

ACTIVITY DIRECTOR MONTHLY

Newsletter of The Activity Director's Office Website

Volume 01, Number 03

Providing Online Resources for Activity Directors

March 2005

About St. Patrick

Saint Patrick is believed to have been born in the late fourth century, and is often confused with Palladius, a bishop who was sent by Pope Celestine in 431 to be the first bishop to the Irish believers in Christ.

Saint Patrick was the patron saint and national apostle of Ireland who is credited with bringing Christianity to Ireland. Most of what is known about him comes from his two works, the *Confessio*, a spiritual autobiography, and his *Epistola*, a denunciation of British mistreatment of Irish Christians. Saint Patrick described himself as a "most humble-minded man, pouring forth a continuous paean of thanks to his Maker for having chosen him as the instrument whereby multitudes who had worshipped idols and unclean things had become the people of God."

Saint Patrick is most known for driving the snakes from Ireland. It is true there are no snakes in Ireland, but there probably never have been the island was separated from the rest of the continent at the end of the Ice Age. As in many old pagan religions, serpent symbols were common and often worshipped. Driving the snakes from Ireland was probably symbolic of putting an end to that pagan practice. While not the first to bring Christianity to Ireland, it is Patrick who is said to have encountered the Druids at Tara and abolished their pagan rites. The story holds that he converted the warrior chiefs and princes, baptizing them and thousands of their subjects in the "Holy Wells" that still bear this name.

There are several accounts of Saint Patrick's death. One says that Patrick died at Saul, Downpatrick, Ireland, on March 17, 460 A.D. His jawbone was preserved in a silver



shrine and was often requested in times of childbirth, epileptic fits, and as a preservative against the "evil eye."

Another account says that St. Patrick ended his days at Glastonbury, England and was buried there. The Chapel of St. Patrick still exists as part of Glastonbury Abbey. Today, many Catholic places of worship all around the world are named after St. Patrick, including cathedrals in New York and Dublin city.

Why Saint Patrick's Day?

Saint Patrick's Day has come to be associated with everything Irish: anything green and gold, shamrocks and luck. Most importantly, to those who celebrate its intended meaning, St. Patrick's Day is a traditional day for spiritual renewal and offering prayers for missionaries worldwide.

So, why is it celebrated on March 17th? One theory is that that is the day that St. Patrick died. Since the holiday began in Ireland, it is believed that as the Irish spread out around the world, they took with them their history and celebrations. The biggest observance of all is, of course, in Ireland. With the exception of restaurants and pubs, almost all businesses close on March 17th. Being a religious holiday as well, many Irish attend mass, where March 17th is the traditional day for offering prayers for missionaries worldwide before the serious celebrating begins.

In American cities with a large Irish population, St. Patrick's Day is a very big deal. Big cities and small towns alike celebrate with parades, "wearing of the green," music and songs, Irish food and drink, and activities for kids such as crafts, coloring and games. Some communities even go so far as to dye rivers or streams green!

Courtesy of St. Patrick's Day.com

Linda's Notes

Hi, AD's!

I am pleased to announce a new page to **The Activity Director's Office** and to **Activity Director Monthly**. We wanted to be able to offer "nuts & bolts" information to you to help you run your entire department better. Therefore I invited Debbie Hommel, BA, CRA, ACC, Executive Director of **DH Special Services**, to write a monthly page for us. "**Debbie's AD Tips**" is dedicated to helping Activity Professionals with the daily operation of their department.

Also, if you have any questions you would like to ask a Professional Activity Director Consultant, please submit them to Debbie through "**Dear Debbie**" on her web page.

Be sure to check out our **News Page** which is new to the site.

If you have any suggestions as to how we may better serve your needs, please drop me an e-mail to: admin@theactivitydirectorsoffice.com. My door is always open.

Thank you for subscribing to **Activity Director Monthly** and have a great St. Patrick's Day and a very happy Easter.

Sincerely,

Linda Lucas, A.D.



Linda Lucas is the owner of **The Activity Director's Office** website. She has been an Activity Director in Indiana since 1983.

Readers may contact Linda at:
admin@theactivitydirectorsoffice.com



Bob's Monthly Journal

By Robert Lucas, H.F.A. (retired)
Owner/Editor of Newsletter-Express.com

At The Foot of the Cross

By Peggie C. Bohanan

They gathered at the Cross that day--the women who loved Him; the guards who stole from Him; the crowd who watched Him--they were all there, to worship, to weep, to mock, to scorn--and to see! They were rich and poor; wise and unlearned; tall and thin, short and plump; well-dressed and in rags--they were all there...at the foot of the Cross.

We gather at the Cross today too--the people who love Him; the wicked who hate him; the indifferent who pass by Him. We're rich and poor; wise and unlearned; tall and thin, short and plump; we're well-dressed or in well-worn garments--we

are all there...and level...at the foot of the Cross.

