HydroTherapy: The Ultimate Stress Reliever

(ARA) - With today's kinetic multitasking lifestyle, it's no wonder a recent study by the National Women's Health Resource Center found that nine out of 10 adults have experienced serious stress, with four out of the 10 suffering adverse health affects as a direct result. Relief could be as close as the backyard.

Great for lounging with family and friends, hot tubs also offer warm-water therapy that provides proven physical and mental benefits. "Warm-water therapy actually dates back to ancient times, making it one of the oldest and safest methods for treating many common problems, whether they are mental or physical," says Larry Giles, chairman of the Washington, D.C.-based Hot Tub Council (HTC), part of the Association of Pool & Spa Professionals (APSP), an organization representing the swimming pool, spa, hot tub and recreational water industry. "A hot tub can definitely enhance a healthy, happy lifestyle," Giles adds.

Mental Benefits of Owning a Hot Tub

A hot tub can transform a backyard into a private oasis where users can take a breather from the commotion of daily life.

* Reduce stress and relax: Health professionals cite that immersing in warm water raises body temperatures, causing blood vessels to dilate which then improves circulation. This process is called vasodilation, and it creates the perfect environment for relaxation.

* Sleep well: The National Sleep Foundation notes that soaking in warm water before bedtime allows sleep to come quicker due to a rise in body temperature. Many experts, including Daniel Buysse, M.D., of the University of Pittsburgh School of Healthy Sleeping Medicine, note that lack of sleep can directly trace its roots back to pain and anxiety.

Physical Benefits of Owning a Hot Tub

Hot tubs provide users with a pleasant and relaxing way to relieve the aches and pains of physical activity.

(Continued on page 2)
Bob’s Monthly Journal
By Robert Lucas, H.F.A. (retired)
Co-owner: The Activity Director’s Office
http://www.theactivitydirectoroffice.com

STROKE: Remember The 1st Three Letters...S.T.R.

STROKE IDENTIFICATION:
During a BBQ, a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) and just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food - while she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening. Ingrid's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00pm, Ingrid passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

It only takes a minute to read this...

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE
Thank God for the sense to remember the "3" steps, STR.

Read and Learn!
Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

1. **S** * Ask the individual to SMILE.
2. **T** * Ask the person to TALK to SPEAK A SIMPLE SENTENCE (Coherently) (i.e. It is sunny out today)
3. **R** * Ask him or her to RAISE BOTH ARMS.

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out their tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke. If he or she has trouble with ANY ONE of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

(Continued from page 1)

* Gain relief for arthritis, aches and stiffness: Warm, pulsating water increases the blood supply to aching joints, thus reducing inflammation from the area and relieving pain. The warm water also relaxes muscles and allows for greater flexibility.

* Breathe and think easier: Steam rising off hot water can help open up nasal and bronchial passages to aid in maintaining upper respiratory health. Many people find that soaking in a hot tub relieves headache pain, especially pain from tension headaches.

Rehabilitation & Therapy Benefits
Many professional sports organizations, trainers and therapists recommend warm-water therapy to help patients resume their daily activities faster.

* Improve cardio health: A recent study at the Mayo Clinic found that soaking in hot water gives many of the health benefits of exercise with less strain on the heart. It increases the heart rate while it lowers blood pressure, rather than raising it as other forms of exercise do.

* Relieve back and knee pain: According to the Mayo Clinic, four out of five Americans suffer from chronic back pain. The U.S. National Institutes of Health cite many studies that show that warm-water therapy alleviates lower back pain and knee ailments by reducing stress and stiffness.

For more information on the benefits of warm-water therapy, visit HotTubLiving.com. The goal of HotTubLiving.com is to provide the most complete information available on not only the benefits of hot tub ownership, but responsibilities including maintenance and safety. HotTubLiving.com is sponsored by the Hot Tub Council of the Association of Pool & Spa Professionals.

Courtesy of ARA Content
Laughter and Joy as a Therapeutic Approach

By Debbie Hommel, ACC, CLL

I recently attended a two day workshop on Therapeutic Laughter and how to create Laughter Clubs which was sponsored by the World Laughter Tour. I first heard of this approach when I attended an educational session at a NAAP convention, given by Steve Wilson, the co-founder and President of the World Laughter Tour. Steve Wilson, also known as “Cheerman of the Bored”, is a psychologist who has pioneered the use of laughter in a formal group process.

“Laughter is too good a thing to be left to chance”
Steve Wilson

It is important to note the difference between the physical act of laughter and the psychological response to humor. This program is not about being a comedian or a clown or trying to make people laugh on their own. This program is about leading the participant through laughter “exercises”. There is ample evidence that indicates the physical act of laughter and the bio-psychological responses that come through laughter are as beneficial as a regular exercise program. Benefits include increased heart rate, decreased stress hormones, reduction of anxiety and improvement of mood.

“Laugh to the point of tears, double-over and fall out of your chair, and wet your pants with laughter. These physiological events are evidence that you are taking humor to the level that activates your immune system and gives you ample amounts of muscular relaxation.”
Steve Wilson

So how do you get people to laugh if there is nothing funny to laugh at? That is where the laughter “exercises” come into being. The two day program reviewed a collection of exercises which are simulated actions where laughter is integrated into the action. One example is the Hawaiian greeting. As you shake someone else’s hand, you say “Aloha ha ha ha ha ha”. It sounds bizarre and silly but it does work. You can see some of the laughter exercises on the World Laughter Tour website.

“Don’t be afraid to look foolish. In fact, count on it sometimes. There is a world of difference between being stupid and being silly. There is no value in stupidity, but a little silliness sometimes is the wisest choice.”
Steve Wilson

Putting the program together into a group process is an important part of the approach. As activity professionals, we know the significance of a well run group. The program is based on standard group principles of greeting the participant, introductions, warm up exercises, the main program, promoting interaction and finally, closure. It is stressed that Certified Laughter Leaders conduct the programs. Although anyone can integrate laughter into their groups, to conduct an official Laughter Club, one must be a CLL. After attending the two day workshop, conducted by the World Laughter Tour, one is certified for one year with an opportunity for renewal after that.

