

Policy Reminders

Attendance Calendars

Each month we hand out blank Attendance Calendars for the following month. These are to be filled out, *even if you keep the same schedule every month*, and turned in by the 20th of the preceding month. To add days, you can call ahead and make sure space is available. If you need to cancel a reserved day, refer to the Cancellation Policy.

Cancellation Policy

To cancel a scheduled day, a phone call must be made by noon the day prior to avoid a fee. If no call is made, it is considered a 'no-call, no-show' and you will be charged for a full day. Please call if you have any questions. Thank you!

Love Policy

OK, this one isn't in writing, but it *is* in our hearts... to love our Guests, our Caregivers and our Staff each and every day, no matter what. By far, the most important policy!



Speaking of love, there is nothing like the love of a dog! **Miss Jean** and pet therapy dog, **Jane**, share a special bond.

Upcoming Events

A Day Away Caregiver Retreat is right around the corner!
Saturday, March 10, 9am-12pm
Calvary Lutheran Church
6111 Shelby Street
This is a FREE day for you to learn, connect and be pampered. Free care for your loved one is available at both Joy's House locations from 8am-4pm. RSVP by Friday, March 2 to candace@joyshouse.org or call 317-254-0828.
Do this for yourself!
You'll be glad you did!

Phenomenal Women African American Women Past and Present
Growing up in Mississippi: The Incredible Story of Bertha Mae Thomas-Davis
Sunday, February 25, 4:00pm
Grace Apostolic Church
649 East 22nd Street

Bertha is one of our very own Joy's House caregivers. We already know she is phenomenal, but you can hear her story for yourself by joining her at this special event.

Italian Market Soup

*This hearty and healthy soup recipe can be assembled ahead of time and frozen for a quick and easy meal on a busy night: Just add all ingredients **except** water to a gallon size freezer bag and freeze flat. Tip: Use frozen, pre-chopped veggies for easier preparation.*

Ingredients:

- 8 c. water or broth
- 12 oz. (3c.) cooked, diced chicken
- 2 c. diced tomatoes, drained
- 2 c. white beans, rinsed and drained
- 1 c. sliced carrots
- 1 c. cut green beans
- 1/2 c. diced onions
- 1/2 c. roughly chopped kale or spinach, rinsed
- 1/4 c. chopped celery
- 1/4 c. chopped fresh parsley
- 2 Tbsp. dry chicken stock or chicken base
- 1 Tbsp. chopped garlic
- 2 tsp. dried basil
- 1 1/2 tsp. Italian seasoning
- 1/2 tsp. black pepper
- 1/2 c. small pasta (ie: mini penne, mini bowtie, mini shells)

In a large pot, bring water to a boil. Stir in rest of ingredients *except* pasta. Return to a boil, reduce heat to low, cover and simmer 15-20 minutes, stirring occasionally. Stir in pasta and cook 7-10 more minutes or until pasta and veggies are tender.