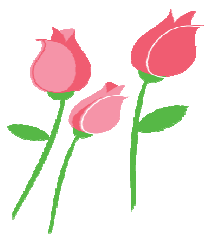


Helping Hands

May
2010



Caregiver Advisory Services

Ford-Iroquois Public Health Department
114 North Third St.
Watseka, IL 60970
(800) 282-3339
www.fiphd.org

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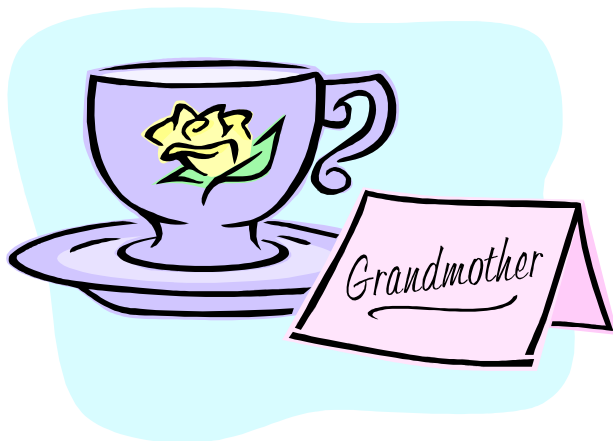
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A Monthly Newsletter for family Caregivers
and
Grandparents Raising Grandchildren

Granny

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Her smile can light up a room
 Her presence is of grace
 Her opinions are heard without one word
 but by the look upon her face
 Her touch is so gentle
 Her heart as big as the moon
 Her spirit is kindhearted
 and warm as a summer's afternoon
 Her hair a river of gray
 Her eyes radiant as the sun
 Her time she'll take no matter how long
 until the work is done
 Her kisses are so soft
 Her hugs preferred from the rest
 My granny is mine forever and ever
 and she'll always be the best



Are you or someone you know being mistreated or abused?

If the person being mistreated is 60 years old or older call:
1-815-432-5395

If the person being mistreated is 18 years of age or younger call:
1-800-252-2873

If the person being mistreated is between the ages of 19-59 call your local
Law Enforcement

Healthy meals: Cooking for 1 or 2

By Mayo Clinic staff / MayoClinic.com

Fed up with limited healthy meal options? Tired of eating leftovers all the time? Annoyed that you must throw food away because the package contained more than you could eat?

If you usually cook for one or two people—or if members of your family rarely have time to eat together—you probably face such frustrations. But small-quantity cooking can be made easier and more interesting. Here's how:

- **Shop with convenience in mind.** Buy frozen foods in bulk—fruits, vegetables, chicken breasts or fish fillets. Remove and thaw out only the amount you need. Also, keep on hand ready-to-eat, low-fat, reduced-sodium canned soups and low-fat frozen meals or prepackaged single-serving foods. The latter can be pricey, so stock up when you find a sale.
- **Take advantage of your freezer.** You may be surprised to learn that many foods freeze well, including breads, meats, fruits, vegetables, whole grains, and nuts and seeds. Freezing food keeps it fresh longer and helps prevent waste. For best quality, freeze food while it's fresh. Don't wait until it's been refrigerated or left on your counter for several days.
- **Cook a batch and freeze single portions.** For example, make a casserole or stew and freeze individual-size servings. Then take out only the amount of food you need. Be sure to write the date and contents on packages and move older packages forward as you add food to your freezer.
- **Prepare one-dish meals.** For quick and simple cooking, choose a dish that serves as the whole meal. Look for dishes that include foods from several food groups, such as meats, whole grains, legumes and vegetables. Healthy examples include beef, barley and vegetable stew; chicken, vegetable and rice casserole; turkey and bean casserole (made with turkey breast, white beans and tomatoes); and vegetarian chili with diced vegetables and beans.
- **Use extras wisely.** Plan meals so that you can use the extra food in new dishes. For example, cook rice as a side dish for one meal, then use the remainder in a casserole or rice pudding. Bake chicken for a meal and use the leftovers in sandwiches, soup or toss with greens, dried fruit, and nuts for a tasty salad. Or make a meatloaf mixture and bake some as a meatloaf and freeze the uncooked portion for later use in meatballs or stuffed peppers.
- **Hit the books.** Many cookbooks are available with recipes for one or two people. Not only are cookbooks a good source for recipes, but also they can provide practical advice and helpful tips on such things as selecting healthy foods, planning menus, shopping and reading food labels.