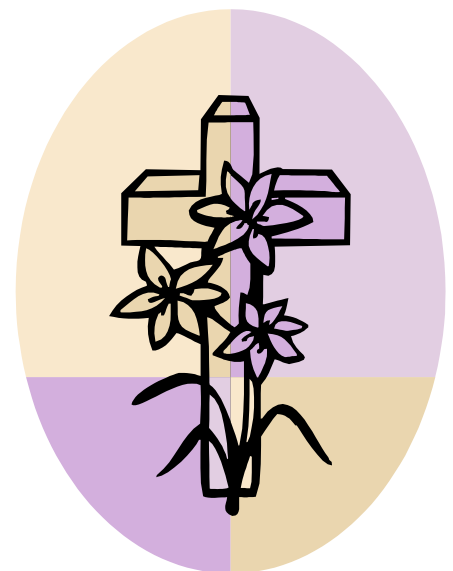
In society, education, government and the marketplace, it is not so! In business, law, medicine and the workplace, it is not so! There are ranks and orders, castes and divides--and like it or not, we are often worlds apart. No meeting ground, no common ground...until...

We all arrive at the Cross--and there we find a different kind of ground. It's holy ground. It's level ground. We stand in awe, in reverence, in redemption, in the garments of His righteousness--OR we stand in mockery, in madness, in mankind's resistance and rejection, in the filthy rags of the unredeemed--but we're all there, all on the same level...at the foot of the Cross.

I want to stay there--to cling to that old rugged Cross; to bow and to adore the One who hangs there for me. I'm in the crowd...but yet I stand alone. I am one unique person, unlike any other in that crowd--and He sees me; He knows me; He loves me. I behold--and I bow--low...at the foot of the Cross!

Excerpted from
Peggie's Place

<http://www.gospelcom.net/peggiesplace/booster237.htm>



May you have a
Joyous Easter

- Pastor Bob



Gina's Activity Ideas

By *Gina Salazar, AD*
Owner of Activity Ideas That Work
and Activity Chat websites

National Red Cross Month

Why don't you have a can food drive or collect money for the Red Cross in your local area? The residents will feel good that they can contribute to their community and it's a great way to get some people involved in a great project!

National Peanut Month:

Why not have a peanut Party? Pass out invitations in the shape of a peanut. For games, you could play Find the peanuts. You will need a bag of Rice, a large plastic Bowl, some small bags or containers And a Bag of shell-on Peanuts.

Here's what you do: Put the rice in a large bowl and then put the peanuts into the bowl of rice, put the rice all over and around the peanuts. Then have your residents put something over their eyes (a scarf, a blindfold), and have each resident try to feel the rice and pick out as many peanuts as they can in 30 seconds. The person that gets the most peanuts in their containers at the end of the time wins! Give out small prizes!

Another thing you can do is have a Peanut Butter Taste Test. Get different types of peanut butter and have residents taste them and see which one taste best For refreshments serve Peanut Butter Cookies and Punch.

National Crafts Month:

Here are some of my favorite craft ideas. Why not have a craft sale at the end of the month?

No Sew Fleece Blankets:

Start with two complimentary pieces of fleece material that are exactly the same size. You can make your blanket pretty much any size you like up to the width of the material. You will end up with a blanket that is 8 inches shorter than the material you start with. So keep that in mind.

Lay your two pieces of fleece out on a table. Using straight pins or safety pins, neatly pin the material together about eight inches in from the edges. This is to keep your blanket in place as you work. Now trim with scissors all the way around to make sure that they match exactly and that they are perfectly square.

Now, at each corner, cut a four inch square indent into the corner. (Save your fleece pieces for future crafting!

Now, you are going to cut a four inch long, one inch wide fringe all the way around the material. You may want to use something to measure as you go, or you can 'eye-ball' it if you trust yourself.

When you are finished, start at one corner and begin to tie the fringe of the two layers together. Deb showed us how to make the first tie so that the knot ends up inside the blanket. She then tied it a second time so that the resulting fringe would lay neatly. She tied several fringe on one side of the corner and then several on the other side of the corner, showing us how she has now ended up with a perfect corner. She then pulled gently at the knots to smooth her work.

Once you have tied all the way around, you can remove your pins! You're all done! You have just made a blanket with no sewing! And it is the warmest, most cuddly blanket you will own!

If you are feeling creative you could try a round blanket! Deb and friends have even adapted the technique to make scarves and hats, although it does involve a little sewing.

Fleece material in our area is running about \$8 an yard, which is fairly pricey! But you can make a beautiful baby or lap blanket for about \$15. Our women reported that the larger fabric

stores often have it on sale for closer to \$4 a yard.

First Day of Spring~ March 20th :

Flowerpot Chime :

Materials:

1 5 1/4" diameter plastic flowerpot saucer

5 1 1/2" diameter clay pots

Acrylic paint

Clear acrylic finish

Pushpin

Scissors

String

Hole punch

5 leaf shapes cut from a soda bottle

5 small bells

11 buttons

Directions:

1. Paint the saucer and pots. When the paint dries, add a coat of clear acrylic finish. Let it dry.
2. Using a pushpin, make a hole in the center of the plastic saucer and at four equidistant spots around the side of the saucer. Widen the holes with scissors or a compass point if needed.
3. To attach the outside hanging pots, cut four 1 1/2-foot lengths of string.
4. To make each chime, punch a hole in the end of a plastic leaf and tie it onto the end of the string. Next, slip on the bell, tie a knot about 3/4 inch above the bell, thread on a button and then a pot (upside down).
5. Thread the end of the string out through one of the side holes in the saucer (thread from the inside and make sure the saucer's upside down). To fasten in place, run the string up through one hole in a button and then down through another hole and knot tightly.
6. Repeat steps 4 and 5 with three other pots.
7. For the center pot, repeat step 4 but use a string that's 3 1/2 feet long. Also, before you thread the string through the center of the saucer, check your length (all the pots should hang at the same level, and you'll want about 2 feet of string above the saucer). Then knot the string at the correct length.
8. Attach a button above the knot, thread the string through the saucer, add another button and knot to secure.
9. Tie the leftover string above the saucer into a loop to form a hanger.

