

The Family Helper is back!!

October is here and it's time to Give Thanks!

May your day be filled with thanks for past blessings and prayers for bright hopes for the future.

Important dates for your calendar:

October 3rd-Seniors Fall Fair in Grand Falls-Windsor. Drop by and visit our information booth where you will be able to enter your name for our prize draw!

October 6th-22nd Annual Canadian Breast Cancer Foundation CIBC Run for the Cure

October 14th-Thanksgiving Day!

October 31st- Halloween! Please help to keep our Ghosts and Goblins safe when they are out trick or treating.

A **BIG Thank You** to everyone who participated in our contests on Facebook and **congratulations to Jennifer Gleason who was the winner of \$250!!** for our "New Employee Referral Contest"

Keep watching our Facebook page and web site for our Thanksgiving contest...enter your name and the name of someone who is interested in working in Homecare and you may be eligible to win a Sobey's gift certificate!

Have you checked out all the photos of our summer socials on Facebook??

www.provincialhomecare.ca



"Do You ... "

* Do you start your shift by asking the question *"What can I do for you today?"*

Provincial Staff are receiving a lot of praise; especially after they start their shifts with this simple question. It is amazing how special you can make your client feel by asking them what you can do for them.

* Do you want to ensure your pay cheque is not delayed... Time cards have to be signed by the client and passed in to the office every Monday!

You can help Prevent The Flu

You can play an active role in staying healthy and preventing the spread of seasonal flu and colds if you:

- *Get your flu shot
- *Wash your hands frequently
- *Cough and sneeze into your arm, not your hand.
- *Keep your hand away from your face
- *Keep common surface areas clean and disinfected
- *Stay healthy

We thank you for the opportunity to help you and your family

S	H	R	S	C	P	D	C	H	M	K	W	Apple	Rake
L	K	A	T	U	T	A	M	Z	Y	D	U	Fall	Scarecrow
U	P	K	D	C	H	E	L	J	V	A	E	Leaves	Sweater
N	U	E	S	I	S	E	C	E	W	Y	R	Pumpkin	Wind
E	M	L	S	C	A	R	E	C	R	O	W	Left over Turkey? Here's a simple recipe!!	
P	P	H	K	V	N	M	C	B	Q	I	Y	Turkey Divan Bake	
J	K	Y	E	S	U	R	A	P	P	L	E	1&1/2 cups instant white rice, uncooked	
R	I	S	V	M	O	Z	H	E	Q	A	S	2 cups chopped cooked turkey	
V	N	L	L	A	F	V	X	H	F	C	W	3 cups of frozen broccoli florets, thawed drained	
D	N	I	W	I	R	E	T	A	E	W	S	1 can(10 fl oz/284ml) cream of broccoli soup 1&1/4 cups water	
												1 cup Kraft Old Cheddar Shredded Cheese	
												Make It:	
												PREHEAT oven to 425F. Sprinkle rice evenly onto bottom of 2Lbaking	
												dish sprayed with cooking spray, top with turkey and broccoli.	
												MIX soup and water with whisk. Pour evenly over turkey mixture;	
												sprinkle with cheese.	
												BAKE 20 min, or until liquid is absorbed and rice is tender.	

Safety Tip	Did You Know
Remember that <i>nothing we do is worth getting hurt for</i> so always put safety as your top priority. If you spot a safety hazard or are uncomfortable performing a task report it to your supervisor.	<i>You can be a role model for children:</i>
Safety is everyone's job, especially yours!!	*Teach them to count to 20 when they wash their hands.
	*Show them how to cough or sneeze into their sleeve or elbow-not their hand.
	<i>The flu shot can prevent flu illness in up to 70-90 % of healthy children and adults.</i>

Our office hours are 8:30–5:00 Monday to Friday

Please respect that our **After Hours Phone line is for emergencies only.**

“*THE FAMILY HELPER*” is your monthly newsletter! So we welcome your thoughts and ideas.



Tell Us What You Think!

Just send them to provincialhomecare@hotmail.ca or fax (709) 834-3397.

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