

Employee Anniversaries

Wendy P.	1/6/2008
Pauline H.	1/8/2001
Barbara M.	1/12/2007
Junivan D.	1/14/2001
Marie S.	1/16/2006
Nirva G.	1/25/2008
Rosemary V.	1/30/2006
Roselaine J.	1/30/2004
Deborah D.	2/2/2006
Simone V.	2/2/2006
Loreth B.	2/6/2006
Julienne S.	2/11/2008
Darline E.	2/13/2007
Beverly M.	2/18/2004
Charlyne M.	2/20/2008
Stephanie P.	2/25/1995
Ermithe P.	2/28/2006
Marie Nicole N.	3/2/2007
Catherine O.	3/2/2007
Yvania S.	3/4/2008
Marjorie T.	3/13/2006
Edmonde J.	3/15/2008
Lillian C.	3/17/2005

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HEALTHY EATING

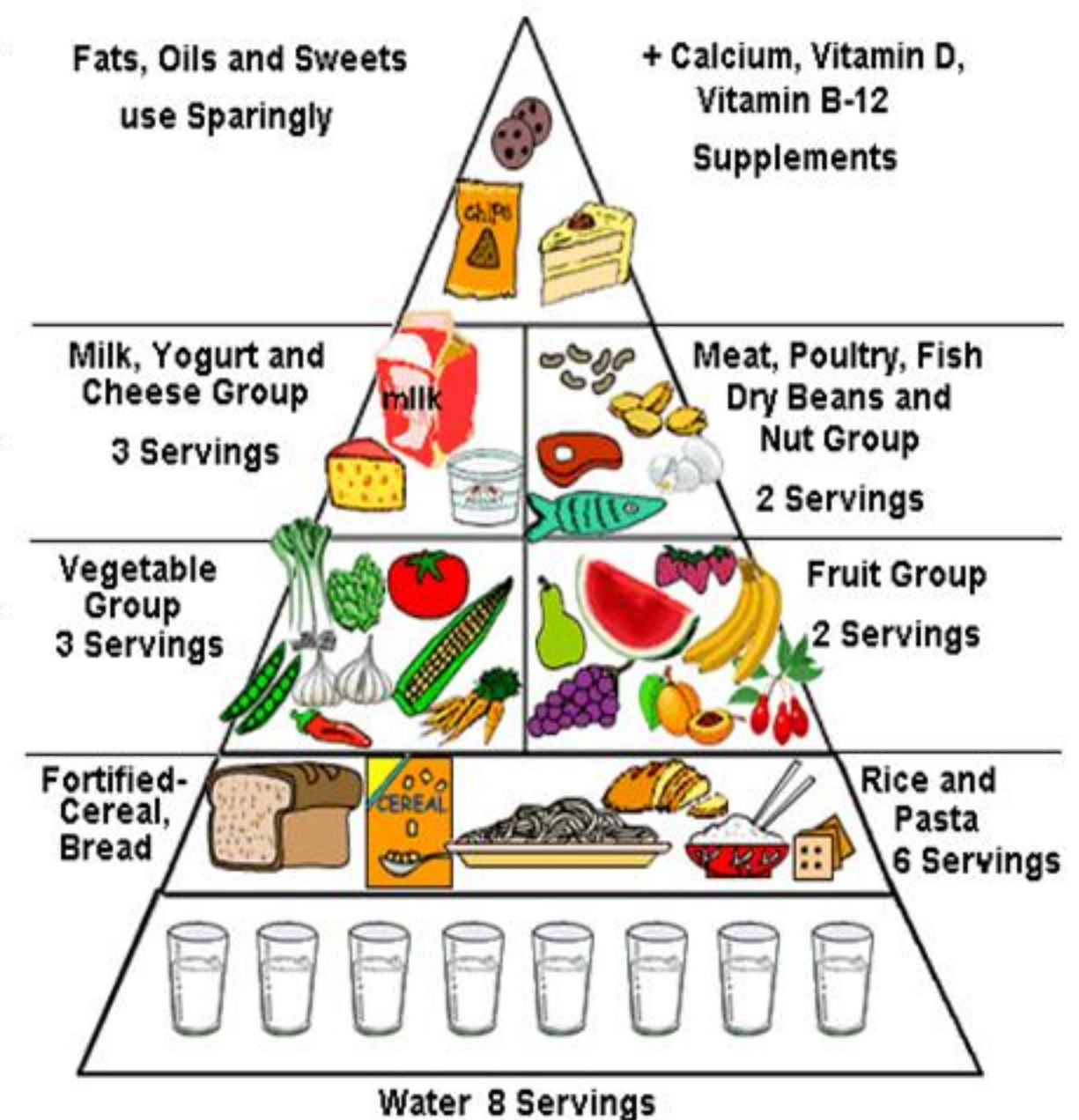
Keeping you and your client healthy

Eating right is important to each person's physical and emotional well-being. Good nutrition maintains health and body functioning and increases the ability to fight infections. Poor nutrition causes health problems and sometimes behavior changes.

Elderly people have the same nutritional needs as younger people because they are less active. Eating different types of food provide the necessary protein, vitamins, minerals, and fiber for energy and body functioning.

A healthy eating plan is one that:

- **Is low in:** Saturated fats, trans-fats, cholesterol, salt (sodium), and added sugars.
- **Focuses on fruits.** Eat a variety of fruits—whether fresh, frozen, canned, or dried—rather than fruit juice for most of your fruit choices. For a 2,000-calorie diet, you will need 2 cups of fruit each day (for example, 1 small banana, 1 large orange, and 1/4 cup of dried apricots or peaches).
- **Varies the veggies.** Eat more dark green veggies, such as broccoli, kale, and other dark leafy greens; orange veggies, such as carrots, sweet potatoes, pumpkin, and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils.
- **Includes calcium-rich foods.** Get 3 cups of low-fat or fat-free milk—or the same amount of low-fat yogurt and/or low-fat cheese (1 1/2 ounces of cheese = 1 cup of milk)—every day.
- **Makes half the grains whole wheat.** Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or 1/2 cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats, or corn are referred to as “whole” in the list of ingredients.
