

The Grapevine Report

January/February 2011

Helping Hands Healthcare



Sometimes we all need a Helping Hand

Volume 2, Issue

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A Year In Review

So this is Christmas, what have you done? Another year over, a new one just begun...We hope you had fun!

As we ring in the New Year it's kind of exciting to think about all that we have accomplished this year. We have added hundreds of clients and employees to our Helping Hands family. We have served lunches to our elderly at community centers. We sent elves, Mrs. Claus and Santa Claus all over Southwestern Ohio spreading holiday cheer. We honored the Dove Center, lending our helping hand to battered women and their families. We opened our hearts to the homeless shelter sending pajamas, coats and bath products their way. We saw the Easter Bunny hopping along his way to many homes. Most importantly, we helped them all realize that "There's no place like home." As we ring in the New Year, it's with a warm heart we send our blessings.



Instant Potato Soup

Ingredients:

- 1 tablespoon all-purpose flour
- 1 teaspoon low-calorie margarine
- 1/4 cup chopped white onion
- 1/2 cup leftover mashed potatoes
- 1/2 cup low-fat low-sodium chicken broth
- 2/3 cup nonfat milk
- 1/4 teaspoon white pepper
- 1 teaspoon dried chives

Directions:

Combine the flour and margarine in a small saucepan over medium heat. Stir with a whisk to make smooth. Add the onions and stir for 1 minute. Alternately add the potatoes and broth until thick and sticky. Slowly whisk the milk into the mixture until smooth. Reduce the heat and add the pepper and chives. Simmer for 5 minutes and serve hot.

Yield: 1 Serving



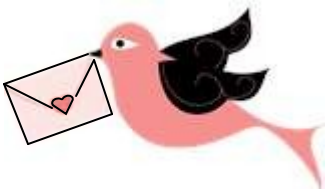
Special Thanks for Christmas Donations

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

- Family Christian - Florence
- Chick-fil-a - Voice of America
- Skyline Chili Corporation
- TGI Fridays - Fields Ertel
- Qdoba Mexican Grill - Blue Ash
- Golden Corral - West Chester
- Gymboree Corporation
- Treasure Trove - Tri-County
- Build-a-Bear Corporation

Also, a Special thank you to all of the employees at Helping Hands that donated. Thank you all for your generosity!





January Holidays

1st - New Years Day
17th - Martin Luther King Jr. Day



February Holidays

Black History Month
2nd - Groundhog Day
14th - Valentine's Day
21st - Presidents' Day



Health & Safety

Ah, winter: blizzards, freezing temperatures, visiting the ER because you fell on the ice. For kids, winter is an exciting time. They love playing in the snow and sliding around on the ice. For senior citizens, all that ice and snow means an increased chance of slipping and falling. Here are eight things you can do to make winter a little less perilous:

Check your footwear. Examine your shoes and boots. How's the traction? Is it time for a new pair? Better traction can help keep you more stable on icy surfaces.



Keep your shovel and salt in your house. The reason you have a shovel and salt is so you don't have to walk on a slippery sidewalk. If you have to traverse through the snow and ice to get to your garage where the salt and shovel are kept, that defeats the purpose.

Check the railings. If you have railings leading up to the front door, check to see if they're sturdy. If you slipped, would they be able to support



Bring a cell phone when you leave the house. If you fall, it can sometimes be hard to get up. Carrying a cell phone whenever you go out can bring peace of mind.

Slow down. Allow extra time if it's slippery out. It's when you hurry that you end up pushing the envelope of what your balance can handle. Also, keep in mind that being a little late is better than rushing and causing a fall.

Ask for help. If you have to walk across an icy sidewalk or parking lot, try to find a steady arm to lean on. Most people are happy to help an older person navigate a slippery walkway. You just have to ask.

Have a plan. When you are going out, ask yourself, "If I slipped and fell here, what would I do?"

Strengthen your legs. Strong leg muscles can help you steady yourself if you slip. And if you do fall, they make it a lot easier to get back up. You should exercise your legs regularly to keep them strong. Try walking up and down your stairs repeatedly or do a set of ten squats out of a chair a couple times per week.

These little things, when used together, can make the winter elements a little less daunting.

