



Serving Idaho and Oregon  
since 1993

# Care At Home Times

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2009

## THE ANTI-FLU DIET

Everyone is encouraged to get their seasonal flu shot, but there are some other things you can do to help you stay well this winter. Eat plenty of foods with antioxidants. **Quercetin** is a powerful antioxidant found in studies to reduce the risk of flu and colds. It helps with allergy symptoms and even helps protect brain cells against oxidative stress that is associated with Alzheimer's Disease. In quercetin containing foods, the highest levels are located in the skin, outer layers or leaves. This is because sunlight stimulates its production. Eat these foods often because the quercetin accumulates in the blood and provides continuous protection. Some of the foods highest in quercetin are red onions, broccoli, blueberries, cranberries, dark cherries, and red grapes. Other significant sources are citrus fruits and green vegetables. Also remember to stay away from others who are sick and to wash your hands thoroughly and often. Get eight hours of sleep each night, drink plenty of fluids, and exercise regularly. These recommendations will help keep your immune system in tip top shape.

### Recipe from Home Garlic Mashed Potatoes

4 large Yukon Gold Potatoes  
2 cloves garlic  
1/4 c. unsweetened soymilk  
Several twists freshly ground white pepper  
Dash sea salt

Peel potatoes & chop into chunks. Place in a pan with water to cover. Add 2 whole cloves of peeled garlic. Bring to boil, reduce heat & cook 15 mins. until tender. Drain. Mash in pan with electric beaters or hand masher, adding remaining ingredients as necessary to get a smooth consistency and delicious flavor.

*Vicki Salerno, Registered Dietitian*

### Calendar of Events: In-services:

- ◆ Oct—Using Pain relievers safely.
- ◆ Nov—Helping to prevent hospitalizations
- ◆ Dec—Pressure Sores

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

- **Payette:** 10/07, 11/04, 12/02
- **Nyssa:** 10/14, 11/11, 12/09
- **Weiser:** 10/09, 11/13, 12/11
- **Cambridge:** 10/28, 11/25, 12/23
- **New Plymouth:** 10/15, 11/19, 12/17
- **Ontario:** 10/02, 11/06, 12/04
- **Vale:** 10/13, 11/10, 12/08
- **Emmett:** 10/16, 11/20, 12/18

### Staff Highlight

Shirley Preston C.N.A.

Shirley Preston is a certified nursing assistant who has worked with Care At Home since 2001. She is very popular with her clients because of her excellent cooking skills. She also has experience as a beautician and shares that talent with her clients. When she isn't working she is enjoying her two kids, ages 8 and 14. She is trying very hard to beat them at Guitar Hero!





# Care At Home

[www.careathomehh.com](http://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. #112  
Payette, ID 83661  
Phone: 208-642-1838  
Fax: 208-642-3088  
Toll Free: 866-311-7773

## **Caldwell:**

504 N. 10th Ave. #A  
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

"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."

*-Maria Robinson*