



# MAINE-*LY* ELDER CARE

Newsletter  
March 2013

DENISE'S PEN



things ahead.

Spring is fast approaching, which will make it seasonally more comfortable for working. However, remember it is also the beginning of mud season, so be sure to prepare yourself by wearing light layers and bringing an extra pair of shoes or mud boots to keep your client's home clean. Plus, it is less for you to clean later. We have received numerous compliments about everyone's hard work for the month of February. Keep up the great work!



Happy St. Patty's Day! We have some exciting things happening around here. As some of you have noticed, we have launched a newly redesigned website. The documentation you need for every client is easily available to you and new content will be added frequently. Look in our News and Events for the exciting

Hello All!

I hope March stays true to the old adage- in like a lion, out like a lamb! I am really looking forward to spring, as I am sure you all are. It's a time to start to soak up a little vitamin D from the sunshine we get from the longer daytime hours and I say, bring on longer days. I hope you all take a minute to check out our blog- "The Heartbeat of Homecare", which features real stories of the seniors we serve and the amazing care that is given to them by you caregivers. Of course we have implemented fictional names- but the stories are real and portray the plights of our seniors, as well as the heartwarming stories that they love to share!! Please submit any stories of the seniors that have touched your heart and your life, we would love to hear them and share them on our blog. I have so many wonderful memories of the seniors I have served and whenever I think of them it always brings a smile to my face. So, please share with us your memories and experiences that bring a smile to your face!

March is also colon cancer awareness month-so be sure to check out our article on colon cancer and how you can prevent colon cancer in your life.

In closing, I just want to say that I am so proud and blessed to be able to work with such great caregivers here at Maine-ly Elder Care. The work you do every day enables the seniors in our communities to live independently at home and enriches their lives- Thank You!!!

Happy St. Patrick's Day- I wish you all the luck of the Irish!

~Denise

## FREE CERTIFICATION AVAILABLE!!!!

Alzheimer's and Dementia is a rapidly growing disease that is having a large impact on the clients, their families and the communities we serve. These clients have very specific needs for their care, which you can help with. We are offering everyone a **FREE** 23 hour course for Alzheimer's and Dementia. This course is available online and can be done at your convenience. After completion of the course you will have the option to get a \$25.00 Gift card to either Hannaford or Irving Gas Station.

If you are interested, please contact Brie for details.

# Employee Broadcast

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An EIM care coordinator called to compliment a care team in Fairfield.

A client complimented Jill Keller saying, "I couldn't have asked for a better girl, she is the sweetest."

A client's daughter had great things to say about Pauline Chase. Her father really enjoys having her come to help and that they seem to be a very good match. She also said that Pauline is very sweet and kind to her dad which she appreciates.

A care Coordinator from EIM was impressed with the report she received from a client of Dan Clark's. Way to go Dan!

A client's wife sent a compliment to Lani Cuares saying, "To have someone with the training that she has to have her use the training was a relief. She is a big help!"

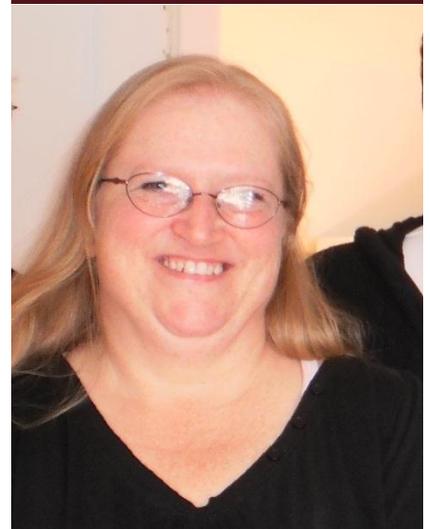
*Keep up the great work!*

## ANNIVERSARIES

Thank you to the following employees celebrating anniversaries this month. Your service and dedication is appreciated.

Michelle Roderick – 1 year!  
 Brenda Hazelton – 1 year!  
 Christopher Doone - 1year!  
 Cathy Lawler – 1 year!  
 Deborah Colangelo – 2 years!

Winner of the Perfect Attendance for February is Marilyn Farmer!



## WHATS HAPPENING:



**St. Patrick's Day:** Have a fun and safe St. Patty's Day!

**Blood Pressure Clinics:** We will be doing FREE blood pressure screenings at the following locations for the month of March. There will free blood pressure readings by a registered nurse, information and giveaways.

**Planet Fitness, Augusta, ME:** Monday March 11<sup>th</sup> 3pm to 5pm

**Hannaford JFK, Waterville:** Friday March 15<sup>th</sup> 2pm to 4pm

**Hannaford, Skowhegan:** Thursday March 21<sup>st</sup> 2pm to 4 pm

**Business to Business Showcase:** March 27<sup>th</sup>, 2013 from 2 to 5pm at the Colby College field house. Come see us and other local area businesses show what they got!

**Women's History Month:** Every March, the country celebrates the accomplishments of women in American history.

## IRISH FOLKLORE

### Mythology and Superstitions

#### St. Patrick's Day

To most people, St. Patrick is the man who brought a day of good times and green beer to pubs across the world. In reality, St. Patrick wasn't made a saint until centuries after his death and he wasn't even Irish. St. Patrick was born in Britain to a wealthy family. During his childhood, he was kidnapped and sold into slavery in Ireland. During his years in slavery he converted to Christianity and once freed he did spend the rest of his life teaching the Irish about the Christian religion, but he was soon forgotten after his death. It wasn't until many years later that monks began telling the tale of St. Patrick forcing all the snakes out of Ireland. Something he never could have done as there never were any snakes in Ireland.

