



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

September 2015, Issue 18



**Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language.”**

**— Henry James**

Labor Day brings two thoughts: first, and most importantly, it is a holiday during which we recognize the contributions workers have made to the strength, prosperity and well-being of our country. Labor Day also signals the end of summer and beginning of fall (even though fall won't officially begin until September 23<sup>rd</sup>).

We hope as fall begins, you are excited about cooler weather, beautiful outdoors colors and all of the things you love about this season: the sights and scents, and the fond memories they bring. Please visit [CooperativeHomeCare.com](http://CooperativeHomeCare.com) for more resources. Thank you for reading!

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**Getting to Know Us:**

While we love sharing helpful information about safety, nutrition and health, this month we'd also like to take a moment to update you about **Cooperative Home Care**. Did you know we've been serving clients since 1985, and that our company was incorporated in 1986? **Our official 30 year business anniversary is July 1st, 2016.** Watch for exciting information as we begin planning our celebration of this significant event.

Do you know **Cooperative Home Care has added Cooperative Hospice as part of our business?** If you would



like to know more about Cooperative Hospice,

including if you would like to volunteer, please call Cooperative Hospice directly at 314-571-7855.

This is also the number to call if you know someone who may benefit from hospice services.

**BRAIN BOOSTER:**

**What happens *only* in the middle of each month, in all of the seasons except summer, and happens *only* in the night, never in the day?**



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### Front Page BRAIN BOOSTER ANSWER:

The letter "N". It is in the middle of each moNth; almost every season (wiNter, sprinG, autumN); Night but not day!

### 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 September, buy: **Blackberries**, **Zucchini**, **Squash** & **Plums**.

### BACK TO SCHOOL JOKES FOR GRANDKIDS!

Q: Why do magicians do so well in school?

A: Because they are great at trick questions!

Q: Who is the King of school supplies?

A: The ruler!

### Home Care Facts

Do you think a nursing home is your only option when you need help at home? It isn't! Home care can help your loved one remain in their home when they have general, or medical, needs.

There are different types of home care. One way to distinguish them is by how you pay for home care. **Medicare Home Health Care** is generally for people who are 65 or older, who are considered homebound and who need short-term medical help (also called "skilled care"). Medicare is helpful because your loved one's more complex, medical needs are met by licensed nurses and therapists who come to their home about one to

three times per week. Medicare is not designed to help when your loved one's needs are more general, such as help with getting up, showering, dressing, eating, etc. Medicare visits are short-term and designed to help your loved one meet their progress goals. If their needs are ongoing, Private Services may be the answer. **Private Services** can be customized exactly for your health care needs. They are usually funded by long-term care insurance and/or self-pay. You can choose a two-hour mini-visit, 24-hour care or anything in between. You choose what you need and you can also change how much help you receive if your needs change. Private Services can also be combined with Medicare Home Health Care when you have both general and medical care needs. **Medicare Home Health Care and Private Services** are both valuable resources about which to be educated, in the event your needs change suddenly or gradually. This knowledge can provide peace of mind that you will be as prepared as possible. **Call 1-800-HOMECARE (in MO) or 618-466-3227 (in IL) and schedule your free assessment today!**

### September Birthdays

Marco Polo (1254-1324)

Sophia Loren (9-20-1934)

Ray Charles (1930-2004)

