

## Hitting the restart button:

What will you paint on the new year's fresh canvas? Imagine 365 days of good habits: completed projects, eating well, regular workouts, and spending time with family and friends. Good habits lay the best foundation for a full, happy, healthy life. Take these steps to harness their power:

- Pick one habit. Chances are there's one behavior that consistently floats to the top of things you'd like to change. Changing just one habit can have a positive ripple effect for others on your list.
- Identify the challenges. There will be obstacles that must be removed, but don't let them deter you from your goal. For example, if you'd like to arrive at work earlier, you may need to go to bed earlier and coordinate morning routines with others.
- Give yourself a month. Studies show that with daily repetition, habits can be formed in as little as 18 days. Stick it out and give your new habit time to take root.

Knowing your numbers — for blood pressure and more — is a great way to hit the restart button. Take your Total Health Assessment to understand your overall health status. Get ready — changing habits can revolutionize your life.

Effective stomach disciplinarians know how to quell hunger pangs decisively without sabotaging their health. Here are three of their secrets:

- They're DIY snackers. No vending machine dashes for these folks. Home-packed snacks — such as fruit, cut vegetables, and whole grain crackers — deliver both nutrition and savings.
- They give good fats their due. Foods containing unsaturated fats — such as almonds, walnuts, pecans, and avocados — help us feel satisfied and comfortable until the next meal. They may also improve blood cholesterol levels and reduce inflammation.
- They drink lots of water. Sipping water throughout the day can help keep you feeling full. Not getting enough can also make you feel fatigued, which is one of the first signs of dehydration. Instead of reaching for something to chew on to boost energy, you may only need your liquids replenished.

Winning at the snacking game is about playing offensively. Be prepared and victory is surely yours.

Adopting a habit of conscious gratitude is the key to happiness, regardless of your circumstances. Take these steps to learn the art of gratitude:

- Be thankful. Write down the things you have... some you might even take for granted, such as food, shelter, your family, and friends.
- Look for simple things. A child's laugh. Sunlight glinting on the snow. Chili bubbling on the stove. A warm mug on cold hands. Be present. Savor the small gifts in life.

- Appreciate everybody. You're not going to like everybody. But choosing to accept and appreciate them — as they are — will help you see more clearly that it's not all about you. A dawdling child — teaches you patience. That grumpy cashier has just been on her feet all day give her a warm, understanding smile.

Like any habit, remembering to be grateful takes practice.

A new year is a great time for a new start. You can always find a reason to skip a workout, but you can overcome those barriers. Here's how to answer those nagging whispers that are pulling you toward the couch:

- Dress the part. Just putting on workout clothes can transform your attitude from sluggish to sprightly in minutes.
- Have a snack. Fueling up with some protein and a complex carbohydrate, such as a hard-boiled egg and a slice of whole wheat toast, can keep you feeling energized during a workout. Eat about two hours before you exercise.
- Crank up some tunes. Music has proved to enhance workouts by distracting from fatigue, encouraging coordination, and stimulating blood flow. If music isn't your thing, listen to a book on tape and try to end each session with a cliffhanger.

Everyone runs into exercise obstacles sooner or later. Find your best motivators to help you stick with your goals.

Having a long-term workout plan is the perfect strategy for achieving fitness goals. But you don't have to wait months to see the benefits. Consider these instant results of daily physical activity:

- Improved mood. Studies find that nearly all exercise — walking, lifting weights, even gardening — can lift depression and reduce stress. Whether it's the endorphins coursing through your body, the sense of accomplishment for a workout well done, or the people you socialize with at the gym, regular exercise buoys the spirit.
- Revved up metabolism. Right away, your elevated heart rate signals to your brain that something important is happening, and boom! Your metabolic furnace is cranking away, torching calories. Varying the intensity and duration of your workouts boosts your metabolism even more.
- Better sleep. When it comes to good quality winks, workouts are the best sleep medicine. People who exercise fall asleep faster, enjoy deeper slumber, and awake less often.

You're designed to move. Treat your body to a workout and start reaping the benefits today.

# What's Your Sun Safety IQ?

Sun safety is not just for vacation. Are you sun-safe every day? Take the American Cancer Society's 9-question quiz and find out.

**1. I can't get skin cancer, because my normal routine (such as work, drive to work, hobbies, and vacations) doesn't include any outdoor activities.**

- ☐ true
- ☐ false

**2. I should use sunscreen at football games, even though I only go (and get burned) once or twice a year.**

- ☐ true
- ☐ false

**3. If I'm wearing sunscreen, I can stay in the sun as long as I want.**

- ☐ true
- ☐ false

**4. A sunscreen labeled SPF 15 blocks more UV radiation than one labeled SPF 30.**

- ☐ true
- ☐ false

**5. It's safe to let my children stay in the pool all day if they slip on a T-shirt after a couple hours and reapply sunscreen to their faces, arms, and legs.**

- ☐ true
- ☐ false

**6. How often do I need to reapply water-resistant sunscreen?**

- ☐ every 2 hours or sooner
- ☐ after sweating or swimming
- ☐ after I towel dry
- ☐ all of the above

**7. Getting a "base tan" at an indoor tanning salon is as good way to prevent sunburn when I go to the beach later this summer.**

- ☐ true
- ☐ false

**8. What are the 2 most common (and painful!) sunscreen mistakes?**

- ☐ choosing an SPF below 30 and missing spots
- ☐ using too little and waiting too long to reapply

**9. Now put it all together. You applied sunscreen at 12:00 noon for an afternoon of reading beside the pool. At 2:00 p.m., which one of the following actions would best protect your skin?**

- ☐ slip on some loosely woven cotton clothes
- ☐ move to the shade
- ☐ reapply sunscreen

Answers on next page

# What's Your Sun Safety IQ?

Sun safety is not just for vacation. Are you sun-safe every day? Take the American Cancer Society's 9-question quiz and find out.

**1. I can't get skin cancer, because my normal routine (such as work, drive to work, hobbies, and vacations) doesn't include any outdoor activities.**



- ☐ true
- ☐ false

The Correct Answer is **false** .

Dermatologists say brief sun exposures all year round can add up to major damage for people with fair skin. And some of the sun's ultraviolet (UV) rays can even pass through windows, so driving or even sitting by a window during peak sun hours, 10:00 a.m. to 4:00 p.m., can expose your skin to damaging UV rays if the sun is shining directly on you.

When added up, everyday exposures are linked to squamous cell skin cancer. Although not as dangerous as melanoma, squamous cell skin cancer is far more common and the number of cases has been going up every year.

**2. I should use sunscreen at football games, even though I only go (and get burned) once or twice a year.**



- ☐ true
- ☐ false

The Correct Answer is **true** .

Many people think it's OK to get a sunburn now and then, but studies show that even occasional exposure to strong sunlight seems to increase the risk of the most serious type of skin cancer, melanoma.

**3. If I'm wearing sunscreen, I can stay in the sun as long as I want.**



- ☐ true
- ☐ false

The Correct Answer is **false** .

It's not smart to broil in the sun for several hours, even if you are wearing sunscreen. These products don't provide total protection from ultraviolet (UV) rays. The American Cancer Society recommends that people seek shade and limit time in the sun at midday. Also, cover up with a shirt, wear a wide-brimmed hat, use a broad-spectrum sunscreen rated SPF 30 or higher, and reapply it about every 2 hours. And don't forget sunglasses for eye protection.

