



Serving Idaho and Oregon  
since 1993

# CARE AT HOME TIMES

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**November**

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## THANKSGIVING

November is the time to be thankful for everything in your life. It's also a time for traditions, food, remembering the past and looking forward to the future. There are as many traditions as there are people. Several staff members of Care at Home provided insight into the different traditions they have.

*"My Thanksgiving ritual is to go to the Durkee Community Center for lunch about 11:30 a.m. to 5 p.m.—We play cards and other games and eat again at 5 p.m. The Community Center donates the turkey and the rest is potluck."*

— Gloria Carlile

*"I like the tradition of going around the table and having every person tell some things they are thankful for."*

— Vicki Salerno

*"To me, Thanksgiving is all about family, good food, and bird hunting."*

— Sheila Jacobs

Welcome **Jenny Ebell** back to the Baker branch of Care at Home. She is the Office Manager and Community Liaison for the office there.

Welcome **Sandy Belknap** to the Payette branch of Care at Home. She is the Office Assistant and helps out everyone as needed.



*"What if we woke up this morning with only the things we remembered to thank God for yesterday."*



The **Three Sisters** are the three main agricultural crops of various Native American groups in North America: squash, maize, and climbing beans. The three crops benefit from each other. The maize provides a structure for the beans to climb, eliminating the need for poles. The beans provide the nitrogen to the soil that the other plants utilize, and the squash spreads along the ground, blocking the sunlight, helping prevent establishment of weeds. The squash leaves also act as a "living mulch", creating a microclimate to retain moisture in the soil, and the prickly hairs of the vine deter pests.

Maize lacks the amino acids lysine and tryptophan, which the human body needs to make proteins and niacin, but beans contain both and therefore maize and beans together provide a balanced diet.



# THREE SISTERS SOUP

- 2 cups canned white or yellow hominy, drained
- 2 cups fresh or frozen green beans, trimmed and snapped
- 2 cups peeled and cubed butternut squash
- 1 1/2 cups diced peeled potatoes
- 5 cups water
- 1 1/2 tablespoons chicken bouillon granules
- 2 tablespoons butter, melted
- 2 tablespoons all-purpose flour

Place the hominy, green beans, squash, and potatoes into a pot, and pour in water and bouillon. Bring to a boil, then reduce heat to low, and simmer until vegetables are soft, about 10 minutes. Blend flour into the butter, then stir into the soup. Increase heat to medium, and cook for 5 more minutes, or until soup thickens. Season with pepper, and serve.

**Serves 6**

Care at Home opened in 1993 to a full range of service in the home. We serve all ages and our goal is to meet each need individually, and keep you safe and independent in your own home. Everything from housekeeping, sitters, transportation, and shopping to skilled nurses and therapists. We can even help 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 11 counties in both Idaho and Oregon, and have someone to take your call 24 hours a day. **Never a machine!**

**VISIT US ONLINE!**  
[www.careathomehh.com](http://www.careathomehh.com)

**CALL US TOLL FREE AT:**  
 1-866-311-7773

## 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
- ◆ Escort to doctor's appointments
- ◆ Special Events
- ◆ Companionship
- ◆ Personal Care
- ◆ Medication Reminders
- ◆ Bathing
- ◆ Transfer Assistance
- ◆ Respite Care
- ◆ Laundry
- ◆ Help Taking Your Pet to the Vet