



Whoooo News

Brought to you by
Older Wiser Life Services, LLC - Spring 2016

AT THE OFFICE

In addition to our Richfield location, we are thrilled to announce the opening of our new Medina Office! Scheduled to open May 1st, the office is located at 257 S. Court Street, Suite 4, Medina, OH 44256.



Caregivers ~ We appreciate YOU! In December, we honored caregiver, Emily Jimerson, for her dedication and 2 years of service to The OWLS! She received a Lands End tote (large enough for all those presents from Santa)! Congratulations, Emily! In addition, all staff received a warm, fleece scarf in appreciation of all their hard work. Thank you, Staff!



We are pleased to announce that Older Wiser Life Services, LLC has partnered with The Institute for Professional Care Education. This institute provides companies across the nation with materials for initial and continuing education for staff. We are pleased to now be one of those partner companies. The Institute's curriculum topics range from courses focusing on the multiple issues faced by caregivers and clients with Alzheimer's, to the improvement of communication, to infection control, and care at the end of life.



Nothing says spring, summer and eating healthy like a delicious salad. Try this at your next meal or cookout.....sure to please!!!

Green Bean & Feta Cheese Salad

1 ½ lbs. Fresh green beans,
trimmed & cut into 1" pieces
¾ cup olive oil
1 t. dried dill weed
⅓ cup white wine vinegar
½ t. minced garlic

¼ t. salt
¼ t. black pepper
1 cup coarsely chopped
pecans
½ cup diced red onion
1 cup crumbled feta cheese

Cook green beans in boiling water, about 4 minutes. Drain, immerse in cold water, drain & pat dry. In a small bowl, combine olive oil, vinegar, garlic, salt & pepper, dill. Whisk to blend. Place beans in shallow serving bowl. Sprinkle with pecans, onion, feta. Just before serving, top with dressing & toss. Enjoy!

LET'S GET MOVING!



How to Stay Active: One of the best ways to stay physically active is to make it a habit. Set yourself up to succeed right from the start by seeking to make exercise a regular part of your day. Make it a priority - put 2 lb. weights next to your easy chair so you can do some lifting while watching TV, walk up and down the soccer field during your grandchild's game, or walk the entire mall or every aisle of the grocery store when you go shopping. Do more of the activities you already like and know how to do. While you're waiting in line, practice your balancing skills by standing on one foot for a few seconds, then the other. Enlist a friend or family member, many people agree that having an "exercise buddy" keeps them going. *Always, ask your doctor FIRST how physical activity can help you!* NIH Senior Health, nihseniorhealth.gov; March 2015.