

Going beyond what others provide. September 2017 Proud to have earned ACHC accreditation for our Home Health Agency.

## September 4th LABOR DAY

### Welcome To Our New Employee



Leonard, CNA

### Chocolate Chip Zucchini Bread

- 2 1/3 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cardamom
- 2 large eggs
- 1 cup sugar
- 1/3 cup vegetable oil
- 1 medium zucchini (about 7 ounces), finely shredded
- 2 teaspoons pure vanilla extract
- 1 cup sour cream
- 1 cup mini bittersweet chocolate chips

Preheat the oven to 350°. Coat a 9-by-5-inch loaf pan with vegetable spray. In a small bowl, whisk together the flour, baking soda, baking powder, salt, nutmeg and cardamom. In a medium bowl, whisk the eggs with the sugar, oil, zucchini and vanilla. Add the flour mixture and stir gently with a spatula until the flour is just incorporated. Stir in the sour cream followed by the chocolate chips

Pour the batter into the prepared pan. Bake in the middle of the oven for 50 minutes to 1 hour, until the top is browned and a cake tester inserted in the center comes out clean. If the loaf browns too quickly during baking, cover loosely with aluminum foil. Let the loaf cool in the pan for 10 minutes before turning it out onto a rack to cool completely.

## September is Healthy Aging Month

### Better Heart Health

How do you improve your heart health? By eating a balanced diet, getting plenty of exercise, not smoking and keeping your numbers in check. Here are a few more ideas that you might not know to help keep your ticker in top shape:

#### Go to Sleep

People who sleep fewer than seven hours a night have higher blood pressure and higher levels of the stress hormone cortisol. Lack of sleep may also make you eat more, leading to excess body fat. Research shows that people who do not get enough sleep are more than twice as likely as others to die of heart disease.

#### Floss, Brush, Rinse

Good dental hygiene does more than prevent cavities—it may affect your heart health. Research from Harvard suggests that several types of cardiovascular disease, including coronary artery disease, may be connected to oral health, due to bacteria in the mouth entering your bloodstream. One more reason to brush and floss every day, and to see your dentist at least twice a year.



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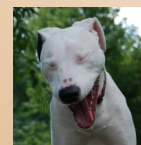
#### Laugh Out Loud

The old saying that laughter is the best medicine might be true. Research from the University of Maryland Medical Center shows that laughter helps relieve the stress that damages the endothelium, the tissue



and

that forms the inner lining of blood vessels helps your blood flow. It also promotes the healthy function of blood vessels.



### September Birthdays



Tammie on the 3rd  
 Carol B. on the 6th  
 Carol Y. on the 20th  
 Jim S. on the 13th  
 Bonnie K. on the 19th  
 Gertrude M on the 4th

Claire R. on the 27th  
 Darlene B. on the 21st  
 Harvey K. on the 3rd  
 Mary D. on the 30th  
 Ruth W. on the 20th  
 Dan S. on the 12th

**Happy Birthday to All!!**



O D T C U N R L A B O U W Y E  
 R N I I T P A F L R E O A R S  
 E E F M S R V T L E R D I S U  
 S K E O R F F A I K N U R O M  
 I E N N I T B A E O G H R E T  
 N E E O F O E R M C N G R N E  
 D W B C R A S T M I E A E V S  
 U T N E M E V O M I L M L E A  
 S E P T E M B E R L E Y H U M  
 T S A W C E L A R V I C O N E  
 R N S E S I S A E V E I L I R  
 Y C U E A N N I I E D W I O I  
 P A R A D E H C P C A N D N C  
 T X Z Q M C M S I K O T A S A  
 N O I T A C U D E P V S Y X N

American Holiday Picnic Industry Labor Weekend  
 September Social Benefit Speeches Economic Monday  
 Unions Education Parade USA Family National

### Obscure Holidays in September

13th-Positive Thinking Day

18th-National Cheeseburger Day

22nd-Elephant Appreciation Day

28th-Ask a Stupid Question Day



### A Message to Our Clients....

We would like to remind all of our clients and families that our after hours answering service is for immediate scheduling issues and emergencies only, please.

Also, it is important to have a back up plan in case staff are unable to make it to an appointment. We will contact you as soon as possible to let you know if staff will be late or are unable to get to their visit.

Thank you! Agency Administrator,  
 Emmy Hinton

Patriot Day – Monday, September 11th



National Grandparents Day

Sunday, September 10th

### 6 Minute Microwave Apple Crisp

6-8 Medium, tart apples, peeled and sliced

3/4 cup packed brown sugar, divided

1/2 cup flour, divided

3/4 cup quick-cooking oats

1 t. ground cinnamon

1/2 cup cold butter

Toss apples with 1/4 c. brown sugar and 2 T. flour; place in a greased 8 inch microwave-safe, deep-dish pie plate. In a bowl, combine oats, cinnamon and remaining brown sugar and flour. Cut in butter until crumbly; sprinkle over apple mixture. Cover with waxed paper. Microwave on high 6-8 minutes or until apples are tender.

### Trivia Fun

1. Which president did John F. Kennedy succeed?
2. Who was the oldest president to take office?
3. What is the largest fresh water lake in the world?
4. In which year was the colored television available to consumers in the US ?
5. Which spacecraft took the first man on the moon?
6. Which are the 4 largest states in the US?

1. Eisenhower 2. Regan (69 years old) 3. Lake Superior  
 4. 1954 5. Apollo 11 6. Alaska, Texas, California, & Montana