

Memory Corner

A Deck of Cards

When Henry L. looks back on his childhood, he remembers playing card games. "These days you see kids with these little battery-operated toys, but what we always had in our pockets was a deck of cards – no batteries required!"

Henry and his friends were very competitive about their card games. "We'd play for hours at a time, and when one game ended, there'd always be someone ready to challenge the winner to another game. We played so hard that we wore out a deck pretty fast.

"The little kids would see us playing cards, and they'd want to join in, but this wasn't little-kid stuff! I remember, though, playing endless games of Go Fish with my little sister. My mother probably told me I had to!"



Diane says...

Sometimes a life with Zing is nothing more than a life focused on the simple things. Let your worries fly away, and seek the contentment that a simpler life can bring.

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

Happy Memories

Looking Back with Rose-Colored Glasses

Back in the day, things were simpler, weren't they? If your family had a TV, it had an on-off knob, and a simple dial to select one of the three channels. In our memories, traffic was slower, we all knew our neighbors, and we gathered on summer evenings to shuck the sweet corn together. We look back and remember the sweet smell of lilacs on the spring breeze, the happy cries of children playing with real balls instead of little electronic gadgets, relatives stopping by to drop off a pie or a batch of cookies...

The world has changed, and life has gotten a lot more complicated. We seem to have lost many of the pleasures of the past. Yet by looking back at those simple joys, we can find ways to bring some of that happiness into our lives today. Put on those rose-colored glasses and discover the simple things that really make you happy.

Does the taste of cinnamon remind you of happy childhood days in the kitchen? Get out your spice jar and bake something! Were you a fan of the Lawrence Welk Show? Put on some polka music and start tapping your toes! Have you moved away from the town where you grew up? Send a note to an old friend, or make a new friend who lives nearby. Visit a shut-in or call her every day just to see how she's doing. These are some of the little things that can connect us to what is really important. They are the keys to a simpler, more contented life.

Homestyle Coleslaw

A favorite then and now!

- 1 cup mayonnaise
- ½ cup buttermilk
- 1 tablespoon sugar
- ½ teaspoon celery seed
- Salt and pepper
- 1 (16 oz.) package coleslaw mix

In a large bowl, combine the mayonnaise, buttermilk, sugar, celery seed, salt and pepper. Mix well. Stir in the coleslaw mix. Refrigerate for an hour or two before serving.

Crossword May Memories

Across

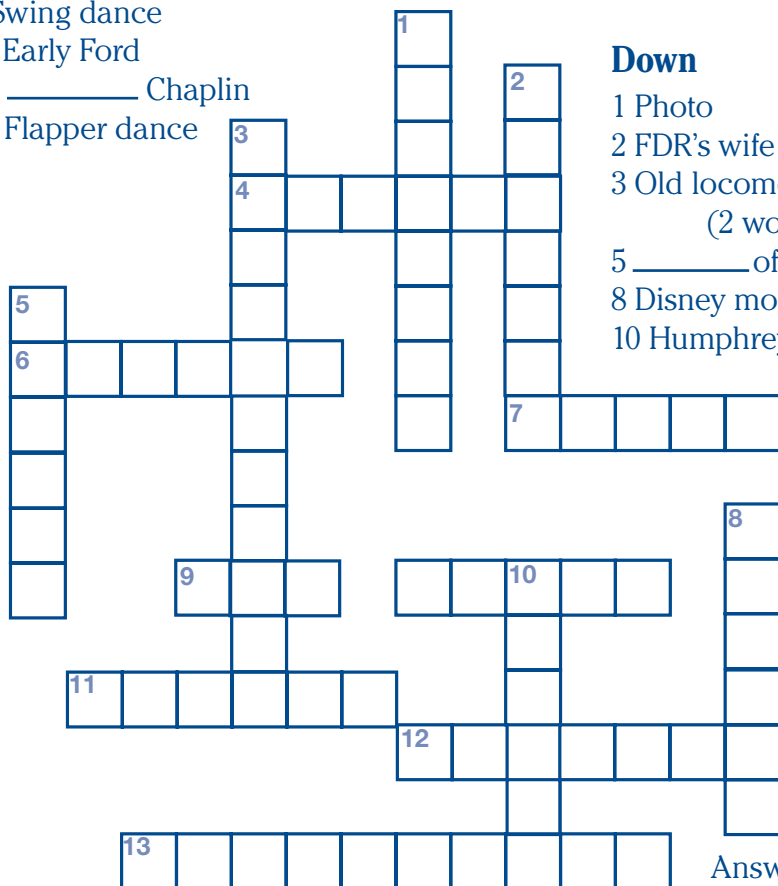
- 4 Shirley _____
- 6 Hat
- 7 Wireless
- 9 Swing dance
- 11 Early Ford
- 12 _____ Chaplin
- 13 Flapper dance

April puzzle answers

- | | |
|---------------|-------------|
| Across | Down |
| 2 Baking | 1 Bunny |
| 4 Biscuit | 2 Basket |
| 9 Wood stove | 3 Firewood |
| 10 Apron | 5 Cinnamon |
| 11 Easter egg | 6 Ladle |
| 12 Oatmeal | 7 Pie |
| | 8 Bonnet |

Down

- 1 Photo
- 2 FDR's wife
- 3 Old locomotive
(2 words)
- 5 _____ of St. Louis
- 8 Disney mouse
- 10 Humphrey _____



Answers will be in next month's newsletter.

VIP Spotlight

Meet Craig Hillier



Craig has been a client of VIP for four years. "VIP is a godsend," he says, "and Shelinda, my Home Health

Aide, is like a member of the family."

Craig discovered VIP after a skiing accident left him with multiple injuries that led to back surgery. "I said to myself, 'I'm very important, so VIP sounds right for me,' and it's been a blessing. I knew I had to get VIP into my life, and I can't say anything but good about the care I receive. Plus, I keep a very excellent outlook."

As a retired interior designer, Craig likes to keep his apartment neat and organized. "I'm fussy! And I'm a believer in doing things right the first time. Shelinda does so many of the things I can't do any more.

"The great thing about VIP is that it's run by such nice people. They're honest, and they took the trouble to call and ask me how things were working out after Shelinda had been here a few times. Some of the other people – like Janie – have helped me out so much. And I don't know what I'd do without Shelinda."