

The Grapevine Report

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Pumpkins in the cornfields
 Gold among the brown
 Leaves of rust and scarlet
 Trembling slowly down
 Birds that travel southward
 Lovely time to play
 Nothing is as pleasant
 As an autumn day!



Policy Portrayal

Helping Hands Healthcare works hard to keep our clients satisfied. We realize there are times when things are not going as well as you would like. We find there is a resolution for any one of your concerns. Our staff goes through an extensive orientation. They are trained to solve any concern you may have. They know and are willing to listen to your needs and wishes. Please pick up the phone and call us. You are very important to us.

Reminders

Smoke detectors provide an early warning in the event of a fire. Check to ensure smoke detectors are properly located and working. Install at least one smoke detector on every floor of the house, preferably near bedrooms. Place them on the ceiling or 6 to 12 inches below the ceiling, avoiding air vents. Check the detectors at least once a month and replace batteries annually.

Business Brief

Chronic wounds don't have to be forever. Why do some people develop chronic wounds while others seem to have little difficulty healing? Poor circulation, whether caused by the aging process or illness, can be a culprit. Poor nutrition is another factor. People who are deficient in protein, vitamin A or zinc are at particular risk.

You should seek help if:

- The wound is not continuing to heal after 4-6 weeks.
- The wound continues to bleed or drain pus
- There is a persistent swelling, pain or difficulty moving the affected area.
- Signs of infection are present, such as redness around the wound or tenderness or a fever.

Treatment Options

Provide Hope and Healing

- Highly effective therapies are available. Physicians and nurses are specially trained in wound care and have many tools at their disposal.
- Strengthening the patients immune system through nutrition is also essential.



Leaders Ledger



“The reason grandchildren and grandparents get along so well is that they have a common enemy.”

~ Sam

Levenson



September Holidays/ Important Days to Remember

6th– Labor Day

12th– National Grandparents Day

21st– World Alzheimer’s Day

Everyday is a blessing, and in each moment there are many things that we can be grateful for. The world opens up to us when we live in a space of gratitude. In essence, gratitude has a snowball effect. When we are appreciative and express that gratitude, the universe glows a bit brighter and showers us with even more blessings. There is always something to be grateful for, even when life seems hard. When times are tough, whether we are having a bad day or stuck in what may feel like an endless rut, it can be difficult to take the time to feel grateful. Yet, that is when gratitude can be most important. If we can look at most of our lives,

during periods of challenge, and find something to be grateful for, then we can transform our reality in an instant. There are blessings to be found everywhere. When we are focusing on what is negative, our abundance can be easy to miss. Instead, choosing to find what already exist in our lives that we can appreciate can change what we see in our world. We start to notice one blessing, and when we constantly choose to be grateful, we notice that every breath is a miracle and each smile becomes a gift. We begin to understand that difficulties are also invaluable lessons.

The sun is always shining

for us when we are grateful, even if it is hidden behind clouds on a rainy day. A simple sandwich becomes a feast, and a trinket is transformed into a treasure. Living in a state of gratitude allows us to spread our abundance because that is the energy that we emulate from our beings. Because the world reflects back to us what we embody, the additional blessings that inevitably flow our way give us even more to be grateful for. The universe wants to shower us with blessings. The more we appreciate life, the more life appreciates us and bestows us with more goodness.

The 2010 Komen Greater Cincinnati **Race for the Cure®** will be held on **Saturday, September 25th** in Downtown Cincinnati. Many Helping Hands employees are involved in the race for the cure and we encourage you to join us in the fight against cancer.



Common Cures



If you find that someone starts choking during a meal. Choking is a blockage of the upper airway by food or other objects. Do not give the person anything to drink because fluids may take up space needed for the passage of air. This will restrict the patient’s air flow which causes the patient to choke. In such a scenario you must act immediately as the person’s life is in danger.

If you suspect the choking is due to a lodged bone, sit the person up, grasp his/her tongue and pull it forward and at the same time hook out the bone with you finger. Do ensure that you hands are clean before performing this maneuver and wash your hands immediately afterwards as well. If the choking is due to food particle, you will have to perform the Heimlich maneuver. Stand behind

the person and make a fist with your thumb side against the person’s upper abdomen, below the ribcage and above the navel. Grasp your fist with you other hand and press into the abdomen with quick, upward thrusts. This will rapidly compress the person’s lungs and cause the food particle to be expelled.



Whispering Wind



Helping Hands Healthcare would like to take this time to recognize Home Health Aide Regina Pacheco. Regina has been with Helping Hands since June. During this time she has proven to be a great asset to our team. She is always dependable and willing to help out at anytime. Our clients love her and we hear nothing but good reviews about her. She really has the heart to do this kind of work and takes her job very seriously. Thank you Regina for all your hard work and dedication. Helping Hands Healthcare would also

like to take this time to recognize Home Health Aide Christina Bryant. Recently Christina took on an additional case in a time of need with no hesitation. She was willing to change her regular schedule and routine in order to accommodate. She has really shown dedication and commitment to Helping Hands. We appreciate everything that she has done to help us out. She is a true example of what every Home Health Aide should be.



