



1985 25th Anniversary 2010

**AMAK Health Care Agency, Inc.**

# The Mirror

A Monthly Newsletter

JANUARY 2010

VOLUME 1—ISSUE 2

*From the Director*

*Happy New Year To All!*



It is gratifying and at the same time humbling to report to you that AMAK Health Care Agency, Inc. has reached another milestone.

AMAK Health Care Agency, Inc. (AHCA) is celebrating **TWENTY FIVE YEARS** of the highest ethical and moral standard in service to humanity.

*25 Years* of honesty, highest moral and ethical standard in the home health industry.

*25 Years* of providing jobs to a special group of people who enjoy caring for others. To these special people, I encourage you to continue providing the highest quality of care; To treat everyone that is in your care, or that you see, as if he or she is a member of your own family.

I cannot think of any other calling more rewarding than the gift of an ability to care for others.

To paraphrase, Dr. Martin Luther King, Jr., an individual has not started living until he or she can rise above the narrow confines of individualistic concerns to the broader concerns of all humanity.

N. Oriaku

*AMAK... Celebrating 25 Years*  
*AMAK... Celebrating 25 Years*

*This Month's Theme:*

This month's theme is the willingness to share one's blessings.

*Wisdom Nugget:* Let it be remembered that all riches may be embellished and multiplied by the simple process of sharing them where they may serve others.

[www.volunteermatch.org](http://www.volunteermatch.org)

3258 Main Street • Buffalo, New York 14214 • (716) 832-0875 • [www.amakhealthcare.com](http://www.amakhealthcare.com)

*Providing quality health care services.*

# Caregivers Corner Reminder for Completing Forms

All office and field staff—Remember that all important work-related forms, such as timesheets, activity sheets, etc., should be neatly and accurately completed. If you are unsure of how to fill out any document that you are required to submit, do not hesitate to call your supervisor or the administrator to receive proper instructions.

You provide a great service and completing forms properly adds sheen to that greatness!



# Spotlight *What is Special About 25?*

A significant milestone, the silver, or 25th anniversary is an achievement to celebrate. It is a time for new beginnings and perfecting the steps that have guaranteed success in the past.

So what is special about 25? A 25th year milestone is a time of celebration and renewal. In celebration of **AMAK Health Care Agency Inc.'s** 25 years of service to humanity, this is our story of professional and civic evolution in the service of caring. From 1985 to 2010, **AMAK** has helped create jobs, manage the service of caring for the individuals entrusted in its care.

In the 25 year period, **AMAK** has witnessed the transformation of the health care industry and has vowed to maintain its founding operational values of honesty, attentiveness, and compassion in an environment where such characteristics are often challenged, to both businesses and individuals. We celebrate the maintenance of integrity!!

Each newsletter issue this year will present a fact about **AMAK**, in the form of a question, with an answer that you may or may not know. As you collect the answers, they will highlight milestones that demonstrate how **AMAK** has been able to compete with the ranks of corporate run agencies, yet distinguish itself as a unique provider of quality home health care services. You should indeed be proud of your Agency!

Distinctly positioned on MAIN Street in the city of Buffalo's University Heights District.  
Hip, hip, hooray!

*QUESTION 1:* How many times has **AMAK** had an informational booth at the annual Juneteenth Festival held at the Martin Luther King, Jr. Park?



## In the News

The series of Caregiver Broadcast is presented by the U.S. Department of Health and Human Services (DHHS) New Freedom Initiative (NFI) Subcommittee on Caregiving. The Committee was established to work across DHHS and includes representation from all agencies within the Department as well as other Federal partners. The following list may be of some interest to care providers.

### New Freedom Initiative Subcommittee on Caregiving :

[www.hhs.gov/od/about/fact\\_sheets/fs4\\_caregiving.html](http://www.hhs.gov/od/about/fact_sheets/fs4_caregiving.html)

**Ask Medicare:** [www.medicare.gov/caregivers/](http://www.medicare.gov/caregivers/)

**Meals on Wheels :** [www.mowaa.org/Page.aspx?pid=183](http://www.mowaa.org/Page.aspx?pid=183)

**Medicaid:** [www.cms.hhs.gov/MedicaidGenInfo/](http://www.cms.hhs.gov/MedicaidGenInfo/)

### Caring for Caregivers:

[www.strengthforcaring.com/manual/stress-relief-stress-managment-tips/caring-for-cargivers/](http://www.strengthforcaring.com/manual/stress-relief-stress-managment-tips/caring-for-cargivers/)

**The National Alliance for Caregiving:** [www.caregiving.org/](http://www.caregiving.org/)

Source: [www.medicare.gov/caregivers](http://www.medicare.gov/caregivers)

## Seasonal

### THE BENEFITS OF CANNING!

For more than a century, home canning has been a popular way to preserve and enjoy homegrown fruits and vegetables, not to mention fresh-caught seafood and other delicacies. One of the key benefits of home canning is limiting exposure to the chemicals and pesticides used on most commercially available produce and seafood. Also most commercially prepared spreads and sauces contain added sugar, salt, and preservatives, which are unnecessary in most diets.

According to Jennifer Wilkins, a nutritional scientist in Cornell University's Life Science department, foods at the peak of ripeness offer superior nutritional advantages. For example, the Vitamin C content in tomatoes increase when the vegetables are allowed to ripen on the vine.

