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# ❖ Home Care Network News ❖

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**What I Didn't Do On My Summer Vacation** Someone had to stay home and take care of the animals, my clients, and caregivers. So who else should do it except me. My son and husband went to Europe so you can read about what they did on their summer vacation. My vacation was attending some concerts such as Jeff Dunham, Chicago with Earth, Wind, and Fire, The Beach Boys, and also comedian "Larry The Cable Guy"

Sally Ryan

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## TEA WITH THE QUEEN

Europe was in need of a close inspection and some good old USA Stimulus money. So we set off to check the place out. My goal was to have tea with The Queen, a reasonable goal, I thought.

We started out in Ireland, city of Dublin where I had an assignment to find a copy of my grandmothers' birth certificate. She was born in 1870 and for some reason they didn't have computerized birth records back then. I knew they were always a few years behind us.

Anyway, the nice folks at the "paper" record keeping facility asked me what county she was born in. Simple question, I didn't know, but I would use their archives to look her up and find out what county Mary Conner was born in. The problem with that is that there were 76 Mary Conner's born in 36 different counties in 1870. I knew one of them was mine, but they weren't going to pull 76 139-year old records to satisfy my genealogy needs.

Darn bureaucrats, just like those clerks at the DMV. Cost me 2 Euros to find out that Mary Conner WAS really a popular name back then. While I was pouring over the dusty antique listings, my son was at the Royal Dublin Golf Club, playing around with the locals. Just a few strokes over par, too.

Next on our list was a close inspection of the Guinness Storehouse, a clever name for a

brewery, I thought. We saw where and how the black stuff is made.

A side note, a cab driver told us that they get the brewing water from the River Liffey, which may account for some of the dark color, I thought. Then we saw large tank trucks filled with clear clean spring water heading for the brewery. I think the cabbie was kidding. A fine visit, topped off with a pint of the brew in the glass paneled view-bar at the top of the facility. What a view it was too.



Next it was off to jolly old England to have tea with the Queen. But first we had to take in some of the local charm and learn to act like a local. We rode the underground and minded the gap, what-ever that meant, and rode the big Ferris wheel called the London Eye. There were great views of things that needed to be inspected and a nice overview of the city.

We were particularly concerned about the quality of the food, especially the oysters, can't be too careful when eating those darn slimy things. We planned our infiltration of Bucking-

*Continued on Page 2*

ham Palace, where we would have our tea with the Queen.

We were to make our approach on a dark and stormy morning, stealthing through a nearby park, looking like a tourist so we wouldn't be noticed. When we had the side entrance in view, we were approached by two London Bobbies (cops without guns) and were asked to submit to a "random" search. I was going to bring up the 4<sup>th</sup> amendment to the constitution, but I remembered that we won that war back in 1776 and it would just annoy the Bobbies.

They found our camera equipment and passports, and then told us that the Queen was not around today and we should plan other activities. So we ate oysters and had a Guinness. Then it was off to Munich. In the heart of Bavaria, this beautiful city was just a short train ride to a place called Dachau. You have all heard of it. We spent the afternoon with a very well informed tour guide and learned the details of what went on there in the 1930's and early 1940's. I didn't take any photos there. There was no need to have a photo of a place so horrible.

On the bright side, they claim to have invented beer in this area of Germany; they even have a building dedicated to the brew. They called it "the Hofbrau House". Catchy name, a family restaurant. A child's size beer comes in a one-liter mug that takes two hands to lift. They should probably raise the drinking age or make the mugs smaller. This bears another inspection trip in the future.



The staff wore cute little outfits and the band played your favorite oldies on their accordions. I think we had dinner there, I know that I wasn't hungry when we left, I think. But then I don't really remember leaving either. We took the train to Rome for the next leg of the inspection via the French Alps.

Since the tea with The Queen thing didn't

work out, I thought we should have pizza with The Pope. We headed for the Vatican and scored!

We found someone that said for a mere 20 Euros each, she could sneak us in the Vatican through the back door. After bypassing the security and metal detectors by pretending to be lost and looking for the men's room, we donned our communications apparatus to keep in touch with our "guide".

It was a circuitous path through a storehouse of statues, paintings, frescos, gold artifacts and lots of shiny marble things.

She called it a museum, but I had never seen anything like this before. The goal was to happen upon the Pope in places where he frequents and invite him to have pizza with us at a local restaurant; we were even going to let him bring a friend.

Anyway, next we slid into a place that his holiness was known to frequent. We hung around hoping for a break, but all we wound up doing was looking at the painted ceiling and walls. Michelangelo did a fine job on this Sistine Chapel. Perhaps he only comes by for elections. Oh well, we went on to try the big church. No luck, it was Wednesday and we would be gone by Sunday. We figured he was probably with the Queen and gave up the hunt. We heard that the Roman ruins were fun to visit.

But first, some "REAL" pizza, and it sure was good. The inspection of the ruins showed that they were in need of repair. Apparently 2000 years of neglect led to some deterioration. Some stucco and a good coat of paint wouldn't hurt, but absolutely no termite damage!

Then we came home.

THE END

Written by Frank and Dan Ryan



Swiss Guards at the Vatican



The Vatican At Night



Danny Eating "Fruit of the Sea", Shell Fish and Pasta



The Dome of St. Peter's Basilica

Rome. Notice All the Churches.