Leaders Ledger

It feels great to have something nice done for you, doesn't it? But, these days, life is fast-paced and it seems like no one has time to think about anyone but number one. There has been a movement, recently however, to commit "Random Acts of Kindness." Sounds like a great idea, but how can one person really make a difference? If everyone tried just to do one deliberate act of kindness, the world would be so much better for it. It can sometimes be difficult to come up with suitable ideas and many think it may take a large amount of money or resources. However, some of the very best acts of kindness we can commit cost very little or nothing. So where do you begin? To get you started, here are some ideas; put them into practice and also create your own. What goes around is sure to come around – happy helping !

- Send someone a hand written note of thanks.
- Make a card at home and send it to a friend for no reason.
- Walk your friend's dog.
- Give a compliment about your waiter / waitress to his / her manager.
- Send someone a small gift anonymously.
- Stop and help someone replace their flat tire.
- Treat a friend to the movies for no reason.
- Give a huge tip to someone when they least expect it.
- Write notes of appreciation at least once a week.
- Pick up some rubbish in the road which would otherwise be lying around.
- Tell all your family members how much you appreciate them.
- Smile a lot!



**"I WALK ON
UNTRODDEN GROUND.
THERE IS SCARCELY
ANY PART OF MY
CONDUCT WHICH MAY
NOT HEREAFTER BE
DRAWN INTO
PRECEDENT."**

-GEORGE WASHINGTON



Business Brief

We have all seen news about elderly folks scammed out of their life savings by unscrupulous criminals. Often those reports come with the warning that old people are especially vulnerable to con artists. It is widely assumed, but why would that be?

One would think that the best defense against being conned is experience: A person who has lived 70 or 80 years, by definition, has much more experience in the world than a person in his or her thirties or forties. That's decades more time to learn about how the world works, to see the good, the bad, and the ugly. People get *less*, not more, sheltered the longer they live; thus logically older people should be older and wiser, not more gullible.

The fact is that, contrary to popular belief, simply being older does not make a person more vulnerable to scams. It is not age, but two other factors that make the elderly more attractive to con artists.

The first is obvious: money. Older people, on average, are wealthier than younger people, with lifestyles funded by pensions and life savings.

The second factor is more sinister: the elderly are more likely to have mild cognitive impairments that might make it difficult for them to manage finances on their own, and so their financial affairs are sometimes entrusted to others whose motives may not be pure.

But just as there are poor elderly, mental impairment does not only plague old people; many old people are sharp as a tack, and millions of Americans under 50 suffer from mental health issues that might make them vulnerable to financial exploitation. Everyone—young or old, rich or poor—needs to be vigilant about scams.



**Look upon everyday as
the whole of life, not
merely as a section; and
enjoy and improve the
present
without wishing, through
haste, to rush on to
another.**

Whispering Winds

Helping Hands Healthcare would like to recognize one of our home care assistance aides; Marquell Dawson. Marquell has been an outstanding employee, never calls off and provides the best of care to our clients. She is always willing to take on difficult cases and always shows a positive attitude about it. We would like to thank her for a job well done and hope that she continues to do such a great job.

Helping Hands Healthcare would like to take this time to CONGRATULATE Lindsey Gaspar for receiving her STNA license. We know that she has been working very hard at this and is well deserving of the recognition.

Community Connection

Living alone can lessen the chances of getting immediate help. When in a medical emergency there is not always enough time or composure to pick up a phone, call for help, and give the details about your situation and where you are. Medical alert devices such as emergency pendants and medical alert communicators allow users to access an emergency response assistant with the touch of a button. Although seniors may be more at risk for a medical emergency, people of all ages who are living alone are at risk of being unable to receive medical attention when they need it. If living far from one's relatives or neighbors, it is less likely that a medical emergency would be noticed in time to send for help. Having a medical alert system installed can increase the chances that your call for help will be responded with adequate attention.

Many providers offer medical alert systems and their services will vary accordingly to their contracts. Most will provide the basics: an emergency medical alert device with a console connecting your phone to a 24-hour emergency response center, back-up battery for the console, and a two-way communication system in the console. Doing some research on providers and what they offer will give you the best chance of selecting a medical alert system that's right for you. Here is a list of a few popular providers:

Life Guardian-1-800-378-2957
Life Link-1-877-837-0779
Philips Life Line-1-800-380-3111
Alert1-1-866-581-4540
Medical Home Alert - 1-800-800-4297
Rescue Alert-1-800-688-9576
ADT-1-877-678-6952



