



The Grapevine Report

November/December 2010



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IN THIS ISSUE:	
Reminders	1
Health & Safety	1
Leaders Ledger	2
Community Connection	2
Whispering Wind	3
Business Brief	3
Recipe	3
Mind Exercises & Fun	4

Health & Safety

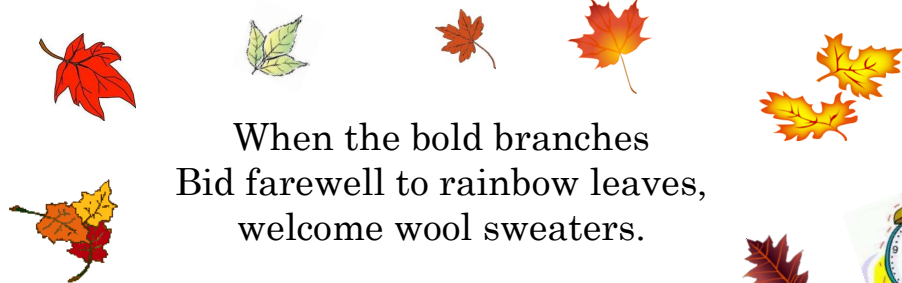
While most people wish for a “White Christmas,” it can be a painful reminder; especially for our seniors. Inadequate, indoor heat can cause hypothermia.

Keeping your home temperature above 65 degrees and dressing in layers can help to maintain good body temperature. If you have trouble paying the heat bill, contact your gas or electric utility about ways to continue service through the winter **or** contact the Home Energy Assistance Program (HEAP). HEAP is available for residents of Butler, Clermont, Clinton, Hamilton and Warren counties. HEAP is only available to adults with low incomes and is helpful for paying bills for gas or electric heat, home heating oil, or home weatherization.

For more information about HEAP, call **1-800-282-0880**.

TDD line for hearing impaired clients call 1-800-686-1557. To receive an application call the number where you live:

- Butler County**-(513) 868-9300
- Clinton County**-(937) 382-1234
- Hamilton**-(513) 867-1998
- Hamilton County**-(513) 721-1025
- Middletown** -(513) 217-2481
- Warren County**-(866) 747-1042
- Clermont County**-(513) 732-2277 (select option 3)



When the bold branches
Bid farewell to rainbow leaves,
welcome wool sweaters.

Reminders

- Don't forget to turn back your clocks 1 hour on November 7th!
- Its time to get your flu shot! Here are some locations:

- Kroger: 513-984-1110
- Walgreens: 800-322-2575
- Walmart: 480-214-2000
- CVS: 1-800-358-7468

For information on these and other locations call 513-931- SHOT (513-931-7468)





Community Connection.

SafeLink Wireless:

Thanks to SafeLink and TracFone, Lifeline support is now available for wireless phones. SafeLink provides minutes each month for one year and provides a free wireless handset at the companies' expense. SafeLink is not paid for taxpayers or the federal government. Individuals qualify if they participate in a public assistance program such as Food Stamps, Medicaid, Supplemental Security Income, Temporary Assistance for needy Families, Low Income Home Energy Assistance Program, National Free School Lunch, Federal Housing/Section 8 Assistance, or based on total household gross monthly income. Customers can learn more or apply by calling **1-800-SAFELINK** (1-800-723-35465) or visit **www.SafeLink.com**.



November Holidays

Alzheimer's Awareness Month

Diabetes Awareness Month

7th- Daylight-Saving Time ends

11th- Veterans Day

25th- Thanksgiving

9th-15th - National Home Care Week



December Holidays

2nd- Hanukkah begins



21st- Winter begins

25th - Christmas



26th- Kwanzaa begins



Leaders Ledger

We hear it everywhere we go. It is important to think about how we think and feel, especially during the holiday season. In the spirit of the season, it's also good to think about "how we view the world". No matter what we may think, you can always find avenues that can help you alter how you think and feel. To follow are some suggestions you can use:

1. **Own Up**-if things aren't going your way resist the temptation to blame others. You are the creator of your own life experience.
2. **Shed Toxic Emotions**- If you find yourself angry, anxious or in pain; it is time to close that book. No matter what burdens you, closure is possible.
3. **Adjust Your Approach**- Channel the positive energy in all aspect of your life. Live to be kind, generous and helpful. Always put your best foot forward.
4. **Accept Yourself**- Love yourself enough to believe that you can do better and you deserve better. Keep an inner sense of dignity & self acceptance.
5. **Write a New Life Script**-If you are stuck in a boring routine than it's time to draft a plan of change. Start small and grow.....turn dreams into goals.

