



Serving Idaho and Oregon  
since 1993

# Care At Home Times

Volume 7, Issue 2

April-June  
2010

## Health care for America's seniors.

Health care for America's senior citizens is everybody's concern. The current economic conditions in our nation are turning the direction of national and state law-makers toward cuts in vital senior services. Historically, it has been the policy of world nations to finance wars and other high-priced government expenditures on the backs of the elderly and children. This is due to their normal weaker ability to defend their positions. Over the last 75 years, the federal government and some state governments have financed their programs by incurring debt. Due to the enormity of these debts, we cannot count on this as a funding resource for government. Our law-makers may actually be at the point realizing that taxes must be raised or programs reduced. This is nearly un-heard of in the lifetimes of most Americans today. Coupled with reduced tax revenues because of low growth and unemployment, a financial time-bomb has been created, and the bomb is ticking at an increasingly faster rate.

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### Recipe from Home

#### ASPARAGUS ALFREDO

8 ounces pasta, any shape  
1 pound fresh asparagus  
10 ounces tofu, soft  
2 tablespoons olive oil  
1 ½ tablespoons lemon juice  
1 tablespoon honey  
1/2 teaspoon salt  
¼ cup plain soy or rice milk  
¼ teaspoon garlic, granulated  
¼ teaspoon onion powder  
Pine nuts, toasted (optional)

1. In large pan, bring water to boil for pasta. Add pasta and cook until tender. Drain; toss pasta with 1 tablespoon olive oil and salt to taste.

2. Wash asparagus and break off woody bases where spears snap easily. Slice asparagus diagonally into 1 inch pieces. Cook in a small amount of boiling water for 3 to 5 minutes, or until crisp-tender. Drain well.
3. In blender, combine all the Alfredo sauce ingredients and blend until smooth.
4. Toss pasta with asparagus pieces and Alfredo sauce, coating evenly.
5. Can garnish with toasted pine nuts if desired.

Serving size: 1 cup. Calories 290; pro. 13 g.; carb. 52 gm.; chol. 0 mg.; fat 4 gm.; fiber 3 gm.; sodium 214 mg.;

### Calendar of Events:

#### In-services:

- ▶ April—Fire Safety in Home Health
- ▶ May—Patient Emergency Plan
- ▶ June—First Impressions Last

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

- ▶ Caldwell
- ▶ Cambridge
- ▶ Emmett
- ▶ Kuna
- ▶ Meridian
- ▶ Nampa
- ▶ New Plymouth
- ▶ Nyssa
- ▶ Ontario
- ▶ Payette
- ▶ Prestige Assisted Living at Autumn Wind
- ▶ Vale
- ▶ Weiser

Read More.....

### Staff Highlight

Kathy Reed C.N.A.

Kathy Reed is a certified nursing Assistant who has worked with Care At Home since August 2004. Kathy is a "people" person and says she loves helping to meet our clients' needs. When she isn't working she enjoys traveling, crocheting and spending time with her kids and grandkids. Kathy is an excellent cook and specializes in healthy cooking which she freely shares! Yum!





# 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.

- ▶ **Nursing Visits**
- ▶ **Physical Therapy**
- ▶ **Occupational Therapy**
- ▶ **Registered Dietitian**
- ▶ **Social Worker**
- ▶ **Fill Medication Box**
- ▶ **Incontinent Care**
- ▶ **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

“Happiness cannot come from without. It must come from within. It is not what we see and touch or that which others do for us which makes us happy; it is that which we think and feel and do, first for the other fellow and then for ourselves.” —*Helen Keller*

Where then will law-makers look to avert a total economic collapse? Each party is determined that this will not happen while their party is in power. It should be noted that this doesn't necessarily mean that each party would not like to see this happen while the other party is in power. Politicians are playing a funding game of chicken. This can only result in a head-on collision where the victims will be the citizens and not the politicians. Both parties are saying that the people are drivers, which in principle is true. But politicians are determined to keep the drivers blindfolded as long as possible.

So what now? First let's look at the long-run. We must strip ourselves of our party affiliation pride. We must carefully re-select our political leaders not only on how they have represented our own views, but on how successful they have been in influencing their fellow lawmakers to represent our own political views. This makes selecting a candidate for our vote extremely more difficult. But taking the easy way and voting for the candidate of the party is what has put us in the precarious position today. Getting re-elected to political office in the United States, both in the federal and state governments, should be a rarity, at least until such time as we see tangible results that our government has substantially improved.

As difficult as this appears to sound, deciding to vote for a non-incumbent may be even more difficult. This required us to be deeply involved in the nominating process. Getting the right people to show interest in and a willingness to enter the political arena is crucial. First in this process is expressing strong and well-heard opinions that we are willing to look at a better candidate at all times in each political party. We must force each party to prove the strength of their candidate in the primary's regardless of whether they have the incumbent or not. Again, re-election should be the hardest achievable event in politics.

