

No Worries News

Making a Difference Since 1997

July 14, 2008

• Personal Care

• Complex CNA Care

• Non-Medical Care

• Foot Care

A Thoughtful Caregiver

Just a quick note to let you know how much it meant to me that Stacy helped my mom host a baby shower for me. She took my mom shopping for decorations, gifts, and a cake. I know my mom would have wanted to do that herself if she could. So it was very special to me and her that she could still have that experience. Stacy was so thoughtful, she made J a "big brother" basket too! It was a wonderful baby shower and very special day. I just thought you should know what a caring employee you have. —BE & SL

Hello from Melinda. I hope all of you are staying cool. It has been so hot lately. I like to drink water, so I don't usually feel like I am dehydrated, but on Saturday, after just 4 hours out in the sun, I got in the car and felt nauseous and a little dizzy. We went and got some lemonade and I felt better right away. I have been wondering how much water a person should drink when outside or exercising. I found that we need 4 to 6 extra glasses of water, in addition to the usual daily 8 to 10 glasses of water. That seems like a lot, but since we exhale moist air and lose about 1 liter a day just in exhalation, then add what is lost with perspiration on a hot day, and it is easy to see why we need so much water. I actually had more in the car, but it was so hot I did not want to drink it. I remember my Mom would put a water bottle in the freezer and when she went to run errands she would have cool water in the car. It makes sense! **A fun picture:** My grandson, Ryan, certainly has the right idea about how to stay cool. **Welcome New Caregivers:** Karla P., PCA; Alizabeth W., PCA; Terry N., PCA and Sarah H., PCA. **Welcome back** Amanda H., CNA. **Take Care. Melinda**



Let us help someone you know get their life back...

Beyond Addictions is in the second year of providing services, with over 500 people participating in our program. In preparation for Recovery Month, in September, Beyond Addictions is offering 10% off the cost of selected services, good through August.

www.beyondaddictions.com
503.644.8700

All you can drink for a dime

There was a business man driving down this country road when he spotted a little boy that had a lemonade stand—it being hot and him being thirsty—he decided to stop. Once he got up to the little boy's stand, he noticed a sign that said "All you can drink 10 cents," well, he thought that it was an awful small glass, but since it was only 10 cents for all you can drink, he decided to get some anyway. Well, he gave the boy a dime, and shot down the whole glass in one swig, so he slapped it back onto the table and says, "fill 'er up." And the kid says, "sure thing, that'll be 10 cents." To this the business man says, "but your sign says all you can drink for a dime." "It is," the little boy replies "that's all you can drink for a dime."



Ok, mosquitoes... prepare to be repelled!



- Bob, a fisherman, takes one vitamin B-1 (Thiamine Hydrochloride 100 mg) tablet a day, April through October. He said it works. He was right—hasn't had a mosquito bite in 33 years. Try it. Everyone he has talked into trying it, it works on them too.
- If you eat bananas, the mosquitoes like you, there is something about the banana oil as your body processes it. Stop eating bananas, for the summer, and the mosquitoes will be much less interested.
- This is going to floor you, but one of the best insect repellents someone found (who is in the woods every day), is Vick's Vaporub.
- Plant marigolds around the yard, the flowers give off a smell that bugs do not like, so plant some in the garden also, to help ward off bugs without using insecticides.

When all else fails—get a frog.

-Locally Owned & Operated-

www.noworriescorp.com

503.641.4949

8285 SW Nimbus Avenue, Suite 150 Beaverton, OR

Find Your Breathing Room

Source: Prevention November 2007 By Amanda MacMillan

Aileen Gagney knows what poor indoor air can do to a person's health. Once, while she was painting in an unventilated bathroom, polyurethane fumes knocked her out for 16 hours, leaving her with permanent sensitivities to chemical odors that give her migraines and breathing difficulties. Gagney, 52, now trains volunteers at the American Lung Association of the Northwest in Seattle to conduct free home checkups, aimed at reducing allergies, asthma, and hidden airborne dangers. "Around October we start getting a lot of calls," says Gagney. "People shut their windows and suddenly feel sick." Improvements can be quick and easy—87% if the families visited by Gagney's volunteers make at least one change to freshen their air. So we asked her, and other health researchers and housing experts, to reveal common mistakes you're probably making—plus the solutions that help you breathe easy.

