

No Worries News

Making a Difference Since 1997

September 22, 2008

• Personal Care

• Complex CNA Care

• Non-Medical Care

• Foot Care

Keeping Seniors Safe

Source: PARADE September 7, 2008 by Lyric Winik



Missing children grab headlines, but missing elderly are far more common. About 3 million Americans with Alzheimer's and other forms of dementia go missing. Some 95% of wanderers are found within a quarter mile of

their last location, but if an elderly person is not found within 24 hours, there is a 50% chance that he will suffer a serious injury or die. Now 10 states around the country are using a Silver Alert program, inspired by Amber Alerts for missing children. Texas has issued 45 Silver Alerts within the last year, resulting in 10 safe recoveries. (Four missing seniors died, and 31 returned or were found using other techniques.) But given the great number of wanderers, some say the alert system could become inundated. Silver Alerts will likely go into effect in New York this year after similar legislation was vetoed in 2003 by then-Governor Pataki, who feared that too many alerts would make the system ineffective.

Hello from Melinda. I was driving to work the other day and close to work noticed an elderly man walking down the street. He was unshaven and his pants were unzipped. OK, I'm a nurse so I notice things even at 30 miles an hour. I thought to myself this man might be lost, but he was walking in a hurried manner, so I figured he knew where he was going. I drove a block more and then decided I just had to find out if he was OK. So, I turned my car around and drove back and parked my car in a parking lot close to where he was and then ran to catch up to him. He stopped and rather than ask him if he was lost, which would have probably elicited a one-word "No" and could have offended him. I instead asked him if he had just come from the Marriott hotel. He said he might have come from there. We went to the Marriott and I suggested he have a seat and I would bring him some juice. I then asked the front desk manager if he would call the police to come help us figure out where this man lived. The Marriott was very kind and gave me juice for the man and a kind officer from the Beaverton Police Department arrived. The man had no ID in his wallet. He had mentioned that he lived near the Elsie Stuhr center, so the officer called the Elsie Stuhr Center and it seemed they might know him, so off they went. The police officer was very kind and knew how to speak to the man without making him feel badly for not knowing where he lived. The Alzheimer's Association has a program to help identify people with dementia who are lost and details are below. Thank you to the Beaverton Police and the Nimbus Avenue Marriott! **Take Care. Melinda**

People's Pharmacy

Source: The Oregonian September 17, 2008
by Joe & Teresa Graedon



Q: A distressed sufferer of leg cramps wrote to you for advice. I was surprised that you did not suggest placing a bar of soap under the sheet, as you have information citing this cure on your website.

I, too, was suffering nightly from excruciating leg cramps. My husband read of this inexplicable soap cure on your website, and, desperate for relief, we decided to try it. After years of not being able to go a single night without cramps, I have been episode-free ever since I first placed the soap under the sheet three months ago. I replace it with a fresh bar each month. Initially, I was quite curious as to how a simple bar of soap could bring such pain relief. At this point, though, I am no longer concerned as to how or why this works, I am just grateful and relieved that it does.

A: Thank you for reminding everyone of this simple and safe approach to preventing leg cramps. We, too, have tried it and found it helpful, although we have no plausible explanation.

Have you tried this remedy? If so, e-mail us at jennifer@noworriescorp.com and let us know your results.

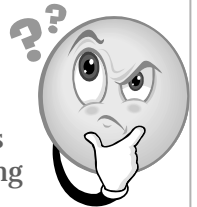
MediAlert + Safe return



The Alzheimer's Association offers a 24-hour emergency response service for wandering and medical emergencies. To enroll in the program call 1-888-572-8566. The enrollment kit includes the identification bracelet (pictured above).

Riddle ME THIS

(Answers on back)



1. Riddle me this: For some I go fast. For others I'm slow. To most people, I'm an obsession. Relying on me is a well practiced lesson. What am I?

2. Riddle me this: Lovely and round. I shine with pale light. Grown in the darkness. A lady's delight. What am I?

3. Riddle me this: I am not alive, but I grow. I don't have lungs, but I need air. I don't have a mouth, but water kills me. What am I?

4. Riddle me this: Almost everyone sees me without noticing me, for what is beyond is what he or she seeks. What am I?

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Best Brain Boosts after 55

Source: Prevention June 2008 by Martha Schindler Connors

Sure, you blank on a name now and then, and sometimes you can't remember where you put your keys. But that doesn't mean your steel-trap mind is doomed to turn into a colander as you get older. "You can build up your brain, just like a muscle," says Stephen Kritchevsky, PhD, director of the Sticht Center on Aging at Wake Forest University Baptist Medical Center in Winston-Salem, NC. Just a few simple tweaks, such as ordering the fish special at a restaurant or tidying up your house, can yield big results. Read on for new strategies that can keep your brain nimble, your memory sharp, and your keys always where you left them.

