



# Family Staffing Solutions, Inc.

Stay Independent • At Home • In Charge®

## “Our Family To Your Family”

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### The graying of **AMERICA**



45% of the 65-69 year olds consider themselves “middle-aged” as do 1/3 of Americans in their 70’s.

**YEAH!!!** American Demographics

### Health Wise...

#### LOOKING YOUR BEST!

Most of us want to look our best most days! Encouraging good grooming is important for the health and positive self-esteem of each of us and our family members. It is especially important for those in our family who are older. Regular appointments and shopping for new clothes provide outings and special occasions we can anticipate. Older family members still enjoy and look forward to “dressing up and going out”!

If appearance used to be very important to your loved ones, consider doing a little extra out of respect for the grooming standards they once held. Periodically, however, you may need to reassess the level of personal grooming that is appropriate. Routines that were once desirable may no longer be possible or sensible.

Friend’s Guide To Eldercaring

## AN Rx FOR LIFE

### The Future Of Aging

Nobody grows older merely by a number of years. We grow older by deserting our ideals. Whether sixty or sixteen, there is in every human being’s heart the lure of wonder, the unflinching childlike appetite of what’s next and the joy of the game of living.

In the center of your heart and my heart, there is a wireless station; so long as it receives messages of beauty, hope, cheer, courage and power from men and from the Infinite, so long are you young.

Worry, fear, self distrust bows the heart and turns the spirit to dust. Years may wrinkle the skin, but to give up enthusiasm, wrinkles the soul.

Samuel Ullman

“Sounds like good news to me!”

### YOU CAN DO IT... LET US HELP

**Family Staffing Solutions** is personal care assistance at its best. We have been serving families in this community since 1999.

Call today for more information. Let us help you “Stay Independent, At Home, In Charge”

- ♥ Personal Assistance Care
- ♥ Transportation
- ♥ In Residences or Facilities
- ♥ Quality Attendants, Companions And Sitters
- ♥ Excellent References
- ♥ Bonded & Insured
- ♥ State Licensed

*Call Today!*

**615-383-5656 866-383-5670**



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

Success is hollow without pleasant memories along the way. When you recall them, they bring a smile to your face and a bounce to your step.

These are needed for real success. The best memories are made with other people and cost very little. Take time with those you care about to do something, go somewhere and have fun!

It enhances any journey when you laugh and enjoy each other long the way.

Mamie McCullough

"A sense of humor is the oil of life's engine."

G. S. Merriam



### Calling All Angels

**Do You Or Someone You Know Want To Do Something Really Meaningful?**

**Join our team or refer a friend to our roster of caregivers who are helping change the way we age. Call our office today!**



**One Of My Famous Recipes Just For YOU!**

## RECIPE for Unforgettable Chicken Casserole

TOTAL TIME TO PREPARE: MINIMAL

- 3 cups chopped deli roasted chicken
- 2 cups finely chopped celery
- 1 cup (4 oz.) grated cheddar cheese
- ½ cup slivered almonds
- ½ cup light sour cream
- ½ cup light mayonnaise
- 1 (10 ¾ oz.) can reduced sodium cream of chicken soup
- 1 (4 oz.) can water chestnuts, drained and chopped
- 1 ½ cup French fried onion rings

Stir together first eight ingredients in a large bowl. Spoon into a lightly greased 11 x 17 inch baking dish. Bake at 350° for 40 minutes; sprinkle onion rings over top. Bake five more minutes or until bubbly around edges. Let stand 10 minutes before serving.

Submitted by: Stella Post