Lessons we can learn from a snowman:

Wearing white is always in style - even after Labor Day.
Getting outside in the winter is good for your health.
It's fun to hang out in your front yard.
We're all made up of mostly water.
Accessories don't have to be expensive.
Don't get too much sun!
If you're a little bottom heavy - hey, that's okay!
You know you've made it when they write a song about you.
If you look down and can't see your feet - you're probably not very active.
Sometimes sweating too much can have disastrous results.



Business Brief

The Art of Asking for Help

Requiring assistance, at any level, can radically alter our sense of independence. It makes us feel so vulnerable! **These tips may make reaching out a bit easier:**

- Explore how you feel about needing and asking for help.
- Ask yourself how it feels to help others.
- Recognize that when you ask for assistance, you're giving someone a chance to feel useful.
- Plan on what to say when someone asks, "Is there anything I can do?" Requests could be as simple as asking someone to go with you to a doctor's appointment.
- Identify at least three people you can call. It's important not to rely on one person for all needs.
- When folks come through for you, show your appreciation.
- Find ways to reciprocate. Let people know that you're there for them as well.

Some benefits of asking for help:

- Others gain a better understanding of what you're experiencing.
- Help can make you feel
- You will have more time for the things that can only be done by you.
- You may have more energy for things you like to do.

"The best and most beautiful things
in the world cannot be seen or even
touched,
They must be felt with the heart."
-Hellen Keller



National Home Care Week

The second full week in November (Nov. 9-15) is marked as an occasion to celebrate the important contribution that home care assistance aides make in providing personal care services to patients. The role of the home care assistance aide is integral to providing care to elderly or disabled clients who need more extensive personal and home care than family or friends can provide. Helping Hands Healthcare joins the home care industry in applauding its home care assistance aides and their commitment to providing quality and compassionate care. There are many reasons to support the good work of home care and providers during November. Home health care is regarded as the most viable solution for providing long-term care to our country's growing elderly population. We give thanks to all home care assistance aides. Helping Hands applauds their dedication, courage and selflessness. They tirelessly work to improve the lives of others, fostering dignity and independence among the homebound.

Leftover Turkey Casserole

1 (6 oz) Package Stove Top Stuffing
1(16 oz) container of sour cream
1(10.75 oz) can condensed cream of mushroom soup
1(10.75 oz) can condensed cream of celery soup
2(14.5 oz) cans French-style green beans, drained
2 cups cooked, chopped turkey meat

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C).
 2. Prepare stuffing according to package directions.
 3. In a medium bowl, mix the sour cream, cream of mushroom soup, cream of celery soup and dry onion soup mix.
 4. Spread the green beans in a 9x13 inch dish. Top with a layer of turkey . Pour soup mixture over the turkey. Top with stuffing
 5. Bake 30 minutes, or until browned and bubbly.
- Servings: 12

Whispering Winds

Helping Hands Healthcare would like to take this time to recognize **Connie Wilson**, HHA. Connie shows true dedication and compassion when it comes to her clients. A few weeks back one of Connie's clients called the office and some of the neighborhood kids had opened the gate and let the dogs out. For this client her dogs are her life and mean everything to her. We called Connie when the client called us frantic about her dogs and Connie went over on her own time to help the client find them. This shows true dedication for clients and we thank her for going above and beyond.

Mind Exercises & Fun!

Thanksgiving Word Search



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



COOK
 CORN
 FALL
 FAMILY
 FEAST

INDIANS
 PIE
 PILGRIMS
 THANKS
 TURKEY



Jokes!

What kind of music do pilgrims like to listen to?

Plymouth Rock

What do snowmen eat for breakfast?

Frosted Flakes

Why did the police arrest the turkey?

They Suspected fowl play

What do elves learn in school?

Elf-abet

What's red, white, and blue all over?

A sad candy cane

ANAGRAMS

Word list: Yuletide, sleigh, nativity, carol, reindeer, mistletoe, dinner, wreath

titnayiv _____

rolca _____

thewra _____

stetemoil _____

etulidye _____

nirned _____

dereiner _____

ghelis _____