## Properly Cooking Chicken

Recently, the risks of Salmonella, in particular from eating chicken, have been mentioned so much on TV most people would have thought that incidences of infection to this would have been reduced to almost zero. Sadly, this is not what has happened. For regular chicken eaters, the risks of getting sick or heaven forbid, dying are still there, and instances still occur.

Knowing exactly what Salmonella is will help chicken consumers eliminate the risks and avoid infection.

### What is Salmonella?

It is a type of food poisoning caused by a specific bacteria that lives in humans, birds and other animals used for meat. If you are unfortunate enough to become infected with salmonella, you may suffer from fever, diarrhea, being physically sick (i.e. vomiting) and severe stomach cramps. These symptoms can start within 12 hours after eating the infected poultry and can last up to three days. Most sufferers recover naturally, but in some cases, it can become worse, requiring hospitalization and in a few cases, can lead to death.

### Help! How Can I Avoid This?

The advice given to those who are cooking with chicken is :

1. Wash your hands **AND** the chicken before cooking. Salmonella can exist on your hands and also on the hands of any body else whow has touched the chicken. Cleaning thoroughly reduces the risks.
2. Keep uncooked chicken away from any thing on the kitchen counter. If getting ready to prepare a chicken meal, cross contamination is a major danger. To reduce the danger, do not use the same cutting utensils for uncooked chicken as is used for cutting vegetables.

Also, use one cutting board for the chicken and another for the vegetables.

If you follow these precautions, cooking with chicken is perfectly safe and has benefits for your general health,

### Cross-contamination

- Clean your sink before using it for food preparation.
- Wash utensils that have come in contact with the floor or other contaminated areas.
- Use only clean utensils to open packages and cans of food.
- Wash all produce thoroughly.
- Store washed produce in a new, clean container or bag.
- Wash utensils used for tasting before reusing.
- Store raw ingredients on refrigerator shelves below ready-to-eat foods.
- Refrigerate raw meats and poultry on a plate to prevent contamination of refrigerator shelves.
- Wash cutting boards and countertops with a mild bleach solution after cutting raw foods.

Place cooked foods on a clean plate instead of returning them to the plate or marinade that held raw foods.



## 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.*

|                     |                    |
|---------------------|--------------------|
| <b>Labor Day</b>    | <b>September 7</b> |
| <b>Veterans Day</b> | <b>November 11</b> |
| <b>Thanksgiving</b> | <b>November 26</b> |
| <b>Christmas</b>    | <b>December 25</b> |

# CAREGIVERS PAGE AND INFORMATION

## Hospice Class

For those who received a notice for the August Hospice class, please RSVP as soon as possible so that Edith Dooley, the nursing instructor, can begin preparing for the class. Registration will only be accepted through July 18, 2009

## 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:

$$20 \text{ miles} \times \$0.55 = \$11.00.$$

## Reminders

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

**PLEASE TURN OFF CELL PHONES, OR PLACE ON VIBRATE WHILE WORKING. NO TEXTING.**

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.*

|                     |                    |
|---------------------|--------------------|
| <b>Labor Day</b>    | <b>September 7</b> |
| <b>Veterans Day</b> | <b>November 11</b> |
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## TB and Chest X-Ray Testing

**US Health Works**  
**408-288-3800**

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

## “Sunbathing on the Roof”

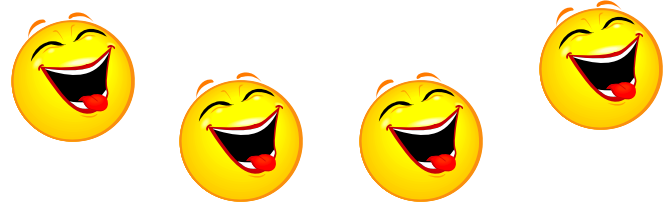
Joan, who was a rather well-proportioned secretary, spent almost all of her vacation sunbathing on the roof of her hotel. She wore a bathing suit the first day, but on the second, she decided that no one could see her way up there, and she slipped out of it for an overall tan.

She'd hardly begun when she heard someone running up the stairs. She was lying on her stomach, so she just pulled a towel over her rear.

"Excuse me, miss," said the flustered assistant manager of the hotel, out of breath from running up the stairs. "The Hilton doesn't mind your sunbathing on the roof, but we would very much appreciate your wearing a bathing suit as you did yesterday."

"What difference does it make?" Joan asked rather calmly. "No one can see me up here, and besides, I'm covered with a towel."

"Not exactly," said the embarrassed man. "You're lying on the dining room skylight."



**Say congratulations to Theresa Lopez, a caregiver with us since 1996. Her nephew, Carlos Hernandez was signed by the Oakland A's after two years at West Valley College, He is in the minor league at this time on the Stockton Ports. Carlos is a left hand pitcher and batter, and is doing very well.**

**We all wish him well and hope to see him soon with the big boys.**

## Home Care Network News

PO Box 96  
Blair, NE 68008-0096

**Home Care Network has reached its 15 year anniversary in providing services to the community. Thank you for all your great care, support, and encouragement.**

**[www.homecarenetwork.us](http://www.homecarenetwork.us)**

**408-254-4650**