
❖ Home Care Network News ❖

Volume 6 Issue 2

408-254-4650

Spring 2009

OK, it's been a very long winter. Spring is here. I am very anxious to get my hands in the soil and to start planting flowers and vegetable plants. IT'S TIME TO BE GREEN. I thought I would devote this issue to spring activities. Let's all do what we can do to protect and enjoy the environment. Good planting.

Sally Ryan

What Plants Attract Butterflies?

Nothing adds to the beauty of a flowering garden than butterflies fluttering about on a warm summer day. If attracting butterflies to your garden is what you'd like to achieve, there are a few things you can do to accomplish this. Butterflies have a very keen sense of smell and can smell flowers many miles away. If the right flowers are planted in your garden, then butterflies are going to flock to it. Not only does smell attract them but colors do as well. They tend to like purple, yellow, pink and white flowers.

To attract butterflies, you will need to keep a few things in mind. Butterflies need sunshine to keep warm, and most of the flowers that attract them need sunshine, too. Make sure when you select a location for the garden that it's in a sunny area. Adding rocks and bricks for the butterflies to bask in the sun will keep the butterflies close to your yard.

When selecting your plants, choose a variety of plants so that there are always flowers blooming at all times during the summer. If you plant all of the same type flower and they bloom and die, the butterflies will leave.



Here are some of the plants that attract butterflies the most

Daylily	Iris
Lavender	Milkweed
Petunia	Phlox
Asters	Butterfly Bush
Heliotrope	Cosmos
Zinnia	

Different breeds of butterflies will be attracted to different flowers so keeping a variety of flowers will also bring in a variety of butterflies. Butterflies need nectar to live so keeping a constant supply available will keep the butterflies in your garden all summer. They will also need water so place a plate with water on it so the butterflies can get a drink when they need it. Keep in mind that the types of flowers you select will depend on whether the butterflies begin to lay eggs and then reproduce in your garden.

Watching a caterpillar transform into a butterfly is one of the most fascinating things to witness. If you have children, this can be an educational experience you can share with them.

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The biggest problem people encounter when trying to attract butterflies is that some gardeners will use pesticides to control garden pests. If you're trying to attract butterflies you can't use any pesticides at all. The poison will kill the butterflies off as well as the other insects. Weed killers will also harm butterflies so avoid using them as well.

For those that live in an apartment and don't have access to a yard, you can make a window box and plant flowers for the butterflies. Because of their sharp sense of smell, the butterflies will find the flowers you plant in there even if you live higher than the first floor. Just make sure you place the window box in a sunny area, and make sure it's secured. I've known people who have had window/flower boxes on their balconies that attract butterflies as high up as the 10th floor. For an altitude like that you need to put up something as a wind shield because the butterflies wings are fragile and high winds will damage their wings.

The Benefits of Staying Active

Approximately every eight seconds, another baby boomer earns the title of **senior citizen**. It's estimated that roughly 4,000,000 Americans will turn 50 in 2008. Baby Boomers entering their senior years in record numbers, combined with the increase in life expectancy, has led to more seniors being aware of the importance of staying active both physically and mentally.

Regardless of age or ability there are many activities and games, both indoor and outdoor, that keep seniors stimulated, enrich their life and make them feel vital and alive. From seniors living in nursing homes and assisted living facilities to those living with families or alone, keeping active and involved is an important aspect of living a longer, healthier life.



Outdoor Games and Activities for Senior Citizens

Many seniors love being outside in nice weather and opportunities for outdoor activities are plentiful. From quietly sitting with friends playing cards or enjoying a game of chess or checkers to an active game of shuffleboard or bocce ball, breathing the outdoor air and feeling the sun on your skin are added benefits to the activity.

There are many outdoor games that seniors enjoy playing and many of those are easily adapted for players that have difficulty walking or standing such as beanbag toss or lawn darts. The following are outdoor games that can be enjoyed by everyone regardless of their age.

