

No Worries News

Making a Difference Since 1997

June 16, 2008

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Client's 100th Birthday!

Recently the No Worries office received a brochure inviting us to help celebrate a client's 100th birthday. On the outside of the brochure were written the words, "Our mother is a client of yours. She has done so much better with your great people in her house!" Statements like these are responsible for many "warm and fuzzy" moments for all our staff. We are proud to be making a difference!

Stroke-busting C

Source: Prevention July 2008 by Amy Gorin

Pile your plate high with vitamin C-rich foods to slash your stroke risk. UK scientists tracked more than 20,000 people for almost 10 years. Those who ate the most vitamin C had a 42% lower risk of stroke than people who ate the least. Because your body doesn't store C, it's safe to get up to 25 times the daily value (75 mg) each day.

Hello from Melinda. I'm always including articles in the newsletter on healthy living, and after almost 12 years of writing this newsletter I think I am finally getting it! Starting Beyond Addictions was a lot of work and combined with running No Worries, and my husband and I building a new home, I have gotten pretty worn out. I think as I look back, I always have an excuse for being very busy. Now being busy is not bad, but I have learned that there are consequences for being busy and not also taking care of myself. So, if you don't mind this personal note, I would like to tell you that I have been figuring out how to take care of me. I started with eliminating sugar from my diet—I feel much better. I am also trying to get more sleep, better sleep. I try to relax before going to bed rather than rush around trying to get things done. I have learned that watching TV is not always the best way to relax. I started reading again and I love it! Probably the biggest thing I have learned to do is accept that I have limitations. I have learned to say, "No, I can't do that right now." This has been hard for me, but I know that once I have my energy back I can do some things again and it won't be "No" forever! My next step is to start walking. Well, I will let you know how it goes. It is kind of exciting to be getting control of my health. **Welcome New Caregivers: Tara F., PCA and Nelson H., PCA. Take Care. Melinda**

Heart Helper	Vitamin C Power
Yellow bell pepper (1 cup, chopped)	365%
Broccoli (1 stalk)	142%
Papaya (1 cup, cubed)	115%
Strawberries (1 cup, whole)	113%
Brussels Sprouts (1 cup, whole)	100%
Kiwifruit (1 medium)	94%
Oranges (1 medium)	93%
Cantaloupe (1 cup, cubed)	78%
	% Daily Value

JOKE: New Office

A young businessman rented a beautiful office and furnished it with antiques. However, no business was coming in. Sitting there, worrying, he saw a man come into the outer office. Wanting to look busy, he picked up the phone and pretended he was negotiating a big deal. He spoke loudly about big figures and huge commitments. Finally, he put down the phone and asked the visitor "Can I help you?"



The man said, "I've come to install the phone."

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SAVE THIS LIST

Source: The National Council on Patient Information and Education

What to ask about your prescription: Talk these over with your doctor, physician assistant, nurse practitioner or pharmacist. If you're concerned you won't remember all of these, take this list with you.



1. What is the name of the medicine, and what is it for? Is this the brand name or the generic name?
2. Is a generic version of this medicine available?
3. How and when do I take it—and for how long?
4. What foods, drinks, other medicines, dietary supplements or activities should I avoid while taking this medicine?
5. When should I expect the medicine to begin to work, and how will I know if it is working? Are any tests required with this medicine (to check liver or kidney function, for example)?
6. Are there any side effects? What are they and what do I do if they occur?
7. Will this medicine work safely with the other prescription and nonprescription medicines I am taking? Will it work safely with any dietary or herbal supplements I am taking?
8. Do I need to get a refill? When?
9. How should I store this medicine?
10. Is there any written information available about the medicine? (Is it available in large print or languages other than English?)

A Cheaper Workout Snack

Source: Prevention July 2008 by Natalie Gingerich

NEED A QUICK LIFT before exercise? Skip the pricey gels and drinks and grab a box of raisins. Cyclists who ate 2 3/4 ounces of raisins prior to a hard ride pedaled just as fast as those who had a specially engineered energy supplement with equal calories, research shows. The raisin eaters also burned more fat as fuel than the gel users and maintained high energy throughout their workouts. Diet-conscious exercisers can get a boost from a smaller 1- to 1 1/2- ounce portion (84 to 126 calories).