Secondly, we must research candidates, and scrutinize who they are, what they have done, where to they come, and carefully consider and remember what they say. A big emphasis here on remembering and telling them it will be recorded and remembered what they have said. A persons history is the most likely indicated of what their future will be. So, regardless of our feelings about an individual's right to privacy, a wiliness to enter into public service, requires scrutinization. Note I said scrutinize, not crucify. Another note, typically the best people grow. They growth in experience, they grow in knowledge, and in many other ways they just growth. The question then is into what are they growing? Furthermore, when people are taking from one environment into another, especially one so extreme as federal or even state government, they are apt to be affected. So, we should ask, is this candidate one who improved under pressure or caves.

Briefly, but of vital importance, is what to do in the short-run. The three most important things for seniors today is involvement, involvement, and involvement. If you need a fourth thing, it is also involvement. Senior centers are a great place to be involved. Besides the potential they provide for social, nutritional, and health benefits, it is a place that people of similar needs can get together. When this occurs, the potential for involvement especially in the law-making process is high. There are organizations such as Sage where tremendous effort is being expended to promote the cause of seniors. Please contact Sage and see what they can tell you and what you can do to get involved. They really are good at it. Church and community organizations are not to be ignored. Most are very service oriented, and are looking for ways they can help. Get involved. Contact your lawmakers religiously. Let them know that you are actively involved in the process that will determine if they become that very rare entity, the re-elected incumbent.

Finally, become involved with each other. The most important aspect of this involved is to learn what the other person knows or at least what they think they know. Be willing to change to the better if you see it. I spent several weeks once driving a team of horses under the tutelage of an old, un-educated, but widely experienced man dying of leukemia. He talked constantly, and I was smart enough to keep my mouth shut and my hands on the reins. I learned many important things during this time. Most importantly, though never mentioned to my remembrance, I learned that he had learned during his life-time how to learn. He seemed to admit to without expressing directly, that he had been wrong a lot, but had learned to change his mind when a better way became apparent. And he looked for better ways.

Please allow me one more story. My Dad packed for the forest service just after returning from WWII. This is his opinion on mules. He said, "People think mules can go places that horses can't go." "It's not true," he asserted, "A horse can go anywhere a mule can go. It's just that a mule knows where he can't go and a horse might try, or else might not know that he could" Lesson, know what you know, and know what you don't know.

April 2nd	Caldwell Senior Center	10:00 - 12:00
April 2nd	Ontario Senior Center	11:00 - 12:00
April 6th	Nampa Senior Center	10:00 -12:00
April 7th	Payette Senior Center	11:00 - 12:00
April 7th	Prestige Assisted Living at Autumn Wind	10:00 -12:00
April 9th	Weiser Senior Center	11:00 - 1:00
April 13th	Vale Senior Center	12:30 - 1: 30
April 14th	Nyssa Senior	11:00 – 12:00
April 15 <sup>th</sup>	New Plymouth Senior Center	11:00 - 12:00
April 16 <sup>th</sup>	Caldwell Senior Center	10:00 - 12:00
April 16 <sup>th</sup>	Emmett Senior Center	11:00 - 12:00
April 20 <sup>th</sup>	Nampa Senior Center	10:00 -12:00
April 21 <sup>st</sup>	Kuna Senior Center	11:00 -12:00
April 22 <sup>nd</sup>	Meridian Senior Center	10:00 - 12:00
April 28 <sup>th</sup>	Cambridge Senior Center	11:00 - 12:00
May 4 <sup>th</sup>	Nampa Senior Center	10:00 -12:00
May 5 <sup>th</sup>	Prestige Assisted Living at Autumn Wind	10:00 -12:00
May 5 <sup>th</sup>	Payette Senior Center	11:00 - 12:00
May 7 <sup>th</sup>	Caldwell Senior Center	10:00 - 12:00
May 7 <sup>th</sup>	Ontario Senior Center	11:00 - 12:00
May 11 <sup>th</sup>	Vale Senior Center	12:30 - 1: 30
May 12th	Nyssa Senior	11:00 – 12:00
May 14th	Weiser Senior Center	11:00 - 1:00
May 18	Nampa Senior Center	10:00 -12:00
May 18	New Plymouth Senior Center	11:00 - 12:00
May 19 <sup>th</sup>	Kuna Senior Center	11:00 -12:00
May 20	New Plymouth Senior Center	11:00 - 12:00
May 21 <sup>st</sup>	Caldwell Senior Center	10:00 - 12:00
May 21	Emmett Senior Center	11:00 - 12:00
May 26 <sup>th</sup>	Cambridge Senior Center	11:00 - 12:00
May 27 <sup>th</sup>	Meridian Senior Center	10:00 - 12:00