“The less you laugh, the less you live.”
Tote Yamada

Included in the program is the belief in “Good Hearted Living” which is meant to “prevent hardening of the attitudes” and introduce ways to allow more laughter,

(Continued on page 10)

ABOUT DEBBIE

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.
Ever Wondered…. How does static electricity work?

Short Answer:
An imbalance between negative and positive charges in objects.

Long Answer:
Have you ever walked across the room to pet your dog, but got a shock instead? Perhaps you took your hat off on a dry winter’s day and had a “hair raising” experience! Or, maybe you have made a balloon stick to the wall after rubbing it against your clothes?

Why do these things happen? Is it magic? No, it’s not magic; it’s static electricity!

Before understanding static electricity, we first need to understand the basics of atoms and magnetism.

All physical objects are made up of atoms. Inside an atom are protons, electrons, and neutrons. The protons are positively charged, the electrons are negatively charged, and the neutrons are neutral. Therefore, all things are made up of charges. Opposite charges attract each other (negative to positive). Like charges repel each other (positive to positive or negative to negative). Most of the time, positive and negative charges are balanced in an object, which makes that object neutral.

Static electricity is the result of an imbalance between negative and positive charges in an object. These charges can build up

NEW!!! Check out our new forum!

Activity-Pro (Your Online Neighborhood) Forum is a friendly, easy to use, online community that all Activity Professionals can join. In the neighborhood, participants are encouraged to share ideas, thoughts, jobs, and questions with others. By everyone participating, we hope to bring more Activity Professional’s together than ever before. The neighborhood is comfortable and open, making everyone feel right at home. Activity-Pro is an open board that will provide support and understanding to those in a crusade to help seniors or those losing spark to come up with another activity. Come join Activity-Pro (Your Online Neighborhood) and make your contribution to bringing Activity Professionals to the top.

Please visit: http://www.activities4elders.com/Activity-ProForum/toast.asp

To Subscribe to Current Activities in Longterm Care for $49.00 please visit: www.activities4elders.com.

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Aroma Therapy

There are many types of products and essential oils that Activity Directors are including in their Aroma Therapy Programs. However, you need to be aware of side effects with some essential oils, which is the liquid kind that comes in small bottles. First important rule is to only purchase Essential Oils from vendors or catalogues that specialize in Aroma Therapy. The second rule is to understand the side effects with essential oils. There are many web sites with great information about the benefits and side effects as well as allergies associated when using the oils. Be sure to request an MSDS for the essential oils and to know exactly what products are in the bottles. Always make sure the label is clearly shown on the bottle.

Generally the following essential oils are ok to use with most people. However, when ever trying essential oils for the first time, you should observe residents for allergic reactions or changes in behavior. Also be aware of anyone with a history of severe allergies, COPD or Asthma.

- Eucalyptus, Jasmine, Lemon Balm, Lavender, Geranium Oil, Grapefruit, Peppermint, Rosemary, Chamomile, Lemon Balm, or Rose

The following precautions should be observed when working with essential oils.

Essential oils should never be used undiluted and directly on the skin because of severe sensitivity in some individuals. Essential oils should not be used topically unless the label states it can be used for massages. Many oils are too strong for the skin. As a general rule, don’t use at all on the skin.

Be aware of allergies. Some oils can cause allergic reactions so residents need to be observed at all times. Watch for reactions both physical and mental such as agitation, wandering, crying. Breathing problems, tearing of the eyes, etc. Again, anyone with a history of Asthma, severe allergies, COPD and Epilepsy should be closely monitored and the aroma therapy scent should be checked for precautions. For residents with seizure disorder, avoid, basil, fennel, hyssop, rosemary and sage. For residents with Hypoglycemia avoid geranium.

Watch the amount of essential oil you are using as only one drop is recommended. The scent should never be over powering or noxious. Remember, what smells great to one person may smell awful to another. For some dementia residents, smells may be confused with something else or cause agitation.

Essential oils should never be given orally. Never leave an open bottle and place the bottle immediately back in a locked cabinet as soon as you have used it. If any one should swallow the oil, contact poison control immediately and refer to your MSDS.

It should also be noted that essential oils are flammable and should be kept away from all flames.

Unless you are trained and certified in Aroma Therapy, Never use Birch, Sage, Thuja, and Wintergreen, Bitter Almond, Calamus, Camphor, Horseradish, Mugwort, Mustard, Rue, Sassafras, Southernwood, Tansy and Wormwood, Ajowan, Almond, Arnica, (Continued on page 9)

ABOUT SANDRA

Sandra Stimson has experience as a corporate consultant, Corporate Trainer and National Speaker. Her experience is in long term care, as Activity Director, Director of Alzheimer’s Units and Assistant Administrator of a 550 bed long term care county home. She is Co-founder of Pet Express Pet Therapy Club, is a Life Replay Specialist. Sandra implements dementia units nationwide. Sandra has written several books, Volunteer Management Essentials for Long Term Care and Pet Express Pet Therapy Program. Sandra has been a facilitator for Alzheimer’s support groups and is the Awards Chair for the NJ Association of Activity Professionals. Sandra is the Executive Director of National Council of Certified Dementia Practitioners http://www.nccdp.org

http://www.activitytherapy.com offers resources for health care professionals in many areas of dementia care, care plans, Snoezelen products, dementia activity calendars, adult day care calendars, sensory calendars, reminisce videos for dementia, activity books, and dates to remember, party supplies, resources and links.
The NAAP Page
National Association of Activity Professionals
“Founded by Activity Professionals for Activity Professional”
http://www.thenaap.com

Mission Statement: To provide excellence in support services to activity professionals through education, advocacy, technical assistance, promotion of standards, fostering of research, and peer and industry relations.

Developing a Writing and Reminiscence Program
By Kevin M. Kavanaugh, MA
Director of Public Affairs
Illinois Council on Long Term Care

The new OBRA guidelines for F248 identify educational and creative activities as important components of a resident-centered activity program. Writing and reminiscence activities enhance the residents’ sense of well-being and meet these requirements.

