

COOPERATIVE NEWS

Cooperative Home Care News

September 2015

Get to Know Cooperative Home Care

While we love sharing helpful information about safety, nutrition and health, this month we'd also like to take a moment to update you about Cooperative Home Care. Did you know we've been serving clients since 1985, and that our company was incorporated in 1986? **Our official 30 year business anniversary is July 1st, 2016.** Watch for exciting information as we begin planning our celebration of this significant event.

We bet you also may not know that Cooperative Home Care has added **Cooperative Hospice** as part of our business. Becoming a hospice provider is a long process that we have almost completed! As we begin serving hospice patients, we await our final accreditation survey some time this fall. If you would like to know more about Cooperative Hospice, including if you want to work in this part of our company or if you know someone who would like to volunteer, please call Cooperative Hospice directly at 314-571-7855. This is also the number to call if you know someone who may benefit from hospice services.

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Five Local Offices, to Serve You

Cooperative Home Care has five offices: St. Louis, St. Peters, Herculaneum, St. Clair and Fairview Heights, Illinois. Our Illinois office also offers healthcare staffing through another part of Cooperative Home Care called All-Staff Nursing. **One benefit of having five offices and three businesses (home care, hospice and healthcare staffing) is that there are many opportunities to develop your career.** If home care is your specialty, there are even different types of home care services that may match your skills and your passion: Medicaid, Medicare, and Private Services. How can we help YOU succeed? Call your Case Manager today!



TRAINING CLASSES

Please call
the office
hosting the
class you are
interested in
attending to
reserve your
seat.

Franklin County

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

No Trainings
Scheduled

Jefferson County

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

No Trainings
Scheduled

St. Charles

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

No Trainings
Scheduled

St. Louis

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

September

CPI

Friday, 9/11/15
9:30am-2:30pm

In-Service

Saturday, 9/12/15
9:00am—2:00pm

APC Training

Wednesday, 9/30/15
9:00am—5:00pm

Caregiver's Corner

Healthy Snacks and Meals on the Go

Now that school has started, many of our schedules change. Your work schedule combined with your childrens' schedules can make it very hard to plan meals that are inexpensive and nutritious. What can you do?

The most important thing you can do is to stop, and plan ahead. Try to pick two times during the week that you know you'll have ten minutes to plan. Follow the steps below as you begin. In no time you'll be able to tweak this general plan, to help it fit your family's needs.

- Have a pen and paper to take notes, or use your phone's memo feature.
- Day by day, list what meals you'll eat at home and what you'll have to have on the go. Do this twice a week (Sunday and Wednesday, for example) so you can be as specific as possible.
- At home meal ideas: if you have a day you do not work, you can make bigger meal portions that can be divided and frozen for future use. Frozen veggies and fruits are healthy, inexpensive and help build nutritious, simple meals. Plan to choose frozen meats that are on sale when you are at the store to get the best deals.
- On the go ideas: choose items that don't require refrigeration and that are easy to eat. PB&J's, bananas, apples, granola bars, beef jerky, dry cereal. When refrigeration is available, add dairy like string cheese, yogurt tubes and pre-made smoothies.
- Build your shopping list with the meals and snacks you've chosen, and commit to eating what you purchased. Good luck!



**All offices will be closed on
Monday, September 7th**

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CooperativeHomeCare.com
Facebook
Twitter (ParentsAging)
YouTube (ParentsAging)
Pinterest

Cooperative Hospice-
Facebook