

COOPERATIVE NEWS

Cooperative Home Care News

March 2016

Welcome New Caregivers!

Did you know that in the average month, Cooperative Home Care provides 36 hours of orientation training, as well as additional CPR, CPI, Med Level 1 and In-service training? We are proud to make this commitment to new and existing caregivers, to help you be as prepared as possible when you are serving our clients. As we welcome new caregivers, there are some key points to remember that are also helpful for current caregivers:

- Please see our case managers to learn about open shift opportunities before you leave, after orientation has ended.
- Check back regularly for additional open shifts that meet your skill set and schedule. Many caregivers start with shifts with many different clients, and build into more shifts with the same fewer clients.
- Current open shift information is available from your case manager, and at the front desk and/or posted at each local office.
- Remember we offer opportunities to serve clients individually in their homes as well as in independent living facilities with whom we partner, including Crestview Senior Living (in Crestwood, MO) and Homestead at Hickory View (in Washington, MO).
- As a courtesy to our neighbors, please keep your car stereo volume low when you approach and leave our offices.
- Please discard trash including coffee cups and cigarette butts in the appropriate outdoor waste containers at each office.

Thank you for being an important part of our team!

Check your clocks & mark your calendars! Daylight Saving Time begins Sunday, March 13th. Remember your clock “springs forward” one hour, and check/replace as needed the batteries in your smoke detectors.

**The first day of Spring is Sunday, March 20th.
What’s your favorite part of spring?**

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- March Training Classes by Office; Spring Pasta Salad

TEAMWORK
coming together is a beginning
keeping together is progress
working together is success

- Henry Ford

No matter how long the winter, spring is sure to follow.

- Proverb



MARCH TRAINING CLASSES

Please call the office hosting the class you want to attend, to confirm times and to reserve your seat.

Franklin County

415 S. Main Street
St. Clair, MO 63077
636-629-5313

Orientation:

3/21—3/22

In-service:

3/31

Jefferson County

1320 Commercial Blvd
Herculaneum, MO 63048
636-937-9449

In-service:

3/26

Orientation:

3/28—3/29

St. Charles

4101 Mexico Road
Suite A
St. Peters, MO 63376
636-441-7753

Orientation:

3/14—3/15

In-service:

3/10

Fairview Heights. IL

618-394-5681

CPR

Every Weds. & Fri.

10am-12pm

St. Louis

1924 Marconi Ave
St. Louis, MO 63110
314-772-8585

Orientation:

3/7—3/8

Med Level 1:

3/9—3/10

CPI:

3/18

In-service:

3/24

Caregiver's Corner

Easy & Delicious Spring Pasta Salad

One of the many enjoyable things about the start of spring is making a favorite meal that compliments the warmer weather outside. A bright and fresh pasta salad is nice as a light main meal, or as a complement to meat that has been grilled outside.

Enjoy this pasta salad recipe that can be customized to your family's favorite flavors!



Boil your pasta according to package directions. We suggest a whole grain rotini pasta. While your pasta is boiling, chop fresh veggies like peppers, broccoli, cauliflower, carrots, celery, tomatoes, zucchini, onions and garlic. When ready, drain your pasta and run it under cold water for a few minutes. Put the drained and cooled pasta in a big bowl, drizzle equal parts olive oil and vinegar, and toss gently (or, use an oil or mayo-based salad dressing instead). Next, mix in your veggies. Add some extra zing with dried or fresh herbs like parsley, basil and cilantro.

Chill and serve.

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