



# WELLSBROOKE INK

*"Making a difference in the lives of others"*

Volume 1, Issue 1

December 22, 2006

## Happy Holidays!

The WellsBrooke staff would like to wish all our employees and their families a peaceful and joyous holiday and a happy and healthy new year! We appreciate all your hard work and dedication. We know that our clients also are grateful for your compassion and commitment to their well being.



Mr. Price, his aide, Ann (left), and Theresa Fehse (right), WellsBrooke Staffing Coordinator.



Mary Mazur, RN, and her daughter.



Mrs. Sutka joined by WellsBrooke aides; Debbie, Jessica, Elaine, and Carol.

### Holiday Open House

The room was filled with plenty of friendly conversation, cheerful music, beautiful decorations and delicious food.

Many of you enjoyed complimentary manicures, massages, and door prizes. But most of all, the party was a success because you took the time out of your busy schedules to be there. Our annual WellsBrooke Holiday Open House was a huge success! Here are some snapshots from that joyous day! We would like to thank each of you who attended.

### Oatmeal Bread Recipe

- |                              |                         |
|------------------------------|-------------------------|
| 4 tsp baking powder          | 2 cups pumpkin          |
| 2 cups skim milk             | 4 tsp pumpkin pie spice |
| 1 cup egg beaters            | 2 tsp vanilla           |
| 1 cup unsweetened applesauce | 2 tsp cinnamon          |
| 1 cup Splenda                | 5 cups oatmeal          |

Mix all ingredients together. Bake at 350° in greased 9 x 13 pan. Cut into 12 pieces.

### Contact Numbers

Staffing: 734.468.1700

After Hours: 734.564.3799

### Office Hours

Monday–Friday

9am-5:30pm



Keep the Holiday Spirit into January

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## Employee of the Month

We'd like to congratulate Judy Maskell as our distinguished employee of the month for December. Judy has always gone above and beyond her responsibilities as an employee of WellsBrooke since she first began with the company four years ago. Judy's dedication and commitment to quality care have been an inspiration to many, especially when her client was recently hospitalized. Judy demonstrated her dedication by spending extra time with her

client and her client's family in the midst of a very difficult crisis.

Judy is compassionate, dedicated and a truly valued employee that represents the WellsBrooke difference. We salute you, Judy, and look forward to many more years of dedicated service!



Judy Maskell, HTA, holding her granddaughter, Ariana.



## Happy Birthday to You



Petrina Baker  
Pamela Bratton  
Cassandra Cole-Lewis  
Krisdee Davey  
Katrina Ellington

Tauni Fields  
Vicki Foshag  
Christina Foster  
Taniesha Griggs  
Tamioka Hutchinson  
Noelle Jones  
Diana Kabarowski  
Jodi Klaassen  
Felicia Lipscomb

Timothy Sendbeil  
Teri Skinner  
Millicent Tenkorang  
Jean Walsh  
Gale Webber  
Marcia Wendel

## In Memory of Kim Vincent

We are sad to report the loss of our fellow employee, Kimberly Vincent, age 31, who passed on December 16, 2006.

Kim was a dedicated nurse at WellsBrooke who will be missed by all. Our thoughts and prayers are with her family.

She is survived by her husband Terry; her children, Dylan, Robert and Brett Richard; her father, Robert (Annette) Marrs and her sister Kris (Jeanette) Marrs.

A fundraiser is being planned in the near future. Please stay in touch for more information.



Kimberly Vincent, RN





## Keep Holiday Cheer in the Air

Have you noticed that you tend to feel more tired during the winter months? Or are you sensing the onset of intense cravings for comfort foods like beef stew, or those sugar-filled cakes and cookies? Maybe you're secretly longing for a day at the beach just to bask in the heat of the sun and the warm sand beneath your feet?

Let's face it: January isn't nearly as much fun as December. The holiday celebrations are coming to an end; gifts have been opened and friends and relatives are headed back home, and you and your clients may be feeling the effects of the "winter blues".

Here are a few ideas to keep the positive energy from the holidays alive:

- Help your client to remain as active as possible
- Attend fun community events
- Focus on a favorite hobby or develop a new one
- Assist in writing thank you notes for holiday gifts
- Encourage your client to interact with friends and relatives
- Try to keep a positive mental attitude
- Bake some holiday treats



Mrs. Schneider and her aide, Sheena Green.



Mrs. Tessman joined by two of her aides, Terri Roncevich (left), and Mary Graham (right).

### Caramel Corn Recipe

- 7 quarts plain popped popcorn
- 2 cups dry roasted peanuts
- 2 cups brown sugar
- 1/2 cup light corn syrup
- 1 teaspoon salt
- 1 cup margarine
- 1/2 teaspoon baking soda
- 1 teaspoon vanilla extract

Place popped popcorn onto two baking sheets. Add peanuts. Set aside. Preheat oven to 250°. Combine brown sugar, corn syrup, margarine and salt in saucepan. Bring to boil over medium heat, stirring to blend. Boil 5 minutes, stirring constantly. Remove from heat, and stir in baking soda and vanilla.

Immediately pour over popcorn in pans, and stir to coat.

Bake for 1 hour, stirring every 15 minutes. Place corn on waxed paper and separate pieces. Allow to cool. Store in airtight containers or bags.



Steve Pylar with his aide, Diana Brumley.

### Pets Need Love, Too!

- Increase your pet's supply of food, especially protein.
- Provide your pet with a warm place to sleep and a nice bed.
- Keep antifreeze away from pets since it is a highly poisonous substance.
- Bang your car hood before starting your car to make certain no
- cats have wandered underneath to stay warm.
- Never let your dog off the leash during a snowstorm as he cannot easily retrace his scent over snow or ice and he can get lost.



Man's best friends need extra care during the winter months..

- After walks outdoors, wipe off dog's paws to prevent irritation from salt and other chemicals.