

# No Worries News

Making a Difference Since 1997

June 2, 2008

• Personal Care

• Complex CNA Care

• Non-Medical Care

• Foot Care

## This could be you...

What if you were a working professional who participated in equestrian events and you were injured during a competition. No Worries helped someone just like this.



Because of his injuries, which included broken bones and internal injuries, he needed assistance in his home to help him recover.

No Worries was able to assist this gentleman with his physical and breathing therapies, along with helping him with all the activities of daily living. He was able to continue working from home with the assistance of the caregivers providing for the housekeeping, meal prep and dog care he could no longer perform. As he improved, his schedule was adjusted until he was able to be independent once again.

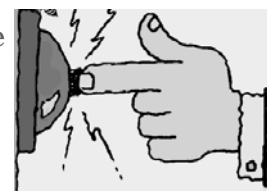
**Sometimes everyone needs a little help.**

**No Worries is here for you  
503.641.4949**

**Hello.** Since we have only had about 10 sunny days since last summer, I have been hearing a lot of comments from people who are really ready for the sun to shine. I think living in Oregon creates this adaptation which is "When the sun shines forget everything else and go out and enjoy it!" It is kind of a fun culture that way. My husband and I watched a show on the earth this weekend and to see so many arid, stark, treeless places made me really appreciate the green here in Oregon. I'm not sure I believe in global warming anymore...but I do believe that all the talk about protecting our environment is right on. Our office is not buying plastic cups anymore and is going to use paper cups and reusable water bottles. I read the statistics on how much water is saved by turning off the faucet when you are brushing your teeth and it was amazing. **About the newsletter:** You might wonder why I put another article on honey as an alternative cough cure, and it is because in the last newsletter I put in what I knew at the time and now Prevention Magazine has explained why it works. I always like to know "why." Take Care. Melinda

## JOKE: The Doorbell

A man is walking down the street one day when he notices a very small boy trying to press a doorbell on a house across the street. However, the boy is very small and the doorbell is too high for him to reach. After watching the boy's efforts for some time, the man moves closer to the boy's position.



He steps smartly across the street, walks up behind the little fellow and, placing his hand kindly on the child's shoulder, leans over and gives the doorbell a solid ring.

Crouching down the child's level, the man smiles benevolently and asks, "And now what, my little man?"

The boy replies, "Now we run!"

## Cure Fido's hot spots and your itchy dandruff

Source: The Oregonian May 14, 2008 by Joe and Teresa Graedon

**Q:** The solution of equal parts of Listerine, baby oil and water for dogs' hot spots is the most fantastic remedy I've read about in a long time! The minute my dogs start "worrying" a spot, I get out my spray bottle, spray the area thoroughly, massage the skin, and the problem stops immediately. No more hot spots that involve trips to the vet.

**A:** Several years ago, we heard from a radio listener that his veterinarian had suggested Listerine and baby oil for his Dobermans and his horses. It worked for them, so he tried it on his own scalp and found it banished dandruff. We're glad you found this combo helpful. One possible explanation is that Listerine contains herbal oils (thymol, eucalyptol, menthol, methyl salicylate) that may have anti-fungal activity.



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## CPR made simple

Source: The Costco Connection June 2008 by David Wight



The American Heart Association has simplified cardiopulmonary resuscitation (CPR) guidelines, calling for a hands-only approach with the goal of saving more lives.

The previous guidelines called for a combination of mouth-to-mouth resuscitation and chest compressions, but many potential responders failed to take action because they feared doing those procedures in the wrong order or for the

wrong durations, or feared the mouth-to-mouth contact.

Only about 25 percent of Americans who experience cardiac arrest receive CPR, but it does make a huge difference. Quickly getting CPR doubles or triples survival chances.

The new hands-only approach is aimed at bystanders who witness a sudden cardiac arrest. If you see an adult suddenly drop over, be quick to do the following:

1. Have someone call 911 immediately, or do it yourself.
2. With the patient flat on his or her back, place the heel of one hand on the center of the chest and the other hand on top of the fist. Lock your elbows and perform fast, forceful chest compressions at a rate of 100 per minute, lifting your hands slightly after each push to allow the chest to recoil. Take turns with a partner if one is available, and continue until paramedics arrive.
3. If an automated external defibrillator is available, attach it to the patient and follow the voice prompts. Otherwise, keep compressing the chest. A child who collapses is more likely to have breathing problems, so mouth-to-mouth resuscitation should still be used with children.

## Nutrition Myths

Source: Prevention June 2008

### MYTH: Celery is just water

**FACT:** Before the 1500s, celery was used as a medicine to treat a laundry list of ailments. Its devotees were on to something—the crunchy veggie has a unique combination of disease-preventing vitamins, minerals, and phytochemicals. It also:

- **Keeps your blood pressure down** Celery contains pthalides, rare compounds that lower your blood pressure by relaxing artery walls.
- **Lowers cancer risk** This veggie packs a dose of apigenin, a potent phytochemical that protects against cancer by inhibiting gene mutations.
- **Helps you stay slim** Celery sticks can satisfy an urge to munch with virtually no calories—one large rib has just 10 calories and 1 g of filling fiber.
- **Try this:** Make a mirepoix—a flavorful base for soups, stews, and sauces often used in French cooking. Combine equal amounts of finely chopped celery, onions, and carrots. Saute in olive oil until just softened, and proceed with your recipe.

### MYTH: Corn is nothing more than carbs

**FACT:** Sure, corn has carbs. But they're the best kind—high-quality complex carbs. The whole plant has little in common with high fructose corn syrup, a sweetener made from corn that has had all the nutrition and fiber processed out of it. Corn does double duty as both a veggie and a whole grain, so it's loaded with fiber (one large ear has 15% of the fiber you need in a day). It also:

- **Helps your heart** Corn kernels have heart healthy folate, a B-vitamin that keeps blood levels of potentially dangerous homocysteine in check—one ear has more than 25% of the RDA for the mineral thiamin, which helps your cells convert carbohydrates from food into energy.
- **Preserves your vision** This veggie's also a top source of zeaxanthin and lutein, plant chemicals that keep your eyes healthy by preventing age-related macular degeneration.
- **Try this:** For a simple corn salsa, toss together fresh or thawed frozen corn kernels; finely chopped jalapeño chile pepper; chopped fresh cilantro, tomato, and onion; and a pinch each of chili powder or ground cumin. Serve on top of mixed greens or grilled fish or chicken.



## 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

## 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

## Alternative Cough Cure

Source: Prevention June 2008

**Reports have found** that ingredients in certain cough medications can be dangerous for kids and ineffective in adults. A better remedy may be in your pantry. When researchers from Penn State College of Medicine gave 105 children with coughs either 1 to 2 teaspoons of buckwheat honey, a dose of dextromethorphan-based cough medicine, or nothing before bed, those taking honey coughed less and slept more soundly. **Honey coats the throat to soothe irritation and is rich in infection-fighting antioxidants.** It also spurs saliva production, which can help thin out mucus, say the study's authors. Honey of any variety helps adults combat hacking as well. For adults, try up to 3 teaspoons every 2 to 3 hours as needed (don't give to children younger than 1 year).