4. A sunscreen labeled SPF 15 blocks more UV radiation than one labeled SPF 30.



- ☐ true
- ☐ false

The Correct Answer is **false** .

The Sun Protection Factor (SPF) describes how well a sunscreen protects against UVB rays (although it says nothing about protection from UVA rays). SPF 15 sunscreens filter out about 93% of UVB rays, while SPF 30 sunscreens filter out about 97%. Be sure to choose a broad spectrum product that blocks both UVB and UVA light. It's also important to use enough sunscreen and to reapply it often, especially if you are sweating or swimming.

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5. It's safe to let my children stay in the pool all day if they slip on a T-shirt after a couple hours and reapply sunscreen to their faces, arms, and legs.



- ☐ true
- ☐ false

The Correct Answer is **false** .

UV rays can easily go through a white cotton t-shirt, especially if it's wet. Most wet, light-colored t-shirts only give about as much protection as an SPF 4 sunscreen – certainly not enough for all day and well below the minimum of SPF 30 recommended by the American Cancer Society. Better clothing choices include dark colors, fabrics with tight weaves, and specially treated garments and swimsuits. Sun-protective clothing can be found at sporting goods stores. Another great choice is moving into the shade during mid-day, when the sun's rays are strongest. For babies younger than 6 months, shade, sun-protective clothing, and hats are best. As a last resort, pediatricians say that very small amounts of sunscreen can be used on small areas, such as the face and back of the hands.

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6. How often do I need to reapply water-resistant sunscreen?



- ☐ every 2 hours or sooner
- ☐ after sweating or swimming
- ☐ after I towel dry
- ☐ all of the above

The Correct Answer is **all of the above** .

For best results, most sunscreens need to be reapplied about every 2 hours or sooner, but be sure to check the label. Sunscreens labeled "water resistant" are made to protect you from burning when you swim or sweat, but may only last for 40 minutes. Also, remember that sunscreen usually rubs off when you towel dry.

7. Getting a "base tan" at an indoor tanning salon is as good way to prevent sunburn when I go to the beach later this summer.



- ☐ true
- ☐ false

The Correct Answer is **false** .

Our experts say a "base tan" gives you very little protection against sunburn. Also, tanning itself injures the skin. What you don't see is UV damage to deeper layers, where it builds-up from every tan and burn you've ever had. There really is no such thing as a "safe tan."

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8. What are the 2 most common (and painful!) sunscreen mistakes?



- ☐ choosing an SPF below 30 and missing spots
- ☐ using too little and waiting too long to reapply

The Correct Answer is **using too little and waiting too long to reapply** .

About 1 ounce of sunscreen (a 'palmful') should be used to cover the arms, legs, neck and face of the average adult. For best results, most sunscreens must be reapplied at least every 2 hours and even more often if you are swimming or sweating. Products labeled "waterproof" may provide protection for at least 80 minutes even when you are swimming or sweating. Products that are "water resistant" may provide protection for only 40 minutes. To be safe use a lot of sunscreen and use it often.

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9. Now put it all together. You applied sunscreen at 12:00 noon for an afternoon of reading beside the pool. At 2:00 p.m., which one of the following actions would best protect your skin?



- ☐ slip on some loosely woven cotton clothes
- ☐ move to the shade
- ☐ reapply sunscreen

The Correct Answer is **move to the shade** .

While all 3 actions may help, getting out of the mid-day sun is the best choice in this situation. Seeking shade is a key element in preventing skin cancer, especially between 10:00 a.m. and 4:00 p.m., when the sun tends to be the hottest.

The clothes block very little UV radiation because they're made of cotton. This compares to a sunscreen rated SPF 4. Covering up is the right idea, but dark colors, tight weaves, and clothing labeled at least SPF 30 work better. (More and more outdoor clothing has an Ultraviolet Protection Factor or UPF rating.)

Sunscreen should not be used to extend your time in intense sunlight. Sunscreen is an important part of protecting your skin, but it does not provide total protection. To get the most from sunscreen, choose products of SPF 30 or higher that block both UVA and UVB rays, reapply at least every 2 hours, and use at least 1 ounce or a palmful for an adult.

from [www. cancer.org](http://www.cancer.org)

## From American Cancer Society Web page

### Stay Away from Tobacco

Quitting tobacco is not easy, but it can be done. Whether you're a smoker, someone who uses smokeless tobacco, or just someone trying to help a friend or loved one, you'll find the information you need in this section.



#### **Tobacco and Cancer**

Follow this link to our What Causes Cancer? section, where you can learn more about cigarette, cigar, and smokeless tobacco use, and how it affects different groups of people.



#### **Guide to Quitting Smoking**

Quitting smoking is not easy, but you can do it. To have the best chance of quitting and staying quit, you need to know what you're up against, what your options are, and where to go for help. You'll find this information here.



#### **Guide to Quitting Smokeless Tobacco**

Smokeless tobacco products come in different forms, but they can still cause cancer and other health problems. Here you can learn what you need to know to help you quit.



## **Quitting Smoking - Help for Cravings and Tough Situations**

For many people, quitting smoking can be a long and hard process. Here you can get tips to help you get through the rough spots.



## **Helping a Smoker Quit: Do's and Don'ts**

If you have a friend or family member who's trying to quit, check out these helpful suggestions.



## **Secondhand Smoke**

People who breathe in secondhand smoke take in nicotine and other toxic chemicals just like smokers do. Learn more about secondhand smoke, why it is a problem, and what can be done about it.



## **Tobacco and Cancer Fact Sheet**

Here you'll find a brief overview of tobacco use, the most preventable cause of death in our society. Get a quick rundown of the cancers and other health problems it can cause, and of the benefits of quitting.





### **Great American Smokeout**

Go here to learn more about the American Cancer Society's Great American Smokeout, held on the third Thursday in November each year. Smokers are encouraged to use the date to take an important step toward a healthier life by making a plan to quit, or by planning in advance and quitting smoking that day.



### **Smoke-free Communities**

Learn more about state actions to help curb tobacco use, and get information on how employers can help create a safer, healthier workplace for their employees.



### **Quit for Life Program**

The American Cancer Society Quit For Life® Program operated by Alere Wellbeing is a telephone-based coaching and Web-based learning support service to help people quit smoking.

# Seniors and Medications

Living independently is important to all of us, but it's especially important to seniors. As they age, seniors face unique challenges, such as losing a spouse and elderly friends, changes in physical and mental abilities, and other general lifestyle changes that often occur during the golden years. Living in a comfortable and familiar environment becomes paramount to a senior's happiness and feeling of well-being. As the relative, friend or caregiver of a senior, it is important for you to help seniors achieve this goal.

One area that deserves special attention with seniors is managing medications they take. The number of medications they are required to take usually increases with age, as seniors are often prone to health conditions that are regulated by medicine. Taking the medications is important. However, it is equally important for seniors and their family caregivers to understand what medications the senior takes, the possible side effects of each medicine and the potential adverse effects of taking different types of medications at the same time. Mismanagement of medications can be detrimental and sometimes even life threatening.

Medication mismanagement can be minimal or extreme. Forgetting to take medication can cause obvious problems but may not be of great concern if it does not happen often. However, combining some types of medicines can cause critical adverse reactions, and if a senior is required to take painkillers, addiction can rear its ugly head. For these reasons it becomes essential to keep seniors well informed of the hazards mismanagement of medications can cause. It's also critical to keep the senior's doctor informed of all of medications the senior is taking and any apparent adverse side effects.