With a twinkle in her eye, an elderly woman writes of the excitement she felt on the first date with her husband. She is eager to share her tale with her granddaughter who will be visiting soon. This woman is one of many nursing home residents expressing their fond memories creatively through a writing and reminiscence program.

Residents in nursing homes are unique individuals with many unusual and interesting stories to share. They have a vast storage bank of family memories, historical perspectives, tales of adventure, and touching emotional moments. They have lived through world wars and survived the Depression, and yet through all of these hardships, they have persevered and triumphed. These experiences have helped them cultivate a sense of wisdom and an understanding of what is truly important in life.

Many of us have fond memories of hearing stories from our grandparents and great-grandparents. We were enraptured by these tales and used them to form a framework for our personal identity and sense of history. It is an unfortunate truth of today’s society that the elderly aren’t paid the respect they deserve for their knowledge and aren’t given enough opportunities to share their wisdom with younger generations. The results of a creative writing program can produce a rich tapestry of experiences that can be passed down through the generations and help younger people connect their daily events with those of the past.

A writing program offers

(Continued on page 11)

About NAAP
Founded by Activity Professionals for Activity Professionals...NAAP is the only national group that represents activity professionals in geriatric settings exclusively. NAAP serves as a catalyst for both professional and personal growth and has come to be recognized by government officials as the voice of the activity profession on national issues concerning long-term care facilities, retirement living, assisted living, adult day services, and senior citizen centers. NAAP is nationwide in scope with a growing membership in Canada and Bermuda. The National Association of Activity Professionals recognizes the following values: The quality of life of the client/resident/participant/patient served is the primary reason for our services. The strength of NAAP lies in the diversity of its members. NAAP recognizes the rich cultural, and educational backgrounds of its members and values the variety of resources represented. The strength of NAAP also lies in the development and promotion of scientific research which further defines and supports the activity profession. NAAP values the development and maintenance of coalitions with organizations whose mission is similar to that of NAAP's for the purposes of advocacy, research, education, and promotion of activity services and activity professionals. NAAP values members who become involved at the state and national level to promote professional standards as well as encourage employers to recognize them as professionals.

NAAP affords Activity Professionals across the country the opportunity to speak with a common voice...NAAP successfully worked with members of Congress to secure a change in the nursing home reform title of the 1987 Omnibus Budget Reconciliation Act (OBRA). Through our efforts, it became mandatory that an activity program, directed by a qualified professional, be provided in every nursing home that receives Medicare and/or Medicaid funds. NAAP was the only professional activity association to participate in HCFA's workgroups that revised OBRA's interpretive guidelines now in effect. NAAP provides assistance at the state level to promote certification of activity professionals, working toward uniform professional standards for activity practice.

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http://www.theactivitydirectorsoffice.com
September 2006
The NCCAP Page
The National Certification Council of Activity Professionals
http://www.nccap.org

Mission Statement: The National Certification Council of Activity Professionals is a credentialing body, which sets standards and criteria to ensure that those we serve have optimal life experiences

NCCAP Will Offer Scholarships to Individuals Needing to Complete the MEPAP Courses

NCCAP will be conducting a quality assurance study, which will include following a group of students through the entire MEPAP process. From the MEPAP part 1 through to the conclusion of MEPAP part 2 (the equivalent of the MEPAP 2nd edition, which will be required of all NEW applicants after 1/1/2007)

Candidates for this study will have the following:
1) A high school diploma/GED
2) A minimum of 6,000 hours (3 years) experience
3) 30 hours of continuing education
4) 12 college credits (less than 60)

Once accepted into the program/study; the candidates will be required to apply for NCCAP certification at the ADPC level, then upon completion of the MEPAP course(s) they will be eligible for the ADC Track 4.

Interested individuals cannot be currently certified.

(There is a Beverly Morris scholarship fund available to assist others with funding for their courses)

Interested individuals must submit in writing to the NCCAP office, attention Cindy Bradshaw/Scholarship applicant, the following:

* letter of intent to complete this study
* letter of recommendation from supervisor/administrator to be a part of the study (as the administrator will be required to complete practicum evaluative tools as a part of the quality assurance study).
* proof of the high school graduation/GED
* proof of the 6,000 hours of experience
* proof of the 30 ce's
* a transcript to verify the 12+ college credits

NCCAP is also looking for pre-approved INSTRUCTORS that

Why Become NCCAP Certified?

1. Federal Law, OBRA, states that an activity department must be directed by a "qualified professional." One of the ways to become qualified is to become a Certified Activity Professional.
2. NCCAP certification is recognized by HCFA (Health Care Financing Administration) as an organization that certifies activity professionals who work specifically with the elderly.
3. NCCAP certification assures administrators and surveyors that you have met certain professional standards to become certified.
4. Many administrators will only hire activity professionals who are already certified.
5. Some administrators offer a higher salary to a certified professional.
6. Become NCCAP certified so others will know that you are nationally qualified and giving quality activity service to residents/clients.

QUALIFICATION DESCRIPTION:

A. ACADEMIC EDUCATION
May derive from a wide variety of curricula: Social Work, Recreation, Education, and Business degrees. These are a few of the educational backgrounds that represent our certified members.

B. ACTIVITY EXPERIENCE
Activity work experience with elderly populations, where at least 50% are 55+ years of age. Some volunteer work with elderly clients may be applied.

C. CONTINUING EDUCATION

(Continued on page 8)
are willing to train the applicants in this study, granted no more than $500.00 per student, to assist NCCAP in quality assurance research study, and baseline data of the MEPAP courses. NCCAP recognizes that this is a considerable discount to most instructors and would appreciate knowing if you are available to teach ONE student at this time for this purpose. ALL willing instructors please email Cindy Bradshaw at CBACC111@aol.com, ASAP. Thank you! 

