



cooperative

home care & hospice

COOPERATIVE NEWS

Cooperative Home Care News

July 2016

Fun Activities To Do With Your Child On A Hot Summer Day!

1. Build an indoor fort

Forts are easy to make and kids love them! All you need are some chairs and blankets and you're ready to go! Every toy feels new when a tent is involved!

2. Make frozen ice pops

Mix together some of your favorite fruits and yogurt and place them in ice pop molds with sticks. Set them in the freezer and then enjoy the delicious taste!

3. Have a movie party

Sit back and enjoy your ice pops and popcorn while watching a kid friendly movie everyone can enjoy. You can never go wrong with a Disney classic!

4. Write a book

Start by writing the first sentence and then have your child write the next. Keep taking turns until you have a full story. At the end work together to draw in pictures! A great keepsake for both you and your child!

5. Create a treasure hunt

Hide some toys and candy around the house for your kids to find. Play some music and give your kids clues along the way. Once the music stops the hunt is over!

6. Draw a picture

Spend the day drawing self-portraits, pictures of each other, your favorite animal, food, dream vacation, etc!

In This Issue

Fun Activities To Do With Your Child On A Hot Summer Day

July Training Classes by Office; Summer is a Great Time to Make Penne with Sun-Dried Tomato Pesto Pasta

wake
up with
determination.
go to
bed with
satisfaction.

We are serving and celebrating in our 30th year! Talk to your Case Manager to volunteer for an upcoming event!

JULY TRAINING CLASSES

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

St.Louis

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

Orientation:

7/11--7/12
7/25--7/26

Med Level 1:

7/13--7/14

CPI: 7/15

APC: 7/8

St. Charles

4101 Mexico Road
Suite A
St. Peters, MO 63376
635-441-7753

Orientation:

7/18--7/19

Fairview Heights, IL

618-394-5681

CPR:

Every Weds & Fri
10am-12pm

Caregiver's Corner

Enjoy Delicious Penne with Sun-Dried Tomato Pesto

Summer is the perfect time to try a new dish. You can never go wrong with an easy to make pesto pasta, a meal everyone can enjoy! (Thank you FoodNetwork.com!)

Ingredients

- 12 ounces penne pasta
- 1 (8.5 ounces) jar sun-dried tomatoes packed in olive oil
- 2 garlic cloves
- Salt and freshly ground pepper
- 1 cup (packed) fresh basil leaves
- 1/2 cup freshly grated parmesan

Boil your pasta in salted water for about 8 minutes or until tender. Drain the water, leaving a cup of cooking liquid. Meanwhile blend the sun-dried tomatoes, oil, garlic, salt and pepper and basil into a food processor and blend until tomatoes are finely chopped. Put the tomato mixture in a large bowl and stir in the parmesan. Add the pasta to the pesto and mix. Add some leftover cooking liquid to moisten.



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