

SarahCare[®] Of the Lehigh Valley

MONTHLY NEWSLETTER: February 2016

7010 Snowdrift Road, Suite 100
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February is a Month Chock Full of Fun!

Employees:

Center Director:

Elizabeth Rapp-Steltz

Center Nurse:

Marlene O'Donnell, LPN,
CDP

Center RN:

Tammy Metzger, RN

Executive Director:

Tynetta Alston



We all know that February is the month for love with Valentine's Day on the 14th. Most people know that the American Heart Association has claimed February to be the month for American Heart Month. Did you know that heart disease and stroke

kill 1 out of 3 women and yet it's 80% preventable with the right information, education, behavior and care (more information on heart disease on page 2). February is also associated with Super Bowl Sunday and finding out if Punxsutawney Phil sees his shadow. But then, what many people do not know is February is also "Spunky Old Women's Month". Yes, now all the "spunky old women" at SarahCare can claim this month to celebrate their spunkiness. We will be having activities (lunch outings, parties) throughout the month of February in recognition of our SarahCare spunky women.

Easy Cherry Cobbler

Ingredients

- 2 (20-ounce) cans cherry pie filling
- 1 (15-ounce) can pitted dark sweet cherries in heavy syrup, drained
- 1/4 cup all-purpose flour, divided
- 1/2 teaspoon almond extract
- 5 white bread slices
- 1 1/4 cups sugar
- 1/2 cup butter or margarine, melted
- 1 large egg
- 1 1/2 teaspoons grated lemon rind



Directions

Stir together pie filling, cherries, and 2 tablespoons flour. Stir in almond extract.

Place in a lightly greased 8-inch-square baking dish. Trim crusts from bread slices; cut each slice into 5 strips. Arrange bread strips over fruit mixture.

Stir together remaining 2 tablespoons flour, sugar, and next 3 ingredients; drizzle over bread strips. Bake at 350° for 35 to 45 minutes or until golden and bubbly.

Recipe courtesy of MyRecipes.com

Just a Reminder:

Please call the center by 7:00 AM if you are not coming in. We plan our lunches and notify the drivers at this time. We appreciate your cooperation.

Monthly Caregiver Support Meeting at SarahCare is Wednesday, February 3rd at 10:30 am.

WE'RE ON THE WEB!

sarahcareLV.com

February is American Heart Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

How can American Heart Month make a difference?

- We can use this month to raise awareness about heart disease and how people can prevent it — both at home and in the community.
- Here are just a few ideas:
- Encourage families to make small changes, like using spices to season their food instead of salt.
- Motivate teachers and administrators to make physical activity a part of the school day. This can help students start good habits early.
- Ask doctors and nurses to be leaders in their communities by speaking out about ways to prevent heart disease.

For more information visit <http://healthfinder.gov/>.



Warning

By Jenny Joseph

*When I am an old woman I shall wear purple
With a red hat which doesn't go, and doesn't suit me.
And I shall spend my pension on brandy and summer gloves
And satin sandals, and say we've no money for butter.
I shall sit down on the pavement when I'm tired
And gobble up samples in shops and press alarm bells
And run my stick along the public railings
And make up for the sobriety of my youth.
I shall go out in my slippers in the rain
And pick flowers in other people's gardens
And learn to spit.*

*You can wear terrible shirts and grow more fat
And eat three pounds of sausages at a go
Or only bread and pickle for a week
And hoard pens and pencils and beermats and things in boxes.*

*But now we must have clothes that keep us dry
And pay our rent and not swear in the street
And set a good example for the children.
We must have friends to dinner and read the papers.*

*But maybe I ought to practice a little now?
So people who know me are not too shocked and surprised
When suddenly I am old, and start to wear purple.*

February Birthdays

Feb 5 – Willard

Feb 9 – Jeanne

Feb 18 – Claudia

Feb 27 – Kenny

**HAPPY
BIRTHDAY!**