



Winter Newsletter

Volume 1, Issue 2

Helping Hands Care Group

Including our Personal Care Home & Home Health Care Divisions

Ways To Warm Up This Winter!

It's winter...again. Sometimes I think it would be so wonderful to just hibernate like the bears do! But we're not bears. So what can we do to stay warm this winter, aside from adding a layer of fat and wearing a fur coat like they do? Here at Helping Hands, we came across a few tips that we have condensed for the purpose of our newsletter.

Warm up with Yoga! Ashtanga is a form of yoga that works to heat you up from within. In Ashtanga yoga, you will do a series of flowing *asanas* or poses connected by special breathing techniques, all intended to create internal body heat. You may feel cold and stiff when you first walk into the yoga studio, but you'll soon feel your body warming up and becoming more flexible and strong. By the end of an Ashtanga class, you're bound to shake off the chill and walk out into the cold all wrapped up in new, warm and "joyful" energy. Check out your neighbourhood senior's centre or even one of the many yoga studios in the city and see if there's one for you!

Put on the Crock Pot! Slow cooker's are an excellent choice to use for making meals in the winter months. These wonderful cookers give you a chance to cook up a variety of vitamin-rich vegetables. Choose some winter-fresh veggies such as potatoes, parsnips, squash or pumpkin to create hearty and healthy stews and soups. Add in some chicken or turkey for a lean source of protein to finish your meal.

Plug in the kettle! Crock pots can also come in handy when you're longing for the warm, winter scent of hot apple cider. Cider, hot cocoa, a steaming cup of coffee or tea - they're the sorts of sips we crave most when the temperature dips. There's something so comforting about folding cold fingers around a steaming cup of something warm - like coffee. Thankfully, research has proven that coffee will *not* kill you. And black tea, green tea, red wine, and cocoa are high in antioxidants, which can help protect the body from the damaging effects of reactions in the body involving oxygen. Marshmallows, on the other hand, should be plopped into your cocoa with moderation.

Get Steamy! Wouldn't it be great if hot cocoa benefited your skin, too? Do you know that some spas in Japan actually offer hot baths in... chocolate! With or without extra flavour, hot soaks, steam baths, and saunas have been enjoyed by people around the world for centuries. Each can stoke your internal furnace and warm you into a state of relaxation. If you choose to "get steamy" for your winter escape, just be cautious. While steam may relax you and relieve overworked or sore muscles, extreme heat can lead to hyperthermia (heat stroke) or dehydration. Should you feel faint or ill, take a break from the steam. A nice soak in your bath with water infused with lavender essential oil is another calming, warm-up option. People with certain medical conditions (e.g., heart disease) should stay away from the steam altogether or seek advice from their doctor before trying it out. (continued on Page Two)



We enjoy Tea Time at Helping Hands

Special points of interest:

- Staying Warm
- Helping Hands Annual Tea
- Care Packages
- Some Nutritional Tips

Ways to Warm Up this Winter

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It's Tea Time!

We love company at our care home. We always have a pot of coffee on for our guests and a selection of special treats. Now we're adding something new. When you come to visit us next time, ask to see our box of a selection of speciality teas so that you can pick the tea that's just right for you. We're always trying to think of new ways to warm your heart especially as the winter days approach!





Heat things up! As you probably are aware, heat can soothe sore, tight muscles and comfort stressed-out nerves. Drape a heating pad around tired feet or stiff wrists. Another option is filling a clean sock with uncooked rice and pop it into the microwave, creating a flexible heating pad to wrap around aching necks or shoulders. A time honoured tradition of the old fashioned hot water bottle could ease a headache and raise your skin temperature. Heat could also come from body rubs made from warming ingredients like eucalyptus, mint, ginger, or cinnamon