Debbie's AD Tips

By Debbie Hommel, BA, CRA, ACC
Executive Director of DH Special Services
<http://www.dhspecialservices.com/home.htm>

What Does It Mean To Be An Activity Professional?

What does it mean to be an activity professional? Having been an activity professional since before we were all called activity professionals, I am often asked how does one become an activity director? An activity professional? Or an activity therapist? Is it as simple as attending a course or getting your degree? Is it a matter of working a number of years and becoming comfortable with the diverse needs of the elderly?

Years ago, I would have told you if you enjoyed working with people and you had some creative talents – you would make a good activity professional. Today, it isn't as simple as that. Today's activity professional needs a combination of personal qualities and specific educational accomplishments to be successful. I have always believed our work requires a certain type of person, someone who has unconditional regard for the elderly. This is something that cannot be taught. But in today's health care setting - having the desire to work with the elderly is not enough. The activity professional of today needs a certain set of skills and knowledge which will allow them to develop and conduct appropriate programs for the elders.

Whether you are a new or experienced activity professional – you are invited to conduct this personal inventory. Do you know where you are going? And do you know how to get there?

- Are you certified? The National Certification Council for Activity Professionals is the only certification program which certifies individuals providing therapeutic activities for elders in long term care settings. The certification is recog-

nized in the Federal regulations for nursing homes as a qualifying credential, as well as in many State regulations. If you are not certified, contact NCCAP today and obtain the standards for certification.

- Are you a member of your local, State or National Associations? The mark of any profession is when the professionals meet periodically for networking and education. There are many States with formal organizations for Activity Professionals. They have conventions, seminars, newsletters and web sites. Find the organization in your State and become a member today.
- Do you or does your facility subscribe to the many professional publications and journals? Creative Forecasting, A New Day, Activities Director's Guide are wonderful publications which provide countless programming ideas and resources for the activity professional. It is easy to run dry of ideas occasionally. These publications provide the B-12 shot we need once in a while.
- What is your educational plan? If you are certified and have taken the basic and standard coursework for the activity professional – where do you go from here? If educational programs are not available in your area – the internet has become the new educational meeting place. On-line education opportunities are ample and growing daily. Challenge yourself with at least 2-3 classes a year.
- Become a mentor to a new activity professional. Personally, I find working with the newer members of our profession refreshing. They are seeing things for the first time and their excitement is contagious. Be open to their excitement

and try not to squelch their enthusiasm with the old “been there, done that” or “that will never work” syndromes.

- Write an article for a professional publication. The activity profession is a minimally published profession. Experienced activity professionals need to write about their successes. Seek out a publication like “Provider” or “Long Term Care Management” and determine their publication requirements. A story about your newest program might be just what they are looking for.
- Be protective of your passion. Burnout is high amongst helping professionals, especially activity professionals. Most would agree that we are rarely encouraged to “take a few days off as you have been working very hard and look tired”. You owe it to your residents to take care of yourself. Schedule in personal time regularly.

So what does it mean to be an activity professional? It means nurturing a never-ending desire to seek out new ideas and to provide the best programs for our elders; participating in continuing education whether you have been in the profession one year or twenty; working cooperatively with fellow activity professionals and interdisciplinary staff; and a continuous commitment to the values of our profession.

Debbie Hommel is a Certified Activity Consultant on State and National level, with over twenty-seven years of experience in providing direct care and consultation to long term care, medical day care, assisted living, and ICF/MR facilities throughout New Jersey, New York, Maryland, and Pennsylvania. She is an experienced trainer and workshop presenter, conducting a variety of seminars throughout the Tri-State area for the Activity Professional, Administrator, and allied healthcare professional. She is ACC certified through the NCCAP.

Editorial

Sleep More, Stay Slim

(ARA) - Here is proof that every once in a while, life hands us a break. Getting enough sleep each night -- the ultimate luxury -- can actually help maintain a trim waistline, according to a recent study conducted at the University of Chicago. Hearing this, you may feel like you just picked up the Chance card in Monopoly that reads, "Bank Error in Your Favor, Collect \$200."

The study shows that sleep deprivation could contribute to overeating and weight gain. So, the next time you hear someone brag that they pulled an all-nighter to impress the boss, remind yourself that an all-nighter would make it that much harder to shed those pesky extra pounds you've been meaning to lose. This latest discovery in the land of sleep research means that nobody should feel guilty when they make time for a good night's sleep.

Here is what this new study means and how you can avoid triggering sleep deprivation and weight gain.

