



Since 1993

Care At Home Times

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Oct—Dec
2008

The Season of Doing Better

We are entering our holiday season. Next month we will be celebrating the Thanksgiving holiday and the next month Christmas. Due to the national financial crisis, it seems almost fitting that we have Halloween on the calendar this month. These are in fact scary times. The United States of America is experiencing economic failures not seen in nearly 100 years.

Many people are afraid in ways they have never experienced. Only the senior citizens who lived through the great depression can truly know what this feels like. Even those who consider themselves “depression experts” can only imagine.

So as an average American, what can we do? Many national leaders are telling us we must restore the credit market. Although credit is a key economic component, real prosperity only comes by acquiring lasting, unencumbered assets not credit purchases. The holiday season does give us other reasons to spend. Gifts of love and appreciation, feasting, traveling to visit loved ones, all of these require expenditures but shouldn't require debt. This would be a good year for seniors with economic-depression experience to show how it used to be done. Gifts of service, home-made gifts and foods, volunteering in someone's name or memory, and using your imagination, are impact gifts that almost can't be done with a credit card. Our economy will take care of itself, if we learn to be happy doing the right thing, wisely.

Best wishes for the season from Care At Home.

Recipe from Home Garbanzo Bean Spread

- 1-15oz. Can garbanzos, drained
- 1 T. Chopped onion
- 2 cloves garlic, chopped
- 2 T. lemon juice
- 4 fresh basil leaves
- 1/2 teaspoon paprika
- Dash sea salt

Place all ingredients in a food processor and process until very smooth. Serve as a sandwich spread or in a wrap. Also a yummy dip with baked chips and raw vegetables.

Calendar of Events: In-services:

- Oct—The Hearing Impaired
- Nov—Emergency Planning
- Dec—Patient's Rights

Care At Home proudly Serves our local Senior Citizens Centers by offering free blood pressure and blood sugar checks

- **Payette:** 10/01, 11/05, 12/03
- **Nyssa:** 10/08, 11/12, 12/10
- **Weiser:** 10/10, 11/14, 12/12
- **Cambridge:** 10/22, 11/26, 12/24
- **New Plymouth:** 10/16, 11/20, 12/18
- **Ontario:** 10/03, 11/07, 12/05
- **Vale:** 10/14, 11/11, 12/09
- **Emmett:** 10/17, 11/21, 12/19
- **Mtn Home:** 10/15, 11/19, 12/17

Staff Highlight

Steve Mckie
Customer Service

Steve is our customer service representative. He is the friendliest person ever and says he can't believe there is a job that lets him go around visiting! Steve has lived in our area his whole life. He and his wife Leann are very involved in their kids' sports activities in Weiser. They also love camping and horseback riding together.





Care At Home

www.careathomehh.com

About Us

Care At Home opened in 1993 to a full range of services in the Home. We serve all ages and our goal is to meet each need individually, and keep you safe and independent in your home. Everything from housekeeping, sitters, transportation and shopping to skilled nurses and therapists. We can even help you take your pet to the Vet., or care for loved ones, pets or plants while you go on vacation. Every staff member has a criminal background check and is directly supervised. Our team is the best! We work in 7 counties in both Idaho and Oregon, and have someone to take your call 24 hours a day.

Never a machine!

Payette:

501 N. 16th St. #113
Payette, ID 83661
Phone: 208-642-1838
Fax: 208-642-3088
Toll Free: 866-311-7773

Caldwell:

914 Blaine Street
Caldwell, ID 83605
Phone: 208-453-2659
Fax: 208-454-0854
Toll Free: 866-311-7773

Council:

102 California
Council, ID 83612
Phone: 208-253-4207
Fax: 208-253-4959
Toll Free: 866-311-7773

We are here to help you!

Whether you need a little help or a lot, we are ready to assist you. Here are some of the things we can do for you, and maybe you have other ideas to add to this list.

- ▶ Errands
- ▶ Meal Preparation
- ▶ Housekeeping
- ▶ Exercise
- ▶ Shopping
- ▶ Doctor's appointments
- ▶ Special Events
- ▶ Companionship
- ▶ Personal Care
- ▶ Medication assistance
- ▶ Transportation
- ▶ Transfer assistance
- ▶ Respite care
- ▶ Help taking your pet to the veterinarian
- ▶ Bathing

Just give us a call at 208-642-1838, 253-4207, or 453-2659 for more information.

Quotable Quotes

"Youth is like spring, an over praised season more remarkable for biting winds than genial breezes. Autumn is the mellower season, and what we lose in flowers we more than gain in fruits." -*Samuel Butler*