

October 10, 2022

OCTOBER CAREGIVER NEWSLETTER



CAREGIVER OF THE QUARTER: MISTY!

Congratulations Misty!

Misty is a wonderful, compassionate caregiver, and we are lucky to have her as a part of our team!

Fun Facts About Me:

1. I enjoy being with people
2. I love all the little things life has to offer
3. I hate to swim or be in any body of water
4. I had my oldest daughter when I was 28
5. I love to garden and water my flowers

UPCOMING TRAINING THIS THURSDAY!

Hello Team,

We will have a training on Thursday, October 13, 2022 at 10am. MJ from Partners 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!

FUN HALLOWEEN CRAFT: SPOOKY WREATH

1. Choose a wreath. The dollar tree has a variety of wreath shapes and sizes!
2. Wrap the wreath with ribbon and garland and glue the ends down.
3. Glue on some fun decorative pieces, ornaments, and maybe some big googly eyes!
4. Wrap a spooky glimmer string light strand around the wreath.
5. Hang some with legs or a spooky skeleton from the bottom of the wreath.
6. Hang on a door with a wreath hanger and enjoy!



Apples with almond-apricot sauce

4 servings

INGREDIENTS

- 2 Tbsp. water
- 2 large apples (about 8 ounces each), halved and cored, skin on
- 1/4 cup chopped almonds
- 2 Tbsp. chopped dried apricots
- 2 Tbsp. firmly packed dark brown sugar
- 1/4 tsp. ground ginger or 1/4 tsp. ground allspice
- 1/2 tsp. ground cinnamon
- 1/2 tsp. vanilla extract
- 1 Tbsp. plus 1 tsp. light tub margarine

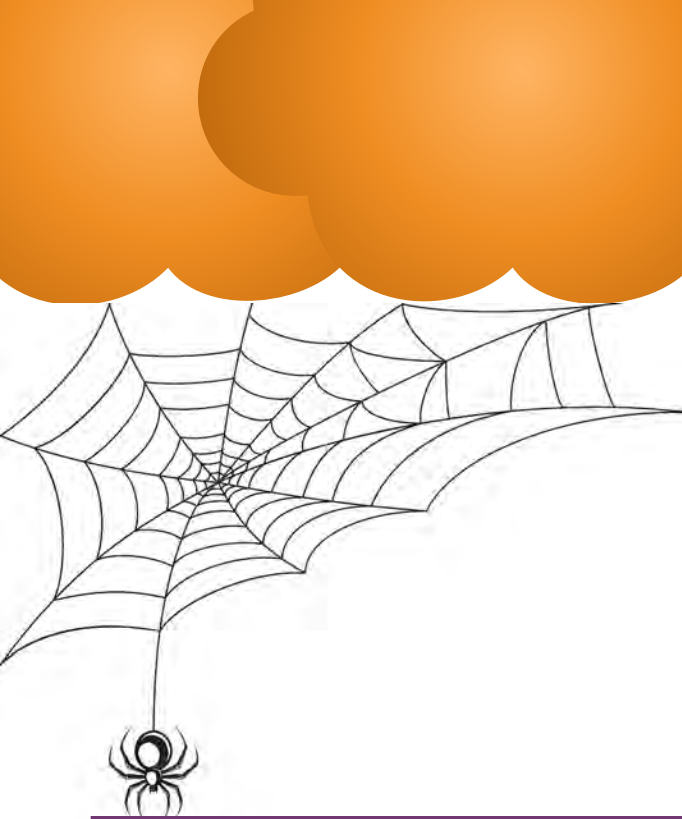
STEPS

1. Lightly spray the slow cooker with cooking spray, pour in water and add the apple halves cut-side up.
2. Stir together the remaining ingredients, except margarine. Spoon onto each apple half. Top each with 1 teaspoon margarine. Cook, covered, on low for 2 to 2 1/2 hours until just tender.
3. Transfer the apples to plates, leaving the sauce in the slow cooker. Stir the sauce, spoon over the apples and let cool completely.



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Join Stroke Awareness Oregon for their annual Walk-N-Wheel-Athon on October 22nd! Register at www.strokeawarenessoregon.org

Stroke Awareness Oregon

presents

1st ANNUAL

WALK-N-WHEEL-ATHON



Saturday, October 22nd

1:00 - 4:00 pm

Trinity Lutheran School
2550 NE Butler Market Rd.

Register now at www.strokeawarenessoregon.org



WEBINAR: STRATEGIES TO PREVENT AND REDUCE FALLS

Join Oregon Care Partners October 12, 2022 9am-12pm for this free webinar. Register for free at <https://oregoncarepartners.com/app/#/browsing-classes?type=WEBINAR>

You will learn to:

- Identify fall risks for older adults
- Recognize the importance of fall risk screenings
- Demonstrate 2 evidence-based practice fall risk screening tools
- Recognize the value of Root Cause Analysis in fall investigations and analysis
- Apply Person Centered Care principles to design interventions that lower older adult risks for falls
- Identify quality improvement strategies to reduce fall risks