- **Goes lean with protein.** Choose lean meats and poultry. Bake it, broil it, or grill it. And vary your protein choices—with more fish, beans, peas, nuts, and seeds.



Healthy eating begins with learning how to eat. It's not just what you eat, but how you eat. Paying attention to what you eat and choosing foods that are both nourishing and enjoyable helps support a healthy diet.

Employee of the Quarter



Beverley has been recognized for her great work and dedication by many of her clients. She performs her work with skill and confidence at all times. She tries her best to keep her clients happy even during difficult times. We are very proud to have Beverley as a part of the Responsive team.

RESPONSIVE

HOME HEALTH, INC.

"RESPONDING WITH CARE SINCE 1994"



Employee Birthdays

Del Marie W.	Jan-03
Marie C.	Jan-07
Rosemary V.	Jan-07
Junivan D	Jan-12
Magaly H.	Jan-12
Claudette D.	Jan-15
Catherine O.	Jan-15
Angeline J.	Jan-22
Gloria M.	Jan-30
Sandra M.	Feb-03
Jacqueline G.	Feb-07
Pucelle D.	Feb-08
Andrea H.	Feb-09
Pauline W.	Feb-17
Myrtle S.	Feb-18
Lillian C.	Feb-28
Nirva G.	Feb-28
Barbara M.	Feb-28
Marjorie T.	Mar-01
Rosemarie C.	Mar-04
Roselaine J.	Mar-04
Tammy F.	Mar-06
Beverley W.	Mar-11
Charlyne M.	Mar-13
Karlene B.	Mar-14
Gloria S.	Mar-16
Colleen P.	Mar-22
Audrey M.	Mar-30
Maggie R.	Mar-30

TOTAL CANDLES: 1,467



STAR Caregivers



A special thank you to all the aides who have kept us informed with changes in their client's condition or schedule.

- Gillian A.
- Barbara M.
- Beverley W.
- Carla L.
- Gloria Mc.
- Sattie R.
- Senorina P.
- Audrey H.
- Mae R.

Thank you,
The Staffing Department

Inspirational Quotes

Try not to become a person of success but a person of value.

Albert Einstein

A generous heart, kind speech, and a life of service and compassion are the things which renew humanity.

Buddha

The greatest wealth is health.

Virgil

What lies behind us and what lies before us are tiny matters compared to what lies within us.

Anonymous

Kind words are the music of the world.

F. W. Faber