Pay (Better) Attention

As you get older, you become less efficient at sifting through different types of sensory information—so much so that a distracting environment can interfere with memories forming in your brain. But a recent study suggested a fix: Participants were asked to pick out certain letters among a jumble of them while ignoring superfluous sounds. Those who first completed an attention-training course in noisy rooms had significantly higher scores.

TRY THIS

Turn on the television or radio and hone your focus with a word game or Sudoku puzzle, or go to prevention.com/brainfitness to find fun mind-boosting games.

Order Fish

A Norwegian study found that older people who eat any type of fish at least once a week do appreciably better on mental tests than those who skip seafood. The jury is still out on whether it's omega-3 fatty acids or another fish component that actually has the most brain-friendly oomph, says study author A. David Smith, PhD, a professor of pharmacology at the University of Oxford.

TRY THIS

Eat two fish dishes weekly. If you're not a seafood fan, experiment with mild (and low-mercury) varieties such as tilapia, scallops, or shrimp.

Eat for lower BP

A 2007 Columbia University study showed that people with hypertension were 40% more likely to develop cognitive impairment than those whose blood pressure is in the healthy range. "The brain naturally shrinks with age, but hypertension can speed the process," Kritchevsky says.

TRY THIS

Consume at least three servings of calcium-rich foods daily. Doing so slashes your risk of developing hypertension, research has found.

Look for more tips in the next newsletter.

SAVE MONEY On Pet Care

Source: PARADE September 14, 2008 by Dr. Marty Becker & Gina Spadafori

With gas and groceries taking an ever-bigger bite out of family budgets, we're all looking for ways to economize. That means saving on pet care, too. You'll want to buy smart, but most important focus on prevention. By keeping your animals healthy and avoiding expensive procedures, you can slash what you spend on your pets without short-changing their health.



Keep pets fit and trim. Most dogs and cats in America today are overweight, and those extra pounds increase the likelihood of serious health problems such as arthritis, diabetes, and cancer.

To help your pet maintain a normal weight (you should be able to feel ribs), carefully measure its food, keep treats to a minimum, and be sure to work in a daily exercise session. If your pet is overweight, try to shed those excess pounds slowly, to avoid the health risk that can result from sudden weight loss—especially in cats.

Learn to do things yourself. Most people can learn to handle basic pet grooming at home, from bathing to nail trims. If nothing else, you can stretch out the time between professional grooming for high-maintenance pets with some at-home care. Check the library for grooming guides and look for breed-specific tips on the Internet.

Another do-it-yourself strategy: Brush your pet's teeth to lengthen the time between expensive cleanings at your veterinarian's office.

Work with your vet to cut costs. Vaccinations are no longer recommended annually for most dogs and cats, but that's no reason to skip a yearly vet check. "Well-pet exams" can spot little problems before they become expensive ones and also can make sure that your pet gets proper parasite control. If your pet needs a medication, ask the veterinarian to write out a prescription instead of filling it himself. You may find considerable savings by comparison-shopping at local pharmacies, especially if there's a generic equivalent. Also ask if your vet offers discounts for senior citizens, multiple pets, and promotions such as Dental Health Month.

Buy smart. When it comes to toys, cut them back but not out—good chew toys have saved many an expensive pair of shoes.

You can save money buy buying in bulk. Choose the largest bags of food or litter, and get case discounts on canned goods. Split your dry-food purchases with a pet-owning relative or friend, and store your portion in an airtight container.

Be prepared for the worst. Health insurance for pets is a rapidly growing industry for a good reason: People want to know that cost won't dictate decisions when pets need veterinary care. Pet insurance plans vary widely, from those that pay for preventative care to those designed for catastrophic care only. Because plans differ, do your research before buying to make sure the most common health problems are covered—and at the best price.

Willpower TRICK

Source: Prevention January 2007



Q: "I always order dessert, even though I know I shouldn't. Do you have any willpower tricks?"

A: Try popping a piece of gum right after you finish your entrée. It takes at least 20 minutes from when you begin eating for your body to start feeling full. Chewing gum keeps your mouth busy and your tastebuds distracted in the meantime, says Richard Baybutt, PhD, an associate professor of human nutrition at Kansas State University.

Riddle Answers: 1. Time 2. a pearl 3. fire 4. a window