Signs of medication misuse include dizziness, nausea, confusion, memory issues, increased falls, troubled sleeping patterns, incontinence and even hallucinations. Malnutrition can also indicate improper medicine administration, because confused seniors may not eat properly. Seniors who become addicted to painkillers may become secretive regarding their use of those drugs and seek prescriptions from various doctors and pharmacies. In extreme but not uncommon cases, some medications -- when mixed -- can cause death.

Seniors who have trouble successfully managing medications are not alone. In fact, research indicates that approximately 40 percent of people entering nursing homes do so because they are unable to self-medicate in their homes. In addition, 30 percent of all hospital admissions for people over age 65 are directly attributable to missed doses or overdoses of medication.

With these statistics in mind, the medical community has offered advice and other solutions to help seniors manage medications in their own homes. When family members visit, it is an opportunity to remind seniors to take their meds at designated times. If possible, seniors are encouraged to keep logs of the times they take their medications in order to keep track, determine the time of their next dose and to prevent over-dosage.

Research shows seniors who live alone are more likely to inadvertently misuse medications. Knowledge is power, but control is key regarding medication management. The reward in helping seniors properly manage their medication is helping them achieve their ultimate goal of living healthy, independent lives in their own homes for as long as possible.

# LIVING A BALANCED AND HEALTHY LIFE

Make time for Play --By Eric Metcalf MPH

Play is very easy for children. It's hard for them to *not* do it. By adulthood, though, most of us have gotten the message that we should be working or spending our time on more useful matters.

But play time isn't wasted time for adults. It's not something you should leave behind in your childhood. And it's not something you should have to hide, says Stuart Brown, MD, in his book *Play*.

That's because spending time at play -- whether it's getting outside, working on your favorite hobby, telling jokes, or just goofing off -- provides mental and physical health benefits, says life coach Susan Biali, MD. Those benefits include:

- **Stress relief.** When we're focused on play, "it takes us out of our daily routine and the 'grown-up' worries that occupy our mind so much of the time," Biali says. If you laugh while you do it, all the better; it may provide even more health benefits. Research has found that laughter may relax your muscles, help you breathe better, promote better blood flow, and improve your immune system.
- **Better physical health.** Stress can cause many symptoms, such as headaches, back pain, fatigue, trouble sleeping, and upset digestion. As a stress-reliever, play may help lessen these problems. If you're physically active during playtime, it can improve your fitness and energy level, too.
- **Better self-esteem.** Play can make you feel good about yourself and your life.
- **Social support.** Spending time with people who care about you -- like when you're playing -- can be good for your health.

Also, spending time while at play may boost your creativity and help you become a better problem-solver, says Kevin Carroll, author of *What's Your Red Rubber Ball* and related books. This, in turn, can help you perform better during your time at work.

To get the most fun out of your playtime, try these ideas:

**Do whatever brings you joy.**

Look for activities that "tickle your brain," Carroll says. That could be dancing, running, playing chess, or figuring out the missing numbers in Sudoku puzzles. "If you can find ways to surround yourself with those things from time to time, it's only going to be a benefit to you," he says. However, he warns against activities that are harmful to your body or mind, like overusing alcohol.

If it's been awhile since you truly played, think back to what made you laugh as a child, Carroll says. You may still find joy in these things. (If you have any toys or books from your childhood, take a look at them. They may set you back on the path toward playfulness.)

## The Basics of the Nutrition Facts Panel

The following is a quick guide to reading the Nutrition Facts Panel.

### Start with the Serving Size

- Look here for both the serving size (the amount for one serving) and the number of servings in the package.
- Compare your *portion* size (the amount you actually eat) to the *serving* size listed on the panel. If the serving size is one cup and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

### Check Out the Total Calories and Fat

- Find out how many calories are in a single serving and the number of calories from fat. It's smart to cut back on calories and fat if you are watching your weight.

### Let the Percent Daily Values Be Your Guide

Use percent Daily Values (DV) to help evaluate how a particular food fits into your daily meal plan:

- Daily Values are average levels of nutrients for a person eating 2,000 calories a day. A food item with a 5 percent DV of fat provides 5 percent of the total fat that a person consuming 2,000 calories a day should eat.
- Percent DV are for the entire day, not just one meal or snack
- You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100 percent DV.

### The High and Low of Daily Values

- 5 percent or less is low. Aim low in total fat, saturated fat, trans fat, cholesterol and sodium.
- 20 percent or more is high. Aim high in vitamins, minerals and fiber.

### Limit Fat, Cholesterol and Sodium

Eating less fat, cholesterol and sodium may help reduce your risk for heart disease, high blood pressure and cancer.

- Total fat includes saturated, polyunsaturated, monounsaturated and trans fat. Limit to 100 percent DV or less per day.
- Saturated fat and trans fat are linked to an increased risk of heart disease.
- High levels of sodium can add up to high blood pressure.
- Remember to aim for low percentage DV of these nutrients.

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250		Calories from Fat 110	
		% Daily Value*	
Total Fat	12g		18%
Saturated Fat	3g		15%
Trans Fat	1.5g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A 4%			
Vitamin C 2%			
Calcium 20%			
Iron 4%			
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

### **Get Enough Vitamins, Minerals and Fiber**

- Eat more fiber, vitamins A and C, calcium and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.
- Choose more fruits and vegetables to get more of these nutrients.
- Remember to aim high for percentage DV of these nutrients.

### **Additional Nutrients**

You know about fat and calories, but it is important to also know the additional nutrients on the Nutrition Facts Panel.

- **Protein**

Most Americans eat more protein than they need, so a percentage Daily Value is not required on the label. Eat moderate portions of lean meat, poultry, fish, eggs, low-fat milk, yogurt and cheese, plus beans, peanut butter and nuts.

- **Carbohydrates**

There are three types of carbohydrates: sugars, starches and fiber. Eat whole-grain breads, cereals, rice and pasta plus fruits and vegetables.

- **Sugars**

Simple carbohydrates or sugars occur naturally in foods such as fruit juice (fructose) or come from refined sources such as table sugar (sucrose) or corn syrup.

### **Check the Ingredient List**

Foods with more than one ingredient must have an ingredient list on the label.

Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. This information is particularly helpful to individuals with food sensitivities, those who wish to avoid pork or shellfish or limit added sugars or people who prefer vegetarian eating.

*Reviewed January 2013*

## Having a Conversations with Aging Parents

We hear time and time again from professionals that family conversations are best when they happen sooner rather than later. The more involved your aging parents can be in the conversations, the better. Try not to wait until there is declining health or a crisis of some kind. The fact is, if you, as the adult child have these conversations on your mind... your parents do too. And, not moving forward just puts more stress on everyone.

***Procrastination is the art of keeping up with yesterday.***

*Don Marquis, humorist*

There are numerous common excuses for not getting the conversation started. Your parents' paperwork may be in real disarray and you dread dealing with it. You may feel they have worked their affairs out with an attorney or executor and don't need or want your help. Or, things like money or self sufficiency may not be topics that are ever discussed in your family. You may be concerned about siblings or other family members wanting to get too involved and matters getting out of control. Or, talking about next steps for your parents may just feel too emotional because it makes you feel like their lives are ending. Their lives may be changing, but they are far from over – if you begin these conversations in time. Give your parents the gift of getting the conversation started. This is a wonderful way for you to honor your father and mother. Once the process is underway, parents frequently wish they had begun even sooner.

