



**Home Care  
Delivered, Inc.®**

*More than just home delivery™*

# COMPLETE CARE Update

A MESSAGE FROM HOME CARE DELIVERED

## Keeping Healthy in 2007

February/March 2007

Is staying healthy high on your to-do list for 2007? There are a number of health-promoting services and screenings that you may want to consider as part of a healthy start to the new year. Talk with your doctor about which tests and screenings would be most beneficial to you.

### You may want to consider:

- Routine dental exam
- Routine eye exam
- Mammogram
- Colonoscopy
- Diabetes Screening
- Cardiovascular Screening
- Bone Density Test
- Cholesterol Screening
- Pap Tests
- Prostate Screening



### If you have diabetes...

... one of your biggest challenges is probably your diet. Many people with diabetes have found great benefit from nutritional screening and counseling with a Registered Dietician. Either in an individual or a group session, this is a great way to work toward a healthier diet plan.

Many people with diabetes also experience numbness and tingling of the feet, also known as neuropathy. This condition, along with poor circulation, can lead to severe foot problems. Visits to a Podiatrist for a thorough foot inspection and nail care can promote healthy feet. Many insurance companies cover Podiatry and Nutritionist visits for people with diabetes.

Ask your doctor if these might be right for you.

## Keep Healthy!

### 10 ways to improve your health...

- Check your blood pressure regularly
- ~
- Avoid excess salt intake
- ~
- Know your target cholesterol level
- ~
- Follow a low-fat meal plan
- ~
- Reach/maintain a healthy body weight
- ~
- Stay physically active
- ~
- Drink plenty of water
- ~
- Know your blood sugar level and maintain a healthy balance
- ~
- Quit smoking and/or using tobacco products
- ~
- Take time for yourself each day to do something you enjoy
- ~

## WINTER JUMBLE

Unscramble each word, then use the letters in the squares to find this month's word.

stifneeb  \_\_\_\_\_  \_\_\_\_\_

trectop \_\_\_\_\_  \_\_\_\_\_

reclus \_\_\_\_\_  \_\_\_\_\_

raccen  \_\_\_\_\_  \_\_\_\_\_

roconary \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

I am one of the healthiest foods people can eat.

What am I?

(This month's answers on back)

Call

**Home Care Delivered**

at

**1-800-565-5644**

and speak with a caring Customer Service Representative about your specific needs.

## BROCCOLI SOUP

Number of Servings: 4

Serving Size: 1 cup

### INGREDIENTS:

1 1/2 cups chopped broccoli  
(or 10-ounce pkg. frozen broccoli)

1/4 cup diced celery

1/4 cup chopped onion

1 cup low sodium chicken broth

2 cups nonfat milk

2 Tbsp. cornstarch

1/4 tsp. salt

Dash pepper

Dash ground thyme

1/4 cup grated Swiss Cheese



### PREPARATION INSTRUCTIONS:

1. Place vegetables and broth in saucepan. Bring to boil, reduce heat, cover and cook until vegetables are tender (8 minutes).
2. Mix milk, cornstarch, salt, pepper and thyme; add to cooked vegetables.
3. Cook, stirring constantly, until soup is lightly thickened and mixture just begins to boil.
4. Remove from heat. Add cheese and stir until melted.

### NUTRITION INFORMATION:

Amount per serving: 1 cup

Calories	115	Sodium	270mg
- Calories From Fat	25	Total Carbohydrates	20g
<b>Total Fat</b>	<b>3g</b>	- Dietary Fiber	5g
- Saturated Fat	2g	- Sugars	9g
<b>Cholesterol</b>	<b>10mg</b>	<b>Protein</b>	<b>11g</b>

## Broccoli... A Super Food!

- Ounce for ounce, broccoli contains more Vitamin C than an orange and as much calcium as a glass of milk. One medium broccoli spear has three times more fiber than a slice of wheat bran bread. Broccoli is also rich in Vitamin A.

- Broccoli is rich in substances that help the body's own cancer-fighting substances. It works to improve our immune system and reduce the risk of coronary (heart) disease, diabetes, peptic ulcers, and many types of cancers.

### Daily Nutritional Additives

Have you considered adding a vitamin and mineral supplement to your daily routine? Ask your doctor about which selections would work best for you.



Call us at  
**1-800-565-5644**  
for more information and  
assistance with our  
complete line of  
nutritional products

Antioxidant Multivitamin CoQ10 by Invacare provides essential daily nutrients with added naturally occurring antioxidants that help protect cardiovascular, nerve and eye function.

(60 vitamins per bottle)

Answers to this month's jumble:  
benefits, protect, ulcers, cancer, coronary  
This month's word: BROCCOLI

"Broccoli Soup." *The Center for Disease Control and Prevention. 5 A Day Recipes.* 7 February 2007. <<http://apps.nccd.cdc.gov>> An official 5 A Day Recipe. Reprinted with permission from The Center for Disease Control and Prevention.

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