

News and Activities Our Clients Can Use to Inform and Amuse

March, 2017



Ankeny Caregiver of the Year 2016

Congratulations to Cathy Keagle, Ankeny's Caregiver of the year!

Cathy joined the At-Home Care Company team in June of 2015 and has consistently done her best to be a "team player" in every way.

Cathy Keagle

We are honoring Cathy Keagle for her hard work and attention to detail with all of her clients. Cathy excels at communicating to clients and office staff any changes in cares or services needed. She consistently goes above and beyond to make sure our clients are receiving the best care possible.

Cathy attends her continuing education in-services regularly and contributes her experiences so that she and others can learn and grow to become better caregivers.

Cathy's attendance is extraordinary; her clients know they can count on her to be there for them, doing the best she possibly can.

Thank you, Cathy! Congratulations for your outstanding service to At-Home Care Company!

Ames Caregiver of the Year 2016

***Cheerful, Capable, Consistent* are all words that describe our Ames Caregiver of the Year 2016, Mallory Hove.**

Mallory first joined At-Home Care Company in 2010. She left, got married, and came back to the AHCC team in October of 2015...and we are so glad!



Mallory Hove

Mallory is a client favorite, who is requested often and does her best to care for everyone. The only problem we have with Mallory is that she can't be three places at one time! She tirelessly works long hours with a smile for everyone.

Mallory rarely takes time off, and always steps up to cover for others when they can't go. We honestly can't say enough wonderful things about Mallory; she is a joy to have on our staff, and we know our clients are receiving the very best of care when she is with them.

Thank you Mallory, for all your hard work throughout this year. We are proud to have you on our At-Home Care Company team!

We have a client with several unopened boxes of Depends for Men that are available to anyone who wants them for a nominal charge. Please call the Ames office at 515-292-2650 if you are interested, and we will give you the name and phone number.

March

- 1: Ash Wednesday
- 3: Caregiver Appreciation Day
- 6: Dentist's Day
- 8: Int'l Working Women's Day
- 11: Johnny Appleseed Day
- 14: National Pi (3.14) Day
- 16: Freedom of Information Day
- 17: St. Patrick's Day
- 21: National Agriculture Day
- 25: Waffle Day
- 30: National Doctor's Day

Birthstone: Aquamarine
Flower: Jonquil



February Caregivers of the Month



Jamie Lyon

The Ankeny Caregiver of the Month of February is Jamie Lyon. She has demonstrated great knowledge in the field of caregiving and consistently goes above and beyond to enhance the lives of our clients. She maintains communication with office staff and is always willing to help out in a pinch.

She has easily met every challenge that's been given. She is very consistent with clients and is very proactive with them as well. Her clients have called to say what a great worker she is and how much they enjoy having her.

Pam Smith is the Ames Caregiver of the Month for February. Pam answers her phone all hours of the day and night, goes whenever and wherever we ask. Her attitude is "how can I help?" not "What's in it for me?" We appreciate her team spirit and caregiver heart.

Pam joined At-Home Care because she wanted a little, fulfilling, part-time job. Now she is working well over 40 hours per week, each week.



Pam Smith

Our thanks to Jamie and Pam for their hard work and caring attitudes!

St. Patrick's Trivia



St. Patrick's Day Celebration

Corned beef and cabbage is a traditional St. Patrick's Day dish. In 2009, roughly 26.1 billion pounds of beef and 2.3 billion pounds of cabbage were produced in the United States.

Irish soda bread gets its name and distinctive character from the use of baking soda rather than yeast as a leavening agent.

St. Patrick's Day Parade

The first St. Patrick's Day parade took place in the United States on March 17, 1762, when Irish soldiers serving in the English military marched through New York City. More than 100 St. Patrick's Day parades are held across the United States, and New York City and Boston are home to the largest celebrations.

At the annual New York City St. Patrick's Day parade, between 150,000 and 250,000 marchers take part in the parade, which does not allow automobiles or floats.

