

At Your Service™

Prestigious In-Home Care  Your Family Friend for Life.



THE CLARION

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Director's Corner

Greetings Everyone,

We send best wishes to all in this exciting new spring season we are about to enter, and hope that all is well with you.

We'd like to welcome our newest clients- Celia, Jan, and William – it was a pleasure to meet with you and your family. At Your Service is here to ensure you receive the services you requested. Our aim is to provide exemplary service.

I'd like to extend up coming birthday wishes to Celia. May you enjoy good health and the company of family and friends on your special day!

As we spring forward, may your journey be filled with a renewed vibration and zeal on life. I hope you take time to stop and smell the roses, listen to the birds sing, and enjoy springs marvelous work unfold. We look forward to serving you.

Sincerely,
Kathy S. Jimenez, RN



Spring Forward!

Healthy sleep habits

Some helpful tips if you're feeling a bit cheated on your sleep these days.

With the recent time change having to adjust to a new sleep schedule can be a bit of a nuisance.

1. Make sure you are getting plenty of rest.
2. Sleep in a quiet and dark environment.
3. Don't allow pets in the bed.
4. No reading, eating, or watching T.V. in bed.
5. Don't watch the clock.
6. Drink warm tea or milk before going to sleep.
7. Snuggle up with your favorite blanky.

Best of luck, good night and sleep tight.

First Time Guest

We are offering 2 hour Free Concierge Service.

Please call our office to schedule an appointment at 210-226-7378



Healthy Joints

Keep your joints in top shape!

We can't turn back time; when cartilage is lost it's lost. However there are some steps one can take in preventing deterioration or reduce the pain that comes with arthritis.

Maintain a healthy weight

This is probably the best thing you can do to preserve your joints. Statistics show losing 10 pounds helps reduce small tears that break down cartilage, and reduce pain by 50 percent.

Vary your exercise

Keeping in mind never to over do exercise as this can increase pain. Suggestions are working out 2-3 times per week helps in reducing joint stiffness and pain. This can include low impact activities such as swimming, walking, or cycling. Alternating with strength exercises such as light weight lifting, this can be small household items. In addition, stretching and relaxation exercises will keep joints and muscles limber, this can be done while sitting in a chair doing simple leg lifts.

Adding Ice

This can help reduce pain and swelling to stiff joints. For best results, ice your joints 10 minutes after exercise.

Eat beneficial food

Studies show the omega-3 fatty acids found in fish can help reduce symptoms with joint pain and decrease inflammation. The best sources are salmon and tuna.

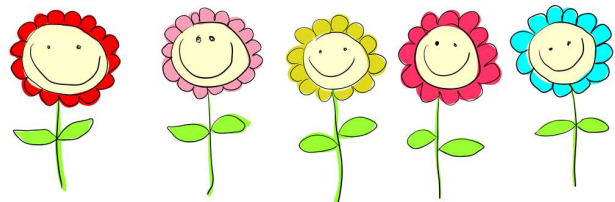
Hawaiian Chicken Salad

RECIPE INGREDIENTS:

- 2 tbsp. prepared mustard
- 2/3 cup pineapple juice
- 3 tbsp. soy sauce
- 2 tbsp. red wine vinegar
- 1 tbsp. honey
- 1-1/2 lb. chicken tenders
- 1 bunch leaf lettuce
- One 14 oz. can pineapple tidbits
- 3 Anaheim peppers, sliced in rings
- 1 small onion, sliced in rings
- 1/2 cup almond slices, toasted
- 1/4 cup sesame seeds, toasted

RECIPE

1. In saucepan, stir mustard and pineapple juice until blended. Add soy sauce, vinegar and honey; place over high heat and bring to a boil. Place chicken in a bowl and pour warm sauce over it; cover and refrigerate at least 1 hour. Remove chicken from marinade. Place marinade in small saucepan and boil 3 minutes. Place chicken on prepared grill (or broiler rack) about 6 inches from heat. Cook, turning and basting with boiled marinade, about 6 minutes or until fork can be inserted in chicken with ease.
2. To assemble salad, arrange lettuce on a plate; then add pineapple, pepper rings and onion. Sprinkle with almonds and sesame seeds. Top with chicken tenders and spoon remaining marinade over all. Makes 6 servings.



Contact Information

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