

The Grapevine Report

FEBRUARY / MARCH / APRIL 2010



"And Spring arose on the garden fair,
Like the Spirit of Love felt everywhere;
And each flower and herb on Earth's dark breast
rose from the dreams of its wintry rest."

Volume I, Issue I

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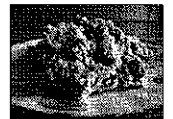
Reminders

Home Health Aides—

- Thank you to all of you who are getting your notes to us on a timely and weekly basis. Helping Hands appreciates all of your efforts. If we have not been getting your timesheets on time, you must begin doing so immediately. It is **very important** to you and to the company that we receive your timesheets weekly on **Tuesdays**.
- If you are using a 'money exchange form' for your client, please make sure the client, and you as well, sign the bottom of the form. Many of you are only initialing next to the dollar amount. The form **must** be signed at the bottom.
- Lastly, if you change your address, be sure to notify payroll and scheduling as soon as possible. Please always feel free to contact us with any payroll or timesheet issues.
-Paula and Terry

Diabetic Oatmeal Raisin Cookies

Ingredients:



- 1 cup self-rising flour
- 1/2 cup butter
- 2 tablespoons white Splenda granular
- 2 tablespoons milk
- 1 1/2 cups quick oats
- 1 egg
- 1/4 teaspoon cinnamon
- 1/3 cup splenda brown sugar substitute
- 1/2 teaspoon vanilla
- 1/2 cup dark raisin

1. Preheat the oven to 325 degrees.
2. Mix the flour with the cinnamon.
3. Cream the butter and both the sugars until fluffy. Add the egg, milk, and vanilla. Gradually add the flour mixture.
4. Stir in oats and raisins.
5. Drop by teaspoonfuls if small cookies are desired, tablespoons if larger cookies are desired onto parchment paper (this stuff is reusable - one sheet will do the whole batch).
6. Bake until golden brown, 10-12 minutes. Cool on wire racks.

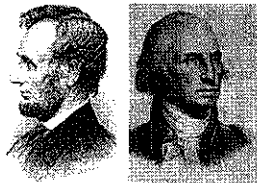
Nutrition Facts

- Serving size: 1 cookie
- Calories 85
- Sugars 1.9g
- Total Fat 4.5g

**February
Holidays/ Days to
Remember**

15th: President's
Day

22nd: George
Washington's
Birthday



**March
Holidays/ Days to
Remember**

14th: Daylight
Savings

17th: Saint
Patrick's Day

20th: First day of
Spring

28th: Palm
Sunday

30th: Passover



Leaders Ledger

The Power of Positive Attitude

Positive attitude, positive thinking, and optimism are now known to be a root cause of many positive life benefits—the good life and well being. Optimism has been linked to positive mood and good morale; to perseverance and effective problem solving; to good health; and even to long life: you'll live longer and be healthier and happier with a positive attitude toward life. Learn to use the power of thinking positive, adopting positive attitudes, and affirmations to gain important life benefits. Even if you have been a pessimistic, negative thinker for many years, it's not too late to change your way of thinking and

reap the benefits of a positive attitude. If you're a person whose first thoughts about the meaning of something that's happened are negative thoughts, be encouraged by the knowledge that the first step toward a positive attitude and positive thinking is to simply think another thought. Thoughts are under your control. Your pessimistic way of thinking is habit; habits can be changed.

- When you catch yourself thinking a pessimistic thought about an event in your life, first evaluate the evidence. What are the facts—not the fears—but the facts?
- Next, think of alternate explanations and future outcomes.

When your old car suddenly makes a strange noise you may jump to the pessimistic conclusion that repair will be costly, but maybe a minor repair will solve the problem.

- Remind yourself to follow this approach with a daily affirmation such as this: When I have a negative thought I immediately evaluate the facts and think of positive alternatives that also fit the facts.

Practice the positive thinking approach outlined above and you'll find it soon comes naturally. You may be amazed to realize that you simply feel better with a positive attitude.

Community Connection

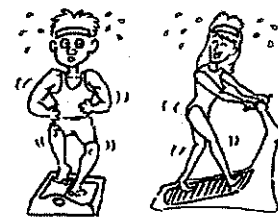
Lifestyle Changes Can Prevent Type 2 Diabetes

There are some simple steps you can take to prevent diabetes:

- Maintain (or return to) a healthy weight. Obesity is one of the leading risk factors for developing type 2 diabetes. It may be reassuring to know that if you are overweight, dropping a moderate 5 percent to 10 percent of your weight cuts the risk of developing diabetes in half. A low-calorie, low-fat diet is recommended as the best way to control your weight and prevent diabetes.
- The most important step you can take to maintain or return to a healthy weight is to focus on eating fruits and vegetables. Eat a variety of fruits and vegetables every day and avoid sugary drinks such as soda or fruit juice.
- Exercise — Getting at least 30 minutes of exercise a day can help you achieve your weight loss goals and cut your diabetes risk. Exercise also has a beneficial effect on

blood sugar and insulin levels.

- The number of hours spent sitting in front of the television has also been linked to type 2 diabetes, so put down that remote and get moving.



Whispering Wind

Helping Hands would like to recognize one of our RN Case Managers, Debbie Dean. While Debbie was out doing her skilled nursing visits, she came across an elderly woman in need of assistance. The woman was sitting in the middle of the parking lot, crying. Debbie, who did not know the woman, asked her if she needed help. She found out that the woman was supposed to be on her way to the hospital but had somehow been dropped off in this parking lot. Debbie looked into her admissions paperwork and started making phone calls to the physicians on the paperwork.

