

The Family Helper is Back!!

The Family Helper - our monthly newsletter - is back! *The Family Helper* is a place where employees and clients can exchange ideas and keep up to date on different events within Provincial Homecare and the community.

Our newsletters can be viewed on our website www.provincialhomecare.ca, as well as our Facebook page.

- Don't forget to follow our Facebook page for exclusive pictures and contests!

The Family Helper is here for YOU! We welcome all thoughts and ideas, so if you have any comments, ideas, pictures, suggestions, or a favorite recipe you'd like us to share, send us an email at thefamilyhelper@provincialhomecare.ca

Important Dates

June 2nd: National Health & Fitness Day, and the 3 Hour Challenge (CBS)

June 15th: World Elder Abuse Awareness Day

June 21st: Indigenous Peoples Day, and the first day of Summer!!

June 23rd: Flea Market at Joe Byrne Stadium (GFW)

June 29th: Brain Injury Awareness Day

What's New at Provincial Homecare

⇒ New Confidentiality Statement

We recently updated our Confidentiality Statement. All employees are required to review the new statement, which can be found in the "Employee Portal" on our website or at any of our office locations.

⇒ Carey Homecare

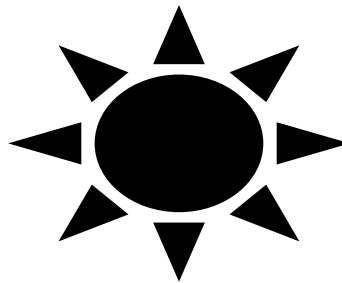
Please welcome the newest member of our team, Carey Homecare! Carey is the *Provincial Homecare bear who cares*. His mission is to spread kindness around the community by doing random acts of kindness with our home support workers. See "Where's Carey?!" by following him on our Facebook page.

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

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

Health & Fitness

nutrition exercise energy
body active



Brain Injury Awareness Day is June 29th.
Studies show that most brain injuries are caused by falling. Here are a few ways to make your work environment safer - and help prevent brain injuries due to falling.

- Removing tripping hazards such as throw rugs and clutter in walkways
- Using nonslip mats in the bathtub and on shower floors
- Installing grab bars next to the toilet and in the tub or shower
- Installing handrails on both sides of stairways
- Improving lighting throughout the home

Blueberry Muffins

Ingredients	Directions
12 ½ oz cake flour 1 tsp baking soda 2 tsp baking powder Heavy pinch salt 1 cup sugar ½ cup vegetable oil 1 egg 1 cup yogurt 1 ½ cups fresh blueberries Vegetable spray, for the muffin tins	<ol style="list-style-type: none"> 1. Preheat oven to 380°F. 2. In a large bowl sift together the flour, baking soda, baking powder and salt. Set aside. 3. In another large bowl, whisk together the sugar, oil, egg and yogurt. Add the dry ingredients, reserving 1 tablespoon of the dry ingredients and toss with the blueberries. Stir mixture. Add 1 cup blueberries to mixture and stir again. Reserve the other 1/2 cup of blueberries. 4. Add the mixture to greased muffin pans, sprinkle the remaining berries on top of muffins. Place into the oven and increase the temperature to 400°F. Bake for 20 to 25 minutes, rotating pan halfway through.

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