

SPOON RIVER HOME HEALTH SERVICES



“Bridging the Gap in Healthcare”



December 2008 Issue

SRHHS Special Event Calendar:

Event	Location	Date & Time
Mexican Dominos with Kelsey	Courtyard Estates, Canton	Tuesday 2 nd 12:30 p.m.
Blood Pressure Clinic	YMCA, Canton	Wednesday 3 rd 10:30 a.m.
Blood Pressure Clinic	Big Creek Park, Canton	Wednesday 3 rd Noon
Blood Pressure Clinic	Seminary Estates, Galesburg	Wednesday 3 rd 3:30 p.m.
Blood Pressure Clinic	Moose, Farmington	Tuesday 9 th 10:30 a.m.
Blood Pressure Clinic	Courtyard Estates, Canton	Tuesday 9 th 12:30 p.m.
Blood Pressure Clinic	Yates City Church	Wednesday 10 th 11 a.m.
Blood Pressure Clinic	St. Francis Woods, Peoria	Wednesday 10 th 1 p.m.
Blood Pressure Clinic	Seminary Estates, Galesburg	Thursday 11 th 3:30 p.m.
Holiday Dinner with Kelsey from Spoon River Home Health & Patty from Farmington Country Manor	Tri- County Senior Center, Farmington	Friday 12 th 5 p.m.
Breakfast with Elaine & Kelsey Blood Pressure Clinic after breakfast too!	Spoon River Towers, Lewistown	Monday 15 th Breakfast 8-9:30am Blood Pressure Clinic 9:30- 10:30am
Blood Pressure Clinic	Maquon Church	Monday 15 th 11 a.m.
Cooking with Kelsey	John Evans, Pekin	Monday 15 th 2 p.m.
Presentation: Alzheimer's Disease	Jefferson House, Macomb	Tuesday 16 th 10 a.m.
Mexican Domino's with Kelsey	La Fayette Square Apartments	Tuesday 16 th 1:30 p.m.
Blood Pressure Clinic	Longview, Canton	Wednesday 17 th 9:30 a.m.
Blood Pressure Clinic	Maple Manor, Canton	Wednesday 17 th 10:45 a.m.
Blood Pressure Clinic	Methodist Church, Elmwood	Thursday 18 th 11 a.m.
Blood Pressure Clinic	Seminary Estates, Galesburg	Thursday 18 th 3:30 p.m.
Blood Pressure Clinic	Hy-Vee E. Main Street, Galesburg	Friday 19 th 8:30 a.m.
Blood Pressure Clinic	F & M Bank, Galesburg	Friday 19 th 2-4:30 p.m.
Blood Pressure Clinic & Mexican Domino's with Kelsey	Senior Center, Cuba	Monday 22 nd Blood Pressure Clinic 10:30 a.m. Mexican Domino's Noon
Blood Pressure Clinic	St. Francis Woods, Peoria	Tuesday 30 th 10 a.m.
Blood Pressure Clinic	Seminary Estates, Galesburg	Tuesday 30 th 3:30 p.m.

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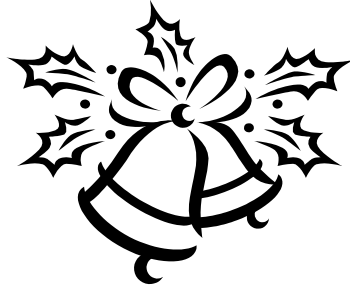


Farmington: 245-0723 • Peoria: 691-1371 • Galesburg: 345-0345

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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!



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.



Funny Stuff.....

Two elderly women were out driving in a large car. Both could barely see over the dashboard. As they were cruising along, they came to an intersection. The stoplight was red, but they just went on through. The woman in the passenger seat thought to herself, "I must be losing it. I could have sworn we just went through a red light." After a few more minutes, they came to another intersection, and the light was red again. They went right though it. This time, the woman in the passenger seat was almost sure that the light had been red and was really concerned that she was losing it. She was getting nervous and decided to pay very close attention to the road and the next intersection to see what was going on. At the next intersection, the light was definitely red, and sure enough, they went right through again. She turned to the other woman and said, "Mildred! Did you know we just ran through three red lights in a row? You could have killed us!" Mildred turned to her and said, "Oh my, am I driving?"

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RECIPES OF THE MONTH.....

