



Comfort  
Keepers.

Elevating the  
Human Spirit™

# Caregiver September Newsletter

**Sept. 2, 2022**

H A P P Y  
*Labor Day*



**THANK YOU**  
Caregivers



**Dear Team,**

**I hope you all know your hard work and commitment have not gone unnoticed. We appreciate and value your efforts. Thank you for all the sacrifices you have made for this incredible team and our clients.**

**P.S. If you know anyone who would be a good fit for our team, refer new caregivers for a \$75 bonus!**

**October Training**

Hello Team,

We will have a training on October 13, 2022 at 10am. MJ from Partner's in Care will be doing another of her fun and interactive transfer and Hoyer lift trainings for our team! Please wear comfortable clothes, because everyone will be joining in! We look forward to seeing you there.

# Caregiver Spotlight:

## Jacque



### Four Fun Facts about Me:

1. I escorted Korean babies out of South Korea
2. I love the country life
3. I love to cook
4. I love to work with senior citizens

## Spaghetti with Spinach Pesto and Feta Cheese

### INGREDIENTS

- 1 box of whole grain spaghetti (1 lb.)
- 1 package (10 oz.) frozen spinach thawed, well drained or 1 lb of fresh spinach
- 2 tablespoons olive oil
- 25 grams grated Parmesan cheese
- 2 tablespoons chopped parsley
- 2 cloves garlic (optional)
- 1/2 teaspoon dried basil
- 1/2 teaspoon salt
- 2 tablespoons butter (melted)
- 80 mL water
- Crumbled feta cheese for topping (as desired)

### STEPS

1. Prepare pesto mixture: In a blender combine spinach, oil, Parmesan cheese, garlic, parsley, salt and basil
2. Blend until finely chopped and then gradually pour in melted butter until blended
3. Cook pasta according to instructions on package
4. Toss pesto mixture with cooked pasta
5. Add crumbled feta cheese on top as desired

Source: International Osteoporosis Foundation





# Oregon Care Partners Webinar Series Presents: Life Enrichment

## Class Description

This webinar explores the importance of engaging older adults in personalized interests and opportunities to learn and grow as a person. During this instructor-led webinar, you will challenge the status-quo of typical long-term care activities programs and explore how creating innovative dynamic activities and social engagement programs will enable the person in your care to live a full and purposeful life.

If you are interested in this free webinar with Oregon Care Partners, please create an account and register online at: <https://oregoncarepartners.com/app/#/class-details/2588?type=WEBINAR>

To view additional webinars offered by Oregon Care Partners, please visit their website at: [oregoncarepartners.com](https://oregoncarepartners.com) and select "Classes".

**Parkinson's  
Resources Sole  
Support for  
Parkinson's  
walks are coming  
up this Fall! See  
the website to  
register to walk.  
All locations have  
1k and 5k  
options.**

**FALL 2022**  
**sole support**  
**for parkinson's**

**Step Out on Parkinson's**

**2022 WALK SEASON:**

Portland | September 17th, Oaks Park  
Vancouver | September 24th, Esther Short Park  
Eugene | October 2nd, Alton Baker Park  
Bend | October 9th, Drake Park

Register Today at [www.solesupport.org](http://www.solesupport.org)

**I WILL REGISTER TODAY**