

Visiting Angels®

LIVING ASSISTANCE SERVICES

NEWSLETTER



Winter 2014

Top O' the Mornin' To You!

THIS WINTER 2014 NEWSLETTER IS SURE TO REMIND YOU OF ALL THE BLESSINGS AND THINGS YOU ARE "LUCKY" TO HAVE IN YOUR LIFE. WE AT VISITING ANGELS FEEL VERY "LUCKY" TO HAVE THE PRIVILEGE OF MEETING AND WORKING WITH YOU ON A CONTINUAL BASIS. WITH ST. PATRICK'S DAY RIGHT AROUND THE CORNER, WE WANTED TO REMIND ANYONE WHO HAS A CASE OF THE "WINTER BLUES", ABOUT ALL THE THINGS IN YOUR LIFE THAT BRING YOU CHEER AND MAKE YOU A "LUCKY" PERSON! WHETHER YOU ARE OF IRISH DECENT OR NOT, WE KNOW YOU WILL ENJOY THIS EDITION!

—THE STAFF AT VISITING ANGELS PLYMOUTH



Count Your "Lucky" Stars

After bearing this frigid Michigan Winter the past several months, it is easy to forget times of warm weather and all the great pleasures the increased temperatures will bring. Being cooped up inside is tough for everyone and I think we can all agree it is time for things to warm up!

With St. Patrick's Day right around the corner, we thought we should help everyone remember all of the things we are "lucky" to have despite the Winter conditions. Consider what our lives would be like if we donned an optimistic attitude every day of the year – of course that's unrealistic but to make being thankful more often a normal part of our existence could make this a happier world -- and you a healthier person -- for studies have definitely shown that "grateful people are happier, healthier, and better able to withstand hardship." (Kim Painter, USA Today)

So here are 10 tips for becoming more grateful today and every day:

1. **Create a Grateful Ritual.** Close your eyes and take a couple of minutes to think of the people and things that you are grateful for, including loved ones and friends in your life.
2. **Send a thank-you note.** You know, it's nice to get a little note thanking you for something you did. You don't need to send someone a formal thank-you card (although that's a nice touch), but just a little note (or e-mail) saying thank you for a specific thing the person has done for you can go a long way. And it only takes minutes.
3. **Give a free hug.** Often we can go too long without showing our affection and gratitude, even to those who are closest to us. Don't neglect this important part of your relationship.
4. **Give thanks for today.** You don't even have to thank a person...you can thank life itself! Wake up and greet the day with gratitude. Be thankful you're alive!
5. **Do someone a free favor.** Without expecting anything in return, do something nice for someone. Just something small. Get them a drink or a coffee, pay them a compliment, offer advice; anything they'd appreciate. Think of what that person likes, wants or needs, and try to do something to make them feel special. Actions speak louder than words, and doing something nice will show you're grateful more than just saying it.
6. **Give a little gift.** It doesn't have to be fancy or expensive, but a little gift can be a tremendous gesture.
7. **Give someone a list of all they've done that you're grateful for.** Take five minutes and make a list of 10 to 50 things you love about someone, or things they've done for you that you appreciate. (cont'd on pg. 2)

8. **Acknowledge them publicly.** Who doesn't love public praise? Find a way to acknowledge the contributions of someone (to show your gratitude) in a public way... among friends and family, via mail, or even in your local newspaper.

9. **Surprise them with kindness.** Similar to number five above, but with a twist – add a surprise to it. For example, surprise someone with a phone call when they least expect it. Put a little note in their bag telling them you care about them.

10. **Say thanks even for negative things in your life.** This is the hard part, truth be told. When things go wrong, when you're not happy, when people are mean to us, when we are worn down by the millions of slings and arrows of everyday life...we don't want to say thank you. But in truth, this is the time when it matters the most. *If you've mastered the first 9 items on this list, you're ready to master this one.*

Words can lose their meaning when said too often or without feeling. Allow yourself to truly feel thankful for what you have in your life, so that you are ready to thank others for what they have done to help you (or what they have done to help others), your words will ring true with meanings from your heart. So, show your gratitude...*Start today!*

(The list of ten items above is from a post as part of the *Season of Gratitude* hosted on *Balanced Life Center* at www.zenhabits.net.)

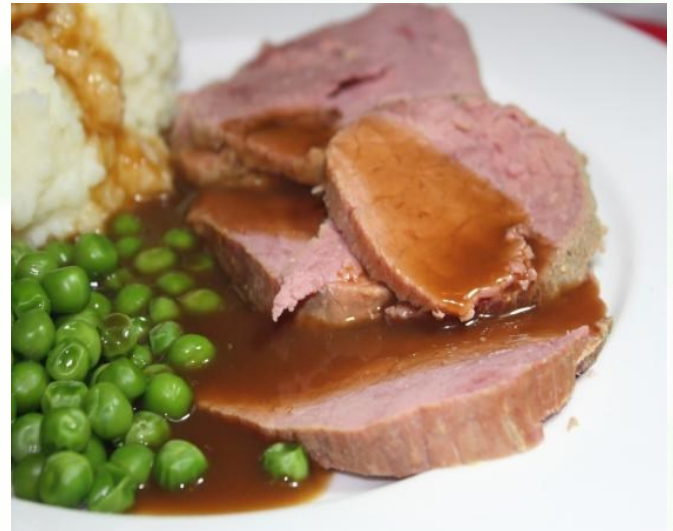


FUN FACT:

The true color of St. Patrick is blue. Green became associated with St. Patrick's Day during the 19th century. Green, in Irish legends, was worn by fairies and immortals, and also by people to encourage their crops to grow.



Simple Corned Beef Recipe Below!



Simple Corned Beef - Crock Pot

- 1 1/4 lbs corned beef (usually sealed in a plastic bag)
- 1 cooking onion, sliced
- 1 bay leaf
- 2 whole cloves
- 1/4 teaspoon black peppercorns
- 3/4 cup water
- 2 teaspoons yellow mustard
- 2 tablespoons light brown sugar

(Makes 4-6 Servings)



Directions:

1. Remove beef from the plastic bag and rinse.
2. Place onion slices in the bottom of the crock pot. Place beef on top.
3. Add bay leaf, cloves and peppercorns.
4. Mix together the water, mustard and sugar. Pour over the beef.
5. Cover, and cook on High for approximately 5 hours.
6. When cooked, remove from the broth and allow to rest (covered loosely with foil) for at least 15 minutes before slicing.

St. Patrick's Day Word Puzzle

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

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|----------|---------|------------|----------|
| Saint | Brogue | Ireland | March |
| Patrick | Elves | Leprechaun | Parade |
| Irish | Emerald | Limerick | Rainbow |
| Blarney | Gold | Luck | Shamrock |
| Blessing | Green | Magic | Wish |

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