Be creative and keep it fun

- ◇ Mix things up and try a nutritious snack instead of a traditional meal when you're short on time or energy. For example, spread a brown rice cake with ricotta cheese and fresh strawberries or herbed goat cheese and sliced olives. Other snack-turned-meal ideas are corn muffins served with apple and cheese slices, or fat-free refried beans mixed with salsa, a small amount of low-fat sour cream and baked tortilla chips.
- ◇ Treat yourself to company from time to time. Invite friends or relatives over to sample some of your home cooking. Or start a cooking club, which is a great opportunity to try new recipes and have fun in the kitchen.
- ◇ Remember you don't have to settle for peanut butter and jelly sandwiches every night. With a little planning and creativity, you can create healthy and tasty meals for you and your dining partner.

Rhubarb Pudding Cake



1 Tbsp. Margarine
4 cups cut up rhubarb
1 C sugar

Melt one tablespoon margarine in 8 x 11 pan. Mix 4 cups cut up rhubarb and 1 cup sugar. Put in pan.

Beat: 1 stick margarine, soft
1 cup sugar
1 egg
1/2 tsp vanilla

Add: 1 Cup flour
1 tsp baking powder
1/2 C milk

Pour over rhubarb. Bake 45 Minutes at 350 degrees.



Illinois Breast and Cervical Cancer Program

Women age 35 to 64

For Information on qualifying for
FREE
Mammogram and Pap Tests
Call
Ford-Iroquois Public Health Department

Quote for the Day



"Take chances, make mistakes. That's how you grow. Pain nourishes your courage. You have to fail in order to practice being brave."

-- Mary Tyler Moore

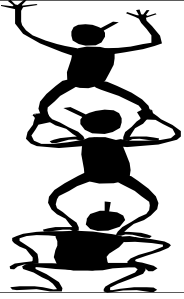
Persons With Special Needs Asked to Register

In order to protect the health and safety of all residents in Ford and Iroquois counties, the Ford-Iroquois Public Health Department is asking residents in the community who have special needs to complete a registration form that describes their specific need. According to Doug Corbett, Public Health Administrator, the health department has created a registry for persons with special needs in order to better serve these residents during a disaster. "We have individuals who are homebound, speech or hearing impaired, medically dependent on equipment or medications or have other impairments who we want to make sure are reached and served during disasters," said Corbett. "By completing the online emergency special needs registry, we can be better prepared to locate these individuals in a disaster and provide them with the items they need to maintain their health status and keep them safe during the disaster."

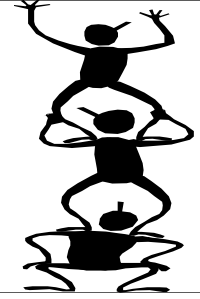
Corbett said in order to register individuals should go online to www.fiphd.org. Once at the web site, they should click on the Emergency Preparedness tab, then the Emergency Response Special Needs Registration tab. Individuals or their caretakers should complete the registration form and then press submit at the bottom of the page. The health department will collect this information and formulate a specific plan on how to best serve these individuals in emergency situations.



For more information contact the Ford-Iroquois Public Health Department at 815-432-2483.



Ford-Iroquois Public Health Support Groups



MAKE A NOTE!!

Caregiver and Grandparents
Raising Grandchildren Support
Group will now meet on the 3rd



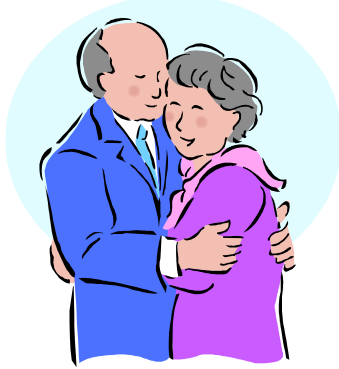
of every month

Ford-Iroquois Public Health Department

114 N. Third St
Watseka, IL

For more information call

Jill Erickson
1-815-432-2483



Alzheimer's Support Group Gibson City Heritage Manor

620 E. First St.
Gibson City, IL 60936

Meeting in the East Day Room
On the 3rd Wednesday of the month
5:30 p.m.

