



JANUARY 2009 NEWSLETTER

Event	Location	Date & Time
Blood Pressure Clinic with Kelsey	YMCA, Canton	Wednesday 7 th 10:30 a.m.
Blood Pressure Clinic with Kelsey	Big Creek Park, Canton	Wednesday 7 th Noon
Mexican Dominos with Kelsey	Courtyard Estates, Canton	Wednesday 7 th 3 p.m.
Blood Pressure Clinic with Helen	Yates City Church	Thursday 8 th 11 a.m.
Presentation: Signs of a stroke	Galesburg Towers, Galesburg	Thursday 8 th 1:30 p.m.
Blood Pressure Clinic with Kelsey	Seminary Estates, Galesburg	Thursday 8 th 3:30 p.m.
Cooking with Kelsey	John Evans, Pekin	Monday 12 th 2:30 p.m.
Blood Pressure Clinic with Kelsey	Moose, Farmington	Tuesday 13 th 0:30 a.m.
Blood Pressure Clinic with Kelsey	St. Francis Woods, Peoria	Tuesday 13 th 2:30 p.m.
Blood Pressure Clinic with Kelsey	Seminary Estates, Galesburg	Thursday 15 th 3:30 p.m.
Blood Pressure Clinic with Helen	Maquon Church	Monday 19 th 11a.m.
Mexican Dominos with Kelsey	UAW Senior Living, Pekin	Monday 19 th 1p.m.
Blood Pressure Clinic with Kelsey	Spoon River Towers, Lewistown	Tuesday 20 th 9:30 a.m.
Blood Pressure Clinic with Kelsey	Courtyard Estates, Canton	Tuesday 20 th 11 a.m.
Blood Pressure Clinic with Kelsey	Longview, Canton	Wednesday 21 st 9:30 a.m.
Blood Pressure Clinic with Kelsey	Maple Manor, Canton	Wednesday 21 st 10:45 a.m.
Presentation: Signs of a stroke	Southside Manor, Peoria	Thursday 22 nd 3 p.m.
Blood Pressure Clinic with Kelsey	Hy-Vee E. Main Street, Galesburg	Friday 23 rd 8:30 a.m.
Blood Pressure Clinic with Kelsey	F & M Bank, Galesburg	Friday 23 rd 2-4:30 p.m.
Blood Pressure Clinic with Kelsey	St. Francis Woods, Peoria	Tuesday 26 th 2:30 p.m.
Blood Pressure Clinic with Helen	Methodist Church, Elmwood	Thursday 29 th 11 a.m.
Blood Pressure Clinic with Kelsey	Seminary Estates, Galesburg	Thursday 29 th 3:30 p.m.

SPOON RIVER HOME HEALTH SERVICES

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

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.....

A man is talking to the family doctor. "Doc, I think my wife's going deaf." The doctor answers, "Well, here's something you can try on her to test her hearing. Stand some distance away from her and ask her a question. If she doesn't answer, move a little closer and ask again. Keep repeating this until she answers. Then you'll be able to tell just how hard of hearing she really is."

The man goes home and tries it. He walks in the door and says, "Honey, what's for dinner?" He doesn't hear an answer, so he moves closer to her. "Honey, what's for dinner?" Still no answer. He repeats this several times, until he's standing just a few feet away from her.

Finally, she answers, "For the eleventh time, I said we're having MEATLOAF!"

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Recipes of the Month

Kelsey's Taco Dip

- 1 pkg. cream cheese
- 1 can of refried beans
- 1 med. jar of mild or hot salsa

Add sliced jalapenos and some of the jalapeno juice from the jar. If you like it hot! Mix all ingredients together. This mixture should be somewhat thick not runny. Brown 1 lb. of hamburger and add taco seasoning.

In a 9 x 11 casserole dish layer the cream cheese refried bean mixture. Second layer add taco meat. Last layer shredded Mexican cheese and top off with chopped green onion. Bake 350 for 15-20 minutes until cheese is melted. Enjoy with your favorite Tostitos tortilla chips.



Crab Stuffed Mushrooms

Prep Time: 25 Minutes
Cook Time: 15 Minutes

Ready In: 40 Minutes
Yields: 6 servings

Choose good sized mushrooms, about 2 inches across. When cleaning mushrooms, don't run them under water. They are like little sponges, and will absorb it; just wipe them clean with a damp towel. The filling can be made with fresh, canned, or imitation crabmeat. If using canned, be sure to rinse it first."

