

# Living with Zing

*A publication by VIP HomeCare, Inc.*

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## Memory Corner Home Baking



Martha J. has been a client of VIP since she suffered a stroke a

few years ago. She loves to cook, and with the help of her Aides she still prepares delicious food.

“All four of my grandparents and my father came over from Yugoslavia on the same boat. My mother was born in the U.S. I don’t know if the two families knew each other.

“My grandmother was a baker, and she used to make strudel. She would stretch the dough out over the table. It was real thin, but there were no holes in it. Then she put cherries and nuts or apples or squash on it, and she’d roll it down the table. She’d cut it in two and bake it. It was like a phyllo dough. I remember that well.”



**Diane says...** I love to think about new things – new ideas, new perspectives, new recipes, new friends. For 2008, we’re printing Living With Zing in new colors, and we hope you like our new look. Please let me wish you all a very Zing-y and Happy New Year!

Diane Johnson, RN, BSN, JD  
President & CEO, VIP HomeCare, Inc.

## Moving into 2008....

### Finding Something New in the New Year

Out with the old, and in with the new! We’re done with Old Man 2007, his long gray beard blowing in the wind, his walking stick wobbling as he steps out of our lives. Now it’s time to welcome adorable little Baby 2008. This chubby creature in a diaper symbolizes the arrival of the New Year. One reason that babies, puppies and other young creatures are so appealing is that to them, everything is new.

Seeing an infant discover her own hands is a great reminder: The human hand is indeed a wonderful thing. We can wiggle it, wave it, and reach out with it to touch the fascinating universe around us.

A little puppy wobbles on his new paws, finding it challenging at first to get all four of them going in the same direction. He sneezes in surprise at new smells and barks when he discovers a dried leaf that has blown into the front hall. Everything is full of wonder – until it is nap time, when the little ones close their eyes and enter the deep, dream-filled sleep of the newborn.



New friends, activities, books, songs... Celebrate the New Year by adding something new to your daily routine, trying a new recipe

or watching a new movie. Find yourself a new thing that will bring zing into your life – and be ready to be surprised!

# Strawberry Pineapple Bread

## A reminder of summer!

- |   |                             |
|---|-----------------------------|
| 1 (10 oz.) package frozen strawberries in syrup | 1 cup sugar                 |
| 1 (8 oz.) can crushed pineapple, drained        | 3 cups all-purpose flour    |
| 4 eggs, beaten                                  | 1 teaspoon baking soda      |
| 1 ¼ cups vegetable oil                          | 1 teaspoon salt             |
|   | 2 teaspoons ground cinnamon |

In a large bowl, mix together strawberries, pineapple, eggs, oil and sugar. In another bowl, sift together flour, baking soda, salt and cinnamon. Stir flour mixture into fruit mixture until evenly moist. Divide batter between two greased loaf pans. Bake for one hour at 350 degrees. Cool on wire racks.

# Crossword

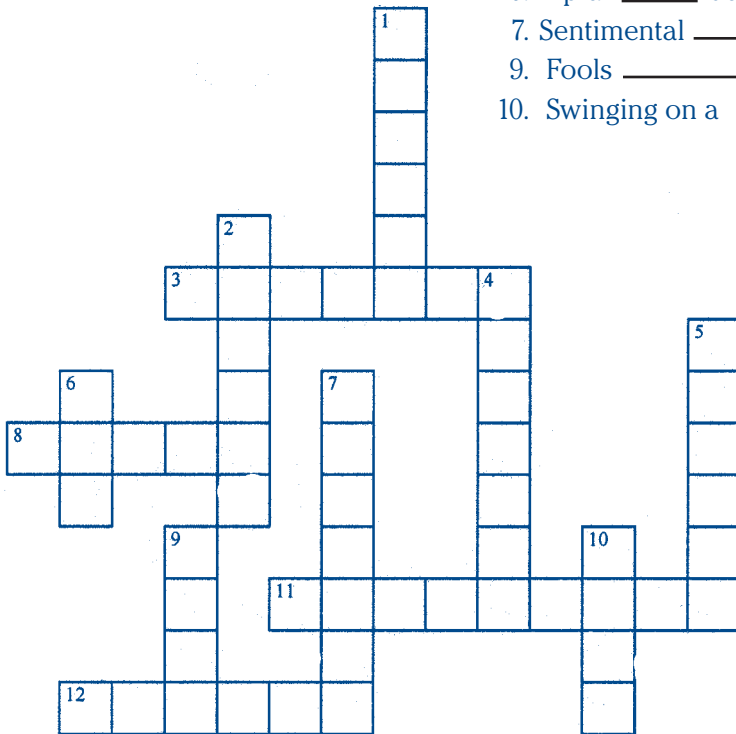
## Music of the Forties

### Across

3. Andrews \_\_\_\_\_
8. Don't \_\_\_\_\_ me in
11. Some \_\_\_\_\_ evening
12. \_\_\_\_\_ Mercer

### Down

1. Boogie \_\_\_\_\_ bugle boy
2. Glenn \_\_\_\_\_
4. Frank \_\_\_\_\_
5. Don't get \_\_\_\_\_ much anymore
6. Zip-a- \_\_\_\_\_-doo-dah
7. Sentimental \_\_\_\_\_
9. Fools \_\_\_\_\_ in
10. Swinging on a \_\_\_\_\_



### December puzzle answers

#### Across

3. Greeting card
5. Wrapping
6. Gift
7. Wreath
8. Ribbon
9. Elf
11. Snowman
12. Jingle bell

#### Down

1. Lights
2. Gingerbread man
4. Reindeer
5. Workshop
10. Holly

Answers will be in next month's newsletter.

# VIP Spotlight

## Meet Carolyn Beck



Carolyn's first experience of work in healthcare was when she lived in Illinois.

"I went to community college there and qualified as a nursing assistant. I worked in nursing homes. But when I came back to Akron I had to get re-certified in the state of Ohio, so I attended a six-week program at Barberton Citizens Hospital."

Once she had obtained her Ohio certification, Carolyn applied for jobs with several home health care companies. "VIP was the first that called me – actually that was before it was even VIP. Diane just celebrated ten years as owner of the company, and I've been with VIP all ten years."

Carolyn is a Home Health Aide and also helps with orientation of new Aides. "Some of my clients I've had for ten years – one of them nearly eleven.

"I love my work. It's very rewarding. Each and every one of my clients have shared something or taught me something. Like Martha – she used to be a health aide herself, and so she'll teach me things from her experience that you could never learn from a book. And I had a client who was a cosmetologist. She taught me how to do hair. They all have something to share."