You can learn to can at home using the U.S. Department of Agriculture's "Complete Guide to Home Canning" available free online at [www.uga.edu/nchfp/publications/publications\\_usda.html](http://www.uga.edu/nchfp/publications/publications_usda.html). The guide details the principles of home canning as well as how to select, prepare, and can a variety of foods. The website, [www.Homecanning.com](http://www.Homecanning.com) also offers a wealth of information as well as lots of recipes for canning fruits, vegetables, and meats.

For more hands-on instruction, you can look at the University of Georgia Cooperative Extension's "So Easy to Preserve" video series at [www.uga.edu/setp](http://www.uga.edu/setp). There are eight shows, each 20 to 35 minutes long and contain the most up-to-date recommendations for home canning, pickling, and making jams and jellies.

-EarthTalk, *Silver Spring Voice*,



## Wellness Wall

### STRAIGHTEN UP!

As children we were told to stand and sit up straight and that is good advice. Poor posture can lead to backache, slouching, curved back, and strain on internal organs. It is easy to have better posture.

### You can have better posture!

Align your hips, shoulders, and ears. Your ears should sit directly above your shoulders, which should sit directly above your hips. This feels stranger than it looks! Dancing requires your to keep perfect posture. Try it and you will find yourself standing like you should even when you're not dancing. Not to mention how much fun it is!

Stretch your neck and upper back every day. Tilting your head in all four directions over your shoulders, gently massage your neck (while tilting). Don't roll your head around your shoulders because it will cause further misalignment and strain.

1. Stand up straight. Imagine a string from the top of your head to the bottom of your feet. Focus on keeping this string straight!

2. Walk with your chin held up. Remember the old movies with women walking with books on their heads for better posture? It is important to keep your chin up and your back straight as you walk.

3. Vary physical routines and stay active. Break up standing or sitting poses every 30 minutes. Take the stairs, hop across stones and do other mixed movements to build strength and balance.

4. Stretch regularly. Stretching and hold the stretch allow muscles to revitalize, loosen and work optimally.

- Adele Egwu

# Creative Crafts

## REPURPOSE A COMMON WARDROBE ITEM — THE T-SHIRT!!

Reduce→Reuse→ Recycle. Create some fun and turn an old t-shirt into a tote bag for school, work, grocery, to hold household items, or just for fashion! What you need: t-shirt of any size, scissors, needle and thread or sewing machine, beads (optional)

Directions:



1. Cut the sleeves off the t-shirt.
2. Cut a deep “U” shape at both the front and the back neck.
3. Turn the t-shirt inside out and fold it so the armholes are parallel—almost like it is already a tote.
4. Line the bottom and front hemlines of the t-shirt, smoothing out the fabric with your hand. Use a sewing machine or needle and thread to join the bottom seams of the shirt by sewing a straight line across them. Turn the shirt right side out again and look it over. You’ll see that the shirt now becomes a tote bag, with the shoulders of the t-shirt like tote handles, but wait! You’re not quite finished...
5. Take one of the sleeves you removed in step 1 and cut it open, creating a long strip of t-shirt material. Cut two long strips from this material, each about 1 and 1/2 inches wide.
6. Wrap these strips around the handles of the tote as reinforcement. Be sure to leave a long end so that after wrapping the strips about 8 times around the handles, depending on the length of the strips, you can still tie together the ends to finish, adding beads. *Amy Sperber*



- submitted by Chetachi Egwu, PhD

EASY  
TOTE



# Yummy Recipes

## CHEF (Insert your name)’S CORN CHOWDER

Ingredients (suggest organic produce)



- 1 stick of butter
- 1 small onion diced
- 1 carrot, finely diced
- 1 celery stalk, diced
- 1 clove garlic, minced
- 1/2 cup unbleached flour
- 3 cups corn kernels, fresh or frozen
- 3 cups chicken stock
- 2 cups half and half
- Pinch fresh ground nutmeg
- Sea salt and black pepper

**Roux** (pronounced ru) is a cooked mixture of flour and fat, traditionally clarified butter. It is the thickening agent of three of the mother sauces of classical French cooking: *sauce béchamel*, *sauce velouté* and *sauce espagnole*.

Directions:

Melt 1 stick butter in large saucepan over medium heat. Add the onion, carrot, celery, and garlic, and sauté for 2 minutes. Add the flour and stir to make a **roux**. Add nutmeg, salt, and pepper.

Meanwhile, combine the corn and the chicken stock in another saucepan, and bring to a boil.. Simmer for 10 minutes. Pour the boiling stock with corn in to the saucepan with roux a little at a time and mixing so no lumps form. Return to boil, the mixture will become very thick.

In a small saucepan, gently heat the half and half then stir into the corn mixture. Add a dash more nutmeg for presentation and enjoy! Great job Chef!

source: Pauladeen.com

Did you know?

Some colors grab your attention, while other fascinate you or put you at ease. Our world is full of vibrant colors. Look in nature to test the statement yourself. Our newsletter border color is apricot—it stimulates the brain to try new ideas and new ways of working!

Editors: Adele Egwu, Chetachi Egwu, N. Oriaku

Submit articles to: Editors

You can read this newsletter on our website · [www.amakhealthcare.com](http://www.amakhealthcare.com)

*Providing quality health care services.*