[Bocce ball](#)

[Croquet](#)

[Lawn Darts](#), which are Nerf darts

[Beanbag toss](#)

[Horseshoes](#)

[Badminton](#)

More Outdoor Activities and Games

Other outdoor activities and games that are enjoyed by many seniors include:

- Fishing
- Bicycling
- Shuffleboard
- Lawn tennis
- Miniature golf
- Golf
- Tennis
- Container gardening
- Community gardening
- Swimming/Aqua aerobics

The Easiest Vegetables to Grow

There is a wealth of easy to grow veggies that every gardener; no matter their skills, can find success with. Choosing varieties that are disease resistant, weather tolerant and innately hardy, can improve a gardener's chance of harvesting oodles of table ready produce.

Most of these veggies can be planted in containers for your patio gardening

Go for the Greens.

Stay away from head lettuces if you are going for ease of growth and care. Sow the seeds thickly in rows of well-drained soil, and cover with a fine potting soil, tamping down after covering. Water well, and wait to harvest tender greens for fabulous salads. You can cut the lettuce leaves as they are growing, trimming away just what you want to eat, and leaving the core, which will prolong the growing life of the plant.



Beans Anyone?

Another favorite is the string or green beans. The seeds are sizable and easy to plant. Blue Lake and Kentucky are just two varieties to look for. Bush beans don't require trellising, which make them a better choice for gardeners on the go. Drop 2-3 seeds per hole, cover with potting soil.



Radishes Galore!!



Radishes have to be the easiest and quickest emerging veggies of the lot. They can poke their stout sprouts out of the soil only 4 days after planting, and take off like a rocket ship.

Peas Please.

These sturdy little vines will attached themselves to almost anything, and wind their way into your hearts with their ease of growth and required care. Simply plant disease resistant varieties as early as possible and watch them grow.



Roots Veggies—Beets, Carrots, Onions.

Beets and carrots go hand in hand as under the soil good guys. Just make sure you plant them in loose or at least friable soil, to ensure their full development.



Acres of Squash.

Pumpkins, gourds, summer and winter squash, all seem to sprout, spread, and take over the garden all on their own. Add to that zucchini and cucumbers, and you will have patches of veggies growing in every corner. Plant the seeds three to a hill and watch them grow.

Tomatoes and Peppers.

Two easy growing veggies if started from seed indoors. Simply plant them indoors in small pots with sterile soil, and transplant when large. You can also buy the ready grown plants and place them in containers on your patio for fresh tomatoes and peppers of all sizes all summer long. Nothing tastes better than a home grown tomato.



Remember to fertilize all of your vegetables regularly to keep them healthy and producing. All of these veggies are easy to grow and maintain with simple care.

Study Links Larger Waist Circumference to Higher Mortality Risk

People with a large waist circumference have a higher risk of mortality, even if they have a normal body mass index (BMI—a ratio of weight to height), finds a recent study supported in part by the NIA. The results suggest that waist circumference should be considered as a health risk factor independent of BMI, according to Dr. Annemarie Koster and co-authors in the *American Journal of Epidemiology*.

The researchers analyzed demographic and health data on 245,533 participants (154,776 men and 90,757 women) ages 51 to 72, drawn from the NIH–AARP Diet and Health Study. Defining a large waist circumference as more than 102 cm for men and 88 or more cm for women, they looked at the combined effects of BMI and waist circumference on time to death during 9 years (1996–2005).

Individuals with a large waist circumference had a 20 percent higher mortality risk than those with a normal waist circumference, after adjusting for BMI, the investigators found. This higher risk existed in people with and without prevalent disease, in smokers and nonsmokers, and to varying degrees across racial and ethnic groups. In addition, among participants with a normal BMI, those with a large waist circumference had a 20 percent higher risk of death than those with a normal waist circumference.

Caregivers Holiday

With the following holidays, Caregivers are to receive time and one-half for working that day. If you choose not to have the Caregiver that day, please tell them in advance.

Memorial Day	May 25
4th of July	July 4
Labor Day	September 7
Veterans Day	November 11
Thanksgiving	November 26
Christmas	December 25

The Man Rules

At last a guy has taken the time to write this all down.

