

Memory Corner

Sledding With My Sister

Leona W. recalls a day long ago when she and her younger sister went out to have fun in the snow.

“One snowy day, my sister Ida and I went up the hill, came down, and ended up at the bottom of the hill. I had my sled, but I didn’t have my sister! I started crying – I couldn’t find her. She was so small, and she was covered with snow! I’ll never forget that day.

“That day was such a long time ago! In October, Ida’s going to have her ninety-first birthday. No, she is ninety-one now, so she’s going to have her ninety-second. I just had my ninety-fifth birthday. I still love winter, but I don’t go sledding anymore.”



We’re highlighting volunteerism in the first issue of *Living with Zing!*, VIP HomeCare Inc.’s new monthly newsletter. I believe that volunteering is one of the best ways to add zing to your life.

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

Volunteering You Gain More Than You Give

For a long time, Nancy Pope has volunteered one morning a week for her church, “doing office stuff,” as she says. “I like that, and when I quit working I thought I’d like to have something to get me up and dressed in the morning. I always wanted to volunteer in the library, so that’s what I chose to do.”

Nancy volunteers at the Hudson Library two afternoons a week. For part of her time she sits in the kiosk in the lobby, greets people, and answers questions. “It’s lots of fun, and I see everyone. People ask all kinds of questions, like where are the Xerox machines. Once I was asked what is the capital of South Dakota! One little boy asked me if I had seen his grandpa. I said, ‘I don’t know. What does he look like?’ He just said, ‘Old!’”

Giving back to the community is a great American tradition. Over 100 million adults across the country are active volunteers, helping in schools, hospitals, animal shelters – or simply visiting with an elderly neighbor. Even those who cannot get out to help can often participate from home. Many organizations need volunteers to stuff envelopes or make calls.

Volunteers like Nancy agree that they get far more out of the experience than they give. The satisfaction of helping out, the opportunity to meet new people, and the feeling of being needed – all of these brighten the days of volunteers. What can you do to make a difference for someone else and for yourself?

Warm Winter Soup

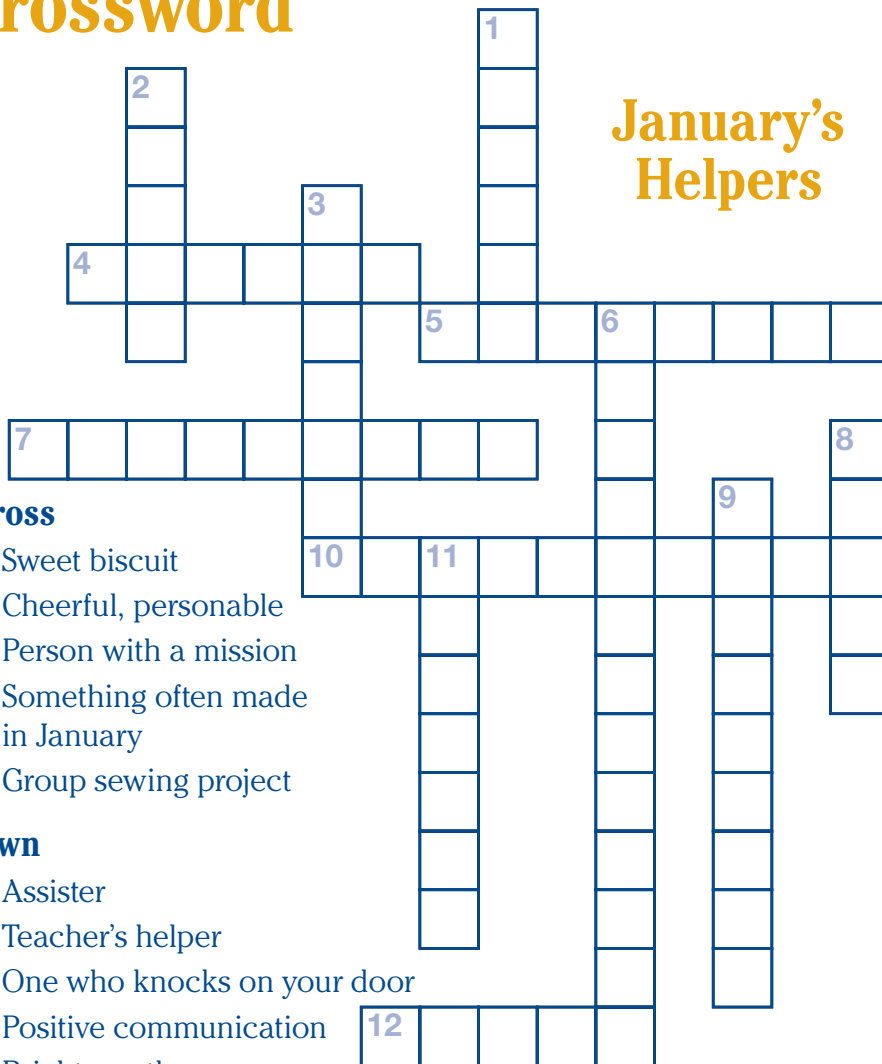
Easy to make – easy to share!

- 1 tablespoon butter
- 1/3 cup onion, chopped
- 1/3 cup celery, chopped
- 2 (14.5 ounce) cans chicken broth
- 1 (14.5 ounce) can vegetable broth
- 1 cooked chicken breast, diced
- 1 cup egg noodles
- 1 carrot, sliced
- herbs to taste
- salt and pepper to taste

In a large pot, melt the butter and cook the onion and celery over medium-low heat until soft (5 mins.). Add chicken and vegetable broth and carrot slices. Bring to a boil. Add diced chicken, noodles, herbs and seasoning and simmer 15-20 minutes.

Crossword

January's Helpers



Across

- 4 Sweet biscuit
- 5 Cheerful, personable
- 7 Person with a mission
- 10 Something often made in January
- 12 Group sewing project

Down

- 1 Assister
- 2 Teacher's helper
- 3 One who knocks on your door
- 6 Positive communication
- 8 Bright weather
- 9 A good thing found
- 11 A volunteer's gift

Answers will be in next month's newsletter.

VIP Spotlight

Meet Janie Hurst

Janie Hurst is a scheduler for VIP HomeCare, Inc. She's a very positive person and gets great



pleasure out of matching up the client with the right Home Health Aide. Every client has different needs, and Janie is careful to take the individual's specific care needs into consideration when she assigns an aide to a client. "It's not so much the work habits as the personalities," explains Janie, who has been with the company for three years.

Some of VIP HomeCare, Inc.'s clients have families who are very attentive and involved in their care. For these clients, Janie tries to assign a Home Health Aide who can relate, not just to the individual receiving the care, but to the whole family.

Once a Home Health Aide accidentally broke an old soap dish belonging to a client, and Janie spent one of her days off searching antique stores for a replacement. "I enjoy helping people, especially the elderly," Janie says, adding, "I'm getting there myself! Not that other people don't need help, too, but the elderly need it more than others."