

Memory Corner

The Victory Garden

Frances M. recalls growing up in the fifties in her grandmother's house. During World War II, her grandmother had turned her suburban yard into a Victory Garden, which included a raspberry patch and a Concord grape vine hanging over the back door.

"My grandmother and my father used to make raspberry jam and grape jelly," Frances said. "I will never forget the wonderful smell of the fruit cooking in its syrup. Once the jam was in the jars, my mother would seal the tops with melted wax.

"It was my job to go down to the root cellar when we needed a new jar of jam or jelly. I liked seeing the row of Mason jars sitting on the shelf, just waiting for a little girl to bring one upstairs. I couldn't wait to spread some jam on my toast."



Diane says...

In my house, everyone always gathers in the kitchen, and it was the same when I was growing up. For me, the kitchen is a place of food, talk and laughter. Cookies in the oven and a pot of soup on the stove – it's more than just dinner.

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

In the Kitchen

The Heart of the Home

When asked about their earliest memories, many people think back to the family kitchen and the smells and activities they enjoyed there. Do you remember standing on a chair to reach the countertop where Mom or Grandma was rolling out pastry? Do you recall the gleaming jars lined up on the table while grown-ups prepared tomatoes for canning? Our early experiences in the kitchen can be a strong influence that stays with us for a lifetime.

Helen, who turns ninety this year, says that the flavor of almond always brings her back to her grandmother's kitchen. "My grandmother used to make little almond-flavored cookies, and that taste always reminds me of her. I liked nothing better than helping her in the kitchen. I imagine I was far from being a help – always in the way – but she made me feel like I was helping."

Today's kitchen looks nothing like the kitchens we remember from childhood. No television or microwave oven back then. No freezer or prepackaged meals. The washboards and egg whisks that were so familiar at that time are now antiques found in local museums. Yet in one respect today's kitchen is no different than the kitchen of the past: It is still the heart of the household and the place where memories are made.

Special Cornbread

Sweet and delicious!

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|----------------------------|------------------------|
| 1 cup all-purpose flour | 1 cup heavy cream |
| 1 cup yellow cornmeal | ¼ cup vegetable oil |
| ¼ cup sugar | ¼ cup honey |
| 1 tablespoon baking powder | 2 eggs, lightly beaten |

Preheat oven to 400 degrees. Lightly grease a 9x9 inch pan. Combine flour, cornmeal, sugar and baking powder in a large bowl. Add cream, oil, honey and eggs. Stir. Pour into prepared pan. Bake 20-25 minutes.

Crossword

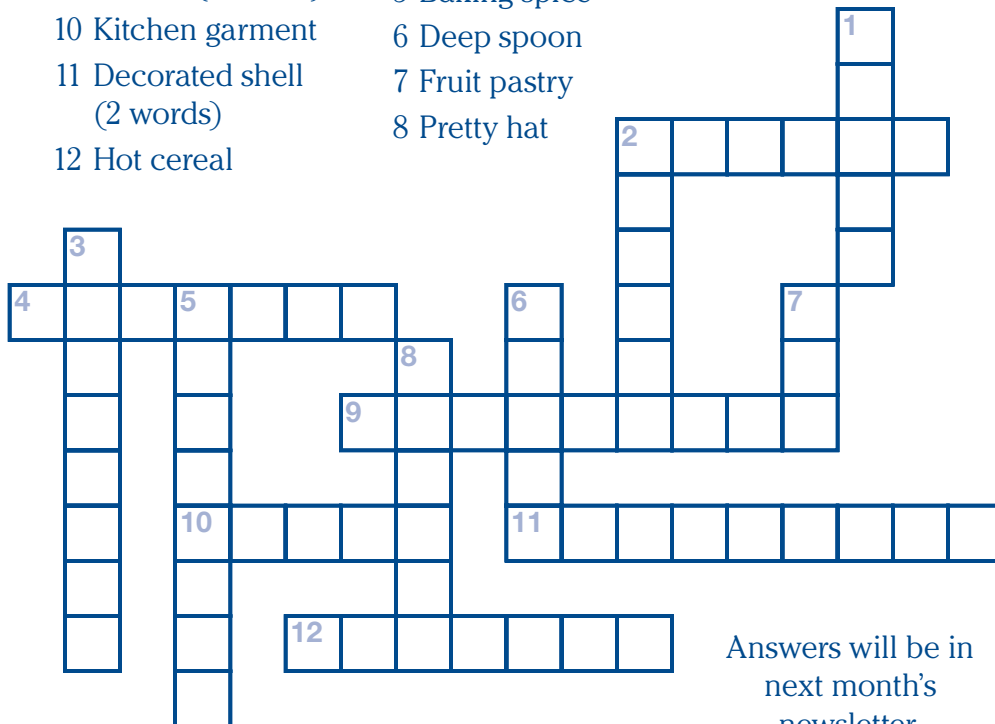
Old-Fashioned April

Across

- 2 Oven cooking
- 4 Quick bread
- 9 Old-fashioned cooker (2 words)
- 10 Kitchen garment
- 11 Decorated shell (2 words)
- 12 Hot cereal

Down

- 1 Rabbit
- 2 For carrying eggs
- 3 Stove fuel
- 5 Baking spice
- 6 Deep spoon
- 7 Fruit pastry
- 8 Pretty hat



March puzzle answers

- | | |
|---------------|-------------|
| Across | Down |
| 1 Spring | 1 Snowdrop |
| 3 Lamb | 2 Crocus |
| 5 Daffodil | 4 Madness |
| 7 Robin | 6 Lion |
| 8 Birdsong | 8 Break |
| | 9 New |

Answers will be in next month's newsletter.

VIP Spotlight

Meet Linda McIntyre



At VIP HomeCare, Linda McIntyre fills the role of Field Support Coordinator. She began as

a Home Health Aide six years ago and has gradually worked her way up to this position. Now Linda is almost always the VIP staff person who makes the first visit to a client.

"I like to meet each client," Linda says, "because each person is an individual. I want to get to know the person's personality. That way, I can do the best job of assigning an Aide who will best match each client's needs."

Linda provides orientation and training for VIP's Home Health Aides. "I do the field part of orientation," Linda explains, "the hands-on stuff. If an Aide has prior experience, I just monitor her work. If the Aide is new, I mentor the Aide for the first few days on the job. I maintain routine contact with all new Home Health Aides."

Having always wanted to work with people, Linda really enjoys her job. She finds it especially rewarding to work with clients that have a lot of needs. "I want them to feel good that they are receiving care from someone who cares about them."