



Exceeding Expectations

Editor's Viewpoint

Hi there!... and welcome to the latest edition of Exceeding Expectations. As always, our aim with this newsletter is to provide our community with valuable insight and information, specifically relating to seniors.

Fall is upon us, and changes are everywhere. First and foremost, I am happy to announce that we have completed our recent office move, and are now completely up and running at 84 Galli Drive. We're happy to have the boxes unpacked, and, yes... Open House invitations will be following soon!

In light of the recent tragedies of Hurricane Katrina, we have decided to focus this edition on safety. It is proven that most emergency room visits by seniors related to accidents could have been easily avoided. We have researched and developed a comprehensive Home Safety Checklist for Seniors that is easy to implement, and will definitely help the home to be a safer place.

In this issue, we are very pleased to highlight and recognize one of our favorite people. Please check out the short story on Va Naula, our August Employee of the Month.

Additionally, we have several happenings on the horizon, and want to update your calendar. We hope to meet you at one of these great upcoming events.

And... what would our latest entry be without a tantalizing recipe from our CEO? Having years of first hand experience, I can guarantee you will love this dish!

Well, hopefully, this will shed a little light on what has been happening at Hired Hands lately. In the next issue, we're planning on shedding more light on Durable Powers of Attorney, as well as exploring the facts regarding Long Term Care Insurance.

We're honored by the trust you've placed in Hired Hands for over 11 years now. We look very forward to continuing to **Exceed your Expectations!**

Mark Winter, President
HIRED HANDS INC.

Inside this issue:

An Accident Waiting to Happen...?	2
Upcoming Events of Interest	2
Employee of the Month—Ms. Va Naula	3
Honoring Family Caregivers	3
Lynn's Recipe Corner: Simple Chicken Marsala	3

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An Accident Waiting to Happen?..., by Erin Winter

“These are preventable injuries. Older Americans are living longer and are more active than ever. We want them to enjoy themselves free from debilitating injury.”

Hal Stratton,
Chairman
US. Consumer
Product Safety
Commission

As you may know, keeping seniors healthy, happy, and safe in their homes is of utmost importance to all of us in the community. As the population ages, it is becoming increasingly important that we take a serious look at what we can do to prevent accidents in the home. We, at HIRED HANDS INC., have started a new program to take our commitment to a new level by implementing the enclosed Home Safety Checklist for Seniors.

Each year, hundreds of thousands of people over 65 are treated in hospital emergency rooms for injuries associated with products they live with and use everyday. Those 75 years and older are twice as likely as adults 65 to 74 to

have emergency room treated injuries from consumer products.

The statistics are staggering:

- According to the U.S. Consumer Product Safety Commission (CPSC), an estimated 1,451,140 people 65 and older were treated in U.S. Hospital emergency rooms for injuries associated with consumer products. Among those 75 and older, about $\frac{3}{4}$ of emergency room visits associated with consumer products involved falls.
- In Marin, falls, as a cause of injury, outnumbered car accidents. There are over 1300 calls to 911 every year for falls in the home.

- Accidental injuries are the 5th leading cause of death for those 65 and over.

Many of these accidents cause debilitating injuries for our older population, leading to admittance to hospitals and nursing homes. Not to mention the costs associated with emergency room visits and hospitalizations: in 2002, it is estimated that those costs reached \$89.5 Billion!

We have included in this newsletter our Home Safety Checklist for Seniors with some very helpful yet simple tips on safeguarding the home of someone in this age bracket. Spending a few short hours to ensure that these items are managed in the home of your family

(Continued on page 4)

Upcoming Events of Interest - Please call HIRED HANDS for more information

Educational

The 20th Annual Marin Senior Info Fair - Come join us at Marin's biggest senior info event. Admission is free, and there will be over 100 booths on products and services, as well as free flu shots, prizes, & entertainment. **Wednesday, Oct. 19, 9am – 3pm**, Marin Exhibit Hall, 10 Avenue of the Flags, San Rafael (Behind the Civic Center).

Petaluma Senior Expo - An abundance of information about senior products and services. There will be free flu shots, and coffee and snacks are available, as well as raffle prizes. **Friday, Oct. 21, 9am – 12 noon** at the Petaluma Community Center in Lucchesi Park, 320 North McDowell Blvd., Petaluma

Novato Senior Health Services Fair & Flu Clinic - Includes many booths related to aging and health. Free flu shots with Medicare Part B card. Also on tap: free foot care, vision tests, blood pressure, and hearing tests. **Thursday, Oct. 27, 9am – 12 noon**, Margaret Todd Senior Center, 1560 Hill Rd., Novato

Caregiver Support Group - Senior Access provides an ongoing informal support group in the Novato Center for spouses, adult children, family members and other care-givers for seniors. **4th Friday of the month**, 11 am – 2:30 pm. Please call Senior Access: 897-6884

Fun

Wine Country Memory Walk 2005 Join hundreds in taking steps to end Alzheimer's. There are 1 and 2.5 mile routes, and all sponsorship and donation proceeds benefit the Northern California Alzheimer's Association. **Saturday, Oct. 8th**, Spring Lake Park, Santa Rosa

Making Strides Against Breast Cancer - Making Strides is a noncompetitive walk supporting the American Cancer Society's unique mission to fight cancer on four fronts: research, education, advocacy, and patient services. **Saturday, Oct. 22**, Speedway Meadow, Golden Gate Park, San Francisco

*** The Marin YMCA offers a number of wonderful programs specifically for seniors. Please check out our website at www.hiredhands.net, or call 415-492-YMCA (9622).

