



“Bridging the Gap in Healthcare”



November 2008 Issue

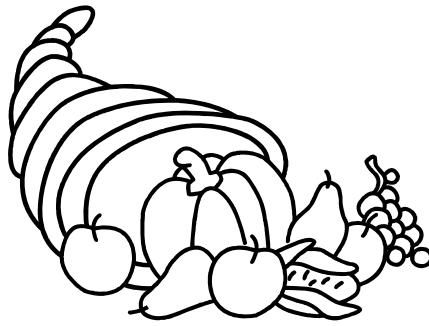
Help Wanted!

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.

SRHHS Special Event Calendar:

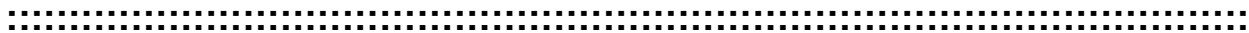
Event	Location	Date & Time
Mexican Dominos with Kelsey	Courtyard Estates, Canton	Tuesday, 4 th 12:30 p.m.
Mexican Dominos with Kelsey	Longview, Canton	Wednesday, 5 th 10:30 a.m.
Presentation: Signs of a Stroke	Jefferson House, Macomb	Thursday, 6 th 10 a.m.
Blood Pressures with Kelsey	Seminary Estates, Galesburg	Thursday, 6 th 3:30 p.m.
Lunch with Kelsey & Presentation: Sleep Disorders	Senior Center, Cuba	Friday, 7 th 11:30 a.m.
Mexican Dominos with Kelsey	Spoon River Towers, Lewistown	Friday, 7 th 2 p.m.
Cooking with Kelsey	John Evans Supportive Living, Pekin	Monday, 10 th 2:30 p.m.
Blood Pressures with Kelsey	Seminary Estates, Galesburg	Wednesday, 12 th 3:30 p.m.
Mexican Dominos with Kelsey	UAW, Pekin	Monday, 17 th 1 p.m.
Travelogue Film Series	Galesburg High School	Tuesday, 18 th 7-9pm
Blood Pressures with Kelsey	Seminary Estates, Galesburg	Thursday, 20 th 3:30 p.m.
Presentation: Alzheimer's Disease	Galesburg Towers, Galesburg	Friday, 21 th 10 a.m.
Blood Pressures with Kelsey	Seminary Estates, Galesburg	Wednesday, 26 th 3:30 p.m.

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!



Health Care Facts about Home Care

Recovering from a surgery or illness? Where would you like to be? There are many options for recovery. Will you prefer a hospital, a nursing home, or your own home? More than 11 million Americans prefer the security and comfort of their own bed in their own home.

Home care saves the United States and commercial health insurers billions of health care dollars each year. The only cost effective provider in our country is home care.

Home care professionals make a difference every day for so many people. We make it possible for home care to be where healing begins.



SPOON RIVER HOME HEALTH SERVICES



Farmington: 245-0723 • Peoria: 691-1371 • Galesburg: 345-0345

Ten Minute Fudge

Makes: 48-64 squares, depending on size cut **Total Time:** 1 hr 12 min

Ingredients:

- 3 cups sugar
- 3/4 cup butter or margarine
- 1 can (5 oz.) evaporated milk
- 1 package (12 oz.) semi-sweet chocolate chips
- 1 jar (7 oz.) marshmallow creme
- 1 teaspoon vanilla extract
- 1 cup coarsely chopped nuts (optional)

Preparation

Grease bottom and sides of a 9x13" pan and set aside. Place sugar, butter and evaporated milk in a deep 2 1/2 quart, non-metallic casserole dish and heat uncovered in microwave, for a total of 8 minutes, stopping and stirring mixture every two minutes.

After microwaving, stir in remaining ingredients until chocolate melts. Pour mixture into prepared baking dish.

Chill in refrigerator until set; cut into squares.

Notes

The flavor of the fudge can be easily changed by changing the flavor of chips. Use peanut butter or white chocolate fudge, or swirl two flavors together!

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"National Home Care Month"

Each November, Spoon River Home Health Services celebrates National Home Care Month, and Home Care Aide Week to pay tribute to the dedicated home care administrators, nurses, clinicians, therapists, aides, and homemakers, who make a remarkable difference in the lives of so many.