The Search for Continuing Education Credits
Michael A. Bower
ACC
Past NCCAP President

The search for continuing education (CE) hours is unending and remains one of the most frequently asked questions. Many people living in rural areas have less access to seminars and training than those living in cities. There are ways to get CE hours, though.

Most communities have a local hospital. Check out their community outreach classes. 20% of your CE’s can be health related on subjects like diabetes, cardiac problems and care, CPR, etc. But many will offer training on psychoactive medications, Alzheimer’s Disease, Parkinson’s Disease, and Depression—especially if those subjects are requested.

If there is a community college in the area, take adult education courses or enroll for a class. For adult education, you will need to provide a CE certificate for the instructor to sign and it will count for actual hours. For college classes, the credits convert to CEs at a rate of 1 credit = 10 hours for quarter classes and 1 credit = 15 hours for semester classes. (But remember: if a college class is used for CE’s, it cannot later be used to meet the academic component. Once used for the academic component, it cannot be used for CEs.) College classes can also be taken online. Whether a college class is used for CEs or the academic component of a track, it must be verified with an OFFICIAL transcript, not a student transcript and not a class report.

Look for support groups in your area – Alzheimer’s, Parkinson’s, Hospice, MS, Stroke, Self Help for Hard of Hearing (SHHH) People, and so forth. They often offer educational sessions both in their local meetings and by their regional organization. In some areas, you may be qualified to be a speaker, say, on Alzheimer and related Dementia. Thus you could earn twice as many credits! Seek out and offer to speak to service organizations, too, like Kiwanis, Rotary, and Lions. Of course, there are local and state activity professional groups, the state and national health care associations, and the NAAP all putting on state and national conferences. There again, seek out opportunities to be a presenter as well as an attendee! In my state, our annual state conferences must offer a minimum of 15 CEs. By going to one a year, enough CEs are earned to maintain ADC certification.

Remember, when you become certified at any level, that certification is your responsibility. Having a facility that can afford to send you to training is becoming less common. It is up to us as Professionals, however, to maintain our own credentials. That sometimes means we have to become creative. If any of you have ideas you’d be willing to share, please drop me a line (1134 – 57th Place SE, Auburn, WA 98092) or go to the bulletin board on the NCCAP website (www.nccap.org). 

Message from the President
Kathy Hughes, ADC

A Profession of Sharing

There are many “Bulletin Boards” and “Message Boards” available online to share information about the activities profession. Visiting these boards can be helpful, educational and give you the opportunity to share your ideas. This community of sharing is almost unique in the health care field.

I have searched around the internet to look for other profession’s bulletin boards, but the search has been fruitless. We are the only profession that has the amount of information to share with each other. We know that sharing ideas, resources and networking with each other is not only educational, but also necessary to providing quality programming for our residents and ourselves.

NCCAP offers a “Bulletin Board” that has many topics organized for easy access. We have free oppor-
opportunities for everyone to access including finding out when the ME-PAP Classes will be offered or when the next state activities conference will be offered (both being our most popular topics). State association’s find that by posting their upcoming conferences, their participation increases. We encourage our members to post upcoming educational opportunities.

So take a moment to visit the NCCAP Bulletin Board as well as the other Bulletin Boards and Message Boards available to network with other activity professionals. See you there!

Bulletin Boards and Message Boards on the Internet

NCCAP  http://www.nccap.org/
Activity Director’s Office  http://theactivitydirectorsoffice.com/
SeniorAct  http://www.senioract.com/
ActivityDirector.com  http://www.activitydirector.net/
TR Said RT Said  http://www.recreationtherapy.com/board/forumdisplay.cgi?action=topics&number=2&SUBMIT=Go

Activity Professionals Online  http://health.groups.yahoo.com/group/activityprofessionalsonline/

(Continued from page 8)

Sweet Birch, Boldo Leaf, Broom Spanish, Melilotus, Onion, Pennyroyal essential oils.

All of the essential oils mentioned in the previous paragraph, if not used correctly can cause severe reactions and even in some cases death.

We recommend printing this article out and placing in your policy manual under Aroma Therapy. Activity Directors should in-service your staff as well.

(Continued from page 5)

Toxic Plants and Poisonous Plants:

Many Activity Directors believe that Poinsettia Plants are poisonous, but they are NON TOXIC and have been removed from the toxic list. So this year, purchase Poinsettia’s for your facility. As always, anyone who needs supervision, you might have to monitor to ensure that the resident does not eat the plants.

It is easy to be deceived by plants. In my garden, I have many Elephant Ear Plants. Because I don’t have small children, I include them in my landscaping, but they are on the poisonous list. One part of a plant, may be edible while another is poisonous. The following lists are some of the more common poisonous plants and should not be included in the gardening / horticulture programs. If you do decide to use these plants, it is very important that precautions are taken and supervision provided. Recommend printing this article and placing in your policy and procedure manual. Your staff should be in-services on this toxic plant list.

- Plant Toxic Part
- Hyacinth Bulb
- Narcissus Bulb
- Daffodil Bulb
- Dieffenbachia All Parts
- Elephant Ear All Parts
- Rosary Pea Seeds
- Castor Seeds
- Castor Bean Seeds
- Larkspur Seeds
- Monkshood Fleshy roots
- Autumn Crocus Bulbs
- Star of Bethlehem Bulbs
- Lilly of the Valley Leaves / Flowers
- Iris Underground stems
- Foxglove Leaves
- Bleeding Heart Foliage, Roots
- Rhubarb Leaf Blade
- Daphne Berries
- Wisteria Seeds / Pods
- Golden Chain Bean like
- Laurels All parts
- Rhododendrons All parts
- Jasmine Berries
- Red Sage Green Berries
- Yew Berries Foliage
- Jack in the Pulpit All parts
- Moonseed Berries
- Mayapple Apple, foliage, roots
- Mistletoe Berries
- Buttercups All parts
- Nightshade All parts, especially berry
- Poison Hemlock All parts
- Thorn Apple All parts
- Wild Cherry Trees Twigs / Foliage
- Cultivated Cherry Trees Twigs / Foliage
- Oaks Trees Acorns / Foliage
- Elderberry Trees All parts/ Roots
- Black Locust Trees Bark, Sprouts / Foliage
optimism and joy in your life. We have all heard the advice that when we wake up in the morning, we can decide what kind of day we will have. Finding the positive in events, people and surroundings is a personal choice. If we want to be unhappy, we can be. Vice Versa, if we want to have a good day, we can have that as well. “Good Hearted Living” is based on this idea. Some of the daily suggestions include “giving compliments” or “being flexible”. The weekend is devoted to “eating chocolate” which represents taking time for some sort of fun or relaxation. These ideas lend themselves well to our elderly population. Sometimes we need to be reminded, whether we are 25 or 85 years old, to “lighten up”. This is not to say we minimize some of the difficulties our elderly residents or clients are experiencing but sometimes we need to be reminded of the positive things in life and that is what “Good Hearted Living” is all about.

