

# No Worries News

Making a Difference Since 1997

November 3, 2008

• Personal Care

• Complex CNA Care

• Non-Medical Care

• Foot Care

## Touched by your kindness

Dear No Worries

I don't know where to begin to let you know how we have been touched by your kindness and thoughtfulness.

From our first meeting, we knew we were connecting with a person we could work with and that mom was in a good place.

No Worries proved to us what a caring in-home care agency should be.

Please extend our appreciation to the entire No Worries staff. What would we have done without you.

*Thank You*

Hello. Happy Halloween. As you can see from the pictures below, we had fun in the office on Halloween with Susan and her puppy in matching rain coats, and Kelley's puppies posing in the Halloween tub! No Worries is putting on the Washington County Family Caregiver Training as a community service, and last week we had a terrific presentation by Attorney Kirsten Stensland on Elder Law, Communication and Advocacy. I included the joke below because it gave me a good laugh after hearing about how important correct planning is! This week I presented on the topics of Caring for the Caregiver, Medications and Nutrition. The class participants are family caregivers who are doing such an incredible job of caring for their loved ones and are here to get helpful hints. I gave them all a homework assignment to write down one thing they did for themselves each day until our next class in a week. This is a good idea for all caregivers whether they are taking care of family or whether it is part of their work. Take Care. Melinda

## Did You Know?

- \* Peel a banana from the bottom and you won't have to pick the little "stringy things" off of it. That's how the primates do it.



- \* Heat up leftover pizza in a nonstick skillet on top of the stove, set heat to medium-low and heat till warm. This keeps the crust crispy. No soggy micro pizza.

- \* Broken glass: use a wet cotton ball or Q-tip to pick up the small shards of glass you can't see easily.

- \* Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.

- \* Before you pour sticky substances into a measuring cup, fill with hot water. Dump out the hot water, but don't dry the cup. Next, add your ingredient, such as peanut butter, and watch how easily it comes right out.



## JOKE: Estate Planning

Jerry was a single guy living at home with his father and working in the family business. When he found out he was going to inherit a fortune when his sickly father died, he decided he needed a wife with whom to share his fortune.

One evening at an investment meeting he spotted the most beautiful woman he had ever seen. Her natural beauty took his breath away. "I may look like just an ordinary man, he said to her, but in just a few years, my father will die and I'll inherit 20 million dollars."

Impressed, the woman obtained his business card and three days later...she became his stepmother.



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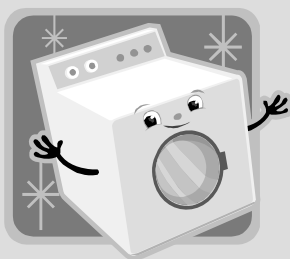
8285 SW Nimbus Avenue, Suite 150 Beaverton, OR

## Wash Away Allergies

Source: Prevention October 2007

### The laundry-day trick that keeps sheets critter free:

If you find yourself sniffling in bed, crank your washing machine to the hottest setting. In a South Korean study, laundering cotton sheets at 140 degrees (F) killed 100% of dust



mites, while a warm 104 degrees (F) wash destroyed just 6.5%. A machine's "sanitize" setting is likely hot enough; check the manual if your model lacks this option. Some units heat water internally—but others use what flows through the pipes, so you may need to boost your water heater. (Caution: This temperature can scald in 5 seconds).

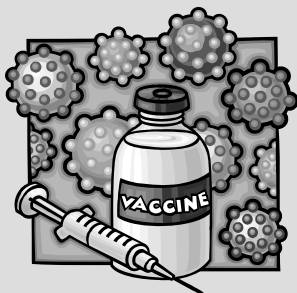
**4:** The number of times each year you should wash pillows to keep dust mites away.

## Target Better Health

Source: Prevention October 2007 by Jessica Snyder Sachs

### If you can't remember the last time you got a vaccine, call your doctor now.

On a mid-August morning two summers ago, Debbie Twenge started coughing. Just a cold, thought the resident of Dundee, OR, now 56. But the



body-racking cough got worse—much worse. Over the next 6 weeks, Twenge had to make two trips to the emergency room. One particularly frightening evening, her daughter called 911 when Twenge's throat closed up during a coughing fit. "I thought I was going to die," she recalls.

By the end of September, her doctor was suggesting tranquilizers—"as if I was just a nervous female," Twenge says with outrage. That's when her husband read about a local outbreak of whooping cough, aka pertussis. A test quickly revealed she had it, but it took 6 months for her to recover from the lingering inflammation and injury to her breathing passages." So it was with great interest that Twenge recently learned that the CDC now recommends all adults get a booster shot to protect themselves against this "childhood" disease.

**Tdap booster:** Prevents whooping cough, diphtheria, and tetanus. The next time you're due for your 10-year tetanus-diphtheria shot (Td)—and yes, you should be getting a tetanus booster every decade—ask for the Tdap booster, which includes protection against pertussis."

**MMR:** Prevents mumps, measles, and rubella.

**Zostavax:** Prevents shingles and postherpetic neuralgia. One in four people who have had chickenpox eventually develops the blistering rash of shingles—caused when the chickenpox virus, Varicella zoster, is reactivated. As soon as you hit 60, get a dose of Zostavax, approved by the FDA last year.

## Bank Holdup

Source: AARP July & August 2008 by Ron Burley

**Q: I bank online. Last month, instead of my regular payment of \$82 to Time Warner Cable, Bank of America transferred \$8,200! The bank said I would have to get the money back from Time Warner. Despite many calls and hours in line, I've gotten nowhere. Now, I have no money. Can you help?**



**A:** When your story hit the in-box late on a Thursday, we were stunned that a payment 100 times the typical bill didn't set off alarm bells. Given the crisis you faced, we didn't delay.

Big mistakes are often the easiest to fix, but a frontline customer service agent may lack authority over errors with two zeros attached. My call to Bank of America was quickly returned by senior vice president Diane Wagner, and she promised to get right on the problem. Time Warner spokesperson Alex Dudley's first response, however, was more of the same: that reversing the transfer might take weeks. I reminded them that your bank account was cleaned out, and Dudley offered to send someone with a check to at least cover groceries. Then Wagner rang early Saturday to say that Bank of America had credited your account. Dudley jumped in with two months of free cable. While online banking is convenient, your case shows that the lack of a paper trail can be a problem. Who ditched the decimal point—you or someone who processed the payment? Even the bank couldn't say. Online bill payers may be just a keystroke away from monetary mayhem.

### ONLINE BANKING DOS & DON'TS

- 1** Check the amounts and payees before hitting send. Watch the decimal point, and don't bother to type "00" for cents.
- 2** Beware automated payments. Except for a mortgage or for a savings plan, don't allow direct deductions from accounts.
- 3** Log out after banking, especially on a public computer. And never use the "Remember my password" option.
- 4** Check later to see if transactions were processed correctly. Print out online statements monthly for your records.
- 5** Never give out PINs, passwords, or your account numbers by phone or e-mail. Legitimate outfits will never ask for them.

## The Whole Grain Truth

Source: Prevention October 2007

### More evidence that eating a nutritious diet is good for your heart:

People who get 2 1/2 servings of whole grains (equivalent to 2 1/2 slices of whole wheat bread) each day are about 20% less likely to have heart disease than those who get next to none. The findings, from an analysis of seven studies involving more than 285,000



participants, were recently reported in the online journal *Nutrition, Metabolism & Cardiovascular Diseases*. Easy ways to add whole grains to your diet: Substitute brown rice for white rice, add barley to stews, and snack on popcorn.