



Meet Our Team!

Welcome to our newest member of Cooperative Home Care's administrative team! Tonya Williamson is a Licensed Practical Nurse, or "LPN". She has joined us to help continue our efforts to assist Crestview Senior Living's residents to successfully age in place. What does this mean? As a Cooperative Home Care employee, Tonya will work at Crestview Senior Living, both supervising our Personal Assistants and providing nursing services for Crestview residents. She is available to answer your questions about all of our home care services offered at Crestview. Our home care services include our regularly scheduled shared services, and our incremental services which are designed to meet a resident's occasional needs.

Tonya comes to us with over 12 years of nursing experience. Her background includes home care, skilled nursing facilities and extended care facilities experience. Tonya's role is the On-Site Supervisor at Crestview Senior Living. Her calm demeanor and willingness to teach by example are just two of the many great qualities we saw in her while interviewing. We are confident that we have found the best candidate for this position!

Tonya is available and pleased to answer questions about your current home care services, as well as to help you if you are new to home care, and unsure about where to start. Don't forget you can also call us directly at 1-800-HOMECARE (in MO) and our Intake Nurse Jessica will gladly help you, too!



Mmm! A Decadent Mini-Dessert Warms This February. Enjoy our Salted Caramel Mini-Cupcakes, as these mini-desserts mean you can indulge, with less sugar. So grab your mini-muffin pan (or pick one up at your nearest Target), and let's bake!

Cupcake Ingredients:

1 box caramel cake mix
3 eggs
1/2 cup butter, melted
1/2 cup Coffee-Mate Caramel Macchiato creamer
1/2 cup water

Salted Caramel Frosting Ingredients:

1, 8 oz block cream cheese, softened
1/2 cup butter, softened
1 cup caramel ice cream topping
7-8 cups powdered sugar, sifted
Sea salt to taste

Directions:

Heat oven to 350° and line cupcake pans with cupcake papers. In a large bowl, using electric mixer, combine cake mix, eggs, butter, cream and water for 1 minute on low. Scrape sides, then mix on high for 1 minute. Divide batter evenly between cupcake wells and gently shake to smooth batter. Bake 10 minutes for mini cupcakes or until toothpick inserted into the center cupcakes comes out clean. **Frosting:** place butter in a large mixing bowl and blend slightly. Add cream cheese and blend until combined, about 30 seconds. Add the caramel and mix until fully incorporated. Slowly add powdered sugar 1 cup at a time and blend on low speed until combined and desired consistency (you want your frosting pretty thick). Increase to medium speed and beat until it begins to get fluffy (about 1 minute). Frost cooled cupcakes, drizzle frosting with caramel and lightly garnish with sea salt.

Thank you TidyMom.net for these cupcakes!



This Month's Home Health Care
Topic: How To Have Your Best Home
Care Experience

Cooperative Home Care works very hard to empower the people we serve, and to create the most positive experience even though there is unavoidable stress that comes with increasing age combined with declining health.

Adult children take note! This guide is not just for your aging parent. We also hope it helps you understand how we can help your aging parent to age in place. If you have questions...if you have concerns...if you need to find a better way to get updates on your aging parent-whatever you need-please contact your On-Site Supervisor (like Tonya Williamson, at Crestview Senior Living, featured on page one) or your Case Manager. We want to work with you, for the best outcome possible!

First-how does home care work? We start with our free assessment, for anyone who may need home care. It's a great opportunity to have all of your specific questions answered. We'll also create a care plan based on your aging parent's needs and budget. Their care plan is tailored specifically for what they want, without any extras they don't. Newly moved in Senior Residence clients may qualify for our new "Welcome Home" six free nurse visits program. Speak with your Cooperative Home Care contact (usually your On-Site Supervisor or Case Manager). If you haven't met her yet, simply call 1-800-HOMECARE (in MO) and our Intake Nurse Jessica will help you.

Tell your caregiver what you want to be called. This sounds simple, but it can strain a new relationship if you are being

called by a name that you are uncomfortable with. It is absolutely okay if you prefer that your caregiver calls you "Mrs. Jones" instead of "Sally Jones". We want you to be satisfied and this contributes to a positive start to our relationship with you.

Outline your boundaries. What makes you comfortable? How about what makes you uncomfortable? Some people welcome the warm touch of a caregiver's hand on their arm as they are talking, while others only want as much contact as is required for their care. Are you more talkative or would you prefer less chatter while your caregiver is present? It may seem odd at first, but try to feel comfortable sharing this information so we can make the right caregiver match, and instruct your caregiver correctly.

Agree upon where you'll keep your Communication Book. We use our unique Communication Book to keep all of your information in one place in your home. It even includes copies of your Daily Activity Logs, which are quick references for visiting family members who would like to see how you are doing. It's just one of many ways we set ourselves apart from our competition.

Please don't feel obligated to supervise your caregiver. It is our job to understand your specific needs based on our free assessment. If your needs change you may request another free assessment, or simply review your updated needs with your dedicated Case Manager. If the connection between you and our caregiver hasn't clicked, let us help you improve your relationship or move on to a new caregiver. And when it's a great connection? We love to hear about what *is* working, too!