1. Men are NOT mind readers.
2. Learn to work the toilet seat. You're a big girl. If it's up, put it down. We need it up, you need it down. You don't hear us complaining about you leaving it down.
3. Sunday sports. It's like the full moon or the changing of the tides. Let it be.
4. Crying is blackmail.
5. Ask for what you want. Let us be clear on this one: Subtle hints do not work! Strong hints do not work! Obvious hints do not work! Just say it!
6. 'Yes' and 'No' are perfectly acceptable answers to almost every question.
7. Come to us with a problem only if you want help solving it. That's what we do. Sympathy is what your girlfriends are for.
8. Anything we said 6 months ago is inadmissible in an argument. In fact, all comments become Null and void after 7 Days.
9. If you think you're fat, you probably are. Don't ask us.
10. If something we said can be interpreted two ways and one of the ways makes you sad or angry, we meant the other one.
11. You can either ask us to do something or tell us how you want it done. Not both. If you already know best how to do it, just do it yourself.
12. Whenever possible, please say whatever you have to say during commercials.

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CAREGIVERS PAGE AND INFORMATION

Late Caregiver Receipts

I thought I would list those Caregivers who are continually late in sending in their receipts to HCN.

Patricia G.	Lillian A.	Fulata P.
Adeline S.	Tesga G.	Jean T.
Fatmata B.	Marie M.	Almaz A.

Mileage

Mileage for doing errands or other activities using your own care is now \$0.55 per mile effective January 1. An example on how to calculate it is:

20 miles X \$0.55 = \$11.00.

Reminders

Please make sure your timecards are mailed to me no later than the 7th of every month for the prior month.

With the last newsletter, you each received a list of your outdated documents. Please mail in copies.

Please be on time. This is the most common complaint among clients.

Let us know of any changes in your phone numbers.

Please dress professionally. Scrubs work well.

Please call the office with any changes in your or your client's schedule.

Ladies, watch the length of your finger nails. They carry so much bacteria underneath them.

Remember, good hand washing is the best way to prevent the spread of viruses and bacteria.

Thanks for all your great care!!!!

CPR & First Aid

Nurses Workshop

408-269-3715
1777 Hamilton Ave. # 204C
San Jose

American Red Cross

408-577-1000

CPR renew every 2 years
First Aid renew every 3 years.

Holidays 2009

With the following holidays, you are to receive time and one-half for working that day. Please remind the client in advance of the holiday because a family member may not need you on the holiday.

Memorial Day	May 25
4th of July	July 4
Labor Day	September 7
Veterans Day	November 11
Thanksgiving	November 26
Christmas	December 25

TB and Chest X-Ray Testing

US Health Works

408-288-3800

Monday, Tuesday, Wednesday and Friday
7AM-7PM
\$36.00

13. Christopher Columbus did NOT need directions and neither do we.

14. ALL men see in only 16 colors, like Windows default settings. Peach, for example, is a fruit, not a color. Pumpkin is also a fruit. We have no idea what mauve is.

15. If it itches, it will be scratched. We do that.

16. If we ask what is wrong and you say 'nothing,' we will act like nothing's wrong. We know you are lying, but it is just not worth the hassle.

17. If you ask a question you don't want an answer to, expect an answer you don't want to hear.

18. When we have to go somewhere, absolutely anything you wear is fine... Really .

19. Don't ask us what we're thinking about unless you are prepared to discuss such topics as baseball, football or golf.

20. You have enough clothes.

21. You have too many shoes.

22. I am in shape. Round IS a shape!

23. Thank you for reading this. Yes, I know, I have to sleep on the couch tonight.

But did you know men really don't mind that? It's like camping.

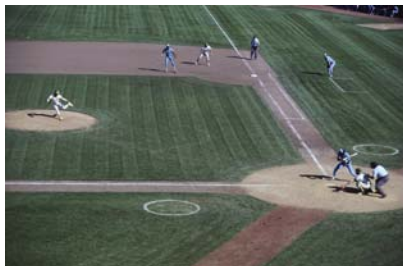
I still have 2009-2010 Senior Directories available from the Council on Aging. Let me know and I will be happy to send you one.

FREE FREE FREE FREE

Home Care Network News

PO Box 96
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**It's almost Summer,
Baseball,
Picnics,
Fun, fun
fun.**



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