

Memory Corner

Autumn Chores



Evelyn Westfall lives in Akron now, but she grew up on a farm in West Virginia.

“There was always chores – the cows and all that,” she recalls.

The cows had to be milked year round, but with autumn came additional chores. “We raked leaves and put them on the garden. And we’d dig the potatoes. When the frost was coming, you’d cut the top off the potatoes and dig them. Then you’d put them in the cellar for winter.

“There was five of us children – four girls and a boy – and we’d help each other with the chores.”

Evelyn’s family ate what they produced on the farm – vegetables, eggs and meat. “I loved that food,” says Evelyn, “It was good stuff! I still love my food – cornbread, biscuits, homemade bread.”



Diane says...Bright orange pumpkins on the doorstep, clear blue skies during the day, and a golden harvest moon hanging low in the evening sky – I love October!

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

Decorating for Fall

Treasuring the Colors of the Season

Fall is the season when nature does its own decorating. Red leaves, orange pumpkins, yellow flowers – new colors show everywhere in the autumn season, and the bright fall sunshine shows it off against the clear blue sky.

It’s fun to take nature’s lead and decorate for fall. Pumpkins and cornstalks celebrate harvest time. Cut the pumpkins into jack-o-lanterns and drape some spider webs over the cornstalks, and you’re ready for Halloween. Just don’t forget the treats!

To bring the colors of autumn indoors, decorate with colorful mums or create a display of mini-pumpkins. A bowl of glossy apples on the table is a sweet-smelling reminder of the abundance of the harvest.

Do you remember as a child, working with your mother to preserve bright-colored leaves by waxing them? First, go for a walk and bring home some flaming gold, deep purple and scarlet leaves – the ones you can’t bear to leave behind! Then cover your ironing board with a cloth (to protect it from the wax) and spread out a piece of waxed paper. Place one of your treasured leaves on top, and then place another piece of waxed paper over the leaf. Gently iron until the wax melts and coats both sides of the leaf. Cut off the extra waxed paper and hang the leaf up where you can enjoy seeing it, or keep it in an album to enjoy when the winter winds have blown all of the outdoor leaves away.



Apple Spice Coffee Cake

Invite a neighbor in for coffee!

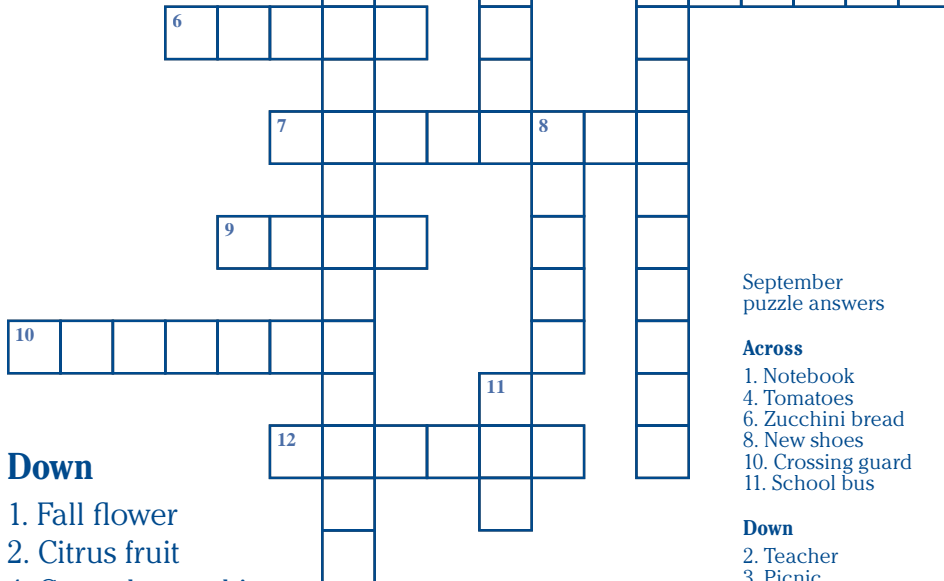
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| 1 package spice cake mix | ½ cup vegetable oil |
| 1 small package instant vanilla pudding mix | 3 or 4 apples, peeled, cored and finely chopped |
| 4 eggs | 1/3 cup sugar |
| 1 cup sour cream | 1/3 cup chopped walnuts |

Grease and flour a bundt pan. Stir cake mix, pudding mix, eggs, sour cream and oil until well blended. In a small bowl, combine apples, sugar and walnuts. Pour half of the batter into the pan. Sprinkle apple mixture over the batter. Pour in remaining batter. Bake 60 to 70 minutes at 350 degrees. Cool in pan for ½ hour before turning out.

Crossword - October Colors

Across

- 3. Specter
- 5. _____ brick road
- 6. Halloween goody
- 7. The body's bones
- 9. Autumn
- 10. Halloween squash
- 12. Foliage



Down

- 1. Fall flower
- 2. Citrus fruit
- 4. Carved pumpkin (3 words)
- 8. _____ or treat
- 11. Color of stop light

September puzzle answers

Across

- 1. Notebook
- 4. Tomatoes
- 6. Zucchini bread
- 8. New shoes
- 10. Crossing guard
- 11. School bus

Down

- 2. Teacher
- 3. Picnic
- 5. Labor Day
- 7. Canada geese
- 9. School

Answers will be in next month's newsletter.

VIP Spotlight

Meet Ruth Joseph



Ruth has been a Home Health Aide with VIP for seven years. "I got the job when I went

to a job fair. I was 40 years old, and this was a senior job fair for 40 and up. I thought, 'Forty is considered senior?' But I applied, and I got the job with VIP.

"It's been a good job. I like working with the elderly, and I get close to my clients. I had two that both went into the nursing home and I used to visit them there. I missed seeing them."

Recently, when a client moved to a new home, Ruth helped pack the client's belongings in boxes. "That was a lot of work, but we got it done. And then we had to unpack it all at the new place!"

Ruth often fills in when other Home Health Aides are sick. "Even when a client doesn't know me, by the time I leave, they're laughing and smiling. And sometimes they'll call and say, 'Send Ruth back!' I get along with everybody."

Ruth's clients agree. "She's special," says one client. "She's never late, and my family – they love her."