

# N♥W♥rries News

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August 25, 2008

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## Tuning Out The Chaos

Source: Guidepost by Peter Lappin



Remember what life was like without the internet, e-mail, digital cable, cell phones and PDAs? Me neither. Every day it seems there's more to watch, more to read, more to know, just to keep up. Add a daily double latte (make that a triple) and it's no wonder so many of us experience sensory overload and find it hard to

wind down at day's end. Constant stimulation makes you lose touch with who you are and what you really need. Try these simple tips to help tame the turmoil:

**1. Turn it off.** Does your job really require you to check your e-mail or track global stock market gyrations 24/7? Unplug the gadgets for a few hours. Trust me, they'll still be there when you need them.

**2. Do a body scan.** Find a quiet place to sit. Starting at the top of your head, check in with your body: Is your neck tight? Are you holding stress in your shoulders? Consciously release the tension in your body as you breathe deeply.

**3. Exercise.** Exercise can be part of your daily routine and a long-term goal too. For an extra lift: Sign up for a race or walk sponsored by an organization whose mission you believe in. You are not only helping yourself by participating, but helping others as well.

**4. Cook.** There's nothing like cooking to help you leave your worries behind. Preparing a meal keeps you in the now and stimulates your senses. Bonus: eating a home-cooked meal is a wonderful way to nourish yourself.

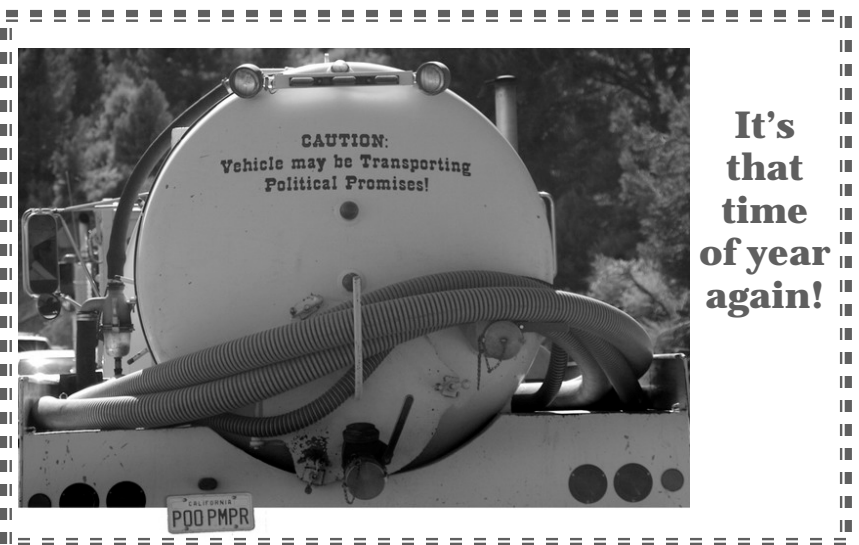
**5. Reconnect with nature.** Do you spend your day surrounded by traffic and the walls of a cubicle? It's important to remind yourself that you live in a world of great natural beauty. Take a walk in the park or the woods, contemplate a glorious sunset or cuddle with a pet. There's nothing more calming.

**6. Show your love.** When was the last time you let a family member or friend know how much they mean to you? Expressing your appreciation through words and actions puts you back in touch with perhaps the most powerful force you have: your love for others.

## Hello from

**Melinda.** A couple of months ago, I mentioned that I was going to try to figure out a healthy lifestyle for myself. Yesterday marked 14 weeks off desserts! I didn't really start to feel better until the 7th

week, but I have noticed a real difference in my energy level. A friend sent me the article on the left and I have found it so effective, I thought I would share it with you. Number 5 really changed me. We have been finishing the landscaping at our home and to be outside has been wonderful. We had a pile of top soil in one part of our yard and I didn't realize it was so wet, and it was like quicksand. I sunk up to my knees and had to yell for help to get out. I know I will never live that one down! I was very dirty and it was kind of fun. Now I know why children like playing in the dirt! **About No Worries:** As you can see from the picture to the above, we have been very fortunate to find the greatest caregivers. We had the largest orientation/training we have ever had this last week. One of the part-time caregivers said after the orientation she liked the company so much she quit her other job to work for us full-time! **Welcome new caregivers:** Suzanne H., PCA; Karen L., PCA; Zainab A., PCA; Evashia M., PCA; Judy M, PCA; Debra M., PCA; Corinne S., PCA; and Susan W., PCA. **A big welcome back:** Mila R., PCA. **Take Care. Melinda**



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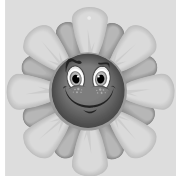
8285 SW Nimbus Avenue, Suite 150 Beaverton, OR

