

Welcome

Welcome to the January/February 2010 edition of the Home Helpers Gazette. We hope that all of you had a happy new year and are enjoying 2010. We are hoping to get back onto a monthly schedule with the Gazette soon. Please bear with us as we work to create new newsletters for you. As always, if you have any feedback, comments or questions, you can contact us at 58319@homehelpers.cc or at (718) 261-0158. Check us out on the web at <http://www.homehelpersnyc.com>.

The Newest Little "Home Helper"



On November 22, 2009 we welcomed a new member to our family, Jordan Hodara-Bono. He is a wonderful little baby and we feel truly blessed that he is a part of our lives.

A Cancer Treatment Alternative



Doctors are using an alternative cancer treatment for patients who cannot undergo

surgery due to their advanced age or medical condition.

The non surgical procedure, radio frequency ablation, is a method in which a needle is inserted into the tumor and the tumor is "microwaved" with electrical currents to the point where the cancer cells are killed off.

Doctors report that there is no incision in the area, there is little damage to surrounding organs and patients can go home the same day as the procedure.

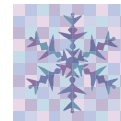
Radio frequency ablation is being used for treating cancers of the kidney, lung and liver. To read more about this story, visit <http://abclocal.go.com/wabc/story?section=news/health&id=7237952>.

The Importance of Companionship



Facebook, Twitter and all the other various forms of social networking are a clear demonstration that people of all ages value a sense of connectedness. These cyberspace giants, along with cell phones, text messaging and e-mail, have essentially replaced the good old days of relaxing on the front porch, enjoying an ice-cold glass of lemonade and having a face-to-face conversation.





Technology is both a blessing a curse. While some people are technology savvy, others do not use or have access to a computer and see no need for a cell phone. While technology ideally brings us closer and more connected to one another, it seems that face-to-face conversation and the importance of companionship are fast becoming a lost art.

Home Helpers makes life easier for clients by helping with activities of daily living, but for people who live alone, companionship is also very important. People who are used to the company of their spouse or a significant other often find it uncomfortable to be alone for an extended period of time. Being alone may be a pleasant change every once in a while, but overtime, isolation and boredom can set in. Also, every creak or noise in the home can be unsettling.

While companionship is an underappreciated benefit of caregiving, many older adults crave social experiences and the chance to interact with others. Even with many baby boomers and traditionalist using technology to share photos, exchange messages, or hear a loved one's voice, there is something to be said about companionship and face-to-face conversation.

Happy Holidays



Happy
Valentine's
Day!

Delicious Dishes

This column of Delicious Dishes features a healthy version of chocolate fondue. This delicious recipe is great for setting a romantic mood or sharing something sweet with friends. The recipe was featured in SELF magazine in the October 2004 issue. It can be found online at <http://www.epicurious.com/recipes/food/views/Chocolate-Fondue-230814>.

Dipping foods

- 1 pint fresh strawberries
- 1 red apple, cored and sliced
- 1 green apple, cored and sliced
- 1 banana
- 1/4 cup jumbo cashews
- 1/4 cup Brazil nuts

Light chocolate sauce

- 1/2 cup unsweetened cocoa powder
- 1/4 cup sugar
- 2 tablespoons Splenda Granular
- 1/2 cup skim evaporated milk
- 1 1/2 teaspoons vanilla extract

Thoroughly wash and dry strawberries and apples. Cut apples and banana into 3/4-inch-thick slices. Arrange all fruits and nuts on a plate.

To make chocolate sauce, whisk together cocoa, sugar, and Splenda in a medium-sized bowl. Slowly pour in milk to make a paste. Mix together to remove lumps.

Transfer to a medium-sized saucepan and bring to a low boil over low heat, stirring constantly. Remove from heat and stir in vanilla.

Transfer chocolate sauce to fondue pot. Place pot over candle or canned heat burner. Slide fruit pieces onto fondue fork or toothpick and dip into sauce. For nuts, spoon sauce onto a plate and dip nuts in sauce by hand.

