



### Meet Our Team!

As a home health care company, Cooperative Home Care employs a lot of nurses. This month, we'd like to celebrate a few extra special nurses who help a lot of our clients in very important ways. One of the most impressive things about our nurses? They are very compassionate people who do what they do because they care about your health and welfare. Nursing is a tough job, and each of our featured nurse Team Members performs their duties with patience and wisdom.

**Holly Goldblum, LPN**, can be found completing regularly scheduled onsite visits to our Fairway Management Properties partners in addition to community nurse visits. Her gentle nature helps everyone feel comfortable trusting her with questions and concerns. Holly also helped at our many flu shot clinics in October. Thank you, Holly!

**Carrie Head, RN**, is currently assisting Crestview Senior Living residents with their nursing needs. Carrie has also helped design our home health aide training program. Thank you, Carrie!

**Jolie Tatum, RN**, was a flu shot clinic superstar in October! She was both reassuring and entertaining for residents in several of our partner facilities, giving a total of over 200 shots!

**We'd like to say thank you to all of our hard working nurses in our senior residences and in the community. This month, and always, we are thankful for you. Call 1-800-HOMECARE (in MO) and meet our Intake Nurse, Jessica.**



Enjoy our November Recipe when you need a break from traditional holiday comfort food. This yummy **Pumpkin Lasagna** may become your new Thanksgiving tradition!

#### Ingredients:

1 package baby spinach  
1 TBSP olive oil  
1 large onion, chopped  
Salt and pepper  
1 (15 oz.) can pure pumpkin  
1 and ¼ cups half and half  
½ tsp dried sage  
½ tsp ground nutmeg  
2 cups shredded mozzarella cheese  
1 cup grated parmesan cheese  
8 sheets no-boil lasagna noodles

#### To Prepare:

- Pre-heat oven to 375°.
- Saute' oil and onions in skillet on medium high heat for about 5 minutes, add spinach and cook until wilted, about 5 more minutes. Salt and pepper to taste.
- Meanwhile, in a medium bowl, combine pumpkin, half and half, sage, nutmeg, ½ cup of each cheese and a dash of salt and pepper.
- In a 9x9 baking dish, assemble starting with pumpkin mixture layer, next noodles, then spinach, and top with cheese. Repeat up to 3 more times then top with remaining pumpkin mixture and parmesan cheese. Cover tightly with foil.
- Bake 20 minutes, remove foil and bake an additional 20 minutes until top is golden brown.
- Let stand 10 minutes, and serve with a simple salad!

Tasty tip: substitute cooked sweet potatoes for pumpkin.

Thank you [www.SchnucksCooks.com](http://www.SchnucksCooks.com) for this recipe!

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# Health at Home by Cooperative Home Care

1-800-HOMECARE (in MO),  
or from Illinois, call 314-571-7851

## This Month's Home Health Care Topic: Happy Thanksgiving! What Are You Thankful For?



One of my favorite things about Thanksgiving is all of the memories that return every year. The first time I encounter those familiar Thanksgiving smells (for me, that's allspice, pumpkin, and sage), I remember the "warmth" this holiday brings. I hope you enjoy a break from our regular Home Health Topic feature, brought to you by Cooperative Home Care employees. Happy Thanksgiving! *-The Editor*

"I love the warm blast of aroma that hits me the minute I enter my parents' home on Thanksgiving. Delicious!" – KristyAnn P., Special Projects Manager

"My family jokes about the first time we tried to deep fry turkey-with disastrous results! Luckily no one was injured, and now we know to thaw our turkey before dropping it in the fryer!" – Cyrus B., Director of Finance



"We shred our leftover turkey, add diced celery and simmer it in chicken broth. It's our version of "turkey sloppy-joes" served on hamburger buns. I always look forward to this leftover treat." – Karen M., Operations Manager



"I always volunteer to make the cranberry sauce for 2 reasons: I have a great recipe using fresh cranberries, sugar and some citrus, and this is a dish I can make a week or so in advance and freeze. All I have to do the day of my holiday is thaw it in a saucepan and voila!" – Mary A., Private Services Case Manager

"I enjoy all of the standard Thanksgiving traditions: family, football, and lots of food!" – Ken S., Referral Specialist



"I light sage candles throughout my home the entire month of November. It gets me excited about Thanksgiving and is a natural transition into the holiday season." – Jessica D., Intake Nurse

"Thanksgiving is a terrific holiday that is all about family. There are no presents, and relatively no commercialism. Just family and food." – Chad K., Referral Specialist



"I am proud of my tradition to never waste food. If we buy extra we'll donate it to a local food bank. We also work hard to cook enough for the day without making too much. We enjoy any leftovers later that night, or split them up to send home with our guests." – John D., Director of Skilled Services

*Happy Thanksgiving, from  
our family to yours!*