



# Care News

Going beyond what others provide.

April 2017

Proud to have earned ACHC accreditation for our Home Health Agency.

# 47th Anniversary of Earth Day April 22nd

#### **Habitat Matters!**

Now, more than ever, our natural areas are at risk. But we can make a difference by learning about wild-life habitat, supporting national and local nature organizations, and gardening with native plans to help birds, bees and butterflies. We can all do our part to improve habitat and keep water clean. Creating a backyard habitat is something easy to do to help our environment. Here are steps you can take to create a wildlife-friendly yard. 1) Provide food. Fill a bird feeder with black oil sunflower seeds. Suet, fruit, and nectar will also make your birds happy. 2) Give them water. Get a birdbath (or pond) and keep it filled with

fresh water. Add a flat rock nearby for butterflies to sun themselves. 3) Create cover. Grow native shrubs, grasses, or trees that allow birds to hide from pred-



ators or bad weather. 4) Give wildlife a place to raise their young. Put up nest boxes and bat houses. Don't be in a hurry to mow off 'weeds'. 5) Garden sustainably. Have a chemical-free, organic yard, without using pesticides. 6) Plant a patch of wildflowers. Grow native plants that are used as food by birds, pollinators, and butterflies. 7) Find out what you've got. To identify birds visit www.allaboutbirds.org. To identify native plants, visit www.wisplants.uwsp.edu/wisplants.html





Sunday, April 16th - Easter

Monday, April 17th - Tax Day





Take Our Daughters and Sons to Work Day - April 27th

#### Welcome to Our New Employees!!







Lyndi

Jessica

Carole

# **April Birthdays**

Don M. on the 3rd Leonna T. on the 5th Ray L. on the 10th Terry G. on the 15th Janet T. on the 18th

Holly on the 3rd Lyndi on the 20th Levi on the 22nd Sherrie on the 30th







| R | С | 0 | Q | Y | J | Ρ | L | J | Ε | Y | I | G | D | 0 | BASKET    |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----------|
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| M | N | K | 0 | S | U | M | I | Q | Q | Α | K | Т | M | D | CHICKS    |
| W | N | Y | Т | K | S | D | С | Q | Ε | S | R | V | Ε | Р | CHOCOLATE |
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| Α | I | V | F | Α | D | Т | Q | Р | 0 | Z | L | F | Y | М | DECORATE  |
| L | Z | А | D | E | С | 0 | R | Α | Т | E | K | S | Α | В | EASTER    |
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| Н | D | U | Χ | U | R | D | С | Z | Ε | М | R | V | I | G | PEEPS     |
| С | В | Х | U | S | М | F | Х | G | F | D | Z | V | R | N | LEEF      |

# I'm in the mood to do some spring cleaning. cabin fever has made me delirious

TAWYUGHLGEYNABS

Glass: Mix 1/4 cup vinegar with 1 quart of water in a spray bottle. Spray on glass and wipe clean with old newspaper

# Helpful Hints for 'Green' Spring Cleaning

Use half a lemon to rub water stains off your facets.

Countertops and bathroom tile: Mix 2 parts vinegar and 1 part baking soda with 4 parts water. Apply with a sponge, scour, and wipe away

# Tissue Paper Easter Eggs

Create distinctive egg designs by cutting your own patterns from colorful tissue paper. Try decorative edges, floral looks, or basic zigzags.

- •Brush a thin coat of decoupage medium onto an egg.
- Position the tissue paper cutouts and gently pat into place, starting in the center of a design and working your way out.



#### Obscure Holidays in April

National Grilled Cheese Sandwich Day—12th High Five Day—20th Hug an Australian Day –26th (may we suggest Hugh Jackman or Chris Hemsworth)

# **Ham & Cheese Cups**

Here's a great recipe for your left-over Easter ham.

#### Ingredients

1 tube of biscuits

1 cup of ham, chopped

1/3 cup of shredded cheddar cheese

4 eggs

2 T. milk

1 t. parsley

Salt and pepper to taste

#### Directions

- 1) Press each biscuit down into the bottom of a sprayed muffin tin. 2) Add a few pieces of ham to each cup.
- 3) Sprinkle cheese on each cup and set aside.
- 4) Combine remaining ingredients in a mixing bowl and whisk together. 5) Pour mixture over the top of each cup. 6) Bake at 400 degrees for 10 minutes or until eggs are set.