

# Living with Zing

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A publication of VIP HomeCare, Inc., Diane Johnson, R.N., B.S.N., J.D., president

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## Memory Corner

### Getting to School in Winter

Evelyn H. has lived in Bainbridge Township for all of her 94 years. She recalls growing up in the countryside. "In the early 1920s, my parents bought a ten-acre parcel of property that I still live on today! My dad, who worked in downtown Cleveland, commuted every day to work. His fellow employees just couldn't understand why someone would want to live 'way out there in the boondocks,' but my parents loved it."

The one thing Evelyn's parents did not love was driving in the winter. "Since the roads were not paved, and cars were still in their infancy, getting around was pretty treacherous. When the snow and ice made it too difficult, the local bakery would get out their horse and sleigh and deliver milk and bread to all of the houses nearby! Some students would be picked up for school in kid-hacks, a school bus-type wagon pulled by horses."



For some people, watching the birds at a feeder puts spark in a cold winter day. For others it's a call to a shut-in. Calling a friend you have not talked to in some time is another way to warm up. There are so many ways to put a little zing in your life this February!

Diane Johnson, President & CEO, VIP HomeCare, Inc.

## Wonders of Winter

### Sunlight on the Snow

After a week of gray skies, the beauty of a bright winter day is a surprise. From shadows on newly fallen snow to the glint of ice crystals, there's lots to see – lots to enjoy – in this season.

Now that the leaves of fall are on the ground, those who venture out can see the structure of the trees, the subtle colors of their bark, and perhaps what lies beyond – a pond or a group of deer. What could be more beautiful than a winter sunset glowing through the forest?

Even on a cloudy day, snow brightens our world. Delicate ice crystals form on the mailbox. Clean snow blankets the city. Have you ever noticed how bright your home is when the snow outside reflects light in through the windows?

Tim, a visitor from Australia, encountered snow for the first time on a visit to Ohio last winter. "Of course I'd seen snow in movies, but I had no idea how beautiful it was. I love the way the snowflakes fly away from the windshield when you're driving in snow. It's mesmerizing!"

Winter is full of surprises. You never know what you'll discover when you take a new look at the frost-covered world around you.

# Winter favorites!

## Sparkling Molasses Cookies

- ¾ cup butter
- 1 cup sugar + extra for coating the cookies
- ¼ cup molasses
- 1 egg
- 2 cups all-purpose flour

- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon ground ginger
- ½ teaspoon salt

Melt the butter in a large pan. Allow to cool. Beat in sugar, eggs and molasses. Add sifted dry ingredients. Mix well. Chill overnight.

Preheat oven to 375 degrees. Form dough into walnut-size balls and roll them in sugar. Place two inches apart on greased cookie sheet. Bake 8-10 minutes.

## VIP Spotlight

### Meet Cheryl Minosian



Cheryl Minosian has been with VIP HomeCare for four years as a Home Health Aide. She has recently

begun working in the office where she handles filing, mailings (including mailing this newsletter!) and answering phones. “I still see a few clients a week,” she says. “I enjoy both parts of my job.”

Cheryl often finds that when she visits a client she brightens the day for two people. “There’s the clients themselves. They’re grateful there’s somebody there to talk to. And it also gives the permanent caregiver a break. Some caregivers are there day and night for their family member, and that’s a lot. Everybody needs a break.”

The heart of what Cheryl does is “just showing that you care. But you still need to know what you’re doing. Some of it is housekeeping, but we also provide very hands-on personal care.”

For Cheryl, the best part of the job is spending time with the clients. “They’re wonderful people. I really enjoy getting to know them.”

## Crossword

## February Cheer

### Across

- 1 Frozen water
- 4 Unique hexagon
- 6 Ice crystals
- 7 Snow flyer
- 9 For brewing leaves in water
- 10 Frozen sculpture

### Down

- 1 Droplets frozen together
- 2 Warming drink
- 3 Winter’s blanket
- 4 Gliding on ice
- 5 Location for logs
- 8 Socks for hands

### January puzzle answers

#### Across

- 4 Cookie
- 5 Friendly
- 7 Volunteer
- 10 Resolution
- 12 Quilt

#### Down

- 1 Helper
- 2 Tutor
- 3 Visitor
- 6 Encouragement
- 8 Sunny
- 9 Discovery
- 11 Service

Answers will be in next month’s newsletter.