#### Shamrock

The three green leaves of the Shamrock is more than the unofficial symbol of Ireland and one of the marshmallows in Lucky Charms. The Shamrock has held meaning to most of Ireland's historic cultures. The Druids believed the Shamrock was a sacred plant that could ward off evil. The Celts believed the Shamrock had mystical properties due to the plant's three heart-shaped leaves. The Celts believed three was a sacred number. Some Christians also believed the Shamrock had special meaning—the three leaves representing the Holy Trinity.

#### Our Favorite Women in History

**Harriet Tubman** – Harriet helped African American slaves find their way to safety putting her own safety at risk.

**Oprah**- Oprah represents that with hard work, women can accomplish anything.

**Helen Keller** – Helen was deaf and blind, but managed to overcome a debilitating disability and became a very successful woman.

**Anne Sullivan** – Anne was Helen Keller's tutor who worked diligently to find ways for Helen to communicate with the World. Anne's caring nature was a source of strength for Helen whose disability would have crippled most.

*Here's a St. Patrick's Day themed dessert that is easy to make and fun for the whole family:*

### Little Lucky Whoopie Pies

Blogger Catherine Davis of **Oh My Sugar High** shares a fun St. Patrick's Day recipe for Whoopie Pies. Lucky Charm's cereal adds an adorable touch to these green, frosting-filled whoopie pie treats!



#### Cake:

**1 box Betty Crocker® SuperMoist® butter recipe chocolate cake mix**  
**1 cup water**  
**1/3 cup vegetable oil**  
**3 eggs**

#### Frosting:

**1/4 cup vegetable shortening**  
**1/4 cup butter**  
**2 tablespoons granulated sugar**  
**1/2 teaspoon pure mint extract**  
**Green food color**  
**1 tablespoon milk**  
**2 cups powdered sugar**  
**1 cup marshmallows from any size package Lucky Charms® cereal**

1. Preheat oven to 350°F. Line two cookie sheets with parchment paper.
2. In a large mixing bowl, beat cake mix, water, oil, and eggs on medium speed for 2 minutes, scraping bowl occasionally.
3. On a parchment lined baking sheet, drop heaping tablespoons of cake batter two inches apart.
4. Bake for 8 to 10 minutes or until toothpick comes out clean in the center of a cake.
5. Allow cakes to cool on parchment for 10 minutes on a wire rack.
6. In medium bowl, beat shortening and butter with electric mixer on high speed 3 minutes.
7. Reduce speed to low and add granulated sugar, mint extract, food color and milk.
8. Add powdered sugar 1/2 cup at a time until smooth.
9. Spread a small spoonful of mint frosting between two cakes and decorate the edges with Lucky Charms® marshmallows.

Makes 2 dozen whoopie pies

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NATIONAL  
 WOMEN'S  
 HISTORY  
 MONTH

# WELCOME

# MAINE-*LY* ELDER CARE

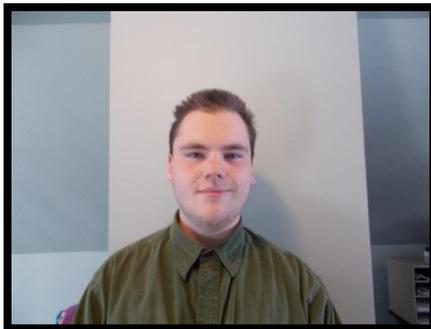
*We would like to welcome our newest PSS staff members. We look forward to your employment with us!*



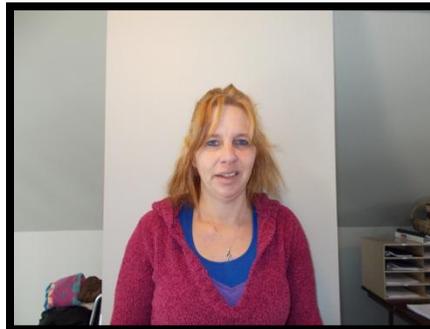
Sonja Merrill



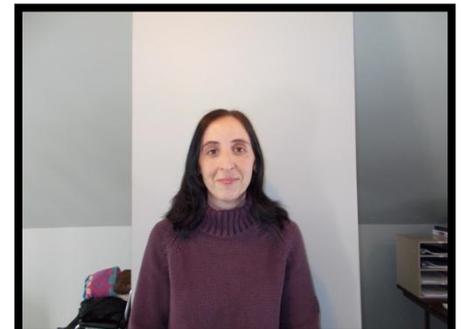
Danielle Coulter



Mike Ball



Lynn Smith



Therese Bearor

*Join us every Wednesday at 4:30pm on 93.5FM True Oldies for CEO Denise Stevens and Steve Colella's segment on aging with grace.*



### FarmShare:

Another season of Produce for seniors is gearing up. Your client(s) may qualify for free fruit, veggies and herbs from local farmers markets. The Area Agency on Aging (877) 353-3771 can help the seniors in your life enjoy these delicious and nutritious foods.