

Family Staffing Solutions

MISSION STATEMENT

To be recognized as the industry leader for integrity and excellence in personal assistance care achieved with a positive, joyful approach that improves the lives of our clients, employees and franchisees.

Age And Stay Healthy

“Never Quit!”

Concentrate on small improvements...

And never quit.

Start now ...and never quit.

Stop all negatives...and never quit.

Strive for quality ...and never quit.

Stay alert for opportunity...and never quit.

Be creative ...and never quit.

Help others...and never quit.

Rest...but never quit.

Believe in yourself ...and never quit.

“Get It together and Remember Where You Put It”

By Mamie McCullough

“A smile is a light on your face that lets people know your heart is at home.”

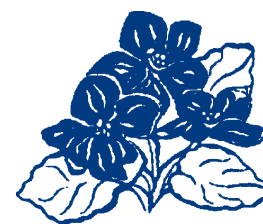


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New Product Available

Family Staffing Solutions is proud to announce a newly published organizer for your personal planning.

PUT IT IN WRITING is a complete collection of ideas, instructions and forms to insure your wishes are carried out the way you want. Call your local office for more information and a personal preview.



Family Staffing Solutions, Inc.

Stay Independent • At Home • In Charge®

“Our Family To Your Family”

The graying of AMERICA



By the year 2014, the oldest baby boomers will be 68 years old. The youngest will be 50 years old.

Mediana Associates

Health Wise...

Benefits of Gratitude

Being grateful may not be a science, but it has benefits you can measure:

★ Practicing gratitude regularly can increase happiness by over 25%.

★ Writing in a gratitude journal for three weeks can result in better sleep quality and duration.

★ Practicing gratitude can create more energy and joy.

Write a gratitude letter to someone who has influenced your life... and send it.

Adapted : The Comfort of Home

AN Rx FOR LIFE

Managing A Loved One's Finances

Some Simple Guidelines To Follow

(Part II in a series of articles)

Few topics are as sensitive as personal finances, or as important! Any conversation on money matters needs to be handled with respect for your loved one's autonomy and feelings. Try these two hints and look for more ideas in the Summer Newsletter:

1. Share information or decisions about your own finances, insurance and budget. This will help both of you get comfortable with the idea of mutual responsibility. Point to specific examples of others who may have found themselves in similar situations.

Remember that a person's ability to conduct their own financial affairs is quite often tied to a sense of their self-worth and independence.

2. Next, get in contact with bankers, accountants or insurance agents that you or your loved ones have worked with in the past. Ask for their advice.

The second in a series of articles by Thomas Brewer of Financial Caregiving Services, LLC Nashville, Tennessee



One Of My Famous Recipes Just For YOU!

RECIPE for

CORNBREAD SALAD

Easy and Delicious

1 package of cornbread mix
1 green pepper, chopped
4-5 slices bacon, fried and crumbled

1 pint of mayonnaise
1 onion, chopped
1 tomato, chopped

Cook cornbread according to mix instructions on package. Cool and crumble. Add remaining ingredients except the mayonnaise. Toss as any other salad. Add mayonnaise and stir together. Serve immediately.

Lila Kirkpatrick
Dallas

Turn Back the Calendar – THE YEAR 1908

The average life expectancy was “47” years.
Only 14 percent of the homes had a bathtub
Only 8 percent of the homes had a telephone.
There were only 8,000 cars and only 144 miles of paved roads.
The maximum speed limit in most cities was 10 miles per hour.
The average wage in 1908 was \$.22 per hour and about \$400 per year.
Eggs were fourteen cents a dozen. Coffee was fifteen cents a pound.
Most women only washed their hair once a month, and used Borax or egg yolks for shampoo!
Cross word puzzles, canned beer and ice tea had not been invented yet!

to be continued...



Spring Newsletter
2009

from the editor

Dear Reader:

By now you have noticed a different format for the “Our Family To Yours” newsletter. We hope you like it and enjoy the new stories and information.

Recently we received a letter from one of our readers with some very interesting observations. So we have decided that a “Letter to the Editor” section might be helpful, generate suggestions and ideas from our readers. We welcome your opinions!

to the editor

Dear FSS

...I’m writing this letter to offer suggestions that might greatly improve your newsletter... Your newsletter theme seems to be “cutesy” and mindless “pep talk”. It is worthless to me...Why waste your time and money on “fluff”? This information isn’t to insult or to be rude...I hope you find some merit and can make better informational choices.

D.K.

Dear D.K.

We do appreciate ideas and opinions even when we might disagree. Thank you for the time you spent sending us your thoughts. We hope others will let us know what they think.

Writer’s Corner

Guest



“Your opportunity to be published!”
Have you written a story? Send it to us!

Passing Down Your Possessions

By Roy Miles

When my grandfather died, in his will he wanted one of his most prized possessions to be passed down thru the family. This was the set of eye glasses that his mother wore. The only problem was we found 3 sets of antique glasses that could qualify.

This past year, I encountered cancer. This really brought home the fact that I am not going to last forever. None of us are! Therefore while still alert, the items we wish to pass along for future generations, we need to note, and label, lest they just become discarded in the future with the meaning lost

One story I love is about the pocket knife given to me, as a child, by my Great Grandfather, whose blade I broke in the maple tree at his historic home in Smyrna. I eventually lost the knife, and found it again. The only reason I have it today, in a display case is that after finding it, my Grandfather wisely traded with me, for another knife, and kept it on his workbench. Of course, I lost the other knife too!

Another story I love is from my Grandmother about the rag man who would walk down the street begging for rags during the depression. I wish I had a tape recording of her story. I hope my cousin got that story down! Proper labeling and documenting stories and artifacts can be a part of our legacy. Unfortunately, often it is too late by the time we get around to it.

In much the same manner, we can fail to realize a need until disaster is upon us and we are no longer able to take care of it. This can be the case with healthcare, or even safety features around the home. A little pre planning before the need arises can mean the difference between being comfortable, or being put out, possibly due to an injury. It could mean being ousted, due to the concern of a loved one, who thinks they are being helpful and caring but who simply does not understand we just want to stay at home, where we like it.

Having a plan, could possibly make the difference! A plan could show that we are thinking ahead by installing a grab bar or two in necessary areas to prevent a fall. Should we build a ramp, to allow older friends the ability to visit? Should we use care about securing loose carpets that could trip us? Most definitely!

We pray that God protects you and your family. We certainly desire a long and healthy life for everyone but reality has it that things happen when we least expect them to. Being prepared does not necessarily mean that we have to do everything. Which one of us would take a long trip in our car without a map or GPS or guide? Map out a plan then determine what steps to take as you go!

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