In Our Hearts

Grandparents have their own special way
Of sprinkling sunshine on every day.
With eyes full of love and arms open wide
They'll always make room for you right by their side.
They're patient, and kind, and generous too
And their goodness shines brightly in all that they do.
They pass along wisdom through stories they share,
And there's never a question of how much they care.
They're ready to play or to comfort and cheer,
And all hearts are happy whenever they're near!
That's why it's no secret, that right from the start,
Grandparents lovingly capture your heart.



"One does not discover new lands without consenting to lose sight of the shore for a very long time."
~André Gide



October Holidays/ Important Days to Remember

1st- International Day of Older Persons

1st- Columbus Day

31st- Halloween

Butternut and Ham Bisque Recipe



Ingredients

- 2 tablespoons unsalted butter
- 1 very large sweet onion, chopped
- 1/2 teaspoon dried rosemary leaves, chopped
- 2 cloves garlic, minced
- 5 cups peeled, diced butternut squash
- 1 cup peeled, diced all-purpose potatoes
- 5 cups chicken stock
- 1 teaspoon salt
- Black pepper, to taste
- 1/2 cup light or heavy cream
- 1 1/2 cups diced cooked ham

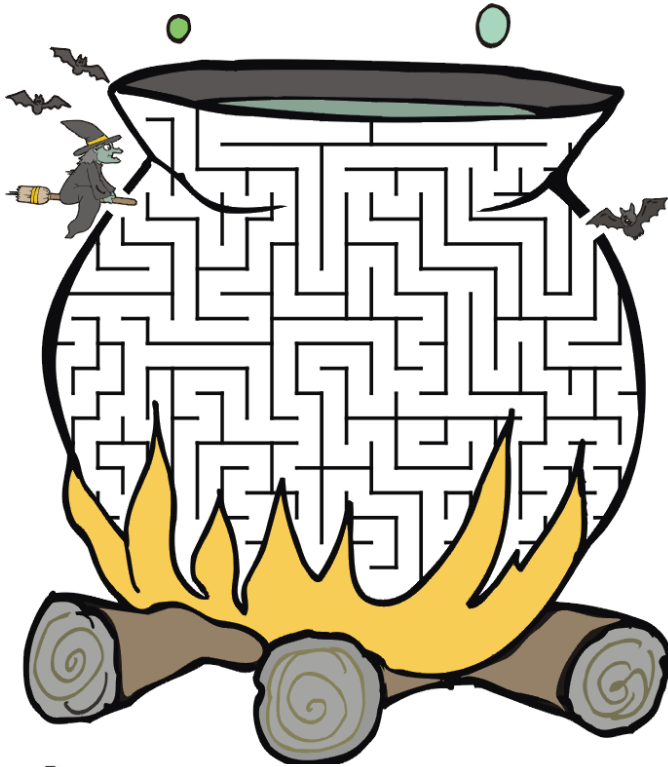
Instructions

1. Melt the butter in a medium soup pot or a large saucepan. Stir in the onion and rosemary. Partially cover the pan and cook the onion over moderate heat for 10 minutes, stirring occasionally. Stir in the garlic and cook another minute.
2. Add the squash, potatoes, chicken stock, and salt and bring to a boil. Reduce the heat and cover the pot. Cook the soup at a low boil for 20 minutes or until the vegetables are very soft. Remove the pan from the heat.
3. Using a large slotted spoon, transfer the soup solids and a ladleful of broth to a food processor (do this in batches if your processor is small). Puree the vegetables, then stir them back into the broth. Stir in the pepper, the cream, and the ham, heating for several minutes before serving. Makes 6 servings.



*"When witches go riding,
and black cats are seen,
the moon laughs and whispers,
'tis near Halloween."*

Mind Exercises & Fun



Grandparents Day Word Search



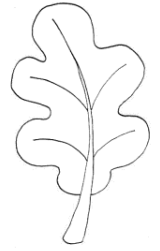
Q O J A S G R E A M O A A S Y
 P N U T S P C G Z M N P L O C
 A E S Z P X G A N E D D J O H
 N O I T A R B E L E C N G S B
 F A M I L Y T S Q M N A A M B
 B M P W O C N A J A M R L R T
 H X O M E G T V G E K G F X G
 O S D P Y C I G S N C G H F B
 N L S N S D U F E A V D F D H
 O E P U G U B I T H F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

CELEBRATION
 DAY
 FAMILY
 FUN
 GAMES
 GIFTS
 GRANDMA
 GRANDPA
 HONOR
 JOY
 LOVE
 RESPECT



Unscramble the letters to find the words in our

Autumn Anagram



Word List:
 acorn, autumn, bushels, harvest,
 leaves, October, orange, pumpkin,
 rake, yellow

aehrstv _____
 behlssu _____
 ikmnpvu _____
 aegnor _____
 aeelsv _____
 ellowy _____
 bceootr _____
 amntuu _____
 aekr _____
 acnor _____

Jokes!

What kind of music do mummies like?



Wrap!



What do you call a witch that lives at the beach?

A Sand-witch!

What do you call two spiders that just got married?



Newlywebbs!



Why didn't the skeleton cross the road?

He had no guts!

What kind of monster really loves music?

The boogie-man!