Places to Spend St. Patrick's Day

There are seven places in the United States named after the shamrock, including Mount Gay-Shamrock, WV; Shamrock, TX; Shamrock Lakes, IN; and Shamrock, OK. Sixteen U.S. places share the name of Ireland's capital, Dublin. With 44,541 residents, Dublin, CA, is the largest of them, followed by Dublin, OH, with 39,310.

Facts about Irish Americans

There are 34.7 million U.S. residents with Irish ancestry. This number is more than seven times the population of Ireland itself. Irish is the nation's second most frequently reported ancestry, ranking behind German.

Across the country, 11 percent of residents lay claim to Irish ancestry. That number more than doubles to 23 percent in the state of Massachusetts.

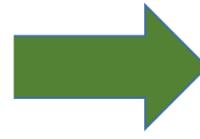
Irish ranks among the top five ancestries in every state except Hawaii and New Mexico. It is the leading ancestry group in Delaware, Massachusetts and New Hampshire. There are approximately 144,588 current U.S. residents who were born in Ireland.

St. Patrick's Day Word Search

L L Y K C U L C M Q P H B S R
 F E R R N P F E O T S O N M J
 N P G O C Z Q L X I V A N Y L
 C E K E N H H T R Y K V Y S W
 K W E Q N K M I C E Y Q S B N
 E C R R S D W C S E G G R K N
 D D O Q G O F C I I W G A Z V
 X S J R B N K M F P N O B K I
 S U D N M S W U Z M B J U C J
 U Q I N U A H C E R P E L I I
 E A G O L D H F H A X O H R G
 R I X M N Z A S A H K Y T T O
 I R E L A N D P L C B V B A L
 D P Z I S J N D C C W A A P U
 N Y A X F E M H Z K S D E V J

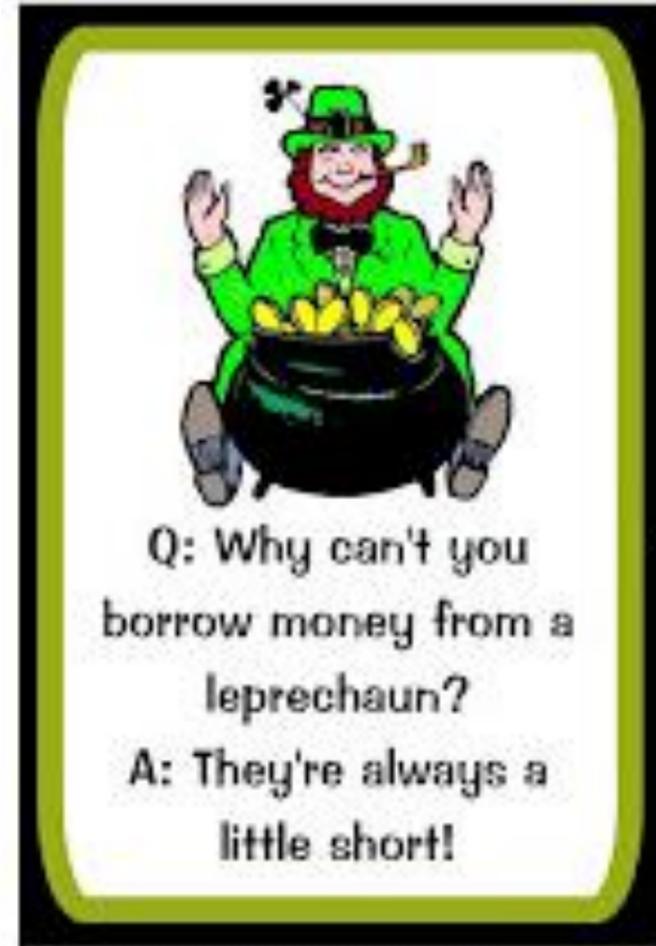
CELTIC
 CHARM
 GOLD
 GREEN
 IRELAND
 IRISH
 JIG
 LEGEND

LEPRECHAUN
 LUCKY
 PATRICK
 POT
 RAINBOW
 SHAMROCK
 SNAKES



Solution
 On
 Next
 Page

St. Patrick's Day Jokes



Luck of the Irish

Gallagher is in Boston and he is waiting patiently, also, he is watching the traffic cop on a busy street crossing.