Expect that you will be unsure and uncomfortable raising some of these topics. However, with thought and preparation, even difficult first steps can become more comfortable and result in productive family conversations. Discussions conducted with careful consideration, respect and solid information work best. The right approach and helpful resources can bring about good results for everyone.

### APPROACH

*Here are key considerations to help you frame your approach.*

#### Consider your personal point of view

- Begin with yourself, the adult child, and be honest. Why do you want to have these conversations? What do you want for yourself and for your parents? What are your fears or concerns? What would be your best-case scenario? What do you want to happen?
- Be empathetic. Put yourself in your parents' shoes. Ask them how they are doing. Ask them if they're still able to do the things they want. Let them know you care about how they are and what they want.
- Be a good listener. Sometimes you are afraid to hear what parents are feeling because it also makes you face getting older. Let them talk and let them know you hear them.
- The idea that a role reversal takes place in the relationship between you and your parents is neither true nor helpful. That should never happen. A shift in your relationship may occur as you guide these conversations, but you should not consider yourself the disciplinarian or that you "know what is best."

#### Before you start talking



- Involve everyone in the family who should be part of the conversation and include your parents at every step.
- Resist any temptation to jump ahead and put a plan together yourself.
- Remember when you think about HOW to have your conversation to frame it around the five most important considerations for aging seniors: security, freedom, peace of mind, friends and choices. How can your parents best achieve these things?
- Think about asking questions to find out whether or not your concerns are the same as your parents. Let them know what you have identified and ask if they ever think of those same concerns or if they have identified others.
- Ask yourself if your desired outcomes are the same as theirs. Have they considered the same things you have, or are they thinking in a different direction?
- Consider putting together a script or an outline so you have something to follow and don't forget important points. You don't need to have it in front of you, but it will help you organize your thoughts.
- If you still feel nervous or afraid of getting started, run your ideas past a professional. This can be a social worker at a local agency or senior center. It might be a therapist or someone at your church or local hospital. Identify who your parents trust and respect. These can also be excellent individuals with whom to consult.
- It helps to have conversations when you are not rushed; when there is time for small talk. Plan to talk in a quiet place where your parents won't have trouble hearing you; where they can feel calm and focus on the conversation.
- Always show respect and support for the fact that these are THEIR DECISIONS and THEIR LIVES.

### Getting the conversation started

- Ask your parents how you can work together.
- Stress that there are not necessarily "right" or "wrong" options or ideas. It's most helpful to consider a number of things as good options when starting to have these conversations.
- It helps to start with small, casual conversations to plant seeds. Use phrases like, "Let's just talk about you," or "I've noticed some things take a lot more energy these days. What are the important things you really want to do? What are your priorities? Is there a way we can make it easier for you to do those things?"
- It has also worked for some adult children to open the conversation by saying how much you admire the way your parents have handled retirement and ask their advice on what has worked well for them so that you can emulate it. This can naturally lead into a discussion about "What kind of planning comes next?"
- Others have started conversations by talking about yourself and your kids and how you communicate with one another. Adult children may already be communicating with their kids on their next steps and their wishes surrounding those circumstances.
- Use something neutral such as a relevant event in the news or a recent incident or anecdote about an aging family member or friend to get the conversation going. This can be an opening to mention, "We've never talked about these kinds of things. I don't want to pry, but it would bring me a lot of peace of mind to know there is a plan if we need one."
- Build upon these more casual conversations to lead into larger decision-making conversations later.

We hope you will agree that getting the conversation started and getting it started in a good way is a really wonderful gift you can give your parents and your entire family. It is a way to honor your parents and help them look forward to what comes next in their lives.

from: <http://www.havingtheconversation.com/How-to-best-get-started.html>



# Dogs for the Deaf - Central Point, OR

## Our mission statement...

Dogs for the Deaf, Inc.'s mission is to rescue and professionally train dogs to help people and enhance lives, maintaining a lifelong commitment to all dogs we rescue and all people we serve.

## At Dogs for the Deaf, we...

- **Rescue** homeless dogs from shelters
- **Provide** needed medical care and spaying/neutering
- **Train** the dogs to help people with a variety of disabilities and challenges
- **Place** professionally trained dogs with professionals (teachers, physicians, counselors, legal advocates, caregivers) who work with people with various disabilities and challenges.
- **Provide** 5-6 months of obedience training and specialized training needed for the program each dog is in (visit the [Our Dogs](#) pages of this website for more information about our different programs)
- **Screen** each applicant for a dog very carefully to determine the person's needs, abilities, personality, life style, and ability to care for the dog (see [Our Dogs - Application Process](#) page.)
- **Match** each dog to the best possible applicant for that particular dog
- **Take** the dog to the client's home and **train the client** to maintain the dog's skills
- **Provide** lifetime follow up help and guidance to make sure the team is achieving maximum benefit from each other
- **Help** the person with the retirement or passing of the old dog and getting a successor dog
- **Do not take dogs back to the shelter** - all dogs are placed in loving homes.

All of this is done for a minimal \$50.00 application fee and a \$500.00 Good Faith **refundable** deposit.

Dogs for the Deaf's investment in each dog includes:

- **Finding** and evaluating dogs
- **Providing** all dogs any medical treatment deemed necessary
- **Training**, socializing, and further evaluating each dog
- **Placing** the dog with the client and working with the team
- **On-going follow-up** support for the life of the team.

On average, Dogs for the Deaf's investment in the above amounts to about \$25,000.

<http://www.dogsforthedeaf.org/>

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# Career Change Dog Adoption Information

[Home](#) > [Programs](#) > [Dog Programs](#) > [Dog Adoption](#)



Becoming a Guide Dog takes a very special combination of health, skill and behavioral soundness. Our standards are extremely high, and not all dogs are cut out for it. Some of our dogs go on to have careers

as [breeder dogs](#), [K9 Buddies for blind youth](#), or special community canines that assist people in various ways. Those that don't quite qualify as Guide Dogs or go on to alternate jobs we call "career change" dogs. In most cases, career change dogs are adopted by their puppy raisers. Others may go on to work in search and rescue, hearing or service dog training, agility, cancer detection, or pet therapy.

The dogs released from GDB's program to become pets or companions are placed in adoptive homes in the eight western states - California, Oregon, Washington, Arizona, Nevada, Idaho, Colorado, Utah and North Texas. Most of the dogs are between one and two years old, and can be any of our breeds: Labrador Retrievers, Golden Retrievers, and Lab/Golden crosses. The regular adoption fee for these dogs is \$750.

The reasons the dogs are dropped from our programs are generally two-fold:

## CONTACT US

Call 800-295-4050



## MORE INFORMATION

[Dog Adoption Program](#)

[FAQ's about Dog Adoption](#)

[Adoption Criteria](#)

[Adoption Process](#)

[Dog Adoption Application](#)

## DID YOU KNOW?

Services are offered free of charge to GDB students and alumni. [Find out more about Guide Dogs for the Blind's programs.](#)

- **Medical reasons (40%):** anything from allergies to cataracts to varying severities of dysplasia (hip and elbow).
- **Behavioral reasons (60%):** high activity level, incompatibility with cats or other dogs, assertiveness requiring strong handler leadership. Some of these dogs may not be suitable for homes with young children or other pets.



Because we receive many more applications for adoption than we have dogs available, our selection process is based on suitability rather than on a first-come, first-served basis. Dogs are matched in consideration of the needs of both the dog and the potential adopting home. **Interested adopters and their families must be willing to travel, at their own expense, to either our San Rafael, California, or Boring, Oregon, campus** within a week of being notified by our Dog Placement office that a potentially suitable dog is available.

