



2008 Issue

## Caramel Apple Eclair Cake

"This delicious no-bake cake combines apples, vanilla pudding and cinnamon graham crackers topped off with a caramel icing. It's best to refrigerate the cake for 24 hours to let the cake have time to form an éclair-like consistency."

### INGREDIENTS:

5 pounds Golden Delicious apples - peeled, cored and chopped	3 cups milk
1 teaspoon ground cinnamon	1 cup sour cream
1 cup white sugar	1 (8 ounce) container frozen whipped topping, thawed
1 teaspoon all-purpose flour, or as needed (optional)	1 (14.4 ounce) box cinnamon graham crackers
2 (3.5 ounce) packages instant French vanilla pudding	1 (18 ounce) container caramel apple dip
	1 tablespoon all-purpose flour (optional)

### DIRECTIONS:

1. Combine the apples, cinnamon and sugar in a saucepan and set over medium heat. Cook, stirring occasionally, until the apples are tender. If the mixture ends up with a lot of liquid, mix in a little bit of flour, and simmer until thickened. Remove from the heat and allow to cool to room temperature.
2. In a large bowl, whisk together the instant pudding and milk until smooth. Stir in the sour cream and fold in the whipped topping.
3. To assemble the cake, line the bottom of a 9x13 inch baking dish with a single layer of cinnamon graham crackers. Use a slotted spoon to make a thin layer of the apple mixture. Top with a generous layer of the pudding, about 1/3. Repeat layers until you have three layers of apples and pudding and four layers of crackers.
4. Warm the caramel apple dip in the microwave oven until it can be easily poured. Pour this over the top layer of graham crackers. Refrigerate for at least overnight, but up to 24 hours before serving.

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## Help Wanted!

Spoon River Home Health Services is currently seeking: Registered Nurses, Licensed Practical Nurses, Certified Nurses Assistants, and Home Care Assistants. A rewarding career in one of the fastest growing medical fields may be available to you. Full/ Part Time, Days, Nights, Holidays & Weekends IN YOUR AREA! Call NOW 309-245-0723.

**Farmington: 245-0723 ▪ Peoria: 691-1371 ▪ Galesburg: 345-0345**

**[www.spoonriverhomehealth.com](http://www.spoonriverhomehealth.com)**

SRHHS Special Event Calendar:

Event	Location	Date & Time
Health Fair	Citizen Bank, Macomb	Thursday, 2 <sup>nd</sup> 8am-Noon
Presentation: Sleep Disorders	Jefferson House, Macomb	Tuesday, 7 <sup>th</sup> 10:30am
Presentation: Sleep Disorders	Galesburg Towers, Galesburg	Thursday, 9 <sup>th</sup> 10:30am
Cooking with Kelsey	John Evans Supportive Living, Pekin	Monday, 13 <sup>th</sup> 2:30pm
Presentation: Heart Disease	Longview, Canton	Tuesday, 14 <sup>th</sup> 11am
Mexican Dominos with Kelsey	Courtyard Estates, Canton	Tuesday, 14 <sup>th</sup> 1pm
Health Fair	Northwood's Mall, Peoria	Wednesday, 15 <sup>th</sup> 10am-8pm
Travelogue Film Series	Galesburg High School	Tuesday, 21 <sup>st</sup> 7-9pm
Retirement Learning Institute	Spoon River College, Macomb	Friday, 24 <sup>th</sup> 9am-4pm
Job Fair	Peoria Public Library, Downtown Peoria	Wednesday, 29 <sup>th</sup> 10am-4pm
Job Fair	Windgate Hotel, by Shoppe's of Grand Prairie, Peoria	Thursday, 30 <sup>th</sup> 3-7pm

**Interested in attending or scheduling an above program or event please call Kelsey at 309-635-0063**



CNA Classes... Interested In A Career In Health Care ????

**Get started with Spoon River Home Health Services CNA Classes. This is a 7 week course and classes are 3 days a week. CNA classes are a year round opportunity with Spoon River Home Health Services... Call Lisa Goodwin at 309-245-0723 ext. 231 for further information. Classes fill quickly ...call soon!**

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# Where is Helen?

Helen provides health screenings in various locations in 12 counties.



What	Location	Date & Time
Blood Pressure Screenings	Cuba, Senior Center	Mon. 6 <sup>th</sup> at 10:30 am
Blood Pressure Screenings	Elmwood, Senior Center	Tues. 7 <sup>th</sup> at 10:30 am
Blood Pressure Screenings	Courtyard Estates, Canton	Wed. 8 <sup>th</sup> at 12:30pm
Blood Pressure Screenings	Church, Yates City	Wed. 9 <sup>th</sup> at 11- Noon
Blood Pressure Screenings	Avon Café 9:30-10:30am Avon Church 10:30-11:30am	Mon. 13 <sup>th</sup>
Blood Pressure Screenings	Farmington, Moose	Tues. 14 <sup>th</sup> at 10:30 am
Blood Pressure Screenings	Maquon, Church	Mon. 20 <sup>th</sup> 11am
Blood Pressure Screenings & Glucose Screenings	Lewistown, Spoon River Towers	Tues. 21 <sup>st</sup> at 9:30am
Blood Pressure Screenings	Canton, Longview 9:30am & Canton, Maple Manor 10:45pm	Wed. 22 <sup>nd</sup>
Blood Pressure Screenings	Elmwood, Methodist Church	Thurs. 30 <sup>th</sup> at 11am