“If you are having a bad day, get another one and get it quick!”
Rissie Harris

If you are interested in this approach, visit the World Laughter Tour web site. There is an abundance of free information which includes articles about the benefits of laughter, many printable handouts on the benefits of Laughter Clubs, the complete listing of “Good Hearted Living”, video clips of groups, and some of the pioneering work that is being done with specialized populations such as Cancer survivors. Once you attend the program, you have access to even more information through a CLL Newsgroup. Other laughter leaders share great information on new exercises and programs they have done with success. Additionally, there is the Association for Applied and Therapeutic Humor which is an international community of professionals who incorporate humor into their lives. They define therapeutic humor as any intervention that promotes health and wellness by stimulating a playful discovery, expression or appreciation of the absurdity or incongruity of life’s situation. Their web site has many free resources and they have an annual conference every year as well.

“Laughter is the best medicine in the world.”
Milton Berle

You maybe thinking this sounds too silly for you. But there are advantages to being silly once in a while and experiencing joy in its purest form. As adults, it is sad to say, we don’t laugh enough. The mission of the World Laughter Tour is an optimistic one. It is based on the belief that together, through laughter, we can lead the world to a better place where joy, happiness and peace are a shared commodity.

“Shared laughter creates a bond of friendship. When people laugh together, the cease to be young and old, teacher and pupils, worker and boss. They become a single group of human beings”.
W. Lee Grant

Quotes taken from:

“Eat Dessert First” A wonderful collection of quotes and quips about the amazing power of joy, playfulness, laughter and humor.
By Steve Wilson

Super Humor Power – 79 things you need to know, think about, and do to become a humor powered person.
By Steve Wilson

Be Happy – Remember to live, love, laugh and learn
By Compiled by Dan Zadra

Clean a vase.
To remove a stain from the bottom of a glass vase or cruets, fill with water and drop in two Alka Seltzer tablets.

Polish jewelry
Drop two Alka Seltzer tablets into a glass of water and immerse the jewelry for two minutes.

Clean a thermos bottle.
Fill the bottle with water, drop in four Alka Seltzer tablets, and let soak for an hour (or longer, if necessary).

Unclog a drain.
Clear the sink drain by dropping three Alka Seltzer tablets down the drain followed by a cup of Heinz White Vinegar. Wait a few minutes, and then run the hot water.
residents a unique learning opportunity. Too often it is assumed that residents simply want to be entertained and would not respond to an educational activity.

Everyone has a desire to learn and enjoy new experiences. This desire does not end when a person is admitted into the nursing home environment. Caregivers must assume the responsibility of bringing learning opportunities to the residents. A writing program helps fulfill this responsibility by teaching residents how to better express themselves creatively. They are also able to learn from each other.

The results of writing and reminiscence programs provide lasting testimonies to the value of the residents’ lives. As Laura Fox, contributing author of Creative Arts with Older Adults, explains, “Writing is articulation. It is translating something of the self into language. And if we can engrave (our memories) into writing, something of our being remains.”

The Importance of Reminiscence

Many residents in nursing homes believe their lives are not extraordinary. A common sentiment expressed at the onset of a creative writing program is, “Oh, I lived a very ordinary life” or “Nothing much ever happened to me.” However, in the process of tapping into memories and writing down stories, residents begin to realize they have lived through some very unusual and extraordinary experiences. The writing process vividly recaptures these moments and helps residents feel a sense of accomplishment.

Nostalgia is all too often seen simply as a sign of senility and often is regarded as detrimental to the well-being of the elderly. It should be viewed as a necessary part of life’s review. It is crucial that older persons have a chance to reflect on their pasts and find meaning in their life events. The writing process can bring comfort to the elderly by resolving disquieting issues and emotions from the past.

As many residents in nursing homes feel increasingly dependent on others, a writing program recognizes the resident’s expertise and creates a feeling of empowerment. Memoir writing makes the resident the “expert,” who is able to teach others about a life truth based upon firsthand knowledge.

Reminiscence is particularly helpful for persons in the early stages of dementia. They have difficulty with their short term memory, yet can vividly retrieve distant memories. Reminiscence allows them a chance to express themselves and feel a sense of pride. Memories also provide material for conversation and interaction with others.
MONTHLY OBSERVANCES

All American Breakfast Month
Apple Month
Cable TV Month
Cholesterol Education Awareness Month
Classical Music Month
Emergency Care Month
Healthy Aging Month
Library Card Sign
Life Long Learning Month
National Chicken Month
National Clock Lovers Month
National Coupon Month
National Courtesy Month
National Hispanic Heritage Month
National Honey Month
National Piano Month
National Rice Month
National Sewing Month
Newspaper Month

Organic Foods/Harvest Month

FAMOUS WEEKS

Week 1
Self-University Week

Week 2
Mental Health Worker's Week
National Assisted Living Week
National Health Care Housekeeping

Week 3
Hearing Aid Awareness Week
National 5-A-Day Week
National Adult Day Services Week
National Laundry Worker's Week
National Rehabilitation Awareness Celebration Week

Week 4
Constitution Week
Licensed Practical Nurses' Week
National Singles Week

(Tips, Continued from page 16)
cut it in half, and rub it on your forehead. The throbbing will go away.