Sleep Deprivation, Appetite Control

The hormone leptin communicates satiety or fullness to the brain. When your leptin levels are high, your brain knows you are satisfied or full. When leptin levels are low, your brain thinks the body needs nourishment. The newly published study suggests that not sleeping long enough at night causes decreased levels of leptin. You feel hungry, regardless of whether the body actually needs more sustenance, according to Eve Van Cauter, Ph.D., professor and sleep researcher at the University of Chicago and member of the Sleep Advisory Board at Select Comfort.

The study participants were restricted to four hours of sleep per night and their food intake and activity levels were strictly monitored. After only six nights of sleep deprivation they



Courtesy of ARA Content

demonstrated a leptin decrease ranging from 19 – 26 percent. The participants with the greatest decrease in leptin reported feeling the most hungry and craved carbohydrate-rich foods. The participants with less significant leptin decreases reported being the least hungry.

The bottom line: If you aren't getting enough sleep, you will probably have a very difficult time controlling your appetite and will be at increased risk of overeating.

Avoiding Leptin-Triggered Overeating

The good news is that a well balanced lifestyle is still your best bet for achieving and maintaining a healthy physique. Here are some tips to keep you on the right track.

Make Sleep a Priority

Get serious about dedicating eight hours a night to sleeping. Remind yourself that getting a good night's rest will help you control your appetite and prepare you for a productive day. Set a timer to remind yourself to prepare for bed if necessary.

If you think your mattress is keeping you from sleeping well, investigate newer bedding technologies like The Sleep Number Bed by Select Comfort, which can be adjusted at the touch of a button to an individual's preference for comfort, firmness and support. In clinical studies, test subjects reported back pain relief and improved sleep quality when sleeping on a Sleep Number bed, compared to their own inner-spring mattress.

Sharpen Your Time Management Skills

Find a time management technique that works for you and stick with it. By becoming more organized, you'll be less likely to have to sacrifice sleep or time at the gym in order to meet deadlines. If you need inspiration, purchase a new daily planner or ask colleagues what works for them.

When things get busy at the office, resist the urge to call for pizza delivery and hunker down for an all-nighter. Instead, plan on spending an extra hour or two at the office each night for a week.

Cut Yourself Some Slack, Occasionally

Your office in-box will never be empty and there will be more dirty laundry to wash tomorrow. Don't let life overwhelm you. Create realistic standards for your life and make time for fun.

Courtesy of ARA Content

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March Observances

*We extend a special thanks to
Pennie Bacon of
Activity Directors Network
<http://www.activitydirector.net>
for finding and sharing
the following...*

Cataract Awareness Month
Chronic Fatigue Syndrome Awareness Month
CFIDS Association of America
Colorectal Cancer Awareness Month
Craft Month
Deaf History Month
Feminine Empowerment Month
Foot Health Month
Frozen Food Month
Furniture Refinishing Month
Gardening, Nature and Ecology Books Month
Hemophilia Month
Humorists Are Artists Month
International Hamburger & Pickle Month
Irish-American Heritage Month
Mental Retardation and De-

velopmental Disabilities Awareness Month
Music in Our Schools Month
Middle School Month
Mirth Month
Noodle Month
Nutrition Month (National, US)
Peanut Month (National, US)
National Peanut Month had its beginnings as National Peanut Week in 1941. It was expanded to a month-long celebration in 1974
Poison Prevention Awareness Month
Professional Social Work Month
Red Cross Month (American)
Rosacea Awareness Month
Science Month
Social Worker's Month (National)
Talk with Your Teen about Sex Month
Women's History Month (National US)
Youth Art Month

First Week in March:

American Summer Camp Week
(Observed the first full week of March)
Drug and Alcohol Awareness Week (Observed the first full week of March)
Federal Employees Recognition Week (Observed the first full week of March)
Pet Sitters Week
TV Turn Off Week (Observed the first full week of March)

Second Week in March:

Girl Scout Week
Procrastination Week (Second Week of March)

Third Week in March:

