

No Worries News

Making a Difference Since 1997

December 1, 2008

• Personal Care

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Winterize Your Skin

Source: readersdigest.com 12/08

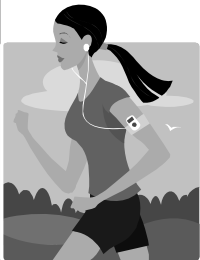
Physically: Cold air can dry out skin. Overheated rooms and scratchy wool clothes can worsen conditions such as dermatitis. To restore your skin's natural moisture, try an invigorating exfoliating scrub once a month, says dermatologist Carolyn Jacob, MD. A routine often neglected in cold-weather months, sloughing off dead skin cells makes way for plumper, moisture-packed cells underneath. While you're in the shower, gently rub on a mild exfoliating product made with sugar or microbeads, and rinse thoroughly. While you're still damp, seal in the moisture with a body lotion that contains shea butter, glycerin, ceramides, or stearic acid.



Mentally: Holiday stress can take a toll, too, by raising levels of the hormone cortisol, which can increase oil production. That can lead to breakouts in people prone to acne. Stress can also slow down wound healing. To reduce stress, the American Academy of Dermatology recommends exercising to release feel-good endorphins, getting enough sleep, and even having a good laugh.

Fit Bodies, Fit Minds

Source: readersdigest.com 12/08



Early-stage Alzheimer's patients have a new incentive to get moving. A University of Kansas study found that patients who were fit had four times less brain shrinkage (meaning cell death) than those who were out of shape.

The benefits of exercise, including changes in growth factors and increased blood vessels and blood flow, may prevent brain cells from dying. Researchers suggest first-time exercisers begin with a 15-to 30-minute walk three times a week.

Hello. I recently had a wonderful opportunity to speak at a Health Occupations class at Tigard High School. It was a great experience and I did what I do at our staff in-services and asked each of them to get up and tell everyone one dream that had come true in the last year, or one dream they have for the next year. It was interesting that they were surprised at a dream coming true in the next year. They all had things they thought would come true in the future, but not in the next year. A good reminder to all of us to not be too future oriented! This week I received a note from one of the students and it thrilled me. Here is a little of what she said: "My dream is to get my Nursing degree and then recruit a team of about 15 or more people to start off with and move to India and start a free clinic. I grew up overseas in a third world country and I remember how hugely impacted our community and the locals were when an American doctor moved over with her family and started a clinic, so now I would like to do the same." What a dream! I have been updating you occasionally on my dream of getting healthy. Well, this week marks my 27th week off sugar and my first big holiday without dessert! I've lost over 20 pounds and for the most part it has not been difficult. I did look at that pumpkin pie last night and tried for a little while to consider it a vegetable dish...but I resisted. I am feeling much more energetic and it just feels good not to have my mood tied to chocolate! **About No Worries:** We have been very fortunate to take care of some short-term clients whose families called because their loved one was dying and they needed help. Our caregivers have done a fantastic job and it was wonderful to hear the comments of the families about our caregivers and what their efforts meant to them. **Take Care. Melinda**

JOKE: Thanksgiving Divorce

A man in Jacksonville calls his son in San Diego the day before Thanksgiving and says, "I hate to ruin your day, but I have to tell you that your mother and I are divorcing; 45 years of misery is enough." "Dad, what are you talking about?" the son screams.

"We can't stand the sight of each other any longer," the father says. "We're sick of each other, and I'm sick of talking about this, so you call your sister in Denver and tell her."

Frantic, the son calls his sister, who explodes on the phone.

"Like heck they're getting divorced," she shouts, "I'll take care of this." She calls Jacksonville immediately, and screams at her father, "You are NOT getting divorced. Do not do a single thing until I get there. I am calling my brother back, and we will both be there tomorrow. Until then, don't do a thing, DO YOU HEAR ME?" and hangs up. The old man hangs up his phone and turns to his wife. "Okay," he says, "they're coming for Thanksgiving and they are paying their own way." Do not underestimate the older generations. They may be crazy—like a fox!



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The Real Secret to Joy

Source: Health.com November 2008 by M.J. Ryan

The phone rang at 2p.m. It was my daughter Ana, calling from her after-school program. "Tiera and Mia won't play with me," she wailed. "Come get me." I felt a giant tug on my heartstrings. Of course, I'd go right over—and give those two an earful on the way out! Then I stopped.

