

WINTER 2012

# NEWS letter

THE MONTHLY MESSAGE

## IN THIS ISSUE

### Caregiver of the Month!!



At Visiting Angels, we are lucky to have such a great group of clients and caregivers working together! While all of our caregivers are experienced in providing the services needed in your home and are trained to provide you with quality and comfortable care, we pick one each month who rises above the rest.

This month, Christine is our pick for caregiver of the month!

Christine has been with visiting Angels for two years and continues to raise

the bar for outstanding in-home care! Christine is a dependable, team-player and is always willing to step-up in emergency situations. Her clients love her and so do we!

As a mother, Christine is a caregiver by nature. She enjoys her job and is always excited to see her clients!

If you'd like to elect **YOUR** caregiver as caregiver of the month, please contact our office at 734-661-2850 and let us know why you love them!

- Caregiver of the Month
- Our New Angels
- We love our Veterans
- Winter Recipe

## Our New Angels!

**Shannon**– Shannon recently joined our team as the newest Care Coordinator. Shannon graduated from Michigan State University in 2010 with a degree in Health Sciences. She is a CNA (certified nursing assistant) and studying to become a nurse at Baker College. Her healthcare background is helpful in her new position with Visiting Angels! Shannon is responsible for dealing directly with the caregivers and making sure everything is going well with our clients. You may hear her cheery voice the next time you call our office!



**Shannon**

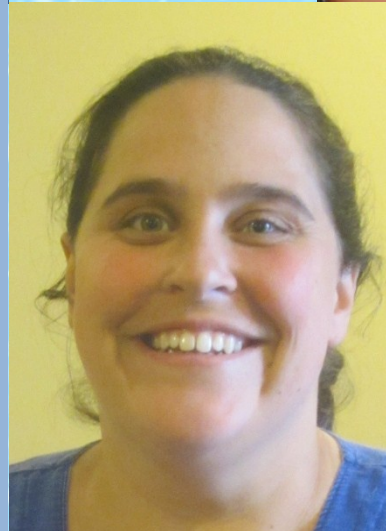
**Lindsay**– Lindsay is also a new member of our Angel team. Like Shannon, she is a graduate of Michigan State University, her background is in communication and digital marketing. She is part of the Visiting Angels web squad, and is in charge of all of the online correspondence and marketing efforts.



**Lindsay**



**Crystal**– Crystal wears multiple hats in the Visiting Angels organization. Not only is she a caregiver, she also works out in the field. She often does supervisory visits and interacts with our clients on a regular basis. We are lucky to have her as part of our Visiting Angels family!



**Crystal**



*Wishing you and your loved ones a happy and safe holiday season.  
Much love and gratitude from our Visiting Angels family to yours!*

# We Love Our Veterans!

This past October, we had a luncheon honoring our veterans. On the right hand side of the page, you will find a few pictures of some of our guests. As proud Americans, we were thrilled to have the chance to celebrate the life and service of these great people.

Visiting Angels has been serving our veterans since 1998 with the philosophy of providing the best possible in-home care to those who need it. It is an honor to be able to provide care for the veterans who have made great sacrifices for us and taken such wonderful care of our country.

At the luncheon, we had a chance to get to know our veterans and some of their stories about the service. It was a wonderful afternoon of laughter, meeting new friends, and merriment! If you are a veteran and have a story you'd like to share with our readers about your experience in the service, we encourage you to share it with us, by calling Lindsay at 734-661-2850 or emailing her at [ldebolski@visitingangels.com](mailto:ldebolski@visitingangels.com).

Visiting Angels wants to provide our veterans with the warmest and most sincerest of thank yous for their effort in making America so wonderful.

Below are some interesting facts about Veterans.

- Veterans Day annually falls on November 11.
- Veterans Day originated as "Armistice Day" on Nov. 11, 1919, the first anniversary of the end of World War I.
- President Eisenhower signed legislation in 1954 to change the name of "Armistice Day" to "Veterans Day" as a way to honor those who served in ALL American wars.
- Veterans Day honors military veterans with parades and speeches across the nation.
- A national ceremony takes place on Veterans Day at the Tomb of the Unknowns at Arlington National Cemetery in Virginia.
- As of 2011, there were 21.5 military veterans in the United States.
- As of 2011, 1.6 million of these veterans were females.



## Tip of the Month:

Do NOT risk falling on ice or snow by walking on slippery sidewalks. Look for sidewalks that are dry and have been cleared. Also, try to wear boots with non-skid soles to prevent slips while walking!

# Angels in the Kitchen!- Quick and Easy Lasagna

In the mood for Italian? Follow this quick and easy lasagna recipe for a tasty, home-cooked comfort meal!

## Ingredients

- 1 pound ground beef
- 1 jar spaghetti sauce
- 32 ounces cottage cheese
- 3 cups shredded mozzarella
- 2 eggs
- 1/2 cup grated parmesan
- 9 lasagna noodles
- 1/2 cup water
- Salt and pepper to taste



## Directions:

1. In a large skillet over medium heat brown the ground beef. Drain the grease. Add spaghetti sauce and simmer for 5 minutes.
2. In a large bowl, mix together the cottage cheese, 2 cups mozzarella cheese, eggs, half the parmesan cheese, salt and pepper.
3. In the bottom of a 9x13 inch baking dish, evenly spread 3/4 cup of the sauce mixture. Cover with 3 uncooked lasagna noodles, 1 3/4 cup of the cheese mixture, and 1/4 cup sauce. Repeat layers twice. Top with 3 noodles, remaining sauce, remaining mozzarella and parmesan cheese. Add 1/2 cup water to the edges of pan and cover with aluminum foil.
4. Bake in a preheated 350 degree F oven for 45 minutes. Uncover and bake an additional 10 minutes. Let stand for 10 minutes before serving.