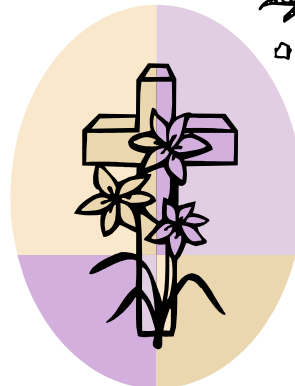
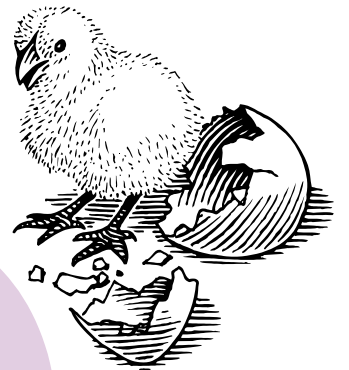
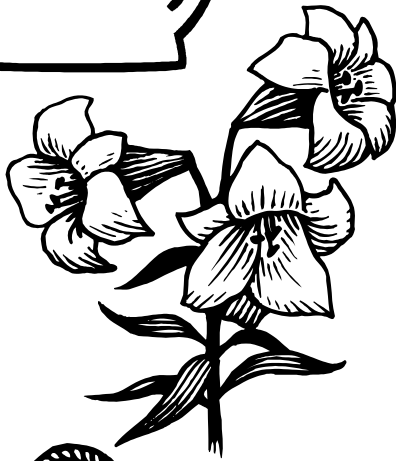
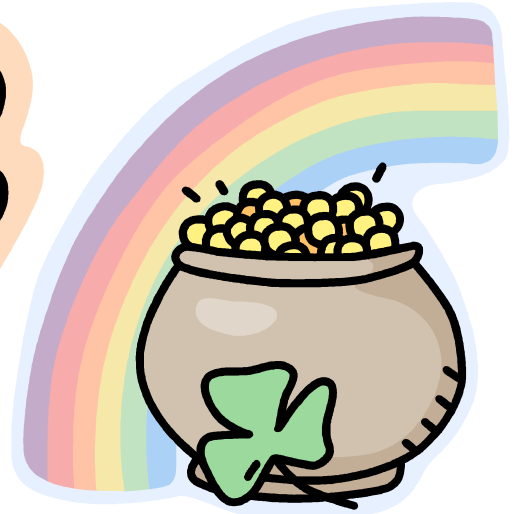
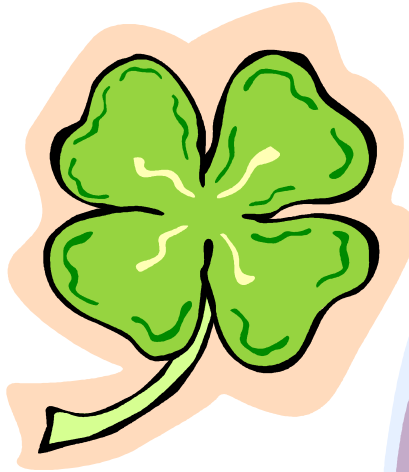
Campfire Boys and Girls Birthday Week - Observed the week containing March 17th
Poison Prevention Week (National, US) March 20-26, 2005

Fourth Week in March:

Egg Salad Week
Observed the full week right after Easter Sunday every year.



Clipart for March



Irish Blessings

May the road rise to meet you.
 May the wind be
 always at your back.
 May the sun shine
 warm upon your face.
 And rains fall soft upon your fields.
 And until we meet again,
 May God hold you in t
 he hollow of His hand.

May you live as long as you want,
 And never want as long as you live.

Always remember to forget
 The things that made you sad.
 But never forget to remember
 The things that made you glad.

Always remember to forget
 The friends that proved untrue.
 But never forget to remember
 Those that have stuck by you.

Always remember to forget
 The troubles that passed away.
 But never forget to remember
 The blessings that come each day.

May the saddest day of
 your future be no worse
 Than the happiest day of your past.

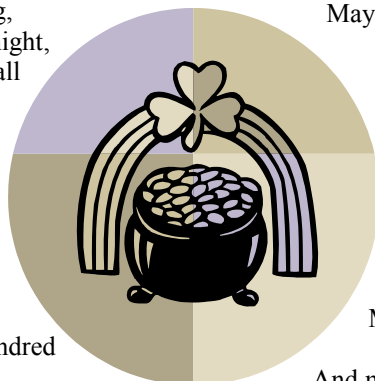
May the roof above us never fall in.
 And may the friends gathered below it
 never fall out.

May you have warm words
 on a cold evening,
 A full moon on a dark night,
 And the road downhill all
 the way to your door.

May there be a
 generation
 of children
 On the children
 of your children.

May you live to be a hundred
 years,
 With one extra year to repent!

May the Lord keep you in His hand
 And never close His fist too tight.



May your neighbors respect you,
 Trouble neglect you,
 The angels protect you,
 And heaven accept you.

May the Irish hills caress you.
 May her lakes and rivers bless you.
 May the luck of the Irish enfold you.
 May the blessings of
 Saint Patrick behold you.

May your pockets be heavy
 and your heart be light,
 May good luck pursue you
 each morning and night.

Walls for the wind,
 And a roof for the rain,
 And drinks beside the fire -
 Laughter to cheer you
 And those you love near you,
 And all that your heart may desire!

May God be with you and bless you,
 May you see your children's children,
 May you be poor in misfortune, rich in
 blessings.

May you know nothing but happiness
 From this day forward.

May God grant you many years to live,
 For sure He must be knowing
 The earth has angels all too few
 And heaven is overflowing.

May peace and plenty be the first
 To lift the latch to your door,
 And happiness be guided to your home
 By the candle of Christmas.

May you always have work
 for your hands to do.
 May your pockets hold
 always a coin or two.
 May the sun shine
 bright
 on your windowpane.
 May the rainbow be
 certain
 to follow each rain.
 May the hand of a friend
 always be near you.
 And may God fill your heart
 with gladness to cheer you.

*Courtesy of our friends at
 Corsinet.com
<http://www.corsinet.com>*

Attention: Activity Professionals

You are invited to submit articles of
 interest, poems, humor, photos and just
 about anything else for publication in
Activity Director Monthly.

The only compensation we can offer
 you is credit for the submission.
 All submissions are subject to editing.
 We cannot guarantee that all submis-
 sions will be published. However, they
 definitely can't be published if you
 don't send them in.
 So be brave and fire
 your e-mail to us at:

admin@theactivitydirectorsoffice.com.

