

CEDAR RAPIDS
319-294-3527

CEDAR FALLS
319-277-1936

CORALVILLE
319-248-0270

DAVENPORT
563-823-0920

DUBUQUE
563-239-1994

COMFORT CARE CHATTER

WE ARE HIRING!

We are currently searching for caring individuals to fill LPN, RN, CNA/Home Care Aide positions! **Apply today at** [http://bit.ly/comfortcareapply!](http://bit.ly/comfortcareapply)

February 2019 Issue
Also available online at
www.comfortcareia.com

February Birthdays

Happy Birthday to YOU!

Ashley C.	CF	Mktg./Sched.	2.4
Adanissa S.	DV	HCA	2.7
Adam D.	CF	SW	2.8
Barb P.	CF	LPN	2.8
Rita M.	CO	HCA	2.8
Trevor M.	CO	HCA	2.15
Melanie N.	CR	HCA	2.18
Deb A.	CR	Billing	2.21
Dale B.	CR	HCA	2.22
Jenifer W.	DV	RN	2.23
Lucinda B.	CF	HCA	2.27
Cindy K.	CR	HCA	2.28

NEW!

NOW YOU CAN FIND US ON
FACEBOOK, SNAPCHAT,
INSTAGRAM & TWITTER!



**Search the following to
find & follow Comfort
Care!**

Facebook: Comfort Care
Medicare, Inc.

Snapchat: comfortcareia

Instagram: comfortcareia

Twitter: comfortcareiowa

HAPPY
Valentines
DAY xo
xo

February is American Heart Month

Don't wait to get help if you experience any of these heart attack warning signs. Some heart attacks are sudden and intense. But most start slowly, with mild pain or discomfort. Pay attention to your body and call 911 if you experience any of the below symptoms.

Heart Attack Symptoms

- **CHEST DISCOMFORT**
Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **DISCOMFORT IN OTHER AREAS OF THE UPPER BODY**
Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **SHORTNESS OF BREATH**
with or without chest discomfort.
- **OTHER SIGNS**
may include breaking out in a cold sweat, nausea or lightheadedness.

- **Minutes matter.** Fast action can save lives - maybe your own.
- **Call 911** if you experience heart attack warning signs. Calling 911 is almost always the fastest way to get lifesaving treatment.
- **An emergency medical services (EMS) team can begin treatment** when they arrive – up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

Did you know?!? As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Turn the page for some heart healthy recipes!

Heart Healthy Recipes

Tomato Stuffed with Dill Salmon Salad

- 4 large **tomatoes**, (3-4 inches in size), left whole
- 14.75 oz. canned, low-sodium **salmon**, packed in water, drained
- OR
- 5 2.6 - oz. low-sodium pouches **salmon**, packed in water, drained
- 2 stalk **celery**, sliced crosswise into quarter-inch pieces
- 3 **green onions**, sliced into quarter-inch rounds
- OR
- 1/2 small **red onion**, about 1/2 cup, chopped
- 2 Tbsp. dried **mayonnaise**
- 1/4 cup plain, low-fat **yogurt**
- **juice of half lemon**, about 2 Tablespoons
- 3/4 tsp. dried **dill**
- 1 head **romaine or other lettuce**, separated into leaves, washed
- 1 large **cucumber**, peeled and cut into quarter-inch rounds



1. Cut a thin slice off the top of each tomato and scoop out the inside pulp and seeds. Chop the scooped pulp and seeds finely and put in a bowl.
2. Put drained salmon into a bowl and using a fork break up the fish into half-inch chunks.
3. Add the celery and onions and toss to combine.
4. Add the chopped tomato pulp and seeds to the salmon salad.
5. In a cup combine the mayonnaise, yogurt, lemon juice and dill.
6. Add to the salmon salad and toss to coat.
7. To assemble each serving, place 2-3 leaves of the washed and separated lettuce on plates.
8. Scoop the salmon salad into the hollowed tomatoes and place over the lettuce leaves.
9. Arrange the sliced cucumbers by the salmon salad and serve.

Raspberry Lemonade Slushie

- 12 oz **raspberries**
- 1 cup **sugar substitute**
- 1/2 cup fresh **lemon juice**
- 5 cups **ice cubes**



1. In a food processor or blender, process the raspberries, sugar substitute, and lemon juice until the raspberries are puréed.
2. Add the ice cubes. Process until the mixture is mostly smooth and has a slushie-like consistency. (It's okay if there are a few ice chunks. Don't overmix.)
3. Divide the slushie into cups. Serve immediately.

REMINDER

CLIENTS & COMFORT CARE STAFF, PLEASE REMEMBER TO CALL THE OFFICE WHENEVER YOU HAVE A SCHEDULE CHANGE!

Do you have a big announcement? A thank you? A great photo? Send your input for the Chatter to Taylor and she will add it to next month's newsletter!

tfeltes@comfortcareia.com

