

CAREGIVER NEWSLETTER



Comfort
Keepers.

a sodexo brand

Elevating the
Human Spirit™

541-241-3225

05 MAY, 2023

COMFORTKEEPERS.COM/OFFICES/OREGON/BEND

CAREGIVER OF THE QUARTER: AMANDA MOCK



Amanda has made a career being a caregiver and helping seniors. She is a kind, empathetic, and passionate individual. Amanda has worked with clients needing all levels of care, as well as trained new caregivers who have gone on to become valuable members of our team. Comfort Keepers is privileged to have Amanda on our team and to announce her as our Caregiver of the Quarter!

2023 NATIONAL DAY OF JOY

The Fifth Annual
National Day of Joy is
June 28, 2023!

Comfort Keepers is
asking you to share with
us how you "Live the
Joy" to be featured in
an upcoming
newsletter!

Comfort Keepers®
National Day of

Joy

06.28.23

ComfortKeepers.com

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OREGON CARE PARTNERS FREE WEBINARS FOR CARE PROFESSIONALS

POSITIVE APPROACH TO ALZHEIMER'S AND DEMENTIA CARE: TEEPA SNOW'S GEMS™
MAY 09, 2023 - 9:00 AM - 12:00 PM

CHALLENGING BEHAVIORS: EFFECTIVE APPROACHES TO COMMON BEHAVIORS IN THE NON-DEMENTIA ADULT POPULATION
MAY 16, 2023 - 1:00 PM - 4:00 PM

HOW COMMUNICATION INFLUENCES CARE IN THE NON-DEMENTIA ADULT POPULATION
MAY 17, 2023 - 9:00 AM - 12:00 PM

REGISTER FOR ANY OF THESE WEBINARS AND MANY MORE AT [OREGONCAREPARTNERS.COM/CLASSES/CARE-PROFESSIONALS/](https://oregoncarepartners.com/classes/care-professionals/)

FROM THE ALZHEIMER'S ASSOCIATION IN THE NEWS:

MUSEUM PROGRAMS INSPIRE THOSE FACING ALZHEIMER'S
READ THIS ARTICLE AND MORE AT [ALZ.ORG/E-NEWS/E-NEWS_ARCHIVES](https://alz.org/e-news/e-news_archives)

WALK WITH US!

JOIN COMFORT KEEPERS IN THE FIGHT TO END ALZHEIMER'S ON OCTOBER 15 AT RIVERBEND PARK!

VISIT OUR TEAM PAGE TO JOIN OR DONATE AT [ACT.ALZ.ORG/GOTO/COMFORTKEEPERSCENTRALOREGON](https://act.alz.org/goto/comfortkeeperscentraloregon)



Podcast Episode #48 – What is Parkinson's Disease? Symptoms, Diagnosis, Treatments & Support!

Listen to this podcast and many more at: seniorlivingguide.com/podcasts/

IF YOU KNOW SOMEONE WITH THE HEART TO BE A COMFORT KEEPERS CAREGIVER, HAVE THEM SCAN THE QR BELOW OR VISIT:

[CKBEND.CLEARCAREONLINE.COM/APPLY/](https://ckbend.clearcareonline.com/apply/)



SCAN ME

CAREGIVER NEWSLETTER

FUN NEW RECIPE:

This one is for the seafood lovers!

Try this healthy and perfect for Spring recipe at home or with your clients! Let us know if you try this one, and send pics for us to share on our Facebook page!

Pro Tip:

Add a bit of green with a diced avocado and a diced 3" cucumber!

Roasted Salmon with Melon Salsa

Serves 4

INGREDIENTS

- 4 wild Alaskan salmon fillets (frozen or fresh)
- 1 tbsp. olive oil
- Salt and pepper
- 1 cup cantaloupe, cut into 1/4-inch cubes
- 1/2 red pepper, cut in 1/4-inch cubes
- 1 green onion, chopped finely
- 1 tbsp. fresh parsley
- Juice and zest of one lime

According to All About Vision cold-water fish contain the omega-3 fatty acids DHA and EPA, key players in vision health that help decrease inflammation and protect against dry eye syndrome.

STEPS

1. Preheat oven to 400°F. Line a baking sheet with aluminum foil.
 2. Place fillets on baking sheet and brush with olive oil. Sprinkle salt and pepper.
 3. Place in oven for 5–10 minutes, or until brown on the top and cooked throughout.
- While the salmon is cooking, prepare the salsa:*
4. Mix together cantaloupe, green onion, red pepper & cilantro. Sprinkle salt and pepper.
 5. In a small bowl whisk together olive oil, lime zest and lime juice.
 6. Pour dressing over salsa and mix to combine.
 7. When salmon is ready, spoon one quarter of the salsa on each fillet.

Source: All About Vision

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