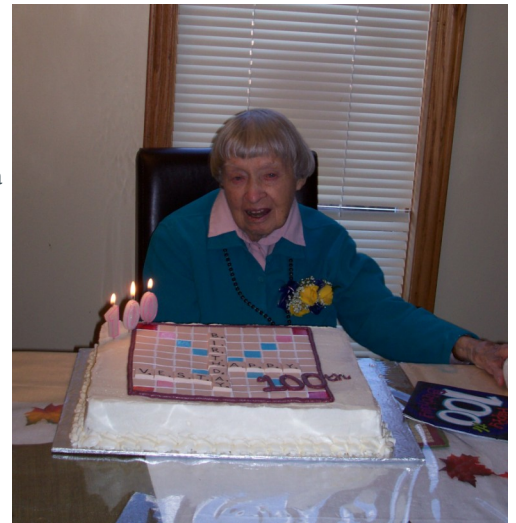
And lastly...wear the woollies! Sleeping your way through the long, cold nights makes sense, but what do you do if you're awakened in the night by fitful sleep? Put on some socks - and warmer pajamas maybe. Turns out that warming the skin may improve the quality of sleep. One study has shown that if you increase your skin temperature by only 0.4 degrees Celsius, you may experience deeper, more satisfying sleep with fewer wake-ups through the night.

What's Happening at 226 Hansen Drive...

We're approaching the end of a lovely fall that offered us some extra opportunities to get out and enjoy the lovely weather.

We said farewell to some special people this fall. Gladys Burke and Mary Thauberger both passed away, but they left a lasting impression on our staff as did their families. It was a privilege to care for both of these ladies, and Bonny (our manager here at Helping Hands) certainly paid us the highest possible compliment by entrusting us with the care of her mother-in law Gladys. Gladys and Mary will be truly missed!

On another note, we were able to celebrate Vesta's 100th birthday with a specialty cake and a brunch at the care home. Congratulations Vesta! This is a wonderful milestone in your life and a rare opportunity for us to celebrate someone's 100th birthday!



Vesta's 100th Birthday Party!

We have some outings planned this winter although we try to do some extra activities in the home during the winter months. Everyone likes to sit by the fire and enjoy stories, crafts and movies rather than brave the cold!

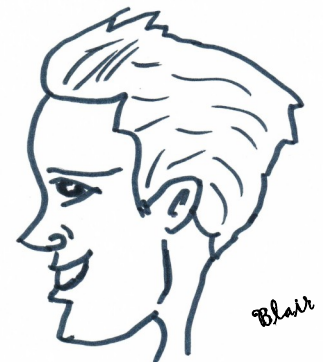
One of those extra Winter activities will be our annual *Christmas Come and Go Tea*. This is open to our care home residents and their families, our bridging clients and their families as well as our staff on Sunday, December 4th. The 1st sitting will occur from 1 pm to 2 pm and a 2nd sitting from 2:30pm to 3:30pm. **Please RSVP to the care home by calling 545-7733 or emailing us at helpinghands@sasktel.net by November 21st!**

Meet Our Staff...

Blair Younghusband has worked at Helping Hands Personal Care Home since June of 2009. And hasn't let us take a good picture of him yet! So, in the absence of a picture, I drew a caricature of him! He's really much better looking than this drawing allows but I'm hoping that this will encourage him to let me take a photo of him!

Blair has proven himself over and over again as a caring and compassionate caregiver and companion to our residents and also to some of our bridging clients. Blair has even volunteered his time for our Christmas Tea and when we've needed someone to pinch hit for a resident in need. We've heard many comments from our residents and their families about the great job he does.

Thanks so much Blair for being the kind of person who takes pride in their work and has proven himself to be trustworthy and caring every day he's working with us!





Helping Hands Home Health Care Division

Bridging the Gap...by being there when you need us

How We're Bridging the Gap in Regina Qu'Appelle Health Region...

This fall has been busy for us at Helping Hands Bridging Program. We've been busy in the community but also in the office as well.