Mistake: You clean your clothes dryer's lint trap...but ignore the exhaust pipe Eliminating buildup in the filter solves only half the problem: If the exhaust pipe is clogged, lint can escape through cracks, says contractor Tim Carter of AsktheBuilder.com.

FIX IT

Clean the pipe every 3 to 6 months. Snake a round brush with long, flexible piping (about \$20 at hardware stores) into the tube to pull out lint clinging to the sides. If you can't get all the way through from one end, you may need to hire a professional duct cleaner. Always vent your dryer to an open outdoor area: "Moisture spilling into an attic or under a dark porch is the perfect invitation for mold," says Carter.

DITCH IT

Dryer Sheets Most fabric softeners are full of phthalates, chloroform, camphor, and other chemicals that can damage the respiratory, nervous, and reproductive systems, according to the EPA.

Mistake: You run the bathroom fan...only when you shower Condensation is the biggest problem in household bathrooms, and mold can flourish in the shower, between tiles, and behind the toilet. Your exhaust fan should send moisture outside during and after a hot shower.

FIX IT

Add a timer Got a fan? Great. Now connect it to a 30-minute wind-up switch that you can crank as you enter and leave the steamy bathroom. If you forget about it or leave for work, it will run its course and shut off automatically.

INSTALL IT

A fan in the kitchen Excess humidity helps dust mites thrive, so keep air moving whenever your stove, microwave, or dishwasher is producing steam. An exhaust fan above the kitchen range works best. If that's not doable, position a box fan in your window to pull hot air outside.

Mistake: You change your vacuum bag...when it feels full Vacuuming once a week will keep dust from accumulating deep in carpets, but the bag will fill up fast. A full bag reduces efficiency and can even spew dust back into the air.

FIX IT

Toss bags when they're half full. It'll be a little more expensive, but you'll deposit less dust back into the air—which means the vacuum will have less to pick up from now on.

BUY IT

The Hoover Windtunnel vacuum (\$140; hoover.com) Its green light/red light "Dirt Finder" technology tells you when a surface is really clean. (A tiny microphone listens for dirt particles rattling through its tube.) "People underestimate how long they need to vacuum," says Gagney. An initial deep clean can take 45 minutes on high-traffic carpet; following sessions may still require several strokes back and forth. As for bagless models, don't bother: "When you empty those canisters," Gagney says, "you're less than 2 feet away and breathing all that dirt."

Sleep better—with socks

Source: Health.com May 2008

Decreasing estrogen levels during menopause often comes with night sweats, which make sleeping difficult. To combat night sweats, wear socks to bed. It may sound weird, but warming your feet forces your body to compensate by lowering your core temperature to the level it's supposed to be for sleep.



Why Choose No Worries?

- Nurse owned and operated
- Licensed, bonded, and insured
- Making a difference since 1997
- Free nurse intake visit
- Nurses orient the caregivers to new clients
- A nurse is on-call 24/7
- Caregivers drug screened/criminal checks
- Caregivers go through a 2 day training/testing
- You call, a person always answers
- We respond quickly



Words of Wisdom:

Quotes that changed women's lives

Source: Woman's Day August 2007 by Janene Mascarella

There was a time when I'd argue to the bitter end, just to prove a point and claim victory. Then I stumbled across this quote from *A Course in Miracles*: "Do you want to be right or do you want to be happy?" It hit me—I *would* rather be happy than right. Can one simple sentence really spark an epiphany?

Do you have a favorite quote that you would like to share? If so, please sent it to jennifer@noworriescorp.com, so we can share it in the next newsletter.