Don't throw out all that leftover wine: Freeze into ice cubes for future use in casseroles and sauces ....... Left over wine? What's that? :) To get rid of itch from mosquito bites, try applying soap on the area and you will experience instant relief.

Ants, ants, ants everywhere ... Well, they are said to never cross a chalk line. So, get your chalk out and draw a line on the floor or wherever ants tend to march. See for yourself.

Use air freshener to clean mirrors. It does a good job and better still, leaves a lovely smell to the shine.

When you get a splinter, reach for the scotch tape before resorting to tweezers or a needle. Simply put the scotch tape over the splinter, and then pull it off. Scotch tape removes most splinters painlessly and easily.

Now look what you can do with Alka Seltzer........

Clean a toilet. Drop in two Alka Seltzer tablets, wait twenty minutes, brush and flush. The citric acid and effervescent action clean vitreous China.

(Continued on page 10)
MEMBERSHIP
WHY NOT JOIN NAAP TODAY?

There are so many benefits when you belong to NAAP! Each member will receive a newsletter which will give the updated reports on Government Relations, Special Interests, International Updates, Professional Development, Nominations, Standards of Practice, Financial Updates and a Membership Report. Along with this comes an update from our President, Diane Mockbee, and our Executive Director, Charles Taylor.

Members will also receive a discounted rate at the Annual Conference which is held in March/April of each year.

Membership dues are only $70.00 per year. If you are a student in the 90 Hour Basic or Advanced Courses, your dues are only $50.00 for the first year.

Email us for more information at membership@thenaap.com.

Join Now! You can download and mail in this application with your payment or use our new online registration.

Creating a Writing Program

Many residents may be intimidated by the thought of having to write. A writing program should address this concern by beginning with simple writing exercises, such as describing a past event or object in a few sentences, and slowly building on these skills. The activity professional may want to prompt residents with a lead sentence for a story or offer a particular topic. Sometimes, just mentioning one specific word or phrase is enough to generate a good response.

The activity professional may consider having residents complete a survey about past events. In answering the survey’s questions, they may remember important life experiences that can be developed into stories later. Filmstrips, videotapes, DVDs, and slides can help residents tap into memories that can be developed into stories. Physical clues such as a magazine picture or an object can also be helpful. Reading stories from famous authors is another way to encourage the resident’s written expression.

Residents should be able to work in a well-lighted and quiet environment. Some residents will want to work with pen and paper, while others may enjoy working on a typewriter or computer. For residents who physically cannot write, a staff member or volunteer can ask about a life experience and record the story on a tape recorder. The staff member or volunteer can write out the story later and distribute it to the residents and others.

An important part of the program is sharing stories and poems with the group. Residents can come forward to read their works aloud. After the reading of each work, conduct a short discussion and solicit questions from group members. Often, a resident’s piece will tap into memories of others. Praise from the group members will help to foster a resident’s self-esteem and desire to write.

Involving the Community

It would be very productive to involve community members in the program. A local high school or community teacher may be willing to volunteer time to help. Family members could also be involved in the activity. Facilities can invite them to write and share their experiences with the residents or listen to the stories created in the program. Writing can also be incorporated into an intergenerational program. Residents can share favorite stories from the past and have the students transcribe their responses. This activity would be fun and enlightening for everyone.

When the stories or poems are complete, they can be typed, framed, and displayed around the facility. These steps give the residents’ work a sense of dignity and status. Each resident could have a notebook collection of their pieces, which they could share with family and friends during visits. The activity professional may also consider publishing the residents’ creations in the facility newsletter. Another good idea is to create a journal of resident (Continued on page 14)
A Memoir Writing Class

Nursing home residents can enjoy a wonderful opportunity to utilize their creative talents and reap the benefits of a reminiscence and writing activity in a memoir writing program.

Provider magazine has featured information about this type of activity. In one of these articles, Provider described a facility program created through a grant from the city’s historical preservation commission. The purposes were to enhance resident self-esteem by validating personal history; chronicle history through the residents’ experiences; and leave memories for future generations through a compilation of the residents’ work.

A professor from a nearby university led the six-week program. He had residents sit around a large table and provided them with writing materials. He handed out typed assignments accompanied by short philosophical statements from other authors, including Mark Twain and Russell Baker, on the value of writing and reminiscence. These assignments included writing about the five most important dates in their lives, developing character sketches of memorable people, writing concrete descriptions of their parents, recreating childhood memories, writing essays about a point in time they would like to visit again, and describing a humorous event.

The program included visiting with residents from another facility whose memoir writing works were compiled in a book. Also, an award-winning author gave a talk on how memoirs could be transformed into fiction.

The residents were very happy to share their memoirs with others. They read their stories aloud to the group and answered questions about their works. Stories were also typed and distributed so residents with hearing problems would be able to participate.

When the course was completed, the professor and some volunteers selected stories to be included in the residents’ work. Five hundred copies were printed for the historical society that funded the course and another five hundred were distributed to residents, family members, friends, and others.

The residents have continued to meet as a group and develop stories. Their efforts are regularly published in the facility newsletter.

The article emphasized that other facilities can develop similar memoir writing programs at a low cost. A local community college professor or high school teacher may be interested in serving as a consultant.

The residents thoroughly enjoyed translating their experiences into written expressions. The program is an excellent example of the creative and therapeutic benefits of a writing and reminiscence activity.

And what about that “hair raising” experience? As you remove your hat, electrons are transferred from hat to hair, creating that interesting hairdo! Remember, objects with the same charge repel each other. Because they have the same charge, your hair will stand on end. Your hairs are simply trying to get as far away from each other as possible!