Take 10 Years Off Your Heart

Source: Prevention July 2008

Brisk walking can actually reverse the aging of your ticker, reveals a yearlong Washington University study of overweight 50- to 60-year-olds. Those who walked off 240 to 300 calories a day (about 45 to 60 minutes at a brisk pace*) lost an average of 22 pounds without dieting, and their hearts pumped blood and nutrients as efficiently as people in their 30s and 40s.

The Happiness Habit

Source: Prevention January 2007 by Joan Borysenko, PhD.

I've spent several New Year's Days sitting on the floor surrounded by stacks of magazines, piles of pictures, and assorted glue sticks. No, I haven't regressed to kindergarten. Every year I make a "treasure map": I cut out images that remind me of how I want to live in the coming year, make a collage on poster board, and then display the map where I can see it daily. Treasure mapping is a wonderful tradition that can help you make your dreams come true.

Whether it's a onetime event to celebrate a rite of passage or a monthly gathering where your friends meet in a circle and speak from the heart, rituals can help you live a more fulfilling life. This year, improve your life by creating a few simple traditions that honor your heart and help you connect with people you care about. Here are four to inspire you.

Team Up for Chores In early America, barn raisings were feats of incredible productivity but also wonderful social occasions. Sue Merriman, 54, a landscape designer and full-time mom, has given the idea a modern twist.

Every Wednesday she gets together with her friend Devra Laner, 47; sometimes another friend joins them. The women alternate houses, and the host picks a task that's time-consuming, difficult to pull off alone, or just no fun—and therefore never gets done. Any project is allowed, although as Sue says, "At first, nobody thinks they can invite friends over to clean the grease out from under the stove." The women have done a lot of cleaning, organizing, and gardening in the past 3 years, but the work's been companionable instead of onerous—full of laughter and talk. "We wanted to be able to see each other and we had to get things done." Sue says. "So we decided to do both."



Hold a Swap Meet At the end of every winter, Laura Gilbert, 30, and several friends do an annual closet purge. But before taking the castoffs to charity, they make them an excuse for a party. One by one, the closet gleanings are inspected and tried on by the women, who range from a size 2 to a 12. "You see four different bodies in the same dress, and you realize, wow, stuff doesn't always look best on the one who's the skinniest," Laura says. "You start to appreciate what does look good on you instead of beating yourself up because something doesn't." And it's like having a personal shoppers. "There's a piece of clothing you'd never look at twice, but your friends say, 'No, you must try it on'—and when you do, Bam! It's wonderful."

Have a Dinner Exchange When Suzanne Beyer's children were in grade school, life was a perpetual sprint. One day, she and neighbor Karen Johns came up with a solution: "We thought, *Why not exchange dinners once a week?* That way, we'd each have one night when we could get caught up and be served dinner in gourmet fashion." So Suzanne and Karen would check their schedules for the day most jam-packed with sports practices and music lessons; that evening, a meal would arrive from across the street. "We never told each other what we were preparing—it was always a surprise," says Suzanne, now 62. "It didn't take any extra money or effort, and it gave us each an hour and a half extra that day. We both loved it, but I got the better end of the deal—she's a fantastic cook."

Retreat Once a Year A decade ago, Sandy Shapiro and three friends from junior high celebrated their 35th birthdays by going to a dude ranch in Arizona. They ate lots of steak and potatoes, talked nonstop, and decided they'd do it again in 5 years. "A few months later, one of my friends got stage 3 uterine cancer," Sandy says. "There were marital issues and babies born, and it became clear that life was too short—we needed to meet every year." So each winter, they get together for 3 or 4 days. "These women are like family. The loyalty and love is really intense," Sandy says. "It's so nice to come back to that on a regular basis."