Or you can mail your information to:

**Attention: Editor
 The Activity Director's Office
 103 Tami Lane
 Williamsport, Indiana 47993**

Main topic interests include: anything
 that will benefit Activity Directors;
 items which can be used in facility
 newsletters (i.e. original and/or public
 domain items); personal Activity Di-
 rector/resident experiences.

Please send only copies of your
 submissions.

The material will not be returned.



About Activity Director Monthly

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 Activity Professionals across
 the nation and around the world
 are invited to visit the website and
 subscribe to this publication.

Please visit us at...
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THE HEALTH CARE EXPRESS

A Publication of Newsletter-Express.com

Prevention is Key to Controlling Bedsores

(ARA) - Most folks have heard about bedsores or "pressure ulcers." But it wasn't until the recent death of actor Christopher Reeves that we became more aware of the vast dangers associated with them. As our population ages -- Census Bureau projections indicate that by 2030 one in five Americans will be age 65 or older -- this is one health problem that we all need to understand.

The reason is simple. Most bedsores are preventable, yet studies estimate that more than 1 million patients each year develop pressure ulcers. According to the U.S. Department of Health and Human Services, about 9 percent of all hospital patients and 23 percent of all nursing home patients will develop a bedsore. Bedsores can be extremely painful, debilitating and can be a breeding ground for infection that can lead to serious medical problems and even death.

A bedsore develops when pressure to the skin deprives the tissue of an adequate blood supply and oxygen. Areas of the body that are most prone to bedsores are sites that have a "bony prominence" such as the elbow, hip, shoulder bone, heel, and tail bone. Patients at risk for these sores include immobile or paralyzed patients, obese or very thin patients, incontinent patients and patients with diseases that affect blood flow such as diabetes and vascular disease.

"There is so much that can be done to prevent pressure ulcers from developing from maintaining proper nutrition, to nourishing the skin, to providing proper support, movement and pressure relief," said Cynthia Fleck, RN, ET/WOCN, a certified wound care specialist, and secretary of the American Academy of Wound Management. "Once all



these preventative measures are in place, the majority of bedsores can be prevented. And there are some phenomenal products out there to help patients realize these goals."

The first line of defense is proper nutrition. Studies have directly linked malnutrition to pressure ulcers. Patients should be assessed to be sure that their diets have the right amounts of protein and nutrients to support healing. The Department of Health and Human Services recommends that at risk patients have a nutritional screening every three months. Often, vitamin and mineral supplements are necessary to maintain proper nutrition.

Poor diet and other health problems can also lead to breakdown in the skin. Healthy skin is a critical factor in preventing bedsores. Some skin care lines now available actually deliver nutrients to the skin and help prevent its breakdown. Remedy, distributed by Illinois-based medical products

(Continued on page 3)

March is National Women's History Month.

As most of you are aware, there are many illnesses and diseases that effect primarily women. One of the major 'women's issues' is Urinary Incontinence. Effecting over 35 million women every year, this is such a common thing that happens to most of us and we don't acknowledge it to be a problem.

What Exactly Is Urinary Incontinence?

Urinary Incontinence means you lose urine unexpectedly. **(Definition) Incontinence-** involuntary loss of bladder control..."accidents". This condition displayed through urinary frequency or loss of control while sneezing or coughing affects men and women, young and old and makes us feel uncomfortable and humiliated. However, it's nothing to be embarrassed about. More people battle urinary incontinence than you think. Here are the three main types of Urinary Incontinence (UI).

Urgency: A strong desire to urinate, even when the bladder is not full. This is sometimes accompanied by pelvic discomfort or pain.
Frequency: Urinating more than six to eight times a day or more than once every two hours (with normal fluid intake).

Nocturia: Awakening from sleep because of the urge to urinate. This can vary with age and is not necessarily abnormal unless regularly

(Continued on page 2)

Sweeten Up the Low-Carb Lifestyle

(ARA) – One of the biggest complaints of people who've jumped on the low-carb bandwagon is that they miss good-tasting food. They've had to eliminate many of their favorite treats in the interest of keeping their waistline trim. Anything containing refined sugar and starch is off limits. So no more cookies, cakes, bagels, bread, jam or mashed potatoes.

"A lot of people get frustrated pretty early on, but low-carb dieters don't have to sacrifice taste. There are natural alternatives to refined sugar available," says Jim May, founder of Wisdom Natural Brands. He points out that low-carb dieters who practice the art of substitution can still enjoy their favorite treats.

"Why use refined sugar when there are alternatives that are both sweeter and better for you," says May. His company manufactures Sweet & Slender, a natural sweetener made from a blend of fructose and extract from Luo Han Guo, a fruit native to China that has been used for centuries for its sweetness and medicinal properties. It is similar in flavor and texture to sugar, and because it keeps its sweetness at extreme temperatures (unlike many artificial sweeteners) it is perfect for use in cooking and baking. "An added benefit is that Sweet & Slender provides natural sweetness without the bitter aftertaste and potential long-term health hazards from artificial sweeteners," says May.

