

# No Worries News

Making a Difference Since 1997

April 21, 2008

• Personal Care

• Complex CNA Care

• Non-Medical Care

• Foot Care

## No Worries' In-Service Longevity Award Recipients

**11 Years**  
Melinda R.

**10 Years**  
Suzi F.

**6 Years**  
Agnes P.

**5 Years**  
Ana S.  
Nancy R.  
Mary C.

**4 Years**  
Stacy G.  
Tammy H.

**3 Years**  
Susan B.  
Sandra G.  
Ryan P.

**2 Years**  
Nelsy A.  
Lori B.  
Gina B.  
Violetta B.  
Lilly C.  
Cindy N.  
Jennie N.  
Linda S.



**6 Months**  
Teddie A.  
Annarae A.  
Maria B.  
Tara B.  
Nathan B.  
Lorelie C.  
Tanis C.  
Hannah D.  
Susan F.  
Tom G.  
Kit H.  
Liliana G.  
Suzanne M.  
Tare M.  
Marcia P.  
Summer P.  
Jennifer S.  
Sara W.  
Jocelyn W.

**1 Year**  
Berenice A.  
Liz B.  
Jennifer C.  
Carrie D.  
Robin D.  
Jennifer G.  
Tina H.  
Patricia H.  
Lenie H.  
Barbara H.  
Catherine N.  
Brigitta N.  
Stephanie P.  
Sandra S.  
Teresa T.  
Heap T.  
Cyndi W.  
Linda J.

Hello. This is such an incredible month! We had our 3 In-services and now we have so many staff members we decided that we better have 4 sessions in October! As you can see by the Longevity Awards, we treat our staff right and they stay with us to Make a Difference. We started an Attendance Award Program last October to be given out every 6 months and we gave out 56 Awards. This April we gave out 73 Awards. That is amazing and a real tribute to our caregivers. There are so many variables in getting to our clients on time with traffic, weather, etc., that it is a real accomplishment to earn an Attendance Award. Great job caregivers! We had a lot to celebrate at our In-services! We also celebrated Beyond Addictions—the first Drug and Alcohol Program in the United States to provide In-home/In-hotel Detoxification services. Many of the No Worries Certified Nursing Assistants have been trained to provide these services under the direction of the Nursing, Medical and Counseling Staff at Beyond Addictions. Because of innovation like this, Beyond Addictions is reaching Moms, Dads, pet owners, and those who want the privacy of their own home. This week Beyond Addictions is celebrating their 8th Graduation Ceremony with almost 500 participating in the Program during the last 14 months! Wow! Welcome new caregivers: Natalie E., PCA; Rebecca F., PCA; Allyn G, CNA; and Debbie S, PCA. Take Care. Melinda

## The Happy Power of Pictures

Source: Prevention by Rachel Meltzer January 2007

There's something that can make you feel warmer and fuzzier than eating a piece of Godiva chocolate. Researchers at the United Kingdom's Open University examined how much people's mood rose after eating a chocolate snack, sipping an alcoholic drink, watching TV, listening to music, or looking at personal photos (the researchers chose these behaviors for their reputation as popular ways to unwind). The music and chocolate left most people's moods unchanged; alcohol and TV gave a slight lift (1%), but the winner by a long shot was viewing pictures, which made people feel 11% better. To keep your spirits high, why not...

- Enjoy a slide show: Upload your favorite shots to your computer and set them as a rotating screen saver.
- Try an iFrame: For a more decorative display, splurge on a frame that will display your digital pictures, such as the PhotoShare 7-Inch Digital Photo Album (\$100; [www.amazon.com](http://www.amazon.com)).
- Animate your memories—anywhere: Send a 15-second home video to FlipClips.com and it'll be turned into a pocket-size book—flip its pages and the stills come to life (starting at \$9).

## A New OSHA Approved Substitute For Ladders (just kidding)



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## No Worries' Caregivers at Thursday Night's In-service



### Instant Smiles

Source: Positive Thinking  
May/June 2007

Flowers produce an immediate upswing in happiness, according to a Rutgers University study. Researchers led by psychologist Jeannette Haviland-Jones recorded the facial expressions of women who were hand-delivered bouquets. The results were stunning—100% of the women flashed a genuine grin, known as the Duchenne smile. It's rare for a stimulus to elicit a universal reaction. Maybe best of all: The women reported more positive moods up to three days later!



### A Gift That Keeps Giving

Source: Positive Thinking May/June 2007

In a recent Harvard Medical School study, more than 50 women were presented with either a bouquet or a candle in a decorative glass. Participants who received flowers showed an edge in mood improvement. "The women reported feeling happier, and felt an increase in kindness for others," says researcher Nancy Etcoff, PhD. "They were also more energetic and more compassionate at work."



### The Up Side

Source: Guidposts March 2008

**"I just wanted to make a statement that just because you're old doesn't mean you can't do things."**

—Don Magee, a grandfather of four in Lilburn, Georgia, who did 3,010 push-ups in one day to celebrate his 74th birthday.



## The Worst Places For Your Health (Part 2)

Source: Prevention May 2008

Where you put your toothbrush, TV, workout gear, and more can make a huge impact on your habits and your life. Here, the worst place for your stuff and where to move it to feel your best.

**The Worst Place for Your TV: Wherever You Dine** Studies show that distraction is your waistline's enemy—it can keep you from noticing how much you're eating. In a 2006 study, volunteers ate faster when watching TV than while listening to music—consuming 71% more macaroni and cheese when watching a show. If you have the tube on while cooking, turn it off before dinner at the kitchen table, and avoid being tempted into eating in front of the TV in the living room. The best place for your television: up or down a flight of stairs, so you have to "work" to get a snack—you'll be much less likely to munch.

**The Worst Place to Keep Medicine: The Medicine Cabinet** It's not uncommon for the temp in a steamy bathroom to reach 100°F—well above the recommended storage temperatures for many common drugs. The cutoff for the popular cholesterol drug Lipitor, for instance, is around 77°F. To stay out of the red zone, store your meds in a cool, dry place, such as the pantry.



**The Worst Place to Set Fruit Before Washing it: The Kitchen Sink** Of all the household germ depots, the kitchen sink sees the most bacterial traffic—even more than the toilet, says Kelly Reynolds, PhD, a professor and environmental microbiologist at the University of Arizona. If the perfect berry drops while you're washing it, pop it in the trash—not your mouth.

**The Worst Place to Use Earbuds or Headphones: On an Airplane, Train, or Subway** Sure, music's a better traveling companion than your seatmate's cell phone conversation. But studies show that if you listen through a headset in a noisy environment, you probably crank the volume too high. Harvard researchers found that in reasonably quiet surroundings, volunteers tended to keep the volume at an ear-friendly level. But when the researchers added background noise—the loud rumble of an airplane cabin—80% boosted the volume as high as 89 decibels, a level that risks long-term hearing damage. If you must have music, consider noise-canceling headphones—only 20% of listeners in the study who used a set got close to the danger zone. Two good options: Sony MDR-EX51LP (\$40; [sonystyle.com](http://sonystyle.com)) and Etymotic Research ER-6i (\$149; [etymotic.com](http://etymotic.com)).

