

Activity: What and how to grow your own indoor herb garden



Basil



Chives



Corriander



Oregano



Parsley



Rosemary



Tarragon



Thyme

1. You will need a window box, compost and herbs
2. Before planting the seeds soak them in water or between two pieces of wet paper towels and in a plastic bag for 2 to 4 hours
3. Half fill the window box with compost and arrange the herbs. A sample plan for this is to put the trailing herbs such as thyme and trailing rosemary around the edges of the container, backed up by the more upright herbs that you have. Take care not to put in too many herbs as they will grow quickly.
4. Add in some more soil leaving an inch gap from the top of the herbs compost to the lip of the window box
5. Place your box on the window sill and water it well.



Recipe for Thyme, Lamb and Vegetable Winter Stew (Serves 2)

½ teaspoons of vegetable oil
¼ pound lamb stew meat
½ cup beef broth
¼ cup dry red wine
½ clove garlic
1/8 teaspoon salt
1/8 teaspoon black pepper
¼ bay leaf
¼ cup peeled, sliced parsnips

½ cup peeled, seeded and sliced butternut squash
¼ cup peeled, chopped sweet potatoes
¼ cup sliced celery
¼ medium onion thinly sliced
Two tablespoons sour cream
Two teaspoons all purpose flour

1. Heat the oil in a large saucepan, and brown the lamb meat on all sides. Drain fat, and stir in the beef broth and wine. Season with garlic, thyme, salt, pepper, and bay leaf. Bring the mixture to a boil. Reduce heat, cover, and simmer 20 minutes.
2. Mix in the squash, parsnips, sweet potatoes, celery, and onion. Bring to a boil, then reduce heat and simmer 30 minutes, or until the vegetables are tender.
3. In a small bowl, blend the sour cream and flour. Gradually stir in 1/2 cup of the hot stew mixture.
4. Stir the sour cream mixture into the saucepan. Remove the bay leaf, and continue to cook and stir until thickened.

Newsletter Contents:

- New Brand for Private Home Care
- Speech & Language Rehabilitation
- Latest events
- New Staff Appointments
- Activity: Make your own herb garden

Winter/Spring Newsletter 2013

New Year, New Look

Private Home Care are delighted to be able to reveal our new logo.

We have worked closely with our designers to develop a bright modern design while still incorporating the key element of the butterfly which continues to reflect the long standing quality service we provide.

We would be delighted to hear your feedback!



Make sure you look out for our logo as we roll it out during 2013.

Message from Elizabeth

Dear Friend,

I would like to wish you a very happy new year from all the team and myself in Private Home Care.



As you may have noticed we are delighted to be starting 2013 with a fresh new image with our new logo and hope you like it. The Marketing Department welcome any feed-back you may have.

In this newsletter we will be looking at Speech & Language Rehabilitative Activities, Private Home Care 2012 in pictures and How to and what to grow in your own herb garden.

We are looking forward to a busy year ahead and will keep you informed of any news and updates through-out the year.

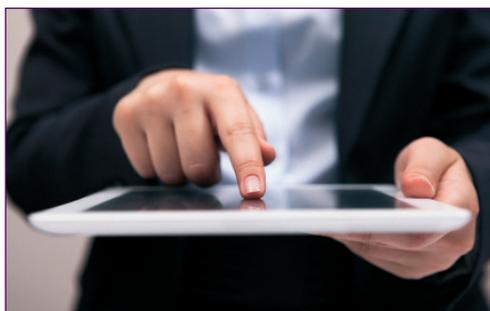
Thank you for your continued support.

Elizabeth Nicholson
Managing Director

Speech and Language: A new Approach to Rehabilitation

When Dr Aviva Cohen's husband, Steve, had a stroke at the age of 50, his speech and language processing capabilities were permanently damaged. Today he is one of 10,000 Irish people living with a speech and language deficit following a stroke. Determined to help her husband regain as many language skills as possible, Cohen began researching self-help tools on the market. She quickly discovered that what was available was limited, expensive and primarily aimed at children with conditions such as autism. The only option was to develop her own.

Cohen, who has a background in communications, set up Neuro Hero in 2011 and together with COO Catherine Sweeney, CTO Dr Vinny Reynolds, and speech and language therapist, Rachel Moore, began developing a series of rehabilitative speech activities designed to run on an iPad (Android and PC versions of the products are in the pipeline).



The first of a planned suite of activities, *Match It*, will be launched in September and will be sold via the Apple App Store at under €3. Cohen plans to keep the cost down as she says families caring for someone with long term health problems are very often strapped for cash.

"One of the big problems of speech and language deficit is social isolation which often deeply affects the wider family as well. This doesn't only apply to stroke. It's a similar issue with acquired brain injury, Parkinson's disease and Alzheimer's for example. This is the first time that rehabilitation and teaching tools have been designed to address the social isolation that so often leads to depression within families living with communication difficulties," Cohen says.

Visit www.neurohero.com for more information
Source: *Irish Times*, 16th July 2012

"One of the big problems of speech and language deficit is social isolation which often deeply affects the wider family as well."



Private Home Care in pictures 2012

1st Year sponsorship with Irish Ladies Golf Union



Our Services | RDS Horse Show | Marketing in Shopping Centres



New Appointments to the Private Home Care Team for 2013



Siobhan Farrelly
(Client Administrator)

Nuala Joyce
(HR Administrator)

Nina Allen
(Nurse Manager)

Janet Bolger
(Marketing Administrator)