This year's themes for National Home Care Month are:

- Home Care: "Preserving Health Independence and Freedom"
- Home Care Aide: "Honoring Those Who Honor Others"
- Hospice: "Love In Action"

Home care is a diverse and dynamic service industry that began in the US in the 1880's. "Home care" encompasses a wide range of health and social services. These services are delivered at home to recovering, disabled, chronically or terminally ill persons in need of medical, nursing, social, or therapeutic treatment and/or assistance with the essential activities of daily living. Approximately 7.6 million individuals currently receive home care from 83,000 providers.

Not everyone is prepared for the responsibility of taking care of parents or loved ones at home. This is why "home care" is Spoon River Home Health Services specialty. Their experienced staff treats everyone as if they were family. It is the goal of Spoon River Home Health Services to provide the best possible in-home care, by helping every family manage the services required to return to or maintain an independent lifestyle.

Spoon River Home Health Services was established in 1993 by Mary Lou Record and her daughter Susan Platt. They began in London Mills with just four nurses and one home health aide. Since the beginning, they have been "Bridging the Gap" between the hospitals, nursing homes, and your home. It wasn't long before the care they were giving in the rural areas surrounding London Mills, spread to the surrounding urban areas as well.

During the past 15 years, Spoon River Home Health Services has grown to a staff of over 100 dedicated employees. They are certified and licensed to provide care in 31 counties within the state of Illinois, though the majority of clients reside in Fulton, Knox, Peoria, Woodford, Tazewell, Mason, and McDonough counties. Available services include infusion therapy, catheter care, lab draws, medication management, dressing, bathing, medical escort, housekeeping, laundry, and grocery shopping. Azer Rehab Systems provides physical, occupational and speech therapy to clients requiring therapy in their home. After all these years Spoon River Home Health Services remains dedicated to bringing quality home care to you.

For more information you may contact Spoon River Home Health Services at 309-245-0723 or on-line at www.SpoonRiverHomeHealth.com.



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Susie's Spinach Bisque

1 quart chicken broth
2 lg. boxes of chopped frozen spinach

1 small onion (chopped)

Simmer until onion is done

Next, add 3, 8 oz. pkgs. cream cheese (cut up small), simmer until cream cheese is melted, and add milk or half and half to desired consistency.



**Be safe and enjoy Thanksgiving!
From your friends at
Spoon River Home Health Services**

Funny Stuff.....

An elderly couple toddled into the local McDonalds and ordered one combo meal. The wife carefully cut the sandwich into two and began to eat her half. The husband respectfully sat and watched.

The eating did not progress quickly, and soon the other customers began to notice. Finally one helpful person offered to buy the couple another meal. The offer was rejected with the explanation, "We share everything."

Eventually another customer couldn't stand it no longer and made the same offer. Same rejection: "No thank you, we share everything."

After this had gone on for what seemed to be quite a while, another bystander couldn't take it any longer and the husband, "Then why aren't you eating? What are you waiting for?" The husband replied, "The teeth."

Source: <http://jokeoftheday.wordpress.com/2007/08/20/seniors-sharing/>

Warning signs of a stroke:

If you notice one or more of these signs, don't wait. A stroke is a medical emergency. Call 911. Get to a hospital right away!

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Be prepared for an emergency.

- Keep a list of emergency rescue service numbers next to the telephone and in your pocket, wallet or purse.
- Find out which area hospitals are primary stroke centers that have 24-hour emergency stroke care.
- Know (in advance) which hospital or medical facility is nearest your home or office.
- Not all the warning signs occur in every stroke. Don't ignore signs of stroke, even if they go away!

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Heart Failure

Heart failure, is when the heart cannot pump blood effectively. It is the number-one cause of hospitalization for older patients. It usually results from years of untreated high blood pressure or blocked coronary arteries. However, heart failure can run in families.

About one-third of patients diagnosed with heart failure are younger people, some in their twenties, whose heart failure has an inherited, genetic basis. Mandeep Mehra, M.D., head of cardiology at the University of Maryland Medical Center and a professor of medicine at the University of Maryland School of Medicine, says no matter what the cause, it is important to diagnose heart failure early because a wide range of lifestyle modifications, medications and surgery can even control and reverse heart failure. Dr. Mehra says heart failure can be prevented by controlling high blood pressure, lowering cholesterol, losing weight, and the judicious use of new medicines; these measures are also important for those at the risk for the hereditary form of the disease. – (Source: University of Maryland Medical School)

Source: Serenity Design: *The Caring Connection* Heart Disease Issue/

http://www.myhomecaresalescoach.com/content_view.php?num=199&type=article&sec_num=205&cat_num=208