Add another small pat of butter to the skillet, increasing heat to medium high.

Sprinkle cheese to cover the bottom tortilla. Add desired sautéed fillings and cover with a second tortilla. Microwave for 30 seconds to seal your quesadilla (optional) and then press it into the hot skillet. Brown each side of the quesadilla before removing it from the heat. Repeat to make six total quesadillas. Garnish with salsa and/or sour cream.



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