Sweet & Slender is eight to ten times sweeter than refined sugar yet is a zero calorie per serving sweetener. It also has a low glycemic index, which means it breaks down slowly in the system, a quality not only beneficial for dieters, but people with diabetes as well.

Here's a recipe for a tasty treat dieters and people with diabetes can enjoy:

Yummy Coleslaw

1/2 head small cabbage

Optional additions to salad: 1 1/2

teaspoons each snipped fresh garden herbs like lemon thyme, parsley, chives, 1/8 teaspoon dried dill weed, 3 ounces cooked salad shrimp.

Dressing: 1/2 cup blender or commercially prepared mayonnaise, 1/4 cup almond milk or cream, 2 tablespoons lemon juice, 2 packets Sweet & Slender, 1/4 teaspoon celery seed, 1/2 teaspoon seasoning salt, 1/8 teaspoon lemon pepper.

Directions: In food processor with slicing blade, or by hand, shred cabbage. Place in large bowl, adding any of the optional ingredients. Set aside. In a separate container, combine all ingredients for dressing. Add half of the dressing to the salad fixings, stir well.

Serves 6, with enough dressing leftover for one more salad. Store excess dressing in a covered container in the refrigerator up to two weeks.

Carb count: Approximately 22.8 carbs total. Fiber, 9.6. ECC, 13.2. Per serving 3.8. Fiber, 1.6. ECC, 2.2.

This recipe is excerpted from Low Carb Cooking at Sharron's Place: Sugar Free Recipes Featuring SteviaPlus by Sharron Long.

Sweet & Slender can also be used in place of sugar to sweeten summer fruits and drinks, like tea. You can find Sweet & Slender at most health food and specialty stores. For more information, log on to www.wisdomnaturalbrands.com.

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(Continued from page 1)

more than two or more times a night.

Urinary Incontinence is NOT a normal part of the aging process. There are many factors that can lead to incontinence.

- Bladder Infection
- Weak Pelvic Floor Muscles
- Medications
- Cigarette Smoking
- Chronic Illness/Cough
- Caffeine Intake
- Obesity
- Constipation
- Hormonal Changes
- Pregnancy & Childbirth
- Neuromuscular Disorders
- Improper Lifting

Knowing that you don't have to live with incontinence is half the battle. Discussing your problem with a health care professional that is knowledgeable in evaluating and treating incontinence is the next step. It may not have a be a urologist, you may be able to have treatment prescribed by your family physician.

Then you'll be ready for your therapy team to customize an individualized treatment program that works best for your type of incontinence.

How Can Therapy Help?

- Education about the bladder, pelvic floor muscles and normal emptying technique
- Pelvic Exercises
- Kegels
- Specialized Programs to fit your needs
- If you battle the effects of urinary incontinence, call the therapy department today so they can help you get back into control.

*"May your glass be ever full.
May the roof over your head
be always strong.
And may you be in heaven half an hour
before the devil knows you're dead."*



*"Here's to our wives and girlfriends:
May they never meet!"*

MARCH IS...

- Alcohol Awareness Month
- Cancer Control Month
- Child Abuse Prevention Month
- Community Services Month (California)
- Freedom Shrine Month
- Grass Month
- Holy Humor Month
- International Amateur Radio Month
- International Guitar Month
- International Twit Award Month
- Keep America Beautiful Month
- Listening Awareness Month
- Listening Awareness Month
- Mathematics Education Month
- Month of the Young Child
- Multicultural Communication Month
- Multicultural Communication Month
- National Anxiety Month
- National Florida Tomato Month
- National Food Month
- National Garden Month
- National Home Improvement Month
- National Humor Month
- National Knuckles Down Month
- National Occupational Therapy Month
- National Sexually Transmitted Diseases Education and Awareness Month
- National Welding Month
- National Woodworking Month
- Pets Are Wonderful Month
- Philatelic Societies Month
- Prevention of Cruelty to Animals Month
- Sea Cadet Month
- Sports Eye Safety Month
- Sports Eye Safety Month
- Stress Awareness Month
- Thai Heritage Month
- VD Awareness Month

(Continued from page 1)

company Medline Industries, Inc., is one of the trailblazers in this area. "Our skin is our greatest barrier to infection. Remedy is flying off the shelves because health care practitioners realize its advantage in protecting the skin and actually improving the skin's health," said Jonathan Primer, president, Dermal Management Systems, Medline.

The company also points out the importance of support surfaces that relieve pressure. Patients who are immobile need to be repositioned at minimum when sitting, every 15 minutes and when lying down, every two hours. There are numerous support devices to help a patient alleviate pressure such as wheelchair cushions and special beds that circulate air and help to shift and redistribute a patient's weight. An important advancement in this area is "visco elastic foam." This special foam actually conforms to the whole body, cradling it -- thus more evenly distributing the weight and pressure.

Fortunately for patients, wound treatment technology has also made remarkable progress. Ionic silver seems to be leading the charge. Though known for centuries for its antimicrobial properties, silver in many forms is unstable. But technological advances have now stabilized ionic silver. Newer products use the latest slow releasing silver technology that will provide safe and uniform delivery to a wound. There is even ionic silver in gel form, Silvasorb, which can thoroughly reach into deep and odd-shaped wounds. In addition, unlike many antibiotics, there are no known medically significant bacteria that are resistant to ionic silver.

