



# WellsBrooke

PREMIUM HOME CARE SOLUTIONS <sup>SM</sup>

*“Making a difference  
in the lives of others.”*

## ***Believe it or not: Spring is Here!***

If you're like me, now that spring is here, you have this overwhelming urge to do some serious cleaning, start those long overdue gardening projects—maybe even plan a fun family backyard barbecue!

Of course, all of this is going to require some planning. That's why we've included some helpful tips in this newsletter to kick start your spring plans. Enjoy!

A wonderful way to celebrate spring is by planting trees, especially as we celebrate National Arbor Day on Friday, April 27.

When choosing the tree species, the most important considerations are sun exposure and its mature size and shape. Choose a tree whose natural shape fits the space you have allotted for in your landscape. In other words, don't put a tree



that will grow to 30 x 30 feet in a small space. Remember, in 20 years that tree will be much larger! Also, consider what trees are good sources of food and shelter for native birds in your area.

When planting your tree, select a site with enough room for roots and branches to reach full size. Avoid overhead and underground utilities. Prepare a planting area as deep as the root ball and three to five times its diameter by loosening the soil.

Then, water, water, water!

### ***Spring Cleaning Tips***



**Work** from the top down, inside to outside, to avoid getting dirt on things you have already cleaned.

**Do one room**, even one area of one room at a time to avoid the temptation of leaving jobs unfinished.

**Do two things** at once. While laundry is going, scrub the shower.

**Invest** in good rubber gloves to protect your skin and nails.

**Dust before vacuuming** or cleaning the floor. Try feather or lambswool dusters, especially extendable ones for reaching above window and door casings and into corners.

**Use a Swiffer** for light dusting, or your favorite broom or vacuum attachment to clean hardwood floors. Then damp-mop with a mild cleaner such as Murphy's Oil Soap.

Volume 1, issue 4

April 20, 2007

42235 E. Ann Arbor Rd.  
Plymouth, MI 48170

Phone: 734-525-0640

Fax: 734-525-5966

**We're on the Web!**

**www. Wellsbrooke.com**

### ***Inside this issue:***

**Fruit crisp recipe** 2

**Employee of the Month** 2

**Happy Birthdays** 2

**Save your Back** 3

**Spring Gardening** 3

**The Pet Corner** 3

## Easy Peach and Berry Fruit Crisp

2 bags unsweetened, frozen mixed berries

1 bag unsweetened, frozen peaches

1/2 cup sugar

Zest from one orange

2 tbsp. cornstarch mixed into 3 tbsp cold water until dissolved

### Topping:

1 cup old fashioned rolled oats

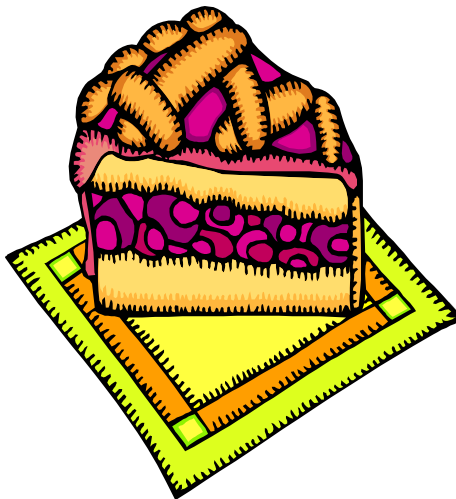
1/2 cup flour

1 tsp. cinnamon 1/2 tsp. salt

1 tsp. vanilla

1/2 cup firmly packed brown sugar

6 tbsp. melted butter



Preheat oven to 350°. Mix fruit, sugar and orange zest in large bowl. Pour cornstarch mixture over fruit. In separate bowl, mix topping by stirring together oats, flour cinnamon and salt. Add vanilla to brown sugar and stir into oat mixture. Pour melted butter over topping ingredients and mix thoroughly until it forms small clumps. Put fruit into oven-safe dish. Put topping over fruit. Bake 40 minutes or until bubbly. Serve with ice cream. Makes 6 half-cup servings.

