

No Worries News

Making a Difference Since 1997

June 30, 2008

• Personal Care

• Complex CNA Care

• Non-Medical Care

• Foot Care

Gas Prices? Up. Food Prices? Up. Dinners Done Right Prices? The Same!

Most everyone is looking for ways to stretch their budget. Driving less, coupon clipping and reducing meals at restaurants are just a few common examples of ways families today are spending less. While prices continue to increase at the grocery store, you'll be happy to know that prices at Dinners Done Right haven't changed in over a year!



Nothing planned for dinner? Are you hungry for a break? Dinners Done Right Tonight is the answer!

What is Dinners Done Right Tonight?

- Fresh - ready to cook meals prepared by our trained staff to order
- Healthy - avoid fast food and convenience foods that are high in fat and preservatives
- Convenient - order now and pick-up on the way home
- Fast - most all of our meals can be prepared at home in 20 minutes or less using provided, easy to follow cooking instructions
- Variety - choose from a menu of meals in most any serving size
- Versatile - order meals for upcoming nights and put a few in the freezer for use later
- Affordable - buy as few or as many as you need - no preset packages

Simply visit www.DinnersDoneRight.com, and select Dinners Done Right Tonight on the right side of the home page, then Tigard to view our menu and place your order.

Don't want to order on-line? No problem! Call **503-524-8463** to place your order. Dinners Done Right Tonight - another great dinner time solution from Dinners Done Right!
12198 SW Scholls Ferry Road. In the Greenway Town Center.

Hello from Melinda. In the last newsletter, I shared my quest to figure out what healthy living is for me. I am making progress and now don't feel guilty about planning time to relax. I say planning because I am finding it doesn't happen without planning! So, my husband and I are leaving for a long weekend to celebrate our youngest son's graduation from MBA school. We are so excited to see Alan, his wife Kimberly and our youngest of 7 grandchildren. We can hardly wait for the trip. Another thing we are celebrating is July 4th. I would like to share with you why this July 4th is different for me. My sister-in-law, Jeanne, is a nurse and has always wanted to go into the Peace Corp. So, she decided at age 60 to live her dream. She is now in Malawi, Africa. There is no electricity, no running water, in fact they have to go to a village well to get the water they need. She is living in a hut with only a dirt floor, and all the cooking is done over a wood fire. She is paid \$1.60 a day by the Peace Corp for living expenses and that is considered middle class there. It is something I can hardly imagine. I now appreciate so many things I have taken for granted. I feel so blessed to live in this country. As my thoughts turned to July 4th I thought about the signers of the Declaration of Independence and all they and their families suffered. I think of our brave service men and women who so honorably serve and the sacrifices of their families. It is easy to think about the things we wish were better and the things we don't agree with in our government, but that is the blessing of living here. We are allowed to have a differing view and then the opportunity to get involved and express that view. I am grateful for my sister-in-law who is sharing her skills and her heart with others and her experience with her family. It has sure affected me and my gratitude for my life and this country. **About No Worries:** No Worries has been selected again to teach the Washington County Family Caregiver Training Program. The training is free and consists of five, 3-hour classes covering basic care techniques, medication administration, health care tools, caregiver support resources, planning for emergencies and presentations by experts such as in the field of Elder Law. The next training program is this October here at the No Worries offices in Beaverton. More details in upcoming newsletters. **Welcome new Caregiver:** Susan W., CNA. Take Care and Happy July 4th. Melinda

If the price of gas continues to rise...



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Aspirin Safety Tips

Source: Prevention April 2008

Doctors have yet to reach a verdict on whether some OTC pain killers are safe to take with daily low-dose aspirin. The main concern: The pills may interfere with aspirin's anticlotting effects, negating heart-health benefits. A 21,000 patient trial run by Steven Nissen, MD, chair of cardiovascular medicine at the Cleveland Clinic, aims to find a definitive answer by 2010. In the meantime, if you're a low-dose aspirin user, here's how you can safely get the pain relief you need:

For arthritis or migraines: If you must also take an anti-inflammatory drug like ibuprofen (such as Motrin or Advil) or naproxen (e.g., Aleve), take the aspirin an hour before any of these pills to avoid interactions, advises Nissen.

