



Welcome

Welcome to the June 2010 edition of the Home Helpers Gazette. It's been a while since the last edition of the Gazette, and we apologize for that. We've been going through a lot of changes recently, including welcoming a new member to our family (Jordan Hodara-Bono, born on November 22, 2009) and moving to a new office! As always, we would love to get your feedback. Please contact us at 58319@homehelpers.cc or at (718) 261-0158.

New Office, Same Personal Service



This May, we moved into a new larger office in College Point, Queens. As our business has grown over the last three years, we needed more space.

We are also still working out of our office in Forest Hills and will continue to serve the community as we have done for the past few years.

We are looking forward to continued growth and success in our new office. Thank you for being a part of it.

Our new office is located at 14-34 110th Street, Suite 205, College Point, NY 11356.

New Research To Heal Heart Tissue



Scientists are studying the use of adult stem cells preconditioned with anti-angina to repair damaged heart tissue after a heart attack. The cells are injected directly into the heart muscle after a cardiac episode.

Vincent Pompili, M.D. of Ohio State University said that "in animal studies and clinical trials we have seen that while most of the repair comes from the [stem] cells stimulating the body's own ability to repair damaged heart muscle, some of the [stem] cells can actually transform into structural cells in the heart."

Additional clinical trials are being conducted to test the effectiveness of administering the cells intravenously.

(Adapted from "Stem the Damage" by Kalia Doner published in the winter 2009 edition of Rite Aid's magazine, Inner Strength. To learn more, visit <http://www.riteaiddiabetes.com>)

Organic Produce

There has been an ongoing debate about the benefits of eating organic food. Buying all organic food can be costly, and may not be as beneficial as you would think. See below for help with your next trip to the grocery store.

According to the USDA, organic food is produced without using antibiotics, growth hormones, and most conventional pesticides. Irradiation (using radiation to kill bacteria and preserve food) or bioengineering (altering the plants through science) are not allowed either.

People usually buy organic food to reduce or eliminate their exposure to harmful chemicals in the pesticides, antibiotics and growth hormones.

While buying organic food can have health benefits, it is not necessary to buy everything organic. The Environmental Working Group (a not for profit that advocates for policies to protect health) has published a list of the top 12 foods that have the highest level of pesticides.





The list includes: peaches, apples, bell peppers, celery, nectarines, strawberries, cherries, kale, lettuce, imported grapes, carrots, and pears.

The group also released a list of 15 fruits and vegetables with the least amount of pesticides. This list includes: onions, avocados, corn, pineapples, mangoes, asparagus, sweet peas, kiwis, cabbage, eggplant, papaya, watermelon, broccoli, tomatoes, and sweet potatoes.



Delicious Dishes

The celebration of Cinco De Mayo (Mexican Independence Day) in the month of May has put us in the mood for Mexican food. Tyler Florence, of the Food Network, has a great recipe for Chicken Enchiladas. I've modified it slightly. See below for this quick and easy recipe.

Ingredients

¾ pound of chicken breasts
 3 tablespoons olive oil
 Salt
 Pepper
 Paprika
 Cumin
 Cinnamon
 Taco or Fajita Seasoning
 1 small can of corn (drained)
 1 onion
 1 teaspoon chopped garlic
 2 small cans of Enchilada sauce
 1 package flour tortillas (medium size)
 1 package of shredded cheese (2% milk cheddar, Mexican mix, or other)
 Preheat the oven to 350°. Prepare a large pyrex baking pan by covering with foil. Cover the

bottom of the pan with some of the Enchilada sauce.

In a skillet, heat up the olive oil. Saute the chicken. Before flipping the chicken, add the spices. You can make it as mild or spicy as you like. For an extra kick, add seasoning to both sides of the chicken breasts. Cook the chicken on both sides till cooked through. Remove and put on a plate to cool.

In the same skillet, add the garlic, onions, and corn. Let the veggies get soft. Meanwhile, use two forks to shred the chicken into small strips. Keep them on the plate till the vegetables are cooked through. When the vegetables are ready, add the chicken and ¾ of the second can of the enchilada sauce. Stir and let this mixture cook for a few minutes to let the flavors marry.

Pour the rest of the enchilada sauce (from the first can) into a bowl. You will need to coat both sides of the tortillas with sauce. It's easiest to do this one at a time as needed when making the enchiladas. Have a clean plate handy for rolling the enchiladas.

To form the enchiladas, fill a sauce covered tortilla with the chicken mixture on one end. Put some of the shredded cheese on top. Roll the tortilla and put it in the pyrex pan, seam side down. Keep doing this until you use all the chicken. This makes at least 6 enchiladas.

Take any remaining sauce from the cans and bowl and pour it over the top of the enchiladas. Add additional shredded cheese over the top of the enchiladas. Bake for about 15 minutes or until the cheese is melted.

