



“Caring for our Community”

Published for the communities we graciously serve.

FALL & HOLIDAY 2009

Features

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If you would like to subscribe to our complimentary newsletter, please email us at newsletter@fhfuneralhome.com or call us at 410-758-3987.



H1N1 FLU CONCERNS & PREVENTION

At Fellows, Helfenbein & Newnam Funeral Home, we constantly come into contact with many people. Therefore, the recent concerns over the H1N1 virus impact us deeply. Here are a few tips that we have received from the Health Department regarding prevention that we would like to pass on to you.



◆ Practice frequent hand washing

- ~ Wash hands for at least 20 seconds
- ~ Use hand sanitizer if soap and water are not available

◆ Receive an annual and “special” flu vaccine

~It is recommended that everyone older than 6 months receive a seasonal flu shot.



◆ Practice cough and sneeze etiquette

~ Cough into elbow, not hands

◆ Take time off if you have symptoms

~Don’t return to work until you are fever free for 24 hours with out the use of anti-fever medication

◆ Seek professional care if the signs and symptoms become worse.

◆ Clean work area daily-especially items that might be shared with others: phones, pens, counter tops, etc.

~ Don’t use other people’s phones, desks and work tools with out cleaning them first.

In order to guarantee that you will have any memorial merchandise that you order before the holidays please place your orders by the following dates:

Monuments

Oct. 18th

Thumbies

Nov. 15th

DVD's, Portraits & Bookmarks

Dec. 14th



Our Funeral Home in Easton and in Chestertown hold an Annual Holiday Memorial service for the families they have served over the last few years, look for your invitation to those services in coming the mail soon.



COMMUNITY EVENTS

Fall Events

Annapolis Opera

Season starts Oct. 17 with Verdi

Fall into St. Michaels – Oct. 23 - 25

Halloween Parade, costume contests, festival.
St. Michael, MD

Halloween Happenings – Oct. 24

Parade, kids stuff, hayride. Easton, MD

Rock Hall Oyster and Seafood Festival – Oct. 24 – 25

Buffet, live entertainment, Chesapeake Bay workboats. Rock Hall, MD

Artworks Studio Tour – Nov. 7 – 8

Visit the studios of over 30 artists in Kent and Queen Anne's counties.
Chestertown, MD

Easton Waterfowl Festival – Nov. 13 – 15

World-class wildlife art. 15 venues. Easton, MD



Holiday Events

Festival of Trees – Nov. 27 – Dec. 1

23rd annual. Beautiful Christmas trees. Easton, MD



Chestertown Winterfest Weekend – Nov. 27 to 29

Official lighting of Downtown for the holidays, Santa arrives at 7pm by fire truck, pictures with Santa, caroling in fountain park, parade Sat. at 10am
Chestertown, MD

Tree of Lights – Thursday, Dec. 3, 5:30pm

Tree lighting event to support local hospice services offered through Chester River Home Care & Hospice.
Courtyard in front of Chester River Hospital Center,
Chestertown, MD

Centreville Christmas Parade - Friday, Dec. 4, 6:30pm

Annual nighttime parade consisting of floats, marching bands, pony clubs, fire and rescue equipment, antique cars, and farm machinery.
Centreville, MD

Easton Old Tyme Holiday Parade – Saturday, Dec. 5

First Saturday in December featuring floats, fire trucks, horses, antique cars, bands, and people of all ages dressed in Victorian costumes.
Easton, MD

Christmas in St. Michaels - Dec. 12 to 13

Festive parade, historic home tour, gingerbread house display, and events with Santa.
St. Michaels, MD

First Night Talbot – Dec. 31, 6pm to midnight

Family friendly, alcohol-free Celebration of the Arts to welcome the New Year.
Various locations throughout Town Center,
Easton, MD

The Flower Shoppe

Expanding services we offer our families

At Fellows, Helfenbein & Newnam Funeral Home we pride ourselves in making things as easy as possible for our families during a very difficult time. We believe we have found yet another way to make things easier; an in house flower shop. Named simply, The Flower Shoppe, just as it is intended to be, simple.



Each arrangement office has a book filled with beautiful sympathy pieces, we are able to create for you "in-house." The benefit is being able to know that you have ordered flowers before you walk out of the door of the funeral home. No extra stops at a florist, on top of all the other things that you have to worry about. We are able to ensure that your flower arrangement is made with quality flowers and everything arrives on time.

If you would like more information please feel free to ask your funeral director or visit the "Flower Shop" link on our webpage (www.fhnfuneralhome.com).

Kind Words From Our Community

"I felt that all the folks in your Easton office did a wonderful and outstanding job treat me and my family with respect and compassion during this terrible time. Everything was handled perfectly." ~P.Miller

"I just wanted to say thank you so much for your help. Your kind demeanor was much appreciated. You made me feel very at ease while dealing with a very uncomfortable situation. ~ K. Faulkner





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Let Us Help You In The Future.

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FELLOWS, HELFENBEIN & NEWNAM
Advance Funeral Planning
408 S. Liberty St.
Centreville, MD, 21617

Loaded Twice Bake Potatoes

- | | |
|--|------------------------------------|
| 4 medium russet potatoes | 1 cup Cheddar cheese, divided |
| 8 ounces ground beef | 1/2 cup sour cream |
| 1 cup broccoli florets, finely chopped | 1/2 teaspoon salt |
| 1 cup water | 1/4 teaspoon freshly ground pepper |

Directions:

Pierce potatoes all over with a fork. Place in the microwave and cook at 50% power, turning once or twice, until the potatoes are soft, about 20 minutes.

Meanwhile, brown meat in a large skillet over medium-high heat, stirring often, about 3 minutes. Transfer to a large bowl. Increase heat to high, add broccoli and water to the skillet, cover, and cook until tender, 4 to 5 minutes. Drain the broccoli; add to the meat.

Carefully cut off the top third of the cooked potatoes; reserve the tops for another use. Scoop the insides out into a medium bowl. Place the potato shells in a small baking dish. Add 1/2 cup Cheddar, sour cream, salt and pepper to the potato insides and mash with a fork or potato masher. Add the potato mixture to the broccoli and meat; stir to combine.

Evenly divide the potato mixture among the potato shells and top with the remaining 1/2 cup cheese. Microwave on high until the filling is hot and the cheese is melted, 2 to 4 minutes.

Fellows, Helfenbein & Newnam
FUNERAL HOME, P.A.

Helping Families Heal

- 408 S. Liberty St. Centreville, MD 21617
- 106 Shamrock Rd. Chester, MD 21619
- 130 Speer Rd. Chestertown, MD 21620
- 200 S. Harrison St. Easton, MD 21601
- 370 W. Cypress St. Millington, MD 21651
- 814 Bestgate Rd. Annapolis, MD 21401
- www.fhnfuneralhome.com

