

COOPERATIVE NEWS

Cooperative Home Care News

September 2016

Serving & Celebrating in Our 30th Year

We kicked off our 30th (official date of incorporation: July 1st, 1986) with an employee picnic. It was really hot and really fun, and it gave us the opportunity to develop our emerging ideas about how to celebrate our 30th.

Cooperative Home Care firmly believes every employee who chooses to work in health care of any kind is driven to do so because, at their core, is a desire to help people. They have other reasons, too, like wanting to always learn and grow in their profession, wanting to always have job options and opportunities, and wanting to work with people. But their deepest motivation, we believe, is to help people. When it comes to home care and hospice, this is especially true, because it is really hard work. Caring for people who are ill and who are near the end of their life, outside the safety and security of a hospital setting, is physically and emotionally challenging.

Acknowledging this desire to help created an easy connection. If we are driven to serve, then we could expand opportunities to do so. Our "Serving and Celebrating in Our 30th Year" campaign, consisting of 30 service projects this year, has already connected us with many charitable organizations and amazing people who create and support them.

Our journey began with the Walk to Defeat ALS. Next, we organized an adult diaper drive, connecting surplus unused adult briefs left behind at nursing homes to people who need them. The St. Louis Area Diaper Bank also gave us the opportunity to pack baby diapers for re-distribution. We toured St. Louis' famous Hill neighborhood, our corporate office location, to gather donations from local vendors including Bertarelli Cutlery, Di-Gregorio's Italian Market, Gelato Di Riso, and Shaw's Coffee. Their generous donations contributed to three auction basket donations: ALS, World Pediatric Foundation, and Autumn View Gardens benefitting the Alzheimer's Association. We also prepared and served a delicious dinner at the west county Ronald McDonald house.

We really encourage you, our caregivers, to join us. Contact your Case Manager to learn about our upcoming service opportunities. Many events are family-friendly, so your children can participate too. Thank you for your participation, and for your dedication to the people you serve everyday.

In This Issue

- Serving & Celebrating in Our 30th Year
- September Training Classes by Office; Join Our "Serving & Celebrating in Our 30th Year" Campaign; One Pot Summer Vegetable Pasta



OKAY
LET'S
DO
THIS

SEPTEMBER 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

**No Training
Scheduled**

Jefferson County

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

**No Training
Scheduled**

St. Charles

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

**No Training
Scheduled**

Fairview Heights. IL

618-394-5681

In-service:

9/16

CPR:

**Every Weds. & Fri.
10am-12pm**

St. Louis

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

Orientation:

9/6—9/7

9/19—9/20

Med Level 1:

9/22—9/23

In-service:

9/15; 9/30

CPI: 9-16

HAPPY LABOR

DAY!

MONDAY, 9/5/16

Caregiver's Corner

One Pot Vegetable Pasta

As school begins and we are adjusting to our school year schedule, we all feel busy and overwhelmed. This one pot vegetable pasta is delicious, healthy, easy to prepare and requires little clean-up.

Ingredients:

- ⇒ One box 100% whole grain penne pasta
- ⇒ One 28 oz. can crushed tomatoes
- ⇒ One cup vegetable or chicken broth
- ⇒ Two cups water
- ⇒ One garlic clove (fresh, crushed or minced, or even garlic powder is fine)
- ⇒ 3/4 TBSP each cumin, oregano, chili powder
- ⇒ One green pepper, one red pepper, one onion; all thinly sliced
- ⇒ Salt, pepper, hot sauce to taste
- ⇒ 1/2 cup plain greek yogurt (or cream cheese)

Mix all ingredients except greek yogurt in a large pot. Boil for about 10 minutes, until pasta is cooked. Remove from heat, stir in greek yogurt, and serve. Leftovers? Heat small portions for lunch thermoses, and/or freeze. Delicious? Check! Healthy? Check! Easy Prep? Check! Easy Clean-up? Check!

We want every caregiver to participate in our "Serving & Celebrating in Our 30th Year" campaign! Contact your Case Manager to learn about upcoming events and to share volunteering ideas.

Thank you, Patricia Woods, for your creative idea about celebrating our 30th! See Melissa at the St. Louis office to collect your prize!

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