So while silver's antimicrobial properties are highly toxic for microorganisms like staphylococcus aureus (more commonly known as the bacteria that causes "staph" infections), silver released in Sil-

vasorb form is very safe for human tissue cells.

"Ionic silver dressings provide a safe, non-toxic, broad-spectrum antimicrobial without known resistance. This is a perfect alternative to antibiotics, which can contribute to the current drug-resistant bacteria crisis. Gone are the days of using old therapies such as triple antibiotic ointment or bacitracin, which can cause problems. A good place to start is the most versatile of all silver dressings, silver hydrogels," said Fleck.

The nation is taking interest and supporting the reduction of pressure ulcers in residents in nursing homes in the U.S. Department of Health's "Healthy People 2010" initiative. This will help increase the awareness of this national crisis and focus on prevention measures. Bedsores may be commonplace now. But they don't need to be. Education can help health care providers, patients and their families recognize the critical importance of prevention and early treatment.

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To:



Origin of the Easter Basket

(NC)-The tradition was brought to North American shores by German families in the 1700s. In place of baskets, children set out their caps or bonnets, filled with straw, and were delighted to find colored, hard-cooked eggs nestled inside them in the morning. By the 1800s, candy was commonly tucked into the baskets, as well.

The Easter Bunny evolved from a number of traditions, some dating back thousands of years. In ancient Egypt, the rabbit was

recognized as a symbol of fertility and renewal - a belief that traveled to Europe in the Middle Ages where it became entwined with the symbolism of eggs as a symbol of fertility and rebirth during spring time. It became natural, centuries later, for these symbols to turn up in our Easter baskets as chocolate bunnies and egg-shaped candies.



Jelly Belly Candy Company reports that the jelly bean became associated with Easter in the 1930s when small candies were placed in nests, the jelly beans looking similar to bird's eggs.

News Canada

Irish Toasts

“Health and life to you;
The mate of your choice to you;
Land without rent to you,
And death in Erin.”

####

“Here's a toast to your
enemies' enemies!”

####

“When we drink, we get drunk.

When we get drunk,
we fall asleep.

When we fall asleep,
we commit no sin.

When we commit no sin,
we go to heaven.

So, let's all get drunk,
and go to heaven!”

####

“Here's to a long life
and a merry one.

A quick death and an easy one.

A pretty girl and an honest one.

A cold beer—and another one!”

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PREPRINT

Now that you have downloaded your newsletter you have several choices to make before printing it.

1. On the mailing page insert your facility's name and address in the upper left corner where it says "From:".
2. Prepare any printed material you may have for insertion into the newsletter. At a minimum we suggest you prepare your monthly activity calendar on one side of an 8.5"x11" sheet or paper. On the other side you may enter residents facts and figures (new admissions, birthdays, residents who went home, deaths). Also, on the back of the calendar page you may want to advertise upcoming activities and events, a management roster and other items of interest specific to your facility.

PRINTING

1. If you decide to print your newsletter on your facility copier you may print the newsletter on 8.5"x11" sheets of paper. However, it is far more professional looking to use 17" x 11" sheets (this size is larger than legal size paper, but can be hand fed into most modern printers).
2. If you use a print shop have them

print your newsletter on 17"x11" paper. They will have a variety of colors for both your paper and ink. You can expect to pay more for color ink. If you decide to print your newsletter on color paper, avoid using dark colors and extremely bright colors (e.g. fluorescents), they are too difficult to read.

3. If you take it to the print shop they will also print and insert your extra material and fold your newsletter for you. One fold makes your newsletter ready for hand outs. Two folds prepares the newsletter for mailing.

MAILING (an excellent activity for your residents)

1. To prepare your newsletter for mailing, it must be folded twice so the mailing face is showing on the outside.
2. Each piece you plan to mail must be sealed twice on the loose page edge. Use 1/2" pieces of transparent tape (you can purchase seals at most office supply stores if you wish).
3. Write or stick your address labels where it says "To:".
4. Place postage in the upper right hand corner. First class postage will pay for your newsletter and at least two 8.5"x11" insertions.
5. Your newsletter is now ready to mail. The Post Office appreciates it if you pre-sort your zip codes and bundle the newsletters with rubber bands.

BULK MAILING

1. With bulk mail you can save a bundle on postage. However, you must set up an account with the post office, mail at least 200 newsletters at a time, presort your mail,

prepare a billing form and deliver the newsletters to the post office. Although it sounds complicated, it becomes routine after you have done it a couple of times.

DISTRIBUTION

For the most effective marketing of your facility, we recommend that you make an extensive mailing list including these listed below. The more newsletters you circulate, the more successful your marketing will be.

- All responsible parties
- Seniors at home
- Banks
- Hospital discharge planners
- Nursing homes
- Adult day care centers
- Churches
- Home health agencies
- Federal, State and local social service agencies
- Social organizations and clubs
- Business organizations
- Corporate headquarters
- Area schools
- Area radio stations
- Area television stations
- Area newspapers
- Area businesses

TIMING

For timely distribution, your newsletter will always be available to you at the first of the preceding month. It should be published by the last week of the month and mailed prior to the first of the month the newsletter is dated.

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