When you rub a balloon against your clothes and it sticks to the wall, you are adding a surplus of electrons (negative charges) to the surface of the balloon. The wall is now more positively charged than the balloon. As the two come in contact, the balloon will stick because of the rule that opposites attract (positive to negative).
Activities You Can Do
By Linda Lucas, AD
Site Owner: The Activity Director's Office
http://www.theactivitydirectorsoffice.com

Tips to Share with your Residents

[NOTE: I received these tips in an e-mail from a friend. Although these tips are quite interesting, I have not tried them out. If you use them it is at your own risk.]

A sealed envelope - Put in the freezer for a few hours, then slide a knife under the flap. The envelope can then be resealed. (hmmmmmm...)

Use Empty toilet paper roll to store appliance cords. It keeps them neat and you can write on the roll what appliance it belongs to.

For icy door steps in freezing temperatures: get warm water and put Dawn dish washing liquid in it. Pour it all over the steps. They won't refreeze. (wish I had known this for the last 40 years!)

To remove old wax from a glass candle holder, put it in the freezer for a few hours. Then take the candle holder out and turn it upside down. The wax will fall out.

Crayon marks on walls? This worked wonderfully! A damp rag, dipped in baking soda. Comes off with little effort (elbow grease that is!).

Permanent marker on appliances/counter tops (like store receipt BLUE!) rubbing alcohol on paper towel.

Whenever I purchase a box of S.O.S Pads, I immediately take a pair of scissors and cut each pad into halves. After years of having to throwaway rusted and unused and smelly pads, I finally decided that this would be much more economical. Now a box of S.O.S pads last me indefinitely! In fact, I have noticed that the scissors get 'sharpened' this way!

Blood stains on clothes? Not to worry! Just pour a little hydrogen peroxide on a cloth and proceed to wipe off every drop of blood. Works every time! (Now, where to put the body?) LOL

Use vertical strokes when washing windows outside and horizontal for inside windows. This way you can tell which side has the streaks. Straight vinegar will get outside windows really clean. Don't wash windows on a sunny day. They will dry too quickly and will probably streak.

Spray your TUPPERWARE with nonstick cooking spray before pouring in tomato based sauces and there won't be any stains.

Wrap celery in aluminum foil when putting in the refrigerator and it will keep for weeks.

When boiling corn on the cob, add a pinch of sugar to help bring out the corn's natural sweetness

Cure for headaches: Take a lime, (Continued on page 12)
Following is Your Free Facility Newsletter

The following four pages contain a pre-written facility newsletter which you may use as your own. It is intended to help make your departmental responsibilities time saving and cost effective. All you need to do is put your title on the front and your address on the back.

Suggestions for the Effective Use of Your Newsletter

This newsletter concept is the result of several years of preparation and the generous support of the sponsors whose advertisements are contained within its pages. Because all of the material in the newsletter is copyright free, you may feel assured that the publishing and distributing of your free newsletter is legal.

PREPRINT

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

- First type or paste the title of your newsletter into the blank area of the front page mast.
- On the mailing page insert your facility’s name and address in the upper left corner where it says “From:”.
- 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

- 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 to use 17” x 11” sheets (this size is larger than legal size paper, but can be hand fed into most modern printers).
- 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.
- 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)

- To prepare your newsletter for mailing, it must be folded twice so the mailing face is showing on the outside.
- 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).
- Write or stick your address labels where it says “To:”.
- Place postage in the upper right hand corner. First class postage will pay for your newsletter and at least two 8.5”x11” insertions.
- 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

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.
New Jersey Doctor Making a Difference for Stroke Victims

(ARA) - He decided to go to medical school for the same reason as most of his peers - to make a difference and save lives. What sets Dr. Ron Benitez, 37, a neurosurgeon from New Jersey apart from the rest is his determination to go above and beyond to help stroke victims.

Frustrated by the results he saw in patients who received the standard treatment for stroke, the clot-busting drug, Tissue plasminogen activator (TPA), he decided to try out a new procedure he had heard about, and was amazed by the results. With the Merci Retrieval System, developed by Concentric Medical of Mountain View, Calif., and approved by the Food and Drug Administration in 2004, the doctor maneuvers a device which resembles a corkscrew through a large catheter, up to the brain, to suck clots out of the body.

"I wanted to try it because conceptually it sounded like a good thing to be able to pull out larger pieces of clot. In my experience thus far, the results have been phenomenal," says Dr. Benitez.

The system's biggest advantage over TPA is it expands the treatment window significantly. While TPA must be administered within three hours after the start of symptoms to be effective, the Merci Retrieval System adds another two hours to the performance time.

A few extra hours ended up making all the difference for a 57-year-old New Jersey man Dr. Benitez treated recently. "He was at home when his stroke symptoms first appeared. He tried to convince his wife he could just sleep it off, but she insisted on dialing 9-1-1 which ultimately saved his life," he says.

When the man was flown into the hospital, he couldn't talk or move his right side. In the operating room, Dr. Benitez discovered an occlusion of an artery in his head. He used the Merci Retrieval System to extract a 3 centimeter piece of clot.

"The patient was in the hospital for six days and went home. He didn't even require rehab," says Dr. Benitez. "The anesthesiologist who worked the case with me went up to see him a few days later, and after having a conversation with him, came back to me with tears in his eyes and said, 'I've been practicing medicine for 30 years and I've never been involved in a case that's been as dramatic as this.'

For more information about the Merci Retrieval System, you can contact Dr. Benitez directly. Log on to www.atlanticneurosurgical.com or call (973) 285-7800.

Signs of Stroke

Dr. Benitez says it's important for everyone to recognize the early signs of stroke. They include:

- Weakness or numbness on one side of body
- Loss of vision in one eye
- Difficulty speaking
Paying too Much for Medications? Saving Money on Prescriptions Just Got Easier

(ARA) - Americans are paying more and more for their medications, with many seeing double-digit increases or more over the past decade. The changing landscape of brand names, generics and over-the-counter choices is confusing. And health insurance coverage is changing rapidly too. The trend is toward higher co-payments or co-insurance for traditional prescription card programs and consumer-driven health plans with high deductibles, meaning that out-of-pocket expenses are on the rise.

With all of these changes, cost is becoming more of a factor when consumers are ready to fill their prescriptions.

