



**Health at Home by Cooperative Home Care**  
**1-800-HOMECARE (in MO) & 618-466-3227 (in IL)**  
**CooperativeHomeCare.com**

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*Welcome, Spring!* April prepares her green traffic light and the world thinks Go. –Christopher Morley, *John Mistletoe*

In April, our world brightens. It's even more fun to be out and about, driving to our visit our clients at home, and checking in with current and new customers who refer clients to Cooperative Home Care. I'm Vint Hoffeditz and my role on Cooperative's team is to support and organize sales team activities, and to directly sell our home care services in the community. I am committed to discovering *and* meeting your home care needs.



**Why Clients Choose Nurse Visits**

You may not need regular caregiver help at home. Did you know there is another easy, and affordable, way for a Cooperative Home Care to help you? You can choose a Private Services weekly nurse visit. This nurse visit, scheduled at the same time every week, includes a free mediator that our nurse will pack during her visit. Your medications are now packed accurately for the week! Our nurse will also note any discrepancies that indicate missed meds or other preventable medication errors. Finally, our Cooperative Home Care nurse will perform a general health assessment and the results are recorded for you to share with your doctor. Our clients choose this affordable service because it gives them great peace of mind. Additional benefits: prevention and access to Medicare Services. If our nurse spots a warning sign, she can quickly refer you to our Medicare department. These short-term home health care visits are designed to improve a decline in recovery after a tion. **Make Nurse directly (in MO) or 618-466-3227 (in IL) and schedule your free assessment today.**

**JOKES FOR GRANDKIDS!** When do monkeys fall from the sky? *During April showers!* Can February March? *No, but April May!*

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**BRAIN BOOSTER:** Johnny's mother has 3 children. The 1<sup>st</sup> one is named April, the 2<sup>nd</sup> one is named May. What is the 3<sup>rd</sup>'s name? (Answer on Page 2.)

### 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 April, shop for:

- ✓ **Artichokes, Asparagus**
- ✓ **Peas, Pea Greens**
- ✓ **Lettuces**
- ✓ **Apricots**
- ✓ **Citrus Fruits, Rhubarb**
- ✓ **Strawberries**
- ✓ **Radishes**
- ✓ **Beets**

### Refreshing Mango Smoothie

From grandkids to grandparents, a delicious smoothie is a great snack, or a healthy meal when you are busy or if you have a smaller appetite. All you need is five minutes, a small blender, and the following ingredients:

- One cup vanilla-flavored greek yogurt
- One cup frozen mango
- One cup milk

Layer the yogurt, mango, and milk in your blender. Blend to a smooth, milkshake texture. Add more or less milk to adjust thickness.



### **April Birthdays**

Marvin Gaye (4-2-1939)

Thomas Jefferson (4-13-1743)

Charlie Chaplin (4-16-1889)



### Independent Living Facility ("ILF") Spotlight

Cooperative Home Care enjoys our preferred home care provider relationship with The Homestead at Hickory View in Washington, MO. Here are some fun upcoming events at Homestead:

**Sunday, April 12<sup>th</sup>:** Spring Lunch Buffet from 11am to 3pm

**Thursday, April 16<sup>th</sup>:** Chocolate Extravaganza, co-hosted by Cooperative Home Care, from 5pm to 7pm

**Thursday, May 21<sup>st</sup>:** Pick Flamingo Happy Hour & Dinner at 2pm & 4pm

### Now Hiring

Do you know someone that is just *meant* to be a caregiver? Caregiving is both challenging and rewarding. It also offers flexibility and part-time opportunities, and you can be a companion or as a hands-on caregiver. Loved Ones Needed! Interested applicants: call our Human Resources Director, Lyn Thoma, at 314-772-8585 ext. 332.

**Front Page BRAIN BOOSTER ANSWER:  
Johnny!**