Applicants not selected for adoption consideration will be notified by letter. Obedience and agility competitors, search and rescue trainers, tracking enthusiasts and others in dog-related fields are encouraged to apply!

None of these dogs may be used as working guides for the visually impaired, nor have they been trained to perform tasks for persons with other special needs.

## LEARN MORE:

[Responsible pet ownership](#)

[Suggested book/video list for dog adopters](#)

# FARM SAFETY

Visiting a farm or petting zoo can be a great experience for your family. It lets kids interact with animals, and they can see how foods are grown and processed.

But before you load up the family for a rural adventure, it's important to learn a bit about farm safety. Animals, heavy machinery, and pesticides are just a few of the hazards for kids on farms. And if you live on a farm, it's important to protect kids from everyday dangers by taking safety precautions.

## Why Farm Safety Is Important

The age groups at greatest risk for injury on farms are kids around ages 3 to 4 years old and teens 13 to 14 years old. Fortunately, most injuries can be prevented by taking precautions and educating kids about the potential dangers.

If you're visiting a farm or live on one, being aware of potential hazards will help kids steer clear of potential accidents.

## Animals

Visiting the animals on a farm is a great opportunity to teach kids to be respectful of farm life. Teach your kids not to run, scream, speak loudly, or otherwise startle an animal. Because a mother protecting her young can become defensive, kids shouldn't go near baby animals.

Helmets are an important safety feature when riding or working with horses. Another safety concern on a farm is that animals may transmit [infections](#) to humans. To prevent this, have your kids [wash their hands](#) with warm water and soap after touching any animals. If you live on a farm, teach your kids to wash their hands after handling or cleaning up after [pets](#) and farm animals and to avoid kissing or sharing food with the animals.

## Machinery

The heavy machinery that helps a farm run also can pose a serious safety risk. The most common machinery injuries include being crushed or losing limbs in large equipment like combines, threshers, hay processors, and riding mowers. Tractors are the most frequent and most deadly cause of machinery injuries.

Types of injuries that can be caused by farm machinery include:

- **Pinching injuries:** This occurs when two pieces of machinery move together with at least one piece moving in a circle. Clothing, fingers, hands, or other body parts could be caught near a rotating part and severed.
- **Wrapping injuries:** If there's a rotating shaft, clothing or hair could be wrapped around the shaft, trapping a child and pulling him or her toward the machinery.
- **Cutting or shearing injuries:** Machinery that contains blades or hard edges, such as those found on harvesting equipment, can cut material or skin or even sever limbs.
- **Thrown-object injuries:** Machinery such as mowers can throw out stones or other debris while in operation and cause injuries.
- **Crushing injuries:** Garage doors, tractors, or raised equipment may fall, roll, or be lowered, causing serious injury or death to someone trapped or crushed beneath.

Follow these basic rules around machinery to help keep kids safe:

- During a visit to a farm, never allow your child to wander from the tour group or away from you. Don't allow kids to play in areas where machinery is in use or being stored.
- Kids, whether they are visitors or residents, should not play with or ride on equipment, even with adult supervision.
- If there's one seat on the equipment, there should only be one rider — an adult. You should never allow extra riders.
- Do not allow riders in the back of pickup trucks.
- All equipment should be parked and locked with keys removed when not in use.
- Before starting machinery, all operators should know where kids are located to avoid accidents — small children could be easily hidden by large wheels or blind spots. Because adults who are operating machinery may be unable to see or hear kids, kids should never be allowed to play near machinery.
- Keep hand tools, especially those with sharp or hot parts, out of reach.

- Keep equipment in good repair and safety features up to date. For example, tractors should have lights, seat belts, and roll-over protection structures (ROPS). When it comes to machinery maintenance, a shield and guard to cover spinning parts or blades should be kept in place. Read and follow the directions in equipment instruction manuals and conduct routine inspections of equipment so you'll be aware of potential safety hazards that may cause an accident.
- Vehicles such as motorized dirt bikes, mopeds, and all-terrain vehicles (ATVs) are often used as transportation on farms. They can cause death and serious injuries (often head, spinal, and abdominal injuries), especially among teens who use them recklessly and don't wear helmets. Children under the age of 16 should not operate 2-, 3-, and 4-wheeled vehicles.

In general, kids under the age of 16 or those who are not licensed to drive a motor vehicle should not be allowed to operate any farm vehicles, including tractors or ATVs. It's also wise for licensed teens to take a tractor and farm vehicle safety course before operating farm vehicles.

- Finally, teach older kids how to turn off machinery — they might save someone's life in an emergency. If your child is cared for by a family member or other caregiver, make sure that person knows how to turn off machinery in case your child is in danger.

## Electricity, Pesticides, and Chemicals

Locks and childproof containers are necessary when storing pesticides and chemicals. Because poisons can be ingested, inhaled, or can get into eyes or be absorbed through skin, kids should never be allowed near them.

You can take another precautionary step by labeling the containers of poisonous materials with warning signs. Never keep poisonous materials in unmarked bottles — that's a dangerous practice for kids and adults who may get the poisons confused with another substance.

Electrical boxes should be kept locked and there should be no water sources nearby to prevent curious kids from being shocked or electrocuted.

## Water Safety and Manure

When kids explore or play near any body of water, there's always the risk of drowning. Ponds, feeding troughs, or other containers of water may pose a hazard to kids. It's important to watch them as closely on a farm as you would at a swimming pool or the beach.

Supervise kids at all times and teach them to avoid water if you're not around to watch them. In addition, if you live on a farm, fencing ponds, manure pits, and troughs may help prevent drownings.

Manure pits (sometimes also called lagoons) are also a special danger on farms. Many farms that produce dairy, beef, and pork products have complicated systems to handle animal waste. When animal manure decomposes, it gives off gases such as hydrogen sulfide, carbon dioxide, ammonia and methane — which can be dangerous to adults and kids alike. These gases may be colorless and odorless but extremely poisonous. Some are even flammable.

To prevent poisonings, kids should never enter a manure pit or silo (gases can also build up in silos), even if the pit or silo is empty. If you live on a farm, you should work to reduce the volume of manure in liquid collection pits to reduce gas buildup. Also ensure proper ventilation in silos and manure pits.

## Grain and Silos

Grain, which is usually stored in a silo, is often an underestimated danger. Children can become trapped and suffocate under the shifting surface of stored grain or in flowing grain that is being sucked out of the silo.

To prevent injuries from grain entrapment, teach kids to never enter a grain storage container or silo and do not allow them to ride in grain wagons. In addition, if someone is trapped in a silo, teach your child never to enter to help — instead call an adult [or dial 911](#) or your local emergency number immediately.

## Falls From Heights

Children and teens may be enticed by ladders on silos or haylofts. In general, you should keep all ladders, including portable ladders around grain wagons and silos, out of the reach of kids. Ladders can also be fitted with special barriers made to prevent kids from climbing them.

You should also teach your kids that the hayloft is no place to play — a fall from the loft can cause serious and deadly injuries.

## Noise

Kids helping out around the farm could be at risk for hearing loss. Using noisy machinery, lawn mowers, and power tools could cause tinnitus, or ringing in the ears, and prolonged exposure can lead to permanent hearing loss.