What message would I send 7-year-old Ana? To look to others for her happiness. But I knew she needed a bit of support.

"Look around the room," I said. "What are the other kids doing?"

"Well some kids are beading," she replied. "Some are doing art, and others playing Legos."

"Do you think you could join one of those groups?" I asked.

"Yes," she responded, hanging up.

When I arrived at the regular pick-up time to get her, she was her usual cheerful self.

I've often written that Ana is one of my greatest teachers. That day she proved to me that, while I may think my job as a parent is to make her happy, my real task is to help her figure out how to make herself happy. It's not our job to rush in and rescue others from life challenges. However, many of us take our loved ones' unhappiness personally. I know women who devote every waking hour to meeting the wants of their spouses. I've seen a man move 12 times in 12 years for the sake of an unhappy wife. But I've never met a person who has become happy as a result. Dependent? Yes. Temporarily victorious? Yes. Happy? Never. Joy can't be granted by one person to another.

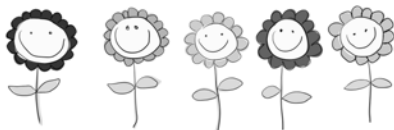
Happiness is earned through taking time to savor the pleasures of life and finding a way to offer your talents to others. And those are things you can do only for yourself. Remembering this truth is particularly important this time of year, when you're trying to please everyone. It saves a lot of heartache when you remember that ultimately each person's happiness is her own responsibility.

So, if you can't "make" a person content, what can you do? Here are three ways to offer support.

1 Help expand options by asking, "If there were no obstacles, what would you do?"

2 Boost positive thinking with questions such as, "What did you enjoy today?" "What do you feel satisfied about?" "What are you grateful for today?"

3 If it's a chronic problem, suggest a visit to a positive psychologist who is trained to help people change negative thinking patterns and develop a more optimistic outlook.

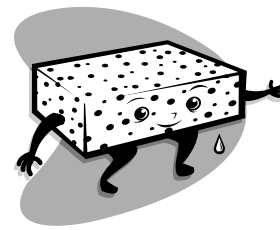


How to Sanitize Sponges

Source: Good Housekeeping

Q: I'm addicted to my scrubbing sponges. I know you can use the microwave to zap the germs that love to live in them, but for how long?

A: Putting sponges in the microwave can be chancy—microwave ovens vary in power, and the size of the sponges affects how long you need to zap it to kill germs. So I can't recommend this method.



But I can offer a way to sanitize sponges, endorsed by the Soap and Detergent Association. Place them in a solution of 1 gallon water and 3/4 cup household bleach (or 1 quart water to 3 tablespoons bleach), let soak for five minutes, then air-dry.

Sponges should be cleaned in dishwashing detergent and hot water after each use and allowed to air-dry to prevent bacteria from multiplying. You can also wash them in the dishwasher along with your dishes. Place them in the utensil caddy or clip them to the top rack with a clothespin. Be careful when you remove them; they may be hot.

Sponges last for only two to eight weeks, depending on how frequently and roughly they're used. Look for sales and stock up, as I do.

Migraines and Risk of Stroke

Source: readersdigest.com 12/08 by Ted Spiker

As many as 17 percent of women and 6 percent of men have experienced the debilitating pain of a migraine. Research shows that women who have migraines accompanied by their distinctive "aura" symptoms are at greater risk of having a stroke than those who don't get migraines.



Why the link? Migraine headaches are caused by inflammation of the arteries surrounding the brain. Other arteries inside the brain may spasm during an attack as well, temporarily cutting off circulation, thus increasing the odds of a stroke.

Additional risks Abnormalities in the lining of arteries may also allow blood to clot more readily. "And in rare cases, arteries leading to the brain may tear more easily," says Gretchen Tietjen, MD, a professor of neurology at the University of Toledo. These tears can cause vessels to narrow and clots to form. Extra estrogen from oral contraceptives (especially in smokers) or hormone therapy can further boost clotting factors to create a perfect storm for a stroke.

How to reduce your risks Low-dose aspirin had been shown to decrease stroke risk in women over 45 and may prevent migraines too. Doctors can help you reduce the risks associated with abnormal arteries. Maintaining healthy blood pressure is one way, but also ask your physician to order a routine blood test to determine whether you have markers for increased clotting. If you do, discuss aspirin therapy, anticlotting medications, or alternatives to hormone therapy.