

No Worries News

Making a Difference Since 1997

April 7, 2008

• Personal Care

• Complex CNA Care

• Non-Medical Care

• Foot Care

Administrative Staff



Melinda R., RN, BSN

President

11 years

Robin D., RN

Nursing Manager

1 year

Susan F., RN

Client Services Supervisor

6 months

Cyndi W., LPN

Client Services Supervisor

1 year

Pat W., RN

Foot Care Manager

Tammy H.

Education/Client Services Coord.

4 years

Monica F.

Operations Manager

4.5 years

Stephanie P.

Bookkeeper

1 year

Suzi F.

HR Manager

10 years

Kelley W.

HR/Staffing Supervisor

2.5 years

Ami I.

Staffing Coordinator

3.5 years

Tammy W.

Staffing Coordinator

1.5 years

Lef H.

IT Specialist

2.5 years

Jennifer L.

Marketing Coordinator

1.5 years

Hello. Several times a year we get our Administrative Staff together for a big meeting. We review policies, improvements we are making and then we have something inspirational. Just when I was trying to think of what to do that would be inspirational, Agnes Prescott, a CNA who has worked for No Worries for 7 years, came to the office and I thanked her for recommending I read the book "The Alchemist." We shared how that book had touched our lives. Agnes talked about how she recently became a Reiki Teacher which she never thought she could do. Agnes described her journey to be a Reiki Practitioner and then a Reiki Teacher. I knew we had our inspiration for our meeting. I asked Agnes to come and present how her dreams had become a reality. Agnes came to our meeting and talked about how she would come to our In-services and people would stand up and say their name and then tell about a dream they have or one that has come true. This is a No Worries tradition. Agnes told us how this got her to start thinking about what her dreams were. She spoke about her journey and her "Vision Board." The "Vision Board" is a poster that has pictures of her dreams, words that describe important things in her life, and is a wonderful collage. I had asked everyone to bring some magazines to our Administrative Meeting and everyone started on their own "Vision Boards." The time for the meeting was up but most everyone kept working on their boards. It was a great team building experience. Today staff came in with completed "Vision Boards." I had hoped that by sharing this experience, we would all know how to be supportive of each other. The "Vision Boards" are going on the wall in our break room so everyday we will be reminded of each other's dreams and our own. Agnes did such a fantastic job that we have invited her to come to all of our In-services this week and teach the same inspirational message. It works! Get out your magazines and make a poster of what you want in life and then get ready to see it happen. **Welcome new caregivers:** Susan A., Rosa C., and Alison C. **Welcome Back:** Ingrid G. and Olga V. Take Care. Melinda

Healthy Body/Health Mind: Living Fully at any Age

Free conference for adults, their family members and caregivers

Saturday, May 3, 2008 8:30am-12:30pm

Intel, Jones Farm Campus: 211 NE 25th Street, Hillsboro

Featuring: Barbara Roberts, former Oregon Governor &

Eric Dishman, Intel Digital Health Manager

Pre-registration is required. Call 503.725.2101 to save your space.

<http://www.extension.oregonstate.edu/washington/>

Mad?

Venting makes it worse

Source: Health.com July/August 2007

Your husband had done the most annoying thing...again. Don't gripe to your girlfriend, though. Contrary to popular belief, blowing off steam won't help. "Expressing anger begets more anger," says psychologist Jeffrey Lohr of the University of Arkansas. Examining research, he discovered that "getting the anger out of your system"—yelling, hitting pillows, playing sports, or venting to a friend—actually makes you feel worse. Instead, take a walk, a time-out, or just relax to dissipate the feelings. Then come back with a clear head and a calmer mood and deal with your husband.

Hanging Out With Mom



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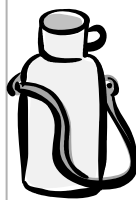
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Water Bottles

