



SPRING 2014

Issue 2

Spring Brings Challenges

Despite our doubts, spring is arriving! The few mild weather days we're experiencing, in between snow events, of course, have inspired Northeast Ohioans to venture outside and survey the landscape.

It is tempting to dive right in to spring chores but remember our lower level of activity during the winter needs to be addressed. The first step to enjoying a warm spring day is to take it slow. No one is ready for a full day of yard work or spring-cleaning. If you're anxious to get to work, make a list. Prioritize tasks and create a realistic schedule for completion. Don't forget to factor in time for walks around the neighborhood to see the green returning.

Slowly but steadily returning to a more active lifestyle is the smart way to go. Look at our Online Resource on the back to find links for exercise programs you can begin to stretch and strengthen muscles and increase stamina for longer days. Don't forget to ask for help. Grandkids, younger neighbors or even the Youth Group at your church might be looking for opportunities to earn a few dollars or fulfill school or church service requirements.

In this Issue

Page One -

Spring Brings Challenges

Companion in the Spotlight

Page Two -

Italian Spring Vegetable Soup

Online Exercise Resources



OWLS Companion in the Spotlight

Due to her dedication and loyalty to an OWLS client, Debra Westcott is our Companion in the Spotlight! Deborah did not miss one shift this past winter despite the necessity of using public transportation for her daily commute. Debra's cheerful attitude and spectacular work ethic are inspiring. A graduate of Brown-Mackie College, Deborah will soon be welcoming another grandchild!

ITALIAN SPRING VEGETABLE SOUP

2 tbsp olive or other vegetable oil
1/2 cup finely chopped yellow onion
2 garlic cloves, minced or 1 tsp garlic powder
1 tbsp dried Italian herbs
1 14 oz can chopped tomatoes
4 cups chicken or vegetable stock
1/2 cup sliced carrots
1/2 cup fresh or frozen green peas
1/2 cup fresh or frozen green beans, cut
1 can Garbanzo or Cannellini beans, rinsed
2 cups fresh baby spinach, rinsed
salt and pepper to taste
grated parmesan cheese

Saute onion and minced garlic in olive or vegetable oil in bottom of soup pot on medium heat. Add herbs (and garlic powder), canned tomatoes and beans. Heat through, about 5 minutes. Add stock, carrots, peas, green beans – and any other favorite vegetables. Add water, if necessary, to cover vegetables. Simmer on medium low heat 30 minutes. Stir in spinach. Soup can be made in advanced and refrigerated. When serving, sprinkle with grated parmesan cheese. Serve with whole grain bread or crackers. Use salt and pepper to taste at the table.

ONLINE EXERCISE RESOURCES

National Institute of Health - www.nihseniorhealth.gov/exerciseforolderadults

Sit and Be Fit - www.sitandbefit.org/chair_exercises_for_seniors

HASFIT Free Workouts – www.hasfit.com/workouts/seniors/

MUVE Dance Exercise - www.muve.com/senior-exercise/

[Just copy and paste or type these links into your computer and start moving!]

Older Wiser Life Services, LLC provides families with secure, reliable, trustworthy companion care. OWLS companions are available across Northeast Ohio.

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