INGREDIENTS:

- | | |
|-------------------------------|--------------------------------------|
| 1 pound fresh mushrooms | ground black pepper to taste |
| 7 ounces crabmeat | 1/4 cup grated Parmesan cheese |
| 5 green onions, thinly sliced | 1/3 cup mayonnaise |
| 1/4 teaspoon dried thyme | 3 tablespoons grated Parmesan cheese |
| 1/4 teaspoon dried oregano | 1/4 teaspoon paprika |
| 1/4 teaspoon ground savory | |

DIRECTIONS:

1. Preheat the oven to 350 degrees F (175 degrees C).
2. In a medium bowl, combine crabmeat, green onions, herbs, and pepper. Mix in mayonnaise and 1/4 cup Parmesan cheese until well combined. Refrigerate filling until ready for use.
3. Wipe the mushrooms clean with a damp towel. Remove stems. Spoon out the gills and the base of the stem, making deep cups. Discard gills and stems. Fill the mushroom caps with rounded teaspoonfuls of filling, and place them in an ungreased shallow baking dish. Sprinkle tops with Parmesan and paprika.
4. Bake for 15 minutes. Remove from oven, and serve immediately

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Funny Stuff Extra.....

Signs That You Are Getting Old!

You sink your teeth in a steak and they stay there.

You turn off the lights for economical reasons, not romantic ones.

You read the obituaries to find eligible women or men.

Everything hurts and what doesn't hurt, doesn't work

The gleam in your eye is from the sun hitting your bifocals.

After painting the town red, you need to take a long rest before applying a second coat.

You have all the answers but nobody is asking you the questions.

After climbing the ladder of success and reaching the top, you realize that it was leaning on the wrong wall.

You sit in a rocking chair and can't get it going.

All the names in your little black book end with MD.



2 steps to make a referral to Spoon River Home Health

1. Simply call 309.245.0723
2. Have this basic information ready:

Full name of patient

Home address and telephone number

Date of birth

Payer source

Name of patient's doctor

Diagnosis of patient

Let our professional nursing staff help you with all your referral and inquiry needs. We are here 24 hours a day, 7 days a week

Another Tasty Appetizer Kelsey Love's

Rockin' Oysters Rockefeller

Prep Time: 30 Minutes
Cook Time: 30 Minutes

Ready In: 1 Hour
Yields: 16 servings

"This is a slight variation on the classic dish Oysters Rockefeller. Serve this delicious dish and watch your guests cry, 'I love you!!!"

INGREDIENTS:

48 fresh, unopened oysters	8 ounces Monterey Jack cheese, shredded
1 1/2 cups beer	8 ounces fontina cheese, shredded
2 cloves garlic	8 ounces mozzarella cheese, shredded
seasoned salt to taste	1/2 cup milk
7 black peppercorns	2 teaspoons salt, or to taste
1/2 cup butter	1 teaspoon ground black pepper
1 onion, chopped	2 tablespoons fine bread crumbs
1 clove garlic, crushed	
1 (10 ounce) package frozen chopped spinach, thawed and drained	

DIRECTIONS:

1. Clean oysters, and place in a large stockpot. Pour in beer and enough water to cover oysters; add 2 cloves garlic, seasoned salt, and peppercorns. Bring to a boil. Remove from heat, drain, and cool.
2. Once oysters are cooled, break off and discard the top shell. Arrange the oysters on a baking sheet. Preheat oven to 425 degrees F (220 degrees C.)
3. Melt butter in a saucepan over medium heat. Cook onion and garlic in butter until soft. Reduce heat to low, and stir in spinach, Monterey Jack, fontina, and mozzarella. Cook until cheese melts, stirring frequently. Stir in the milk, and season with salt and pepper. Spoon sauce over each oyster, just filling the shell. Sprinkle with bread crumbs.
4. Bake until golden and bubbly, approximately 8 to 10 minutes.

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Why choose Spoon River Home Health Services?...

...because we can provide a specific response to your specific need!

Find your question below and we provide an answer!

1. You need someone to reorder, setup and monitor medication?

We do Skilled Medical Assessments and Medication Management

2. Your father was recently injured or completed surgery?

We do Dressing Changes and Wound Care

3. You need someone to drive you to the doctors?

We do Physician/Medical Escorts

4. You need someone to administer injections in your home?

Our In-Home RNs can do injections and IV Therapy

5. You need someone to stay with your spouse or parent overnight?

Our Home Health Aides/Assistants are available 1-24 hrs./day

6. You need someone to do your mom's grocery shopping?

We do grocery shopping, laundry and meal preparation

7. Your dad needs help with his personal care?

We can help him get a bath, get dressed and get breakfast

8. Your husband had a stroke and struggles with muscle control?

We have therapists to re-teach him to walk, and speak clearly.

9. You're concerned that your husband will fall when you're gone?

We offer a Personal Emergency Response Product

10. You're not sure if your wife needs more care than you can offer?

We offer Skilled Nursing Assessments to give you guidance

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