Taco Soup - Susie Platt, Director of Professional Services

- 2 pounds ground beef
- 2 cups diced onions
- 2 (15 1/2-ounce) cans pinto beans
- 1 (15 1/2-ounce) can pink kidney beans
- 1 (15 1/4-ounce) can whole kernel corn, drained
- 1 (14 1/2-ounce) can Mexican-style stewed tomatoes
- 1 (14 1/2-ounce) can diced tomatoes
- 1 (14 1/2-ounce) can tomatoes with chilies
- 2 (4 1/2-ounce) cans diced green chilies
- 1 (4.6-ounce) can black olives, drained and sliced, optional
- 1/2 cup green olives, sliced, optional
- 1 (1 1/4-ounce) package taco seasoning mix
- 1 (1-ounce) package ranch salad dressing mix
- Corn chips, for serving
- Sour cream, for garnish
- Grated cheese, for garnish
- Chopped green onions, for garnish
- Pickled jalapenos, for garnish

Brown the ground beef and onions in a large skillet; drain the excess fat, then transfer the browned beef and onions to a large slow cooker or a stockpot. Add the beans, corn, tomatoes, green chilies, black olives, green olives, taco seasoning, and ranch dressing mix, and cook in a slow cooker on low for 6 to 8 hours or simmer over low heat for about 1 hour in a pot on the stove. To serve, place a few corn chips in each bowl and ladle soup over them. Top with sour cream, cheese, green onions and jalapenos.



Funny Stuff Extra.....

An old woman was arrested for shoplifting at a grocery store. When she appeared before the judge, the judge asked what she had taken. The lady replied, "A can of peaches." The judge then asked why she had done it. She replied, "I was hungry and forgot to bring any cash to the store." The judge asked how many peaches were in the can. She replied, "Nine." The judge said, "Well then, I'm going to give you nine days in jail--one day for each peach." As the judge was about to drop his gavel, the lady's husband raised his hand and asked if he might speak. The judge said, "Yes, what do you have to add?" The husband said, "Your honor, she also stole a can of peas."

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When Should I Go To The Emergency Room?

- Chest Pain Lasting 2 Minutes or More
- Uncontrollable Bleeding
- Severe or Sudden Pain
- Coughing up or Vomiting Blood
- Change In Mental Status/ Confusion
- Severe or Persistent Vomiting or Diarrhea
- Sudden Dizziness, Weakness or Change In Vision
- Difficulty Breathing, & Shortness of Breath.

Your Life Could Be In Danger! Call 911 !



Are YOU taking care of a loved one? Do YOU need a break?

Respite Care is a great option!

Caregivers face many challenges. It is a demanding task and to take time off from care giving responsibilities are highly recommended! Take time for you, relieve stress and prevent burnout.

Respite care provides time off for family members who care for someone who is ill, injured or frail. Respite care can take place in an adult day center, in the home of the person being cared for, or even in a residential setting such as an assisted living facility or a nursing home. Although there are different approaches to respite care, all have the same basic objective; to provide caregivers with *planned* temporary, intermittent, substitute care, allowing for relief from the daily responsibilities of caring for the care recipient.

For more information about respite care call Spoon River Home Health at 309.245.0723

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Tips For A Safer Holiday Season, Tips For Holiday Senior Home Care

There are seven common tips for reducing the stress and anxiety a family may deal with when it comes to dealing with aging parents and an increased need for outside care.

1. **Be aware of physical and mental exhaustion.**

Most adult children struggle with the fact that their parents aren't able to do what they used to do. Keep in mind that when you are stressed, this affects your whole family. Instead of forcing group activities, respect their need and desire for time for rest, including movies, tea time and naps.

2. **Keep tabs on healthy eating habits.**

The average American gains about 5 pounds during the holiday season. For someone with an age-related disease like diabetes, extra pounds can lead to major health problems. Plan balanced family meals in advance. Forgo high calorie sugar treats. See if vitamin supplements work with their medication schedule and encourage their use of the B vitamins.

3. **Get an overview of your parent's financial health.**

The national average of senior citizens living in poverty was 9.9% (U.S. Census 2007). Get an overview of your parent's financial status and have an honest conversation of what they can afford, from housing to healthcare. Eliminate extravagant holidays if your parents can't participate. Determine their priorities for the coming year and find out what local resources are open for them to reach these goals.

4. **Be attentive to changes in your parent.**

Do they need more help than usual? Because you may only see your parents once or twice a year, the holiday season is the best time to assess their in-home needs. Seniors living independently need to know that you are aware of their changing needs and can help them live the lifestyle they want with in-home care.

Have they changed their daily routines and activities? Is Grandma avoiding social situations she used to enjoy? Does Dad seem to have more worries than before and do those worries seem out of proportion to reality, such as a real threat to his safety.

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5. Give your parents a time to share traditions and reflect.

Make sure you allow your parents a set-aside time to talk about their lives and their loved-ones. The holidays spark memories of good times and loved ones lost. Take the time to talk about your parents' friends and loved-ones to help them enjoy the holidays now.

6. Pay attention to their overall mood.

Depression and anxiety often occur together. Fearfulness, apathy and a loss of interest in formerly enjoyable activities are possible signs of depression. In the winter months, more than 10 million people suffer from seasonal affective disorder (SAD) which exacerbates feelings of fatigue, anxiety or "the blahs." Encourage your parent to be as physically active as they can be and to remain socially connected through clubs, senior centers, and churches.

7. Talk about medications and their effectiveness.

Source: http://phoenix.jobing.com/blog_post.asp?post=13958

Have a happy and safe holiday season!



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