To help prevent hearing loss kids should wear ear protection such as earmuffs and earplugs when around noisy equipment or animals. Also, discourage them from listening to headphones or portable stereos while working on the farm. Listening to music may prevent kids from hearing cries of warning or calls for help.

## Keeping Kids Safe

Supervision is the most important way to protect kids. Children lack the judgment to understand the dangers that may surround them on a farm. It's important to teach kids farm safety from an early age, and make sure that they recognize warning signs and decals on machinery and poisons.

- To minimize kids' attraction to areas where dangerous farm work is being performed, carve out a safe [play area](#) with ropes or fences away from all hazards. Make this space appealing to kids with age-appropriate play items, such as swings, a sandbox, or a playhouse.
- Teach kids about unsafe areas on your farm. Take a walk around the farm and ask your kids to point out areas for play. If a child indicates an area that's dangerous, explain why it's not safe and how kids could get hurt. Point out areas that are off-limits and teach kids to heed "Danger!" signs posted in hazardous areas.

## Helping Out on the Farm

Farms are often family-run, and each member of the family may have a job to do to contribute to the farm's success. However, you should understand what chores are appropriate for a child's age and development and what the risks are. Farm injuries are more likely to occur when kids perform a task beyond their mental, physical, or emotional ability.

How do you know whether a child is old enough to help out with a certain chore? In general, toddlers' tasks should be confined to simple household chores, such as folding towels or helping pick up toys. Older kids may be able to perform simple farm chores that don't involve machinery or dangerous substances, if an adult carefully supervises them.

Older kids and teens may be ready to become involved in groups such as 4-H and Future Farmers of America where they can learn about safety while increasing their responsibilities around the farm.

For kids who are old enough and mature enough to help out, make sure that:

- They wear the proper clothing (for example, loose-fitting clothing can get caught in moving machinery) and protective gear like safety goggles, earplugs, work boots, hat, gloves, and sunscreen.
- An adult trains the child or teen in the proper way to complete the chore or use machinery.
- If using machinery, the child should understand how to shut off the machine, how it functions, and the hazards it may present. In addition, remember that kids may tire more readily than an adult, so encourage regular rest breaks.

In general, kids under the age of 16 or those who are not licensed to drive a motor vehicle should not be allowed to operate any farm vehicles, including tractors or ATVs. It's also wise for licensed teens to take a tractor and farm vehicle safety course before operating farm vehicles.

Because the risk for injury is so great, be consistent with consequences if a child doesn't follow safety rules. You should also protect kids from injury by being safety conscious yourself — if they see you following your own safety rules, they'll be more likely to understand and respond to your concerns about safety.

## Have a Safety Plan

Seconds count in any accident, so a safety plan is vital to minimizing injury and getting an injured person help. If your child is missing, check all dangerous areas first. Make sure kids know how and when to call 911, other local emergency numbers, and poison control center if someone is injured, and post those numbers near each phone in the house and on the farm.

Family members should always be aware of each other's whereabouts and when they are due to return to prevent delays in getting help in the event of an emergency. Another important precaution — have everyone in the family learn [CPR](#) and first aid.

Reviewed by: [Yamini Durani, MD](#)

Date reviewed: January 2012

Originally reviewed by: [Waldemar Storm, MD](#)

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# LIVING A BALANCED AND HEALTH LIFE

## Can You Really Boost Your Happiness? by Eric Metcalf MPH

Happiness is a serious subject for many researchers these days. Some studies show that you have some control over how happy you feel.

Sonja Lyubomirsky, a psychology professor and happiness researcher, writes that your genes decide about 50% of your happiness. Issues in your life that may be hard to change -- like your looks, your health, and your income -- only explain about 10%. That leaves about 40% up to you. It's something you can control.

"Happiness is much better thought of as a skill or a set of skills that we need to learn and practice," says Christine Carter, PhD, author of *Raising Happiness*. These skills are like speaking a foreign language: They come easier to some people, but working on them helps you get better at them. "Everybody needs to practice those skills before they can become fluent."

### **Connect with others.**

"A person's happiness is best predicted by their connections to other people," Carter says. Give some thought to how connected you feel to other people, like your friends, family, neighbors, and co-workers. If you don't feel close to many people, make an effort to:

- Spend more time with your friends and loved ones.
- Get out of your house and meet new people:

-- Join a club.

-- Take a class.

-- Check out a church or other religious gathering that interests you.

Spending time on social media web sites isn't the same as connecting with people in real life, she says. A study of 82 Facebook users found that the more time they spent on the site, the *worse* they felt. Social media should add to your person-to-person time, not replace it, she says. If you feel jealous that other people appear to be having a happier life than you are, consider cutting back on these sites.



# 10 warning signs of Alzheimer's:

1

## Memory loss that disrupts daily life



One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

### ***What's a typical age-related change?***

Sometimes forgetting names or appointments, but remembering them later.

2

## Challenges in planning or solving problems



Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

### ***What's a typical age-related change?***

Making occasional errors when balancing a checkbook.

3

### Difficulty completing familiar tasks at home, at work or at leisure



People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

#### ***What's a typical age-related change?***

Occasionally needing help to use the settings on a microwave or to record a television show.

4

### Confusion with time or place



People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

#### ***What's a typical age-related change?***

Getting confused about the day of the week but figuring it out later.

## 5

## Trouble understanding visual images and spatial relationships



For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

### ***What's a typical age-related change?***

Vision changes related to cataracts.

## 6

## New problems with words in speaking or writing



People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

### ***What's a typical age-related change?***

Sometimes having trouble finding the right word.

7

## Misplacing things and losing the ability to retrace steps



A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

### ***What's a typical age-related change?***

Misplacing things from time to time and retracing steps to find them.

8

## Decreased or poor judgment



People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

### ***What's a typical age-related change?***

Making a bad decision once in a while.

9

## Withdrawal from work or social activities



A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

### ***What's a typical age-related change?***

Sometimes feeling weary of work, family and social obligations.

10

## Changes in mood and personality



The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

### ***What's a typical age-related change?***

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

## What to do if you notice these signs

If you notice any of the [10 Warning Signs of Alzheimer's](#) in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor.

### With early detection, you can:

**Get the maximum benefit from available treatments** – You can explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer. You may also increase your chances of participating in clinical drug trials that help advance research. Learn more about treatments. and clinical studies on [www.alz.org](http://www.alz.org)

**Have more time to plan for the future** – A diagnosis of Alzheimer's allows you to take part in decisions about care, transportation, living options, financial and legal matters. You can also participate in building the right care team and social support network. Learn more about planning ahead and how to get a personalized action plan by using Alzheimer's Navigator. at [www.alz.org](http://www.alz.org)

**Help for you and your loved ones** – Care and support services are available, making it easier for you and your family to live the best life possible with Alzheimer's or dementia. Learn how the Alzheimer's Association helps families. [www.alz.org](http://www.alz.org)

## My Rememberer

My forgetter's getting better  
But my rememberer is broke  
To you that may seem funny  
But, to me, that is no joke.

For when I'm 'here' I'm wondering  
If I really should be 'there'  
And, when I try to think it through,  
I haven't got a prayer!

Often times I walk into a room,  
Say "what am I here for?"  
I wrack my brain, but all in vain  
A zero, is my score.

At times I put something away  
Where it is safe, but, Gee!  
The person it is safest from  
Is, generally, me!

When shopping I may see someone,  
Say "Hi" and have a chat,  
Then, when the person walks away  
I ask myself, "who was that?"