She found that the woman had CHF and desperately needed help. Debbie called 911 to make sure the woman was taken care of. Debbie spent close to an hour with a woman she had never met, performing a random act of kindness. The woman was incredibly thankful for Debbie and her help. She stated that when she came home from the hospital she wanted Debbie to be her nurse. Helping Hands believes very much that "what goes around, comes around" and when Debbie is in need, someone will be there for her. Again, thank you Debbie for being such

a compassionate nurse.

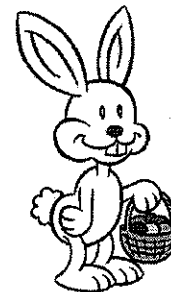
Helping Hands would also like to take this time to recognize a few of our home health aides who have been a real asset to our company. These home health aides have had no complaints, no call offs, and, most importantly, their clients love them. We appreciate their hard work and the dedication that they have shown their clients.

Jennifer Meyer

Autumn Bailey

Yvette Lee

*'Twas Easter-Sunday.
The full-blossomed trees
Filled all the air with
fragrance and with joy. "*



April Holidays/ Days to Remember

1st: All Fools Day

2nd: Good Friday

4th: Easter

19th: Patriot's Day

22nd: Earth Day

Business Brief

Tips to Save Energy Today

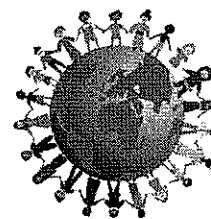
Easy, low-cost and no-cost ways to save energy —

- Set your thermostat comfortably low in the winter and comfortably high in the summer. Install a programmable thermostat that is compatible with your heating and cooling system.
- Use compact fluorescent light bulbs.
- Air dry dishes instead of using your dishwasher drying cycle.
- Turn off your computer and monitor when not in use.
- Plug home electronics, such as TVs and DVD players, into power strips; turn the power strips off when the equipment is not in use (TVs and DVDs in standby mode still use several watts of power).
- Lower the thermostat on your hot water heater to 120°F
- Wash only full loads of dishes and clothes.
- Take short showers instead of baths.
- Drive sensibly. Aggressive driving (speeding, rapid acceleration and braking) wastes gasoline.

- Look for the Energy Star label on home appliances and products.

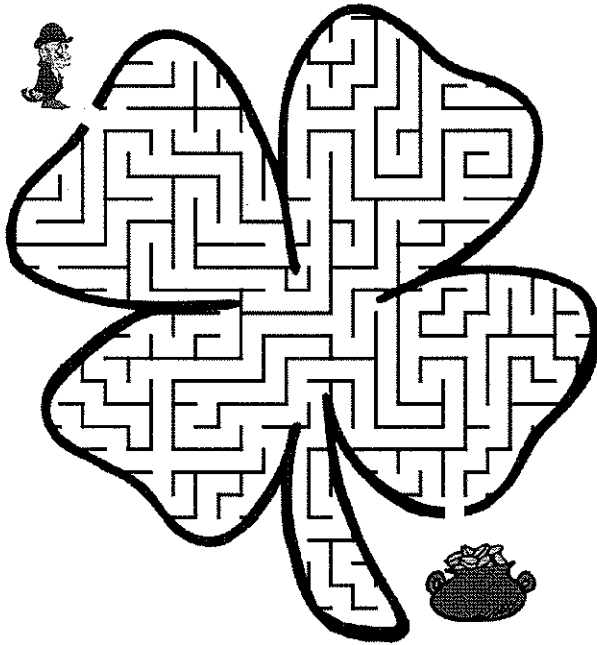


- Energy Star products meet strict efficiency guidelines set by the U.S. Environmental Protection Agency and U.S. Department of Energy.



*"Take nothing but pictures.
Leave nothing but footprints.
Kill nothing but time."*

Mind Exercises & Fun



	5		4			8
	7		3		6	5
2				8	5	7
9		4				8
	3	1				2 5
5						1 4
		5	7	6		
		9	2		4	3
	2				9	6

Easter Word Search

M K D E C C U D G C P G P G B
 K V H H T V U N Y A K N V N U
 K C I H C A I D S E T I E I N
 B A S K E T L T D G D K A R N
 E D W A N Q E O X L C C S P Y
 G Z U I H L N I C Y Y A T S K
 G F A T I B B A R O K R E Y C
 S P T R E A T S Y F H C R Q A
 S R C A W S Y U M M Y C U Q U
 W O L L A M H S R A M N U D Q

BASKET
 BUNNY
 CHICK
 CHOCOLATE
 CRACKING
 CUDDLY
 DUCKY
 DYED
 EASTER



EGGS
 MARSHMALLOW
 PAINTING
 PASTEL
 QUACK
 RABBIT
 SPRING
 TREATS
 YUMMY

Special Thanks for Christmas Donations

Helping Hands would like to send a special **thank you** to the following companies for being so generous during the holidays:

- Prudential
- Family Christian Store
- Half Price Books
- Nancy's Hallmark
- Golden Corral
- Chipotle
- T.G.I. Friday's
- Frisch's
- HoneyBaked Ham
- Qdoba

Jokes!

What do you call a rabbit with fleas?

Bugs Bunny

What do you call a line of rabbits walking backwards?

A receding hareline

Why are people always fired in April?

Because they just finished a March

Where do Easter Bunnies go for new tails?

The retail store