

The Grapevine Report

MAY/ JUNE/ JULY



Volume 1, Issue 2

Words of wisdom

I know you are looking for pearls from mothers, but what I have is actually from my grandmother, who is 91, I took her to a doctor's appointment recently where an assistant commented on how happy she was and asked what her secret was. Grandma replied: "Find humor in something everyday. Learn something new everyday. When you get an opportunity to go somewhere or do something, do it!" We hope all mothers out there had a wonderful Mother's day!

The summer night is like a perfection of thought.

~Wallace Stevens

Policy Portrayal

Lose the SALT– but Not the Flavor

Cutting back on the salt in your diet is one way to help control blood pressure. Many people consume much more salt than their bodies need — on average, at least 12 times as much, according to the American Heart Association. If you're used to salty flavors, know that you can shake the salt habit without feeling deprived.

Here's How:

- **Limit** processed foods, which are usually high in sodium. Eat more fruits, vegetables and other low-sodium foods instead.
- **Drain** and rinse canned vegetables before preparing them. They'll keep a little of their salty flavor, but you'll rinse away about a third of the sodium, according to the USDA.
- **Try** packaged foods labeled as low sodium.
- **Prepare** plain brown or white rice instead of flavored rice mixes. Flavor with herbs or olive oil.
- **Snack** on 'lightly salted' popcorn and pretzels and 'no-salt-added' peanuts.

IN THIS

ISSUE:

Reminders	1
Policy Portrayal	1
Leaders Ledger	2
Community Connection	2-3
Whispering Wind	3
Business Brief	3
Mind Exercises & Fun	4
Recipe	4

Celebrating National Nurses Week May 6th- 12th



May Holidays/Days to

Remember

6th– National Nurses Day

6th-12th– National Nurses Week

8th-9th– Time of Remembrance and Reconciliation for those who lost their lives during World War II

9th– Mother’s Day

31st– Memorial Day

June Holidays/Days to

Remember

10th– National Nursing Assistants Day

10th-17th– National Nursing Assistants Week

20th– Father’s Day

21st– First Day of Summer Longest Day of the year

Thank you Dad

For being my pillar of strength and Fountain of wisdom
Thank you for everything you are. Life is most beautiful when you are around.



Leaders Ledger

Identifying a Stroke

ys that if he can get to a stroke victim within 3 hours he can totally reverse f a strokeí totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough. There are 3 steps, STR you can use to identify a stroke, if a stroke is not identified in a reasonable time the victim can suffer severe brain damage. When you think someone is having a stroke ask them these 3 simple questions:

S Ask them to SMILE.

T Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently IE: It is sunny out today.)

R Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency personnel immediately and describe the symptoms to the dispatcher.

Senior Safety Symposium

The Senior Safety Symposium presented by Safe Aging Coalition will be hosted at Bethesda Medical Center at Arrow Springs located at 100 Arrow Springs Blvd. Lebanon Ohio 45036. This is a new event and will be held on Saturday June 19th, 9:00-12:00. There will be safety information for seniors, health screenings, education sessions, expired Rx drop off, breakfast refreshments, and DOOR PRIZES!

Any Question call Safe Aging Coalition at 513-695-2233

Clermont County Fair

One of the oldest county fairs in Ohio, the Clermont County Fair has enjoyed a long and prosperous history. The First Fair in 1846 was operated and managed by the Franklin Agricultural and Horticultural Society. The exhibition that first year was mainly of farm and garden products. Society members believed in using new scientific methods to improve their farming instead of relying on old beliefs and superstitions like the right time of the moon. The fair will be held at the Clermont County Fairgrounds at 1000 Locust Street, Owensville, OH 45160. Beginning on July 25th and ending on July 31st from 8:00amó Midnight

Senior Expo

The Senior Expo at Coney Island held every year in May is coming up soon. This year it is Tuesday, May 18, 10:00-5:00. This is a great senior venue where you can get a massage, gain care giving skills, dance to Big Band Jazz, and learn about financial planning all in the same day. The 2010 Senior Expo will include all the fun and informative traditions that have made it a hit for decades, including dozens of exhibitors, great jazz and lots of dancing!

\$1.50 Admission Tickets

\$1.50 Lunch Box Tickets (60 years and over)

\$2.50 Lunch Box Tickets (Under 60)

Butler County Memorial Day Events

Hamilton Memorial Day Paradeó 10am at Soldiers, Sailors, and Pioneer monument.

Middletown Memorial Day Paradeó 10am Smith Park 500 Tytus Avenue.

West Chester Memorial day Paradeó 10am at Union Elementary School 8735 Cincinnatió Dayton Road



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Assistants Week

present, and future, in all
n towards humanity may
and protect them always.

Whispering Winds

Helping Hands Healthcare would like to take this time to recognize one of our RN case managers, **Pamela Adams**. Not only is she great with her documentation and her paperwork but she is dedicated to her clients. Recently, one of her clients had to be taken to the hospital. The wife, also Pam's client was very upset about her husband being sick. The client stated that Pam dropped everything she was doing to comfort her and be there for her. We would like to thank Pam for being such a great asset to Helping Hands and for the dedication she possesses with her clients.