Yes, my forgetter's getting better  
While my rememberer is broke,  
And it's driving me plumb crazy  
And that isn't any joke.

## Just a Wonder

A row of bottles on my shelf  
Caused me to analyze myself.  
One yellow pill I have to pop  
Goes to my heart so it won't stop.  
A little white one that I take  
Goes to my hands so they won't shake.  
The blue ones that I use a lot  
Tell me I'm happy when I'm not.  
The purple pill goes to my brain  
And tells me that I have no pain.  
The capsules tell me not to wheeze  
Or cough or choke or even sneeze.  
The red ones, smallest of them all  
Go to my blood so I won't fall.  
The orange ones, very big and bright  
Prevent my leg cramps in the night.  
Such an array of brilliant pills  
Helping to cure all kinds of ills.  
But what I'd really like to know . . .  
Is what tells each one where to go!

## **Prayer for Senility:**

God grant me the senility  
to forget the people I never liked anyway,  
the good fortune to run into the ones I do,  
and the eyesight to tell the difference.

## **Don't Worry:**

At age 20 we worry about what others think of us;  
At age 40 we don't care what they think of us;  
At age 60 we realize that they haven't been thinking of us at all.

## **I'm Fine, How are You?**

There's nothing the matter with me,  
I'm just as healthy as can be,  
I have arthritis in both knees,  
And when I talk, I talk with a wheeze.  
My pulse is weak, my blood is thin,  
But I'm awfully well for the shape I'm in.

All my teeth have had to come out,  
And my diet I hate to think about.  
I'm overweight and I can't get thin,  
But I'm awfully well for the shape I'm in.

Arch supports I need for my feet.  
Or I wouldn't be able to go out in the street.  
Sleep is denied me night after night,  
But every morning I find I'm all right.  
My memory's failing, my head's in a spin.  
But I'm awfully well for the shape I'm in.

The moral of this as the tale unfolds,  
Is that for you and me, who are growing old.  
It is better to say "I'm fine" with a grin,  
Than to let people know the shape we are in.

I'm fine, how are you ?



# The 25 Best Diet Tips

## 1. Never get too hungry

You make poor decisions when your judgment is compromised. Hunger is a primal urge that's difficult to deny. When you're famished, it's hard to hold off until you can find healthy food. As a result, you end up eating anything that's not nailed down, and typically, regretting it. Planning meals and snacks works wonders to head off the intense hunger that can do a number on your best intentions to eat right. Always tote healthy snacks, such as an ounce of pistachios, a hard-cooked egg and some whole grain crackers, Greek yogurt, or 1/4 cup raisins. Don't skip meals or skimp on them, either.

## 2. Be honest about your daily calorie allowance

Everyone has a calorie budget, whether you're trying to maintain your weight or lose a few pounds. I've found that people ignore this simple fact. Your calorie budget allows you to build a healthy diet, and it helps prevent frustration about weight control. The [2010 Dietary Guidelines for Americans](#) provide suggested daily calorie intakes based on gender, age, and physical activity level. When you know your calorie budget, then you can plan on how many servings of fruits, vegetables, whole grains, low-fat dairy, and other protein sources to include every day.

## 3. Eat right post-workout

People are notorious for overestimating how many calories they burn during physical activity, which is often far less than actual calories burned. When you overestimate the calories you burn during exercise, you may eat more than you need, making weight loss and maintenance difficult. High-intensity exercise may drive women to eat more, and moderate exercise may be the key to easier weight control.

## 4. Use the red, orange and green rule

At each meal include one food that is any of these colors. By focusing on these foods, you'll be sure to get some produce on your plate and won't have space on your plate for higher-calorie fare. (Bonus: Colorful fruits and veggies help your skin look healthier and younger!

## 5. Eat one less bite

Doing this at every meal could save about 75 calories a day which equates to nearly an 8-pound weight loss in one year!

## 6. Be a heavy drinker

Water is essential for keeping the body hydrated and we're actually more likely to retain "water weight" by not drinking enough of it rather than by having too much. The needs of each person will be different, but the general recommended daily amount is 64 ounces. It also takes up space in your stomach so you'll feel fuller while taking in less calories.

## 7. Kick the salt habit

Salt is a big contributor to weight gain and often a reason why the numbers on the scale aren't going down. The average American consumes twice the amount of salt they should have each day, leading to weight gain, bloating, and the inability to lose stubborn pounds. Salt can also make you feel hungrier and thirstier, so check the nutrition labels for high sodium levels and choose fresh over packaged or restaurant foods. You'll see a puffy face and belly go down quickly just by cutting back on your sodium intake and choosing more natural foods.

## 8. Spice up your food

Adding hot spices to your meals can help curb hunger, according to a study in the *British Journal of Nutrition*. Need another reason to add some heat? Scientists at the State University of New York at Buffalo found that capsaicin (a compound found in chilies) triggers your brain to release feel-good endorphins. A full belly and a good mood? Pass the hot sauce!

## 9. Don't think diet soda will help you lose weight

A University of Texas Health Science Center study found that the more diet sodas a person drank, the greater their risk of becoming overweight. Downing just two or more cans a day increased waistlines by 500%. Why? Artificial sweeteners can disrupt the body's natural ability to regulate calorie intake based on the sweetness of foods, suggested an animal study from Purdue University. That means people who consume diet foods might be more likely to overeat, because your body is being tricked into thinking it's eating sugar, and you crave more.

A separate study found that even just one diet soda a day is linked to a 34% higher risk of metabolic syndrome, the group of symptoms including belly fat and high cholesterol that puts you at risk for heart disease. Whether that link is attributed to an ingredient in diet soda or the drinkers' eating habits is unclear. But is that one can really worth it?

## 10. Focus on nutrient balance instead of calorie counting

Making sure an eating occasion has carbs, protein, and fat instead of just counting calories (like a 100-calorie pack) delivers better energy and fat loss results by giving the body what it needs, like quick- and longer-digesting nutrients so you stay full longer.

## 11. Plate food away from where you're eating

By keeping food within eyesight as you are eating, you may find yourself reaching for a second helping even if you really aren't hungry. Place the food on the kitchen counter or stove, portion out a serving on your plate and then sit down at the table and eat. This way, if you want additional servings, you'll have to get up, which helps you to be more mindful of what you are eating.

## 12. Keep a food record

We know you've heard this time and time again. Well, that's because keeping a food record is vital to losing weight and keeping it off long term. A study published in the *American Journal of Preventive Medicine* found that those who kept regular food records lost twice as much weight as those who didn't. When keeping a food record, make sure to track what you ate, how much you ate, anything you added to the food (condiments, oils, etc.), and what you drank. Also tracking your mood and appetite can be helpful and insightful into learning about your eating patterns as well!

### **13. Start with soup**

People who ate a low-calorie vegetable soup before a meal consumed 20% fewer calories at the meal, according to research from Penn State University. Have a low-calorie broth-based veggie soup before your largest meal of the day to reduce calories and lose weight without feeling hungry.

### **14. Take your time**

Rapid eaters are often heavier than slow eaters, according to research from The University of Rhode Island. It takes 20 minutes for your stomach to send a message to your brain that you have eaten enough and are satisfied. If you rush your meal and eat rapidly, your body's satiety cues won't be tuned in to those feelings of fullness yet and it's easier to overeat. Try slowing down by chewing each bite at least 10 times, putting your fork down in between bites, and fostering a relaxing eating environment rather than eating on the run.