Introducing... Ms. Va Naula - Our August 05 Employee of the Month!



Va has worked as a caregiver since 1999, and received her C.N.A. license in April of this year, coming to work for Hired Hands at that time. During her time with Hired Hands she has proven herself to be invaluable! Va is a very dedicated & diligent worker, and especially enjoys shifts that can be difficult to fill such as 8 or 12 hour overnights. She understands that our clients require special attention, and is extremely flexible to accommodate their ever changing needs.

Our clients rave about how “kind”, “gentle”, and “supportive” she is. In fact... Ms. Judy T. went on to say that “Va is an unbelievably hard worker! If you used 1-10 as a scale—she’d be a 20! What a gal... absolutely amazing!”. We couldn’t sum it up better!

Everyone at HIRED HANDS sends a huge thanks to you, for all you do!

National Family Caregivers Month - Honoring Family Caregivers

This November, we are proud to join organizations across the country in recognizing family caregivers during the annual National Family Caregiver Month. The number of family who choose to care for their loved ones versus placing them in a facility is estimated at 50 million, and is growing rapidly. It is an honor to recognize this group of extremely hard working family members.

As a family caregiver, it is essential that you believe in yourself, protect your health, and reach out for help when needed. In order to avoid caregiver burnout, while providing quality care, it is often helpful and necessary for family caregivers to seek out respite care from outside professionals.

HIRED HANDS looks forward to celebrating all the family caregivers with whom we work so closely. It is our honor and pleasure to be your trusted source for reliable and compassionate help, as we work together in keeping our elderly loved ones safe and comfortable in their own homes. If we may provide any respite or support to a family caregiver that you know of, please do not hesitate to contact us directly.

Comfort Food at its Best! ... A simple and scrumptious recipe from the kitchen of Lynn Winter

Chicken Marsala with Mushrooms & Sage— This easy chicken recipe will not fail to impress!

- 4 Boneless, skinless chicken breast halves, each halved horizontally
- All purpose flour
- 7 Tablespoons (3/4 stick) unsalted butter
- 1 Tablespoon chopped fresh sage
- 1 Cup sliced mushrooms
- 2 Cup dry Marsala wine
- 2 Cup low-sodium chicken broth

Melt 1 tablespoon of butter in a large sauté pan over med-high heat, and sauté mushrooms until tender—approximately 3 minutes. Remove from pan, and set aside. Sprinkle chicken breasts with salt and pepper, and dust with flour. Shake off excess flour. Add 3 tablespoons of butter to the pan, and melt. Add chopped sage, and sauté for one minute. Add half the chicken breasts, and sauté until browned, about 3 min per side. Do not crowd the pan! Transfer cooked chicken to a platter, tent with foil, and repeat with remaining butter and chicken. Remove 2nd round of chicken and tent with foil. Add Marsala and chicken broth to pan, and bring to a boil. Scrape any brown bits from the pan, and reduce until you have approximately two cups of sauce- about 10 minutes. Add mushrooms and chicken back to the sauce, season with salt and pepper, and simmer for 10 more minutes. Garnish with extra sage leaves.

This recipe is amazingly tasty. Its is great when served with buttered noodles, a salad, and crusty bread. Just be prepared for people to fight over any leftovers! Enjoy!

An Accident Waiting to Happen...?
Get the Scoop inside... and more!

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continued from page 2

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U.S. Consumer Product
Safety Commission

member, neighbor, or client is a major step in assuring that our seniors can remain safe and independent in their own homes for years to come.

During this fall season, we will be visiting our client's homes to assist them with this process. Please feel free to call us if you know of someone who could benefit from this invaluable service. It is our mission to reverse these statistics.

Bits & Pieces...

FYI... The National Council on Aging says millions of Americans are eligible for government benefits but don't receive them. The agency's Web site can help people 55 and up find programs to help pay for prescription drugs, rent, health care and utilities as well as other essential services. This assistance is confidential and free for those who fill one or more online questionnaires. For more information, visit www.benefitscheckup.org

In light of the tragedies of Hurricane Katrina, and the drastic negative affect on gas prices, the IRS has increased the standard reimbursable mileage rate for on-the-job transportation expenses to \$0.485 per mile. This increase will hopefully help offset this large expense, and we will be adopting it immediately.

As the weather pushes us indoors, we're happy to inform you of a great county resource. LIBRARY BEYOND WALLS is a terrific program that delivers library books, audio books, and videos to those that are unable to get to the library on their own. The library is an unlimited resource for information and entertainment, and these resources may be checked out for six weeks at a time. For more information, please call 415-332-6157, or see our website at www.HiredHands.net for a direct link to their website.

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