For more information call
Rita
1-217-784-4257

Illinois Knights Templar Caregiver Support Group

450 E. Fulton Street Paxton, IL 60957
Contact: Carol MacNeil

217-379-6073

May 11th and 25th, 2010

1:30 p.m.– 3:00 p.m.

Prairieview Lutheran Home- Alzheimer's Support Group

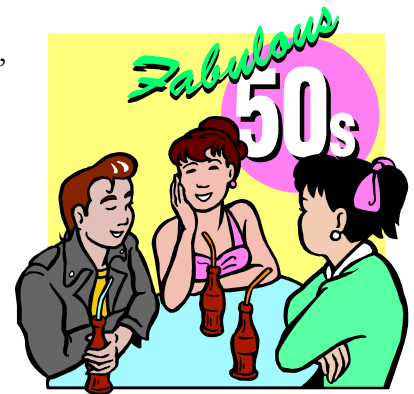
402 North 4th St.
Danforth, IL

May 12th 2010 @ 2:00 p.m.
Contact Jenny
815-269-2970

“Welcome Back to the 50’s” Trivia—May Edition

Suddenlisenior.com

- Who among the following would NOT be ranked with the “Song Birds?”
A. Margaret Whiting B. Doris Day C. Jeanette MacDonald
D. Jo Stafford
- What was the first novel ever to be written on a typewriter?
A. Portnoy’s Complaint B. Tom Sawyer C. Tale of Two Cities
- Name one song made famous by Doris Day other than “Que Sera”
A. “Rock of Ages” B. “Sentimental Journey” C. Blue Moon”
- What year was the first commercial microwave introduced?
A. 1946 B. 1954 C. 1961
- What was Walt Disney’s first animated feature film?
A. Toot Toot B. Pinocchio C. Snow White and the Seven Dwarfs
- What company sponsored Capt. Midnight on the radio?
A. Ovaltine B. Cracker Jack C. Black Jack Chewing Gum
- We Collected them. We licked them. We got free merchandise with them.
A. Popsicle sticks B. S & H Green Stamps C. 10cent War Bond Saving Stamps
- What was it that you had to be careful that you wouldn’t step on when walking on the sidewalk back then?
A. Ants B. Cracks C. Old Gum



Homework Basics
From: KidsHealth

Kids are more successful in school when parents take an active interest in homework—it shows kids that what they do is important.

Helping with homework can have many benefits for kids. And who knows? Parents might even learn a thing or two!

How to Help

- ◆ Get to know the teachers. Attend school events, such as parent-teacher conferences, to meet your child’s teachers. Ask about their homework policies and how you should be involved.
- ◆ Set up a homework-friendly area. Make sure kids have a well-lit place to complete homework. Keep supplies—paper, pencils, glue, scissors—within reach.
- ◆ Schedule a regular study time. Some kids work best in the afternoon, following a snack and play period; others may prefer to wait until after dinner.
- ◆ Keep the distractions to a minimum. This means no TV, loud music, or phone calls. (Occasionally, though, a phone call to a classmate about an assignment could prove helpful.)
- ◆ Make sure kids do their own work. They won’t learn if they don’t think for themselves and make their own mistakes. Parents can make suggestions and help with direction. But it’s a kid’s job to do the learning.
- ◆ Get involved in your child’s academic career. Ask about assignments, quizzes, and tests. Check completed homework and make yourself available for questions and concerns.
- ◆ Set a good example. Do your kids see you reading the newspaper, writing letters, or reading a book? Kids are more likely to follow their parents’ examples than their advice.
- ◆ Praise their work and efforts. Post an aced test or art project on the refrigerator. Mention academic achievements to relatives.
- ◆ If there are continuing problems with homework, talk with your child’s teacher. Some kids have trouble seeing the board or perhaps need evaluation for a learning problem or attention disorder.

Trivia Answers: 1. C-Jeanette MacDonald. The “Song Birds” were female vocalists who sang with the big bands. 2. C-Tom Sawyer 3. B-“Sentimental Journey” 4. B-1954. The Raytheon RadaRange was five feet high, weighed 750 pounds, and was rated at 1600 watts. 5. C-Snow White (1938)
6. A-Ovaltine 7. B-S & H Green Stamps 8. B-Cracks

