

# News and Activities Our Clients Can Use to Inform and Amuse

May, 2017



## Best in Story County 2017

Once again the Ames Tribune is conducting the “Best in Story County” contest. At-Home Care Company has been honored to win the award for the last 8 years in a row. We would be pleased to be named Best in Story County one more time.

**Please cast your vote—and spread the word!**

Here's how:

Paper ballots will be inserted into The Ames Tribune newspaper on March 29, April 5, and April 12.

OR VOTE ONLINE AT:

[www.amestrib.com](http://www.amestrib.com)

Click on the Best of Story County 2017 logo and follow the directions.

In order for your vote to count, you must vote for 20 different categories.

(Please vote for At-Home Care Company under the **HEALTH & BEAUTY** category, then under the **In-Home Care** category.)

*If you are unable to access the internet to vote or need a paper ballot—please call the office. We'll be happy to assist you!*

## 12<sup>th</sup> Annual Seniors In Story Senior Expo

Quality Inn & Suites  
2601 E. 13<sup>th</sup> St. Ames, Iowa

May 9  
9 AM – 2 PM

### “Resources for Life”

Over 50 Vendors with Information and Prizes  
Speakers

Free Lunch Provided

**Stop by the At-Home Care Booth to say hello!**

## May is National Physical Fitness & Sports Month

### *Physical Activity is Essential to Healthy Aging*

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age.



It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others. Not doing any physical activity can be bad for you, no matter your age or health condition. Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do.



Activities are much more fun with a partner, so ask your caregiver to come exercise with you!

Being active 5 or more hours each week can provide even more health benefits. Spreading aerobic activity out over at least 3 days a week is best.



## Dates to Remember

- 1: May Day
- 2: National Teacher Day
- 4: National Day of Pray
- 5: Cinco de Mayo
- 6: Kentucky Derby
- 9: Senior Expo
- 14: Mother's Day
- 20: Armed Forces Day
- 25: Ascension Day
- 27: Ramadan Begins
- 28: National Burger Day
- 29: Memorial Day

**Birthstone: Emerald**

**Flower: Lily of the Valley**



## April Caregivers of the Month

**The Ankeny Caregiver of the Month of April is Aubrey Sullivan.**

Aubrey joined the Ankeny team in March of 2016. Since the very beginning, she has stood out for continuously going above and beyond to ensure our clients get the best care possible. Aubrey is a client favorite and can be counted on to go out and do a great job.

She is a true team-player and has stepped in to help out with Ames clients on occasion. We all appreciate all her hard work and consider ourselves fortunate to have her representing At- the pack. **Congratulations, Aubrey!**



**Aubrey Sullivan**

**Kassidy Spurgin is the Ames Caregiver of the Month for April.**

We are honored to celebrate our Caregiver of the Month at the same time we recognize her anniversary of one year of service. Kassidy does a great job, often being described by clients as "proactive."

Family members often comment that the homes of their loved ones look better than they ever have. She is requested by clients, who state she is easy to talk to. Recently Kassidy has really stepped up to fill in for other members of the team. Kudos to you, Kassidy!



**Kassidy Spurgin**

## Happy Mother's Day!

Mothers' Day is celebrated in almost all the parts of the world, and in every part there is some interesting tradition related to this special occasion. Mother's Day is now celebrated in many countries around the world. Australia, Mexico, Denmark, Finland, Italy, Turkey, Belgium, Russia, China, Thailand, all have special celebrations to honor Mothers, but not in the same way or on the same day as the United States.

- Feasts celebrating mothers have existed throughout the world since the beginning of time. The modern version of Mother's Day in the United States was first observed in 1907.
- It is a tradition **in China** that family names often begin with a sign that means "**mother**". It is a nice way of honoring their moms long past.
- The ancient Greeks celebrated Mother's Day in spring just like we do. Greeks used to honor Rhea, "mother" of the gods with honey-cakes and fine drinks and flowers at dawn.
- Native American Indian women have long been honored with the name, "Life of the Nation" for their gift of motherhood to the tribes.
- During the 1600's, England celebrated a day called "Mothering Sunday. Servants would go home to see their families, bringing cakes and sweets to their moms. Each mother would receive a simnel-cake (Latin for "fine flour") and mothers would give a blessing to their children.
- **In Yugoslavia on "Materitse," Materice, or Mother's Day**, the children tie up their mother, releasing her only when she has paid them with sweets or other goodies.
- **In Spain** Mother's Day is **celebrated on 8th December**. It is closely associated with Mary, the mother of Jesus. Children send special cards, chocolates, flowers and other presents to their mothers. But many children make their own presents for their mothers.
- In Sweden Mother's Day is on the last Sunday in May and is a family holiday. The Swedish Red Cross sells small plastic flowers on the days leading up to Mother's Day. The money raised from the sale of the flowers is used to help needy mothers and their children.

# Mother's Day



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

**Solution  
On  
Next  
Page**

BREAKFAST  
FAMILY  
HEART  
MAMA  
MOMMY  
UNIQUE

CARING  
FLOWERS  
KISSES  
MAY  
MOTHER

CHILDREN  
FOREVER  
LOVE  
MOM  
SPECIAL



## Motherhood is Funny

For weeks a six-year old lad kept telling his first-grade teacher about the baby brother or sister that was expected at his house.

One day the mother allowed the boy to feel the movements of the unborn child. The six-year old was obviously impressed, but made no comment. Furthermore, he stopped telling his teacher about the impending event. The teacher finally sat the boy on her lap and said, "Tommy, whatever has become of that baby brother or sister you were expecting at home?"

Tommy burst into tears and confessed, "I think Mommy ate it!"

One early morning, a lady went in to wake up her son. "Wake up, son. It's time to go to school!"

Son: "But why Mom? I don't want to go."

Mom: "Give me two reasons why you don't want to go."

Son: "Well, the kids hate me for one, and the teachers hate me, too!"

Mom: "Oh, that's no reason to not to go to school. Come on now and get ready."

Son: "Give me two reasons why I should go to school."

Mom: "Well, for one, you're 52 years old. And for another, you're the Principal!"



# Memorial Day Holiday Hours



Monday, May 29, 2017 7:00 AM.  
Through Tuesday, May 30 7:00 AM.  
The Office will be Closed  
Holiday "Time and a Half" rates apply

Please call the office if you want to **cancel** service for that day  
Regular rates will go back into effect at 7:00 a.m.

## Happy Memorial Day!



### Area Memorial Day Events:

The Ames Patriotic Council will sponsor a Memorial Day parade beginning at 10:30 a.m. on Monday, May 30. The parade will start at City Hall. A memorial service will be held at 11 a.m. at the cemetery. Jathan Chicoine, Veterans Services Coordinator at Iowa State University, will be the featured speaker. In case of rain, the parade will be cancelled, and the program will move indoors to the City Hall Auditorium at 11 a.m.

DES MOINES: Luncheon, noon, AMVETS Post 2, 2818 Fifth St.

DES MOINES: Ceremony, 11 a.m., Veterans Memorial Community Choice Credit Union Convention Center, 833 Fifth Ave.



### At-Home Care Mission:

At-Home Care Company is devoted to assisting older adults and those who are homebound 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

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