For aches and fever: Choose acetaminophen (e.g., Tylenol), he says—it's been shown to be safe and effective when taken with aspirin, even if taken together.

Pots of Health

Source: Prevention April 2008 by Marissa Conrad



Interior decorators know that a potted plant can add life to a room, but these leafy greens are more than just pretty accent pieces—they can even make you healthier.

Your Goal: To de-stress

Put a dragon tree in the room with the smallest windows. A little green can instantly chill you out, finds a recent study from Sweden. City dwellers there who frequently visited areas with grass and trees reported fewer feelings of

burnout and panic than those who rarely saw greenery.

Your Goal: To spark creativity

In a study from Texas A&M University, women who worked for an hour in a room decorated with two potted plants and a bouquet of flowers generated 13% more ideas than women in a room with abstract sculptures.

Your Goal: To fight colds

Place an ultra-leafy plant, such as a philodendron, in your bedroom. Dry air can lead to a parched nose and throat—and raise the risk of infection or run-of-the-mill sinusitis, says Michael Janson, MD, author of *User's Guide to Heart-Healthy Supplements*. But houseplants can inject moisture back into the air and boost humidity by up to 5%, finds research from Bavarian State Institute of Viticulture and Horticulture in Germany.

Your Goal: To cut exposure to harmful chemicals

All plants filter toxins from the air—so pick your favorite and put it next to your printer. A recent study from the University of Technology in Sydney, Australia, looked at the ability of two widely available houseplants—the Janet Craig, a standing plant, and the Sweet Chico, a smaller table plant—to strip VOCs (volatile organic compounds) from the air. Researchers found that five Sweet Chicos and one Janet Craig may reduce VOCs in a 130-square-foot room (such as a guest bedroom) by up to 70%.

Light up your health

Source: Prevention April 2008 by Nancy Kalish



Many ancient cultures, including the Egyptians and Greeks, worshipped the sun. Turns out, they were onto something. Every morning, light absorbed by your retinas helps set a master clock in your brain that cues other biological timepieces that regulate blood pressure, temperature, and hormone production. Ongoing light stimulation and the lack of it at the end of the day keeps this complex system, known as circadian rhythms, cycling in an orderly fashion. With a keen understanding of these light-regulated patterns, you can boost energy, alertness, and your defenses against disease. Here are ways to maximize light's benefits that are so new even your doctor might not know about them.

Rise and truly shine First thing upon waking, head for the brightest light available. It's the fastest way to shake off sleepiness. "Without that light boost, your alarm clock might say 7 AM, but your body will still feel in the dark," says Mariana G. Figueiro, PhD, an assistant professor at the Lighting Research Center at Rensselaer Polytechnic Institute. For extra alertness, don't wear sunglasses during your morning commute.



Boost your concentration Sunlight directly activates the parts of the brain responsible for maintaining alertness. At work, place your desk by a window if possible, taking care to avoid glare. A 2003 work performance study by the California Energy Commission linked

working by a window with better concentration and short-term memory recall. In another study of 21,000 students, those in the sunniest classrooms solved math problems 20% faster.

Improve your mood

Light encourages production of serotonin, the mood-regulating neurotransmitter. Insufficient exposure to light, particularly on the short days of the winter months, can lead to mild depression.

Consider using a light box made especially for combating seasonal affective disorder (SAD), a condition that affects some people during the darkest days of winter. Look for one featuring blue light-emitting diodes (LEDs) with a peak wavelength of 470nm, which are more effective for the circadian system and produce less glare than white-light boxes.

Rein in your appetite

Eons of evolution have programmed our appetite to respond to light in the early morning, when our ancestors needed energy for hard work, and to diminish after dark, when they needed rest. Electric lighting, however, has made it possible to stay awake and snack when we used to be sleeping. Even worse, research shows that we also find food less satisfying in the evening, which keeps us noshing. To put the brakes on nighttime nibbling, eat a substantial, healthy breakfast soon after rising. According to one study, women who ate larger morning meals consumed fewer total daily calories without even trying than when they ate less at breakfast or skipped it entirely.

Fight disease

Vitamin D, the so-called sunshine vitamin (because it's produced by your skin in response to sunlight), is essential for healthy bones—and it also protects against cardiovascular disease, multiple sclerosis, diabetes, rheumatoid arthritis, and many cancers.