



Meet Our Team!

As we wrap up our first year of *Health at Home by Cooperative Home Care*, I'd like to introduce myself! I am our newsletter editor, KristyAnn Pfister.

As a Special Projects Manager at Cooperative, I also edit our website at www.CooperativeHomeCare.com including our blog. Our website offers a lot of resources, including free papers. Our topics include, How To Pay For Home Care, Caring For a Loved One With Dementia, and our Everything Home Care Guide. You can even schedule a free in-home assessment!

A big Cooperative Home Care achievement in 2012 is that we are expanding our skilled, Medicare services to metro-East Illinois. This project is complete except for our final approval, and we are very excited for this growth opportunity!

The end of the year is naturally a time to reflect on what has been accomplished. I am very proud of Cooperative's senior residence partnerships, and all of the people we've served within them. We're currently celebrating one-year anniversaries at several of our partnerships (Crestview Senior Living in October 2012, and The Homestead at Hickory View in December 2012), and we have another coming soon (Whispering Pines in January 2013). It has been a productive year, and I'm excited to see how we grow in 2013.

Speaking of resources, 1-800-HOMECARE (in MO) is one of our very best. Our Intake Nurse Jessica will help you get started!



'Tis the Season, to Indulge in Bread Pudding, Fa La La La La, La La La La!

Ingredients:

2 cups granulated sugar
5 large beaten eggs
2 cups milk
2 teaspoons pure vanilla extract
3 cups cubed Italian bread, allow to stale overnight in a bowl
1/2 cup packed light brown sugar
1/4 cup (1/2 stick) butter, softened
1 cup chopped pecans

For the sauce:

1 cup granulated sugar
1/2 cup (1 stick) butter, melted
1 egg, beaten
2 teaspoons pure vanilla extract
1/4 cup brandy

Directions

Preheat the oven to 350 degrees. Grease a 13 X 9 X 2 inch pan. Mix together granulated sugar, eggs, and milk in a bowl; add vanilla. Pour over (stale) cubed bread and let sit for 10 minutes. In another bowl, mix and crumble together brown sugar, butter, and pecans. Pour bread mixture into prepared pan. Sprinkle brown sugar mixture over the top and bake for 35 to 45 minutes, or until set. Remove from oven.

For the sauce:

Mix together the granulated sugar, butter, egg, and vanilla in a saucepan over medium heat. Stir together until the sugar is melted. Add the brandy, stirring well. Pour over bread pudding. Serve warm or cold. *Thank you,*
www.foodnetwork.com/recipes/paula-deen
for this delicious recipe! –The Editor



Health at Home by Cooperative Home Care

1-800-HOMECARE (in MO), or from Illinois,
call 618-394-5681 or toll-free 1-866-635-2263

This Month's Home Health Care

Topic: Winter Health and Wellness

It might not feel like it yet, but winter begins on Friday, December 21st. Even if we have another mild winter, this season still brings less daylight hours, a tendency to stay inside more, and an increased opportunity for flu and other viruses. Use our tips to inspire your personal plan to stay happy, motivated, and healthy this winter!

Exercise regularly. If you are a beginner, get your doctor's approval and start slow, but start! Try to work up to 20 to 30 minutes, three to four times per week (or whatever your doctor recommends). Doing this helps prevent heart disease, high blood pressure, diabetes, osteoporosis, and depression.

Get health-educated. Take an active role in your own health care to become a good, strong self-advocate. Begin by keeping a record of your blood pressure, weight, and current medications. Bring your record to doctor appointments, and write down what you discuss with your doctor.

Reach out to others. Depression is more common in winter months, and bad weather can mean social isolation. Make efforts to spend time with family, friends and neighbors, and when weather makes visiting difficult, pick up the phone for a chat! Conversation may even strengthen memory, serving as mental exercise that boosts memory and intellect.

Be safe. Icy, snowy walkways are hazardous, especially if you have arthritis or difficulty walking due to a previous stroke or other illness. Walk carefully, wear slip-resistant shoes, dress warmly, and outfit your cane or walker with new, slip-resistant tips as needed.

Immunize. Talk with your doctor about ensuring your tetanus is updated (at least every 10 years) and about flu, pertussis (whooping cough) and shingles vaccinations.

Eat well. Heart disease, diabetes, and some cancers are linked to what you eat. Your doctor will know what is right for you but general guidelines include minimizing red meat and maximizing whole grains, vegetables, fruits, and plenty of water!

Feeling motivated yet? Now choose some indoor hobbies from the following list. Try something new this winter, or revisit an old favorite: paint or sketch your favorite photograph ~ Bird watch ~ Create a family/friends recipe book ~ Host a recipe swap event ~ Read about foods and customs from other countries ~ Grow an edible windowsill garden (include herbs like dill, basil, cilantro, lavender, parsley, mint, thyme, oregano, and/or chives) ~ Make a lavender pillow ~ Grow an Amaryllis ~ Decorate a planter ~ Keep a journal ~ Go to the cinema ~ Arrange a group scrapbooking project ~ Solve a puzzle ~ Watch the Discovery Channel ~ Learn about the internet ~ Find a new, favorite window seat and enjoy a lovely cup of tea as you sit ~ Start a book club ~ knit a scarf ~

Cooperative Home Care is a terrific resource to help you achieve your winter goals. Did you know Medicare will pay for your exercise program? Or that our nurses and caregivers can accompany you on winter errands? Call 1-800-HOMECARE (in MO) today to learn more. Welcome, winter!

Winter health and wellness tips abound at www.elder-one-stop.com & www.chiff.com! -The Editor

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