Helping Hands Healthcare would like to welcome all of our new home health aides to the company. There are several of you who are providing outstanding care for your clients and we would like to recognize you for a job well done:

Rachel Schnatz, Sarah Kempwerth, and Tabitha Juarez.

Business Brief

Amazing Allergy Facts

1. Sensitive to Pollen?

Wash your hair before bedtime.

Reason: You'll remove any pollen and keep it from settling on pillows and bedding. Also: Avoid irritants such as tobacco smoke, automobile exhaust, hair spray and perfume; wash your hands frequently; plan outdoor activities when pollen counts are low.

2. The best time to take an **antihistamine**, which helps block allergic reactions, is before symptoms start. *Just remember:* Some allergy medications can cause sleepiness. So never take one when safety requires you to be alert. *Suggestion:* Ask your health care provider about antihistamines that cause less drowsiness.

3. **Dust mites** love to nest in area rugs and make you sneeze and itch. *If you're allergic, Australian researchers offer a simple solution:* Place area rugs outdoors in direct sunlight for a few hours until they become warm and dry. **Result:** Mites dry up and die.

4. **Moving** to another location is no guarantee of allergy relief. *Why:* People usually develop allergies to their new region's pollens and molds within a few years of moving. *Plus:* Most allergy-provoking grasses are widespread throughout the world.

5. As many as 20% of Americans believe they have a **food allergy**, but true food allergies are actually rare. What most people consider food allergies are usually signs of digestive problems, food poisoning or stress.



When you cease to dream, you
cease to live.

- Malcolm S. Forbes

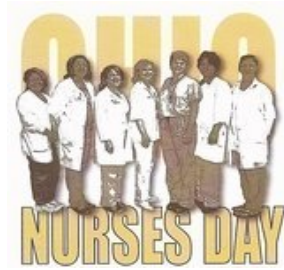
July Holidays/Days to Remember

4th– Independence Day

23rd– Gorgeous Grandma Day

There is nothing so moving– not
even acts of love or hate—as
discovering that one is not
alone.

- Robert Ardrey



The Gift of a Nurse

God took one pair of angel wings,
one halo heart of gold. Two eyes
that hold compassion for others,
both young and old. Two hands to
offer kindness, always putting other
first... He wrapped it up with tender
care and called this a "Nurse."

- 3/4 Cup Italian, unsalted
- 1 tsp Worcestershire sauce, low sodium

Directions

Place all ingredients in a self-sealing bag. Seal bag and place in refrigerator for at least 20 minutes (or as long as overnight). Remove chops from bag, discarding marinade, and grill over medium hot fire, turning once, until just done, about 8 to 11 minutes total cooking time.

Nutritional Facts

- Serving Size– 1 pork chop
- Calories– 314.4
- Carbs– 5.6 grams
- Sugar– 4 grams
- Total Fat– 23.1 grams

Suggested Sides

Green beans, Sweet Potatoes, and Asparagus

Mind Exercises, Fun and a Recipe

July 4th Word Scramble Worksheet

Look at each July 4th picture and unscramble the letters and write the word on the line provided.

 sipoclep _____	 glaf _____
 rumd _____	 riworfeks _____
 keroct _____	 tah _____
 ipe _____	 lilrg _____

Father's Day Quiz

- Who is known to have initiated the Father's Day Celebrations?
- " Father Time" is also know by the name of
- Actor Robert Young starred in what 1950's TV show dedicated to fathers?
- According to Greek mythology, who was the father of the gods and mortals?
- In the USA, Father's Day is celebrated on?
- Who were known as the "Founding Fathers?"

Summer Word Search

BARBECUE	M	B	P	A	P	N	Z	E	N	B	P	G
CAMPING	X	A	L	I	A	A	U	H	O	F	O	N
FISHING	C	O	E	T	C	C	Q	B	I	R	O	I
FRISBEE	O	A	N	R	E	N	V	V	T	I	L	H
ICE CREAM	X	U	M	B	C	B	I	N	A	S	L	S
PICNIC	S	C	R	P	Q	E	I	C	C	B	R	I
POOL	T	A	S	K	I	A	C	L	A	E	Z	F
SUNGLASSES	B	S	N	N	Y	N	L	I	V	E	Z	T
SUN TAN	S	E	S	A	L	G	N	U	S	A	L	
VACATION												



Jokes

- What did one flag say to the other?
Nothing, it just waved!
- Did you hear the one about the liberty bell?
Yeah it cracked me up!
- One evening a little girl and her parents were sitting around the table eating dinner. The little girl said, "Daddy you're the boss, aren't you?" Her daddy smiled pleased, and said "yes." The little girl confused continued **"That's because mommy put you in charge right?"**

- Sonara Smart Dodd
- The Grim Reaper
- Father knows best
- Zeus
- Third Sunday of the June
- The 1787 Constitutional convention delegates