But, where to go to find lower prices and make more informed decisions? One site, BidRx.com, is a free Web site changing the way Americans buy prescription drugs. Just as online travel sites have revolutionized how consumers find inexpensive airfares and hotels online, BidRx.com has created an open and competitive marketplace where consumers can evaluate similar medications, comparison shop between pharmacies, receive electronic coupons for discounts from pharmaceutical companies and ultimately experience savings up to 85 percent or more when they put their prescriptions out for bid so they can compare prices and services from various pharmacies.

Omro Pharmacy of Omro, Wisc., is one of the pharmacies to does business on the site. "As an independent drug store, we're always looking for ways to serve more customers," says Ken Bressers, RPh, pharmacist and owner, Omro Pharmacy. "I think it's really important that BidRx exists. It's the first real way to find reasonable prescription pricing online. And, with BidRx.com, although we're in a small town, our pharmacy can reach millions of American consumers and offer them medications at honest prices. That makes us feel good, and it keeps us in business."

"I first heard about BidRx.com when I was checking a prescription price for my mom. I went to her regular pharmacy to find out their price, which was $26.99. For fun, I checked the same prescription on BidRx.com. I was shocked that the bid came back at only $8.64," says Nancy Leatherwood, Oshkosh, Wisc. "It was a huge cost savings for my mom, who is on a fixed income. BidRx was so easy, I really recommend it for everyone. I'll definitely do it again for my mom and for my own prescriptions. I had no idea that there could be such a huge range in medication pricing; it was a real eye-opener."

If high health care costs are cutting into your family's bottom line, it's time to take action by shopping for prescriptions in a whole new way. It's easy to participate. Visit www.BidRx.com and register on the confidential and secure site to learn more and start saving right away.

 Courtesy of ARA Content

FORGET I ASKED

A husband and wife are getting ready for bed. The wife is standing in front of a full length mirror taking a hard look at herself. "You know love," she says, "I look in the mirror and I see an old woman. My face is all wrinkled, my boobs are barely above my waist, my bum is hanging out a mile. I've got fat legs and my arms are all flabby."

He thinks about it for a bit and then says in a soft voice, "Well, there's nothing wrong with your eyesight".
Grandparents Raising Grandchildren: Loving Care through the Generations

(ARA) - Mom, dad, kids and a dog named Spot. The nuclear family structure that was typically portrayed in television shows of the 1950s and 1960s is not the reality of today. Families are sewn together by many different threads, and one specific familial set-up - grandparents raising grandchildren - is one that is not only unique by definition, but also is susceptible to many unique challenges.

Dr. George Stricker, professor of clinical psychology at Argosy University/Washington DC, explains, "The pattern of grandparents serving as the primary caregivers to children has been increasing steadily over the past decade." U.S. Census 2000 data indicated that "2.4 million grandparents are taking on primary responsibility for their grandchildren's basic needs. Many of these grandparents have assumed this responsibility without the parent of the child being in the home." (AARP. "State Fact Sheets for Grandparents and Other Relatives Raising Children." September 2005. May 25, 2006 <www.aarp.org>)

"Grandparent/grandchild relationships almost always occur as a result of something bad happening to the previous care giving set-up," says Dr. Stricker. "Some reasons include parental death, incarcerations, illness, drug use, or termination of parental rights because of abuse."

And with these hardships come the significant age and generation gaps between grandparent and grandchild. As a result, it may be difficult for grandparents to relate to parents of peers of the grandchild. "Physical and mental energy may not be present in an aging caregiver," says Dr. Stricker. "There also are problems that arise from the interference with the grandparents' plans for their later years, as they have to take on full parental responsibilities at a time of their lives that ordinarily is reserved for less arduous tasks, and interfere with retirement and socializing plans."

Despite some tough roadblocks in the family's path, it is important to realize that there are many rewards facing aging caregivers. "Grandparents can still gain the satisfaction of contributing to the well-being of the family and the love and companionship provided by the youngster," says Dr. Stricker.

Grandparents may be helped if they understand the benefits of what they are doing, focus on some of the benefits that accompany the problems, and do not deny the problems that are inevitable with the role. Says Dr. Stricker: "Remember that grandparents, too, may have had a tragedy concerning their own child, so they are hurting going in to their new caregiver role. Any other advice would be the same as would be given to a parent: be patient and loving, and hope for the best."

Courtesy of ARA Content

EDITOR'S NOTE: Dr. Stricker is a professor of clinical psychology at Argosy University/Washington DC, with principal interests in psychotherapy integration, clinical training, ethics, and research in grandparenting. For more information about Argosy University/Washington DC, visit www.argosyu.edu.

Argosy University/Washington DC is one of 14 Argosy University (www.argosyu.edu) campuses and four extension sites in twelve states. Argosy University offers doctoral and master's degree programs in psychology, business, counseling, and education. Argosy University also offers doctoral and master's degree programs in business administration, bachelor degree completion programs in psychology and business, and associate's degree programs in various health sciences fields. Argosy University is accredited by the Higher Learning Commission and is a member of the North Central Association (NCA) (30 North LaSalle Street, Suite 2400, Chicago, IL 60602, 1-800-621-7440, www.ncahlc.org).
Things you can do with Alka-Seltzer........

**Clean a toilet.**
Drop in two Alka-Seltzer tablets, wait twenty minutes, brush and flush. The citric acid and effervescent action clean vitreous China.

**Clean a vase.**
To remove a stain from the bottom of a glass vase or cruet, fill with water and drop in two Alka-Seltzer tablets.

**Polish jewelry**
Drop two Alka-Seltzer tablets into a glass of water and immerse the jewelry for two minutes.

**Clean a thermos bottle.**
Fill the bottle with water, drop in four Alka-Seltzer tablets, and let soak for an hour (or longer, if necessary).

**Unclog a drain.**
Clear the sink drain by dropping three Alka-Seltzer tablets down the drain followed by a cup of Heinz White Vinegar. Wait a few minutes, and then run the hot water.