

# COOPERATIVE NEWS

Cooperative Home Care News

May 2016

## We're Turning 30!

Earlier this year, we introduced our 30-year logo, which you'll see in the top right of the front page of our newsletter. While our official logo isn't changing, we're using our 30-year logo to commemorate our 30th year, which begins July 1st, 2016. Our 30th year is especially emotional and meaningful as we mourn the very recent passing of our incredible founder, Fran Sontag. We are dedicated to maintaining her beautiful and unique spirit in all of our 30-year activities, and beyond.

You, our caregivers, are the reason we achieved our tremendous 30-year milestone. We sincerely thank you for your daily hard work for the clients you serve. We want to hear your ideas about how to celebrate our 30th year! Please share your ideas with your Case Manager. We will share your name and your ideas in June's newsletter. There is no wrong answer or idea, so please be creative and think BIG. If we use your idea, you'll also win a prize! Thank you for your ideas and your support.

## STOP & Save Our Numbers!

As we grow, adding new services and new ways to gain customers, we want to remind you how to reach us.

If you are calling your Home Care Case Manager, call your local office\*:

**St. Louis: 314-772-8585**

**St. Charles: 636-441-7753**

**St. Clair: 636-629-5313**

**Herculaneum: 636-937-9449**

\*After office hours, these numbers roll directly to our on-call phones. If you are calling after hours to make a schedule change or cancel a shift, you must speak to a live person to make the change or cancellation.

\*\*Please do NOT call the number on the home page of the website; this is a tracking number designated for potential clients to contact our Intake Nurse.

If you are calling **Cooperative Hospice**, call **314-571-7855**.

## In This Issue

- We're Turning 30! STOP & Save Our Numbers
- May Training Classes by Office; Spring is a Great Reason to Make Broccoli Pasta

**What'll we do  
with  
ourselves this  
afternoon?  
And the day  
after that, and  
the next thirty  
years?**

**F Scott Fitzgerald**



## MAY 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:

5/19—5/20

#### In-service:

5/28

### Jefferson County

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

#### Orientation:

5/16—5/17

#### In-service:

5/21

### St. Charles

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

#### Orientation:

5/9—5/10;

5/23—5/24

#### In-service: 5/7

CPI: 5/26

### 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:

5/2—5/3;

5/16—5/17

#### Med Level 1:

5/11—5/12

#### In-service: 5/14

CPI: 5/20

### HAPPY MEMORIAL

#### DAY!

MONDAY, 5/30/16

## Caregiver's Corner

### Spring is a Great Reason to Make Broccoli Pasta

Sometimes, when our kids decide they don't care for a particular vegetable (or *any* vegetable), we stop serving it and never try it again. Or maybe you are the one who has decided against broccoli or anything green. Even if you are not a vegetable lover, spring is a wonderful opportunity to try a vegetable dish. This one is quick, light and delicious. Try it, and you may find that your tastes have changed! (Thank you *FoodNetwork.com*)

#### Ingredients:

- ⇒ One box of penne pasta; one bag of frozen broccoli
- ⇒ 1 TBSP salted butter; 2 TBSP olive oil
- ⇒ 1 clove of garlic (fresh crushed or minced, or even garlic powder is fine)
- ⇒ Shredded parmesan cheese (or your favorite shredded cheese)
- ⇒ Salt and pepper to taste

This recipe's a breeze: boil your pasta for about 12 minutes, adding the frozen broccoli halfway through. Drain and return the pasta and broccoli to the pot (turn off the stove). Add the butter, oil and garlic, mix well. Pour into a bowl, add the cheese, mix well again. Salt and pepper to taste.

**Surprise! It's delicious!**



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