

# SHARE THE CARE NETWORK

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## Welcome Springtime!

By Shirley Polk, Owner

Share the Care Network

Springtime is just around the corner. Officially March 21<sup>st</sup> is the first day of spring. And with daylight savings time in its second week, I enjoy the extended daylight added to my busy long days. Like springs first blooming flowers, Share the Care Network's newsletter is taking on a new fresh appearance. Thanks to our website designer's artistic input I hope you will enjoy the newsletter's snappy and condense format. Another new feature to the website you will find is [Care Tips](#) and [Free Giveaways!](#) Each month I will be sharing care tips you can use for yourself or for the ones you care for. And our "free stuff" that I come across that benefit the care I give my clients. Maybe they can be of help to you. See the last page of this newsletter about this months offers.

## What's Growing in Your Garden

I heard on a local news station that home gardening is becoming popular again. Vegetables especially. With the high cost of food and fresh produce in our stores, the American Seed suppliers are reporting that they are selling out of planting seeds for standard vegetables. I remember when I was a little girl my Godmother would have a "little" garden patch in her back yard. In her patch she had collard greens, green beans and tomatoes just to name a few. However you do not need to have a back yard to grow a nice batch of cherry tomatoes. Just a couple of

"Take time today to watch  
a flower bloom"



clay pots, some tall sticks to help the tomatoes vines climb then watch the flowers bloom. Soon you'll be eating your fresh sweet tomatoes in your salad. Growing green bell peppers are easy too and can be grown on an apartment patio. Home Depot sells small dwarf fruit trees like oranges or lemons that are idea too. If flowers are your thing, try sowing some spring flower seeds and brighten a view from your window. This month's free giveaway is a package of planting seeds. Just Email me your address and we will send to you. If you do not have Email call and we will mail them to you. If you need assistance getting a flowerpot garden started maybe one of our [caregivers](#) can help for you for 2 hours. Just give us a call. We will give you a discounted rate. Let me know how your garden is growing. Take some pictures.

You can grow these yourself on your patio!



## Pedometers Help Count Your Steps

Walking is an excellent way for older adults to get in better shape and to stay healthy. Research evidence is mounting that walking reaps considerable rewards. It can lower body mass index and blood pressure, as well as decrease cholesterol. One study found that pedometers can help motivate walkers. These are small and inexpensive devices, clipped to the waistband of your pants or worn on your wrist, can measure the number of steps walked each day. So get up, get out and start walking.



## March Monthly Care Tip & Free Give-away

This month is a “double hitter”, meaning the Care Tip is also the Free Give-away. First, the Care Tip. Today’s economy food is not just the only thing that’s costing senior consumers more of their fixed income. Each month many seniors take into account the cost of their prescription medications and the never-ending over-the-counter (OTC) items they need to maintain their health. One of my clients says she pays more for her OTC items each month than her prescription drugs because Medicare does not discount the cost of those consumables. For example, if you have arthritis in your arms or legs and you use Aspercreme for relief, that 1.25oz tube (about the size of a tube of toothpaste) can cost around \$8.00. Let’s say that you’re also a diabetic and drink a bottle of Glucerna two times a day. You buy a case of Glucerna (24 bottles which will last you only 2 weeks) the cost is around \$40.00. So that’s about \$80.00 for a months supply. In this example the cost of these few items would not be an average senior’s trip to their drug store.

Now are you ready for another the Give-away? Well seniors, here’s some CHANGE you will like. One day I found searching the Internet The Caregivers Marketplace ([www.caregiversmarketplace.com](http://www.caregiversmarketplace.com)), which gives you, cash back on selected purchases of OTC medications and other consumables. There is NO membership fee required to participate. All you need to get cash back is complete their forms and send in with your original receipts. The cash back amount varies per item. The average is around \$1.00 per each item. The cash back is unlimited, but must return all your receipts and forms at the beginning of each year. So the trick is keeping organized with your receipts throughout the year. If you have Internet access, you can download the forms and instructions by going to their website. There you will see all the products participating in this cash back program. For an example you can get cash back on these brands: Balmex, Os-Cal, Gold Bond, Citrucel and Poligrip just to name a few. If you do not have access to a computer call me and I will mail the forms to you.

Be blessed and remember, “its better living at home when you can Share The Care!”

## Want to join our mailing list?

It's easy! If you have Internet access, go to our website at: [www.sharethecarenetwork.com](http://www.sharethecarenetwork.com) click on the **Contact Us** button. There you will enter a fill-in form to complete.

If you prefer to have our newsletter mailed to you instead complete the **post card enclosed** with this newsletter and mail back.

Should you need home healthcare services please call us so that we can discuss your individual needs. There is no charge for a consultation.

Share the Care Network is a professional source of non-medical and supportive care services for the elderly. Our mission is to assist the elderly gain greater independence in the comfort of their home.

Some of our services we can assist you or your loved one are: Personal hygiene care; Light home keeping; Meal preparation; Errands; Transportation; Companionship; Secretarial services; Accompany to appointments; Exercise therapy; Grocery shopping and more!



Receive news on senior discounts, special events and updates on Medicare issues.



## Mark Your April Calendar

- April 9<sup>th</sup> Passover
- April 10<sup>th</sup> Good Friday
- April 12<sup>th</sup> Easter
- April 16<sup>th</sup> Last Day File Taxes
- April 2009 National Healthcare Decision Day
- April 20<sup>th</sup> Next Share the Care Newsletter
- More April Care Tips and Free Give-Aways!

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