Source: Prevention May 2008 by Paige Greenfield



RUMOR: Their plastic leaches dangerous chemicals in the water. WHAT WE KNOW: Experts aren't sure that plastic bottles are safe, so choose an alternative when possible Although there's no conclusive evidence chemicals in these disposable bottles transfer into the water, experts say the possible health risks are big enough to make you think twice. One danger is that they may be made with a chemical called bisphenol-A (BPA): It behaves like estrogen and can disturb the endocrine system, says Frederick vom Saal, PhD, a leading researcher on BPA at the University of Missouri-Columbia. There's no way to know if a disposable water bottle contains it, but scientists know one type of bottle does: The reusable, hard plastic kind, usually found in the sporting good stores for hikers, bikers, or weekend soccer players. Rodents exposed to similar doses of the chemicals as humans receive when they drink from these bottles had higher rates of breast cancer, early onset puberty, reduced sperm counts, and neurological disorders, found a 2006 review of 700 studies by the NIEHS. **Simple Safety Step:** Bottle water is convenient, but if the unknowns worry you, switch to tap water (filtered if you prefer), and replace your sports bottle with a stainless-steel version.

The Worst PLACES For Your Health

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.

Location, Location, Location: Store owners aren't the only ones concerned with finding the perfect spot in which to situate their stuff. Researchers in a wide variety of fields know that how you organize your environment—from where you stand in fitness class to the place you choose to store your meds—has a surprising effect on everything from your weight to your chances of staying well. In other words, when it comes to how you feel, it's not just what you do, it's where you do it. Here, surprisingly bad locales for your health—and the best places to optimize it.

The worst place for your toothbrush: On The Bathroom Sink There's nothing wrong with the sink itself—but it's awfully chummy with the toilet. There are 3.2 million microbes per square inch in the average toilet bowl, according to germ expert Chuck Gerba, PhD, a professor of environmental microbiology at the University of Arizona. When you flush, aerosolized toilet funk is propelled as far as 6 feet, settling on the floor, the sink, and your toothbrush. "Unless you like rinsing with toilet water, keep your toothbrush behind closed doors—in the medicine cabinet or a nearby cupboard," Gerba says.



The worst place for your sneakers and flip-flops: In The Bedroom Closet Walking through your house in shoes you wear outside is a great way to track in allergens and contaminants. A 1999 study found that lawn chemicals were tracked inside the house for a full week after application, concentrated along the traffic route from the entryway. Shoes also carry in pollen and other allergens. Reduce exposure by slipping off rough-and-tumble shoes by the door; store them in a basket or under an entryway bench. If your pumps stay off the lawn, they can make the trip to the bedroom—otherwise, carry them.



The worst place to set your handbag: The Kitchen Counter Your fancy handbag is a major tote for microbes: Gerba and his team's swabs showed up to 10,000 bacteria per square inch on purse bottoms—and a third of the bags tested positive for fecal bacteria! A woman's carryall gets parked in some nasty spots: on the floor of the bus, beneath the restaurant table—even on the floor of the public bathroom. Put your bag in a drawer or on the chair, Gerba says—anywhere except where food is prepared or eaten.

The worst stall to pick in a public restroom: The One In The Middle The center stall has more bacteria than those on either end, according to unpublished data collected by Gerba. No, you won't catch an STD from a toilet seat. But you can contract all manner of ills if you touch a germy toilet handle and then neglect to wash your hands thoroughly.

Refer a Friend: No Worries is always employing Great Caregivers

- One-on-One Client Care
- Top Industry Wages
- Paid Time Off
- Annual Wage Increases
- Bi-Annual Attendance Awards
- Health Insurance
- Dental Insurance
- 401k Retirement Plan (up to a 4% match)
- Company Paid Life Insurance
- Flexible Schedules
- Nurse Supervised
- Appreciation
- Career Ladder

A Savvy way to Cut Sodium

Source: Prevention May 2008

You don't have to overhaul your diet to lower your blood pressure—setting down the saltshaker may be enough. Scientists at Shiraz



University in Iran asked 60 adults with high blood pressure levels to refrain from salting their foods and eating obviously salted snacks, such as potato chips and salted peanuts. The result: After 6 weeks, their systolic blood pressure decreased by 8%, a drop the researchers say cuts stroke risk by 33% and heart disease and heart failure by 25%. If going cold turkey is too hard, fill half the saltshaker with pepper and gradually cut back to no added salt.

Natural Memory Booster

Source: Prevention May 2008
by Danielle Kosecki

You don't have to move fast to jog your memory: Italian researchers found that people age 65 and older who walked enough to burn 417 calories a week (about 5 1/2 miles at a moderate pace) were 27% less likely to develop dementia than more sedentary adults. Researchers believe that the exercise may help by improving blood flow to the brain.

