

No Worries News

Making a Difference Since 1997

October 20, 2008

• Personal Care

• Complex CNA Care

• Non-Medical Care

• Foot Care

October 2008 Longevity Awards

No Worries recognizes the following staff members who have continued to share their dedication and caregiving skills in making a difference for our clients. No Worries was started to provide a work environment that valued people, treated them well, and in turn made a difference in the community. Thank you to all of our staff for your years of service!

11 Years

Mary N.
Robin W.

10 Years

Hillary B.
Sheila B.

7 Years

Agnes P.

6 Years

Connie G.
Evelyn G.

5 Years

Monica F.
Sameera D.

4 Years

Kioyko G.
Grace Y.
Darciea C.
Ruth D.

3 Years

Alexis A.
Lori B.
Kelley W.
Peggy S.
Lef H.
Daniel S.
Fiapalagi L.
Melissa V.

2 Years

Sarah L.
Isabel O.
Jennifer L.
Tammy W.
Pam F.
Christine C.
Karen S.
Dionne S.

1 Year

Tom G.
Kit H.
Lorelie C.
Suzanne M.
Susan F.
Summer P.
Maria B.
Tare M.
Sara W.
Jennifer S.
Josie W.

6 Months

Maria C.
Allyn G.
Ingrid G.
Judy C.
Norman C.
Julia C.
Elizabeth K.
Stella L.
Debbie S.
Ashley T.
Olga V.
Pat W.
Adriana W.



Hello. I got caught. Yes, me Mrs. Prepared herself (we highlighted my large emergency car kit in a recent newsletter). I was so happy to leave work and go home to a nice dinner with my husband that I forgot to look at the gas gauge. I live in the country and about 45 minutes into my drive I realized that I was on empty. I thought I would make it home and I would just have my husband follow me to the gas station in the morning to make sure I made it there safely. However, as I approached the last 3/4 of a mile of my drive, the road was blocked. There had been an accident and Lifelight was there. I had to detour and the detour was at least 10 miles. My gas light came on as soon as I started on the detour. It was getting dark. We have coyotes, deer, elk, bobcat, and the occasional bear on our property. I was getting very frightened. To make matters worse, we have no cell phone reception near our house. I did all I could to drive in a way that would conserve gas. I made it home but I was quite upset. I reviewed what I should do in the future. My friend once told me that she never closed the car door unless she could see her car keys. That habit kept her from locking herself out of the car. Safety is a habit. Now, I will never pull out of a parking space without looking at my gas gauge! **About the newsletter:** A friend sent me the funny story on the back of the newsletter...I hope you enjoy it as I did. Take Care. Be Safe. Melinda

Family Caregiver Training Update: Thank you to McCann's Medical for their great presentation and for bringing over so much equipment to show our class. This first session dealt with Personal Care and Equipment. Cherie from McCann's Medical presented us with the latest assistive equipment and lots of hints. I was amazed to see draw sheets with handles, a transport wheelchair that only weighs 17 pounds and does not have the really big wheels and the walker shown below that does not have brake wires sticking out and has an easy pull strap which compresses the walker so it can fit through tight doorways along with other smart features. The Free Family Caregiver Training is a 5-week course put on by No Worries as a public service through Washington County Aging Services. Our next session, October 22nd from 1-4pm focuses on Elder Law, Advocacy and Communication. If you are interested give us a call, 503.641.4949.



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503.639.7377

East
2360 SE 182nd Ave
Gresham, OR 97030
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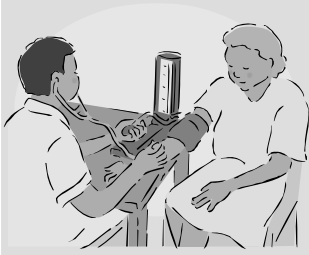
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Position Yourself for Better BP

Source: Prevention September 2008 by Stephanie Breakstone



At your next blood pressure check, make sure you're sitting in a chair with your back supported, feet flat on the floor, arm extended at heart level—not lying or sitting on an

exam table or with your arm bent at your side. The first position (recommended by the American Heart Association) can result in a 13% lower systolic and 6% lower diastolic reading, compared with the second one, found a study by University of Virginia Health System nurses.

Keep Your Food Fresh and Your Family Safe

Source: Prevention September 2008 by Paul Dawson, PhD

Q: “What mistakes do people make when storing food?”

A: “Stacking containers too close in the fridge or freezer. Air must flow freely around them for the food inside to chill properly. Another don't: keeping leftovers in large, deep containers. Food piled higher than 3 inches cools more slowly and unevenly, encouraging bacteria growth.”

If you don't have a dream, then it can't come true
(No Worries' Philosophy)



As you go on in this world...always believe in your dreams. Keep looking forward to the future...to all you might be. Don't let old mistakes or misfortunes hold you down: Learn from them, forgive yourself...or others...and move on. Do not be bothered or discouraged by adversity. Instead, meet it as a

challenge. Be empowered by the courage it takes you to overcome obstacles. Learn things. Learn something new every day. Be interested in others and what they might teach you. But do not look for yourself in the faces of others. Do not look for who you are in other people's approval. As far as who you are and who you will become goes...the answer is always within yourself. Believe in yourself. Follow your heart and your dreams. You...like everyone...will make mistakes. But so long as you are true to your strength within your own heart...You can never go wrong. —Ashley Rice

White LIE Cake

Have you ever told a white lie? You are going to love this, especially all of those who bake for church events.

Alice Grayson promised to bake a cake for the Baptist Church Ladies' Group in Tuscaloosa, but forgot to do it until the last minute. She remembered the morning of the bake sale, and after rummaging through cabinets, found an angel food cake mix and quickly made it while drying her hair, dressing, and helping her son pack for Scout camp.



When Alice took the cake from the oven, the center had dropped flat and the cake was horribly disfigured. She thought, “Oh dear, there is not time to bake another cake.” This cake was important to Alice because she did so want to fit in at her new church and in her new community of friends. So, being inventive, she looked around the house for something to build up the center of the cake.

Alice found it in the bathroom—a roll of toilet paper. She plunked it in and covered it with icing. Not only did the finished product look beautiful, it looked perfect.

Before she left the house to drop the cake by the church and head for work, Alice woke her daughter Amanda and gave her some money and specific instructions to be at the bake sale the moment it opened at 9:30 and to buy the cake and bring it home.

When Amanda arrived at the sale, she found the attractive, perfect cake and it had already been sold. She grabbed her cell phone and called her mom.

Alice was horrified—she was beside herself. Everyone would know! What would they think? She would be ostracized, talked about, and ridiculed! All night, Alice lay awake in bed thinking about people pointing fingers at her and talking about her behind her back.

The next day, Alice promised herself she would try not to think about the cake and would attend the fancy luncheon/bridal shower at the home of a fellow church member and try to have a good time. Alice did not want to attend because the hostess was a snob who more than once had looked down her nose at Alice because she was a single parent and not from the founding families of Tuscaloosa. But, having already sent her RSVP, she couldn't think of a believable excuse to stay home.

The meal was elegant, the company was definitely upper crust old South and to Alice's horror, the cake in question was presented for dessert! Alice felt the blood drain from her body when she saw the cake.

She started out of her chair to tell the hostess all about it, but before she could get to her feet, the Mayor's wife said, “What a beautiful cake!”

Alice, still stunned, sat back in her chair when she heard the hostess (who was a prominent church member) say, “Thank you, I baked it myself.” Alice smile and thought to herself, “God is good.”