## Another yummy recipe! Marvelous Mocha Pudding.....

1  $\frac{1}{2}$  c. cold white milk

$\frac{1}{2}$  c. brewed strong coffee, cooled

1 pkg. (3.9 oz.) JELL-O chocolate flavor - instant pudding & pie filling

12 OREO cookies, divided

1  $\frac{1}{2}$  c. thawed cool whip- whipped topping

Directions: beat milk, coffee and pudding mix with whisk 2 minutes, spoon into dessert glasses. Crumble 2 cookies over each.

Stir cool whip into remaining pudding mixture with whisk; spoon over desserts. Top with remaining whole cookies.

This fabulous recipe came from a Kraft Simple Mealtime Ideas Booklet.

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# Spoon River Home Health Facts!

- We care for people in their own home or wherever they call home.
- Our goal is to help people recover from an illness, recover from a surgery, someone needing assistance with medications, IV therapy, wound care, meal preparation, activities of daily living and so on.
- Azer Rehab Systems provide physical, occupational and speech therapy to our clients.
- There are many pay sources for home health. For example, Medicare, Medicaid, private pay, Department of Rehabilitation Services, Veterans Assistance, Community Care, Alternatives for Older Adults and so on.
- We have offices in Peoria, Galesburg and Farmington. Coming soon our office in Macomb.
- We cover a large geographic area. Counties we currently serve include Knox, Fulton, Mc Donough, Peoria, Tazewell, Mason, Schuyler, Stark, Woodford, and Marshall. We are licensed to serve 32 counties.
- We are available 24 hours a day 7 days a week!
- We can provide services to individuals within one hour.
- Free home assessments.
- Our dedicated, fully trained employees work in the communities in which they live.
- Our youngest client is 6 months old and our oldest client is 103 years old.

We are here to listen. We are here to help.



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## **The Seven Warning Signs of Alzheimer's Disease**

The purpose of this list is to alert the public to the early warning signs of one of the most devastating disorders affecting older people — Alzheimer's disease. If someone has several or even most of these symptoms, it does not mean they definitely have the disease. It does mean they should be thoroughly examined by a medical specialist trained in evaluating memory disorders, such as a neurologist or a psychiatrist, or by a comprehensive memory disorder clinic, with an entire team of expert knowledge about memory problems.

The seven warning signs of Alzheimer's disease are:

1. Asking the same question over and over again.
2. Repeating the same story, word for word, again and again.
3. Forgetting how to cook, or how to make repairs, or how to play cards — activities that were previously done with ease and regularity.
4. Losing one's ability to pay bills or balance one's checkbook.
5. Getting lost in familiar surroundings, or misplacing household objects.
6. Neglecting to bathe, or wearing the same clothes over and over again, while insisting that they have taken a bath or that their clothes are still clean.
7. Relying on someone else, such as a spouse, to make decisions or answer questions they previously would have handled themselves.

### **What is the outlook for someone diagnosed with AD?**

Varies from person to person. On average, AD patients live from 8 to 10 years after they are diagnosed, though the disease can last for as many as 20 years.

### **Why is early diagnosis important?**

An early, accurate diagnosis of AD helps patients and their families plan for the future. It gives them time to discuss care options while the patient can still take part in making decisions. Early diagnosis also offers the best chance to treat the symptoms of the disease.

# Fall Prevention

## Statistics:

- The risk of falling is greater for women than men.
- 1/3 of reported falls are people 65 years and over.
- 2/3 of those who fall will fall again within six months.
- Falls are the leading cause of death for people 65 years and over.
- Approximately 10,000 fall related deaths occur each year in the older American population.
- More than ½ of all fatal falls involve people 75 years and over.

### **The most profound effect of falling is the loss of independent functioning.**

- 25% of those who fracture a hip require life-long nursing care.
- About 50% of the elderly who sustain a fall related injury will be discharged to a nursing home rather than returning to home.
- The common health problems for falling include:
  - problems with walking and/or moving around
  - 4 or more medications
  - foot problems or unsafe foot wear
  - blood pressure dropping too much upon standing up
  - problems seeing
  - tripping hazards in your home- rugs and etc...

Your chances increase severely if 1 or more of the above apply to YOU!

What to do? Let's see what you can do? Please DO NOT attempt the following without help. The following is quiz to observe for problems you may have. Again, please DO NOT attempt the following without help or if you feel uneasy about these movements.

- Are you steady on one leg for at least 5 seconds?
- Do you sit down in a chair without plopping?
- Are you steady getting up from a chair?
- Can you walk a straight path?
- Are your turns steady when walking?
- Does the heel of your foot hit the floor before your toes? (heel to toe sequencing)
- Does your foot pass the other foot at least 1 foot in each stride you take?

If you question any of the above please

**DO NOT hesitate! DO NOT TAKE RISKS... GET HELP!**

If you think you or a loved one may be a fall risk,  
please call Spoon River Home Health Services.

We are here to listen and help.

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