The cop stops the flow of traffic and shouts, 'Okay pedestrians'. Then he allows the traffic to pass. He did this several times, and Gallagher is still standing on the sidewalk.

After the cop has shouted 'Pedestrians' for the tenth time, Gallagher approaches him and says, 'Is it not about time ye let the Catholics across?'

**"Luck is believing you're lucky."
 - Tennessee Williams**



I'll Wear a Shamrock

St. Patrick's Day is with us,
The day when all that's seen
To right and left and everywhere
Is green, green, green!

And Irish tunes they whistle
And Irish songs they sing,
To-day each Irish lad walks out
As proud as any king.

I'll wear a four-leaf shamrock
In my coat, the glad day through,
For my father and mother are Irish
And I am Irish too!

CELEBRITY BIRTHDAYS in MARCH



Affection and charisma are the qualities which are often associated with people born in the month of March. They are very compassionate and love to serve others, if given their due respect. Honesty and reliability are among the various virtues possessed by individuals born in this month. Artistic by nature, they are attracted to beautiful things. They are imaginative and intuitive and are good in the field of art.

- | | |
|--------------------------------|------------------------------|
| Mar. 1 – Glenn Miller | Mar.16 - James Madison |
| Mar. 2 – Dr. Seuss | Mar. 17 - Nat "King" Cole |
| Mar. 3 – Alexander Graham Bell | Mar. 18 - Grover Cleveland |
| Mar. 4 – Knute Rockne | Mar. 19 - Wyatt Earp |
| Mar. 5 – Rex Harrison | Mar 20 - Ozzie Nelson |
| Mar. 6 - Michelangelo | Mar. 21 – J. S. Bach |
| Mar. 7 - Willard Scott | Mar. 22 - Chico Marx |
| Mar. 8 – Mickey Dolenz | Mar. 23 - Joan Crawford |
| Mar. 9 - Bobby Fisher | Mar. 24 - Harry Houdini |
| Mar. 10 – James Earl Ray | Mar. 25 - Aretha Franklin |
| Mar. 11 – Lawrence Welk | Mar. 26 - Robert Frost |
| Mar. 12 – Liza Minelli | Mar. 27 - Gloria Swanson |
| Mar. 13 – L. Ron Hubbard | Mar. 28 - Reba McIntire |
| Mar. 14 – Albert Einstein | Mar. 29 – Sam Walton |
| Mar. 15 – Andrew Jackson | Mar. 30 – Vincent Van Gogh |
| | Mar. 31 – Franz Joseph Haydn |



At-Home Care Mission:

At-Home Care Company is devoted to assisting older adults and those who are homebound throughout Central Iowa in maintaining an independent lifestyle wherever they may call home.

At-Home Care Vision:

We strive to provide a valuable service with integrity and compassion. We hope that our clients can trust that we will care for them like our own family at all times. Our business is built on relationships.

**For Your Convenience, we have
AUTOMATIC WITHDRAWAL available to pay
your monthly bill.
Please call 515-292-2650
for more information!**

Puzzle Solution



J	V	D	S	K	Z	H	M	E	F	X	A	N	Y
U	P	A	M	C	C	D	N	J	S	I	Z	P	D
L	B	V	B	C	P	L	D	N	A	E	L	R	I
O	T	Y	K	H	A	S	A	Z	N	M	X	R	I
G	R	O	X	A	H	F	H	D	O	L	G	A	E
I	I	E	P	R	E	C	H	A	N	I	U	O	U
J	C	U	B	M	Z	U	M	S	W	D	N	S	U
I	K	B	O	N	F	M	K	N	B	R	J	S	X
V	Z	A	G	I	C	F	O	G	O	O	D	D	D
N	K	R	G	S	C	W	S	D	R	R	C	R	E
N	B	S	Q	E	I	C	M	K	N	Q	W	E	K
W	S	V	K	Y	R	H	H	N	E	N	C	E	K
L	Y	A	V	I	X	L	Q	Z	C	O	G	N	P
J	M	N	S	O	L	S	O	F	E	R	R	R	F
R	S	R	Q	M	C	U	L	C	U	L	C	U	L