## Energy Savings Tip

Source: goodcleantech.com by Mariella Moon

**Q** Do my chargers still suck power when my gadgets aren't charging?

**A** **Afraid So.** Chargers and power adapters, which convert AC power to lower-voltage DC current for gadgets like cell phones, often still use some energy after they've completed charging. In fact, "vampire energy"—power consumed by electronics left in standby mode—accounts for 5 to 10 percent of all U.S. household electricity consumption. Granted, your use may be relatively little, but there are steps you can take to limit the amount of power your chargers waste. Start just by touching a plugged charger—if it's warm, it's using electricity. It's ideal to unplug adapters right after devices are fully charged. And if you're charging multiple devices at once, use a power strip so you can cut the power to all of them at once after charging. Adapters can also suck power even when they're plugged in but not connected to a device, so you may want to upgrade to Energy Star-certified ones (check the list of chargers for various devices at [energystar.gov](http://energystar.gov)), which on average are 30 percent more efficient than others. Nokia's high-efficiency chargers, for example, use only 0.03 watt of so-called no-load energy. That won't save the planet by itself, but it easily beats the 0.5-watt maximum consumption that Energy Star requires and the average 1 watt that old block cell chargers use.



## Stay Positive

Source: Health.com September 2008

At the first sign of sickness, Jenny Spring, 29, of Cambridge, Massachusetts, practices another tactic linked to good health: "I tell myself that I refuse to be sick." Is she crazy to think that works? Not at all. In one study, participants who had heightened activity in a region of the brain associated with a positive attitude produced greater amounts of flu antibodies. Another study showed that people with sunny dispositions churned out more antibodies in response to vaccinations. Researchers aren't clear on the connection, but they do know "the brain communicates with the immune system, and vice versa," says Anna L. Marshland, PhD, director of the Behavioral Immunology Laboratory at the University of Pittsburgh. And a growing number of psychologists stress that focusing on wellness, as opposed to illness, can have good results.

**Make positive thinking work for you:** If you don't always think positively, experts say, you can at least learn to be less negative. Don't dwell on your symptoms when you do get sick, and try not to assume the worst. Practice focusing on your strengths and how you feel when you use them. Slowly, you'll recognize that these feelings are more rewarding than negative feelings.

## Even Grown-Ups Need Shots

Source: PARADE August 17, 2008 by Dr. Ranit Mishori



When I asked my adult patients if their immunizations are up to date, the response I'll often get is, "What, me? Now? I thought vaccines were for kids."

Kids do need vaccines, of course. And most of the protection we get in childhood will last us for many years. But adults also need vaccines—to boost that initial immunization or to take advantage of newly developed protection.

Yet many adults tend to neglect this important area of preventive medicine. The rates of adult immunizations pale in comparison to the rates for kids. According to a recent survey by the Centers for Disease Control and Prevention (CDC), barely 2% of adult Americans under 64 have been vaccinated against tetanus, diphtheria, and pertussis. The new vaccine against shingles has been administered to fewer than 2% of adults over 60. And only 10% of women aged 18 to 26 have received the recommended vaccines against HPV, a virus that causes cervical cancer. Why do adults lag so far behind children? The main reason is that adults simply visit the doctor less often than children. There also is a powerful financial disincentive for adult vaccinations: Not all insurance companies will pay for them.

But it's a mistake to let the matter slide. Just because you made it through childhood, you don't want to risk getting diseases for which you can easily find protection. Vaccinations are one of the simplest and least costly ways to stay well. Here's what I recommend to my adult patients.



**The Shingles Vaccine.** The vaccine for herpes zoster, better known as shingles, has been on the market only since 2006. It is intended for adults 60 and up who have had chicken pox. That disease can reactivate later in life as shingles, with the hallmark painful rash. For many, it also has a nasty aftereffect—severe pain that can last for months. One expert estimates that, if used as recommended, that vaccine could eliminate some 280,000 cases of shingles a year.



**Pneumonia Vaccine.** This vaccine guards against 23 of the most common strains of bacterial pneumonia, which is responsible for 40,000 deaths a year in the U.S. The pneumococcal polysaccharide vaccine (PPV) also protects against some bacterial infections of the blood. It is given as a one-time shot for all adults 65 or older and for younger people with lowered immunity.



**Tetanus Booster.** A tetanus shot prevents "lockjaw" or muscle paralysis, which can lead to death. Booster shots are needed every 10 years—don't wait until there's the threat of infection from an open puncture wound.



**HPV Vaccine.** The Gardasil vaccine was created to counter human papillomavirus (HPV), responsible for genital warts and, more important, cervical cancer. In fact, about 70% of cases of cervical cancer in the U.S. are associated with HPV. A series of three shots currently is recommended for women through ages 26 or before they become sexually active.



**Flu Shot.** This is the best-known vaccine—and also the most "popular"—among adults. Nearly 60% of adult Americans get it each year, although each year's formula is different from what came before. This is because the virus that causes influenza keeps changing, making itself a moving target, and the scientists developing the vaccine have to anticipate which strains they'll likely be up against in any given year. And prevention of disease is what vaccines are meant to do. They generally do so very well—provided enough people get them.