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INSIGHT

AUGUST 2011

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Flowers For Seniors

In This Issue

Windsor El Camino Care Center received donated flowers for their patients on July 20th. Check out page 4 for beautiful pictures and more information on this wonderful project and how you can get involved...

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If any of our readers have announcements of interest to elders, their families or other organizations that they would like to have us include in future issues of the INSIGHT newsletter, please drop us a line by mail or email (carlotta@supportforhome.com), or just give us a call.

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Spicy Grilled Shrimp

Ingredients

- 1 large clove garlic
- 1 tablespoon coarse salt
- 1/2 teaspoon cayenne pepper
- 1 teaspoon paprika
- 2 tablespoons olive oil
- 2 teaspoons lemon juice
- 2 pounds large shrimp, peeled and deveined
- 8 wedges lemon, for garnish



Directions

- Preheat grill for medium heat.
- In a small bowl, crush the garlic with the salt. Mix in cayenne pepper and paprika, and then stir in olive oil and lemon juice to form a paste. In a large bowl, toss shrimp with garlic paste until evenly coated.
- Lightly oil grill grate. Cook shrimp for 2 to 3 minutes per side, or until opaque. Transfer to a serving dish, garnish with lemon wedges, and serve.

Nutritional Information

Servings Per Recipe: 6

Amount Per Serving:

Calories: 164
Total Fat: 5.9g
Cholesterol: 230mg
Sodium: 1226mg
Total Carbs: 2.7g
Dietary Fiber: 1.1g
Protein: 25.1g

Thank You Board

We would like to thank those who referred clients to us this month, and those who are working with our clients,

Davis Senior Center
(530) 757-5696

Sutter VNA & Hospice
916-388-6255

Advanced Home Health
916-978-0744

We would like to thank all of our clients who have recommended us and passed on information about Support For Home to other's in need of care.

We appreciate your efforts in the community!

Sudoku Puzzle

Answers-Email: carlotta@supportforhome.com for the answers

8			4		6			7
						4		
	1					6	5	
5		9		3		7	8	
				7				
	4	8		2		1		3
	5	2					9	
		1						
3			9		2			5

Support For Home Blog 8/12/2011:

Hospice Is For Loved Ones, Too

<http://supportforhome.wordpress.com/2011/08/12/hospice-is-for-loved-ones-too/>

Below is an article from VITAS Hospice, in the Sacramento, California area...

**Seeking Sewers and Crafters to Create
"Forever Friends" To Ease Grieving Hearts**

By Jan Newman, Volunteer Services Manager, VITAS Innovative Hospice Care® of Sacramento Valley

Are you a crafty person? Do you like giving back to the community in which you live? Join the Memory Bear crafters of VITAS Innovative Hospice Care®.



VITAS Innovative Hospice Care® of the Sacramento Valley is looking for volunteers who love to sew to create Memory Bears for those mourning the death of a loved one. Memory Bears are created by VITAS Volunteers from clothing provided by the family of a deceased patient. Using a patient's favorite shirt, sweater or other valued article of clothing, volunteers create a small, stuffed bear to provide family members and friends with a visible, happy memory of their loved one.

For children and adults who are dealing with the loss of a loved one, a VITAS Memory Bear can offer a sense of security and a soft, comforting remembrance during a time of grieving. VITAS Innovative Hospice Care has brought this loving program to the Sacramento Valley and the results have been meaningful for the bereaved and volunteer sewers alike.

Let me tell you a story about one of the Memory Bears: Ruth and Joe (names have been changed) met while picking up a penny from a sidewalk, fell in love and got married. Every time they found a penny on the sidewalk, Joe would place it in his right shoe and leave it there for a few days. When Joe died, Ruth was moving out the hospital bed and found one shiny penny under Joe's bed. A sign from Joe? I think so!

Our VITAS Volunteer sewer took one of Joe's special t-shirts and made a Memory Bear with a tiny pocket on the right foot to hold that shiny penny. Ruth now has a "forever friend" out of Joe's special shirt with that special penny available any time she needs to be close to the love of her life.

Memory Bears are simple to make but have huge rewards all around. Would you like to join the team of creative Memory Bear crafters at VITAS? We'd love to have you. Contact me at 916.566.2228 or janet.newman@vitas.com for more information.

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**Flowers For Seniors
July 20, 2011
Windsor El Camino Care Center**

We are delighted to have Windsor El Camino Care Center participate as the second recipient of Flowers For Seniors. Once again, we see that The Brightest Light Is A Smile©.



We want to thank the wonderful elders for the joy they gave us and for being very special people.

Flowers For Seniors thanks Strelitzia Florist, Support For Home, First Call Hospice, and Interim for making this event a success.



How can you get involved:

Our goal is to sign up a few other organizations that provide goods or services to our senior population. Support For Home will work together to receive contributions from great florists like Strelitzia and organize distribution.

So many of our elders grew up with and still have a love for gardening, from flowers and plants to raising their own vegetables. We want to provide a splash of colorful memories to their days. If you would like to join us, let us know. You can give us a call or send an email to the program at:

flowers@supportforhome.com.

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