## Employee of the Month: Lakeya Williams

Lakeya is the case coordinator for one of our more challenging cases. And, according to Erin Krey, staffing coordinator, "she is indispensable! She always goes above and beyond what is expected of her, especially when we are short-staffed. She is extremely patient, even in the most difficult of circumstances."

Lakeya is the glue that holds her case together and her client respects her a great deal. She does

her best to ensure that the client and the other aides are well-informed and cared for which is why she has been chosen as April's employee of the month.

We are so proud of you, Lakeya, and grateful to have you as part of the WellsBrooke team!

**Congratulations, Lakeya!**



## Happy Birthday to You!

Angela Allman

Fallon Bizzell

Cheryl Bruff

Gloria Campbell

Amanda Faulkender

Sara Geismann

Julie McCarthy

Caroline Myers

Mary Redmond

Stacie Smith

Patricia Solis

Chelsea Sternett

Diane Strong

Melissa Topelian

Jackie Wackerle

Stacey Witkowski



## Save Your Back

Taking care of others is your specialty, but sometimes you forget to take care of *yourself*. And after a long day of caregiving, you may experience some aches and pains in your back.

Back pain can be caused by a lack of activity, long periods of sitting, poor posture, and improper lifting. Here are some practical ways to prevent and avoid back pain:

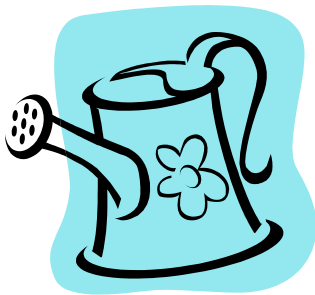
Extended sitting places extra pressure on your spine. Get up frequently to stretch or take a walk. Slouching can also cause irritation — remember to sit tall with your back straight.

Choose a chair with a straight back and lower back support.

A supportive mattress can make a difference, too. If your back hurts as soon as you wake up, you may need a different mattress. Studies show that a medium-firm mattress can sometimes reduce disability related to lower back pain even more than medical or physical intervention.

Proper lifting techniques are crucial in preventing back pain. Bend at your knees, not your waist; let your leg muscles do the lifting. Keep the lifted item close to your body, and avoid twisting as you lift and move.

Regular exercise along with keeping a healthy body weight are important weapons against back pain. Try walking, swimming, biking, dancing or other activities recommended by your doctor. A weight training routine can also help.



## Preparing your Garden for Spring

There is often a strong temptation to start removing winter mulches from your flower beds.... **WAIT!!!** Pull the mulch off gradually as the plants

show signs of new growth. The purpose of winter mulch is to act as a protector from sudden changes of temperature and chilling winds, so keep in mind that temperatures are still a bit on the chilly side.

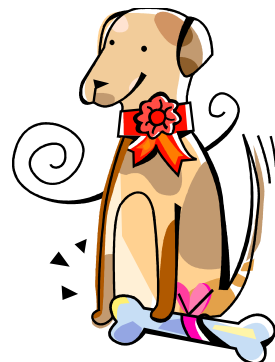
Remove the mulch over a period of days, allowing the light and air to reach the new growth slowly. This will help the plants to adjust more gradually. It is much better to remove the mulch a little later than to remove it too early.

## The Pet's Corner

Most of us would agree that having a pet is fun, but those furry critters can also be good for you. Studies have even shown that families are happier after adding a pet to their family.

Dogs have been shown to increase socialization among persons with Alzheimer's disease in special care units of nursing homes.

Having a pet can also help you to become more active. Whether it's walking your pet through the neighborhood or feeding, grooming and otherwise caring for your pet, there are many forms of activities related to pet ownership.



Pets can also greatly influence how we feel about ourselves and life in general. They can be excellent teachers and facilitators of healing.

So, go ahead, give your pet a hug! They deserve it!