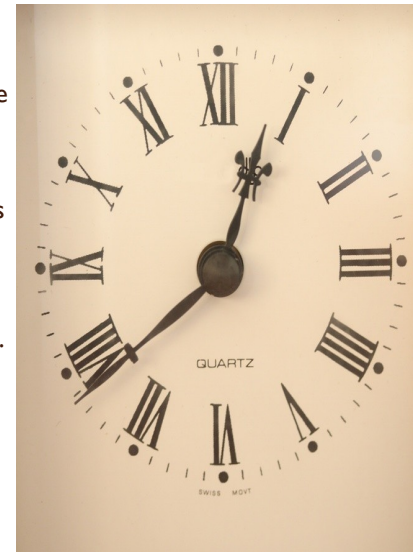
In the spirit of Christmas, we've developed a unique program of Care Packages that we're calling our **"Gift of Time Care Packages"**. Please refer to the brochure tucked in the newsletter that will give you some details about this. If this is something that interests you, please give our office a call and we can answer your questions and help you create your own "gift of time" for your loved one.

We also have our "Referral Program". For each friend or neighbor that you refer to us, who maintains a relationship with our company for a period of three months or longer, we will give you a special thank you gift to show how much we appreciate you!

In the community, we've been busy assisting our clients with visits from 30 minutes to 24 hours a day. We've spent time with them in hospital, shopping, and attending birthday parties. We've also prepared some wonderful meals for them, helped with their laundry and cleaning and have made a lot of friends along the way.

Our visits seem to only be limited by the imagination of our new found friends! Some days we are able to sit and visit and reminisce with them, learning about the history and heritage that makes Saskatchewan such a great place to live.

Remembrance Day was special as many of our clients are veterans. It's one more way we can let them know they are appreciated. Who do you have in your life that could benefit from our help? Please let us know!



Meet Our Staff...Yvonne Chase

Yvonne has worked in our Bridging Program since April 2011. She enjoys being able to work her 16 hours a week during school hours so she can be there for her daughter after school. She's a busy lady with being a wife, mother and a valuable asset with Helping Hands!

Yvonne says the most rewarding part of her job is visiting with her clients and seeing them smile when she stops in. She provides companionship, appointments, shopping, packing, cleaning, baking, meals and other things that her clients may need.

She shared with us that the challenging part of her job is repeating names and stories over and over, but the consistency of her going to the same client and their recognition of her as a 'familiar stranger' makes her smile. There is a gentleness and friendliness about Yvonne that we have all learned to appreciate.



Yvonne visits with a care home resident

Thank you Yvonne for sharing your kind words and caring with all of us!

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**Life is not measured by the
breaths we take—
But by the things that take
our breath away.**



Today I wish you a day of ordinary miracles.



A fresh pot of tea you didn't make yourself—

An unexpected phone call from an old friend—

Green traffic lights on your way to work—

The fastest line at the grocery store—

A good sing-a-long song on the radio—

Your keys found right where you left them.

Have a wonderful day!



Nutrition News

As you age, you need to make an effort to get more of some nutrients and less of others. This can be confusing. Generally, it's not because your body actually needs more or less of the nutrient now, but that your body's ability to absorb or retain it has changed, your eating and other lifestyle habits have changed, or you are more vulnerable to diseases that can be affected by too little or too much of a nutrient.

The result is that you need to know which nutrients to boost and which ones to cut back on, as well as how to make the most of dietary sources. This knowledge can mean the difference between maintaining your good health as you age and being vulnerable to life-threatening diseases, such as cancer or heart disease.

Vitamins play an important role in virtually all the important events in the body, including the production of energy, hormones, enzymes, immune cells, and neurotransmitters (chemical messengers in the brain). Vitamins can be divided into two general categories: fat-soluble (A, D, E, and K) and water-soluble (the B's and C). It doesn't take much of any one vitamin to meet your needs.

Although we tend to think of supplements when we talk about vitamins, food -- not supplements -- should be your primary source.

Fruits and vegetables are the primary sources of water-soluble vitamins and some fat-soluble vitamins (beta-carotene, which the body converts to A; E; and K). Fortified dairy products are the primary dietary source of vitamin D. Your skin also manufactures some vitamin D when exposed to sunlight, which explains its nickname: "the sunshine vitamin."

Check with your doctor or dietician to determine what your specific needs may be to complement your lifestyle. Remember, by maintaining a healthy balance between our diet, oral supplements and exercise, we can all have a better quality of life!