### **15. Outsmart your hunger hormone**

Even the most motivated and focused dieter will struggle to be successful at weight loss once hunger takes over. Our bodies secrete a hormone called ghrelin, which controls hunger and drives our appetite. If we don't understand, monitor, and control our ghrelin, we can forget about losing weight. Science tells us that the best way to control ghrelin is to eat small, balanced meals about every 3 hours or so. That's because ghrelin will spike after about 3 to 4 hours of fasting, so eating with regularity helps keep this eating trigger at bay. Ghrelin will also spike if we're deprived of carbs, so it's important to give our bodies and brains the carb fuel they need. When we skip meals or avoid carbs, we're inviting ghrelin to spike, which increases and makes us feel emotionally hungry. It makes us crave sugar and can derail even the healthiest eating routine.

### **16. Dine anytime**

It's a myth that you'll gain weight as a direct result of eating after 7 p.m. I see many busy professionals at my private practice, and they often get home late. This doesn't mean that they should skip dinner if they're trying to lose weight.

Many times, people stop eating by 5 p.m., which results in overeating the following day. This cycle is not ideal as it shuts down your metabolism. You should eat 70% of your calories before dinnertime and 30% at dinner, whatever time that may be. Just give yourself at least 90 minutes to end your meal before you plan to go to sleep. You need at least 90 minutes to digest so you can sleep comfortably.

### **17. Set a date with your kitchen**

Based on what I have applied in my practice, when it comes to weight loss we need to devote 80% of our efforts to nutrition and 20% to exercise.

One way to do this is to schedule time and make a date with your supermarket and kitchen. Restaurant dishes are outside of your control, and the fact is, most times, those outrageous portions come loaded with salt and fat. Start cooking at home to better monitor your calorie intake.

Schedule a day, like Sunday afternoon, to pre-cook for the week. Plan to roast a whole chicken. Cut up a batch of vegetables—like squash, peppers, eggplant, and sweet potatoes—toss them with a little olive oil and roast them in another pan alongside the chicken. Boil a pot of brown rice. Do all of this simultaneously and it should only take about an hour.

Now you have the makings for Monday's burritos, Tuesday's stew, Wednesday's pasta dish, and so on. Each working evening, you should only need about 15 minutes in the kitchen to put it together—less time than you might spend heating up a fat-, salt- and sugar-filled frozen pizza!

## 18. Breathe away cravings

This may seem obvious. After all, you have to breathe no matter what, right? But few of us breathe deeply or consciously. Think about it: when was the last time you took a long, slow, deep breath, and slowly let it out again? Deep breaths of that kind take you out of your immersion in momentary stress, oxygenate your brain and tissues, and they help to reduce stress hormones. Take breathing breaks throughout the day, or, better yet, pair those breaks with a quiet walk to disassociate from the stress. Just a couple of minutes of walking, a few long, deep breaths, and you will start to see the results in your body.

## 19. Eat before a party or event

Don't arrive at a big meal, event, or party starving. One study found that you'll be 2.5 times more likely to start off overeating starchy carbs, fried or cheesy foods than those who didn't fast before the meal. And, you'll be more likely to eat 47% more calories of that first food before switching to healthier fare. Have a light snack before you go to an event so you don't arrive ravenous.

## 20. Be adventurous with chopsticks

Choosing chopsticks requires a bit more attention in picking up food from the plate. The portions are smaller, and eating with them takes more time because you have to closely watch each bite so the food doesn't fall off. They can act as a reminder to slow down, savor and chew consciously which may help you realize you're fuller sooner than you thought you'd be and then wind up eating less!

## 21. Wear fitted clothing

The elastic waistband is the dieter's fashion enemy number one. When you wear clothes that fit well and make you feel good, you have awareness gauges that give you clear signals to help you put on the brakes as you fill up. Use this as a way of staying mindful of your goals and to help keep you from overeating.

## 22. Celebrate healthy talk

Instead of using words like "fat," say "fit"; change "can't" to "can"; "weak" to "strong"; "unhealthy" to "healthy." It takes practice but it can start to rewire how you think about your health and weight goals.

New research commissioned by *Special K* surveying over 1,000 women, found that 9 out of 10 women who have a positive attitude about weight management reported either losing or maintaining their weight in the past year versus only about 50% of those with a negative attitude. And beyond being more successful, those with a positive attitude were eight times less likely to report having gained weight than women who think negatively.

## 23. Eat breakfast without fail

A study published in the *British Journal of Nutrition* tracked the diets of nearly 900 adults and found that when people ate more fat, protein, and carbohydrates in the morning, they stayed satisfied and ate less over the course of the day than those who ate their bigger meals later on. Unfortunately, many Americans start off on an empty stomach. In one survey, consumers reported that even when they eat in the morning, the meal is a full breakfast only about one-third of the time. If you're feeling full-blown hunger before noon, there's a chance you're not eating enough in the morning. Shoot for a minimum of 250 calories and aim to get a serving of protein in so you'll feel fuller longer.

## **24. Take 10 minutes to eat a treat**

Try this strategy to permanently reduce cravings: Portion out one serving of your favorite treat, taking a minute to smell it, look at it, and think about it. Take one small bite. Chew slowly, moving it around your mouth and focusing on the texture and taste, then swallow. Ask yourself whether you want another bite or if that one satisfied you. If you still want more, repeat, this time chewing the food 20 times. Continue this eating exercise for as long as you want or until you finish the serving (it should take about 10 minutes). "When you take the time to slow down and be more mindful of what something really tastes like, you'll feel more satisfied," says Lesley Lutes, PhD, an associate professor in the department of psychology at East Carolina University. "Many of our participants told us that after a while, they didn't enjoy the treat as much as they thought they would, or they were content after just a couple of bites and were better able to stop eating when they were satisfied."

## **25. Sleep away weight gain**

Make a point of turning in earlier and you'll see weight loss within a week. Recent research from the University of Pennsylvania found even just a few nights of sleep deprivation can lead to almost immediate weight gain. Scientists asked participants to sleep about 10 hours a night for two days, followed by five nights of sleep restriction and four nights of recovery. After the 11 days, the sleep-deprived group gained almost 3 pounds, compared with a well-rested control group.

[www.Prevention.com](http://www.Prevention.com)

Also check out [www. Health.com](http://www.Health.com)

Because you are Important to the ones you love

# GET CONNECTED.

▶ <http://www.diabetes.org/diabetes-basics/>

## Explore: Diabetes Basics



Statistics About Diabetes Data from the National Diabetes Statistics Report, 2014 (released June 10, 2014)

Prevalence in 2012, 29.1 million Americans, or 9.3% of the population, had diabetes. In 2010 the figures were 25.8 million and 8.3%.

Undiagnosed: Of the 29.1 million, 21.0 million were diagnosed, and 8.1 million were undiagnosed. In 2010 the figures were 18.8 million and 7.0 million.

Prevalence in Seniors: The percentage of Americans age 65 and older remains high, at 25.9%, or 11.8 million seniors (diagnosed and undiagnosed).

New Cases: The incidence of diabetes in 2012 was 1.7 million new diagnoses; in 2010 it was 1.9 million – See more at: <http://www.diabetes.org/diabetes-basics/statistics/#sthash.ZRmWkCGQ.dpuf>

American Diabetes Association

1701 North Beauregard Street Alexandria, VA 22311

1-800-DIABETES (800-342-2383 )

See more at: <http://www.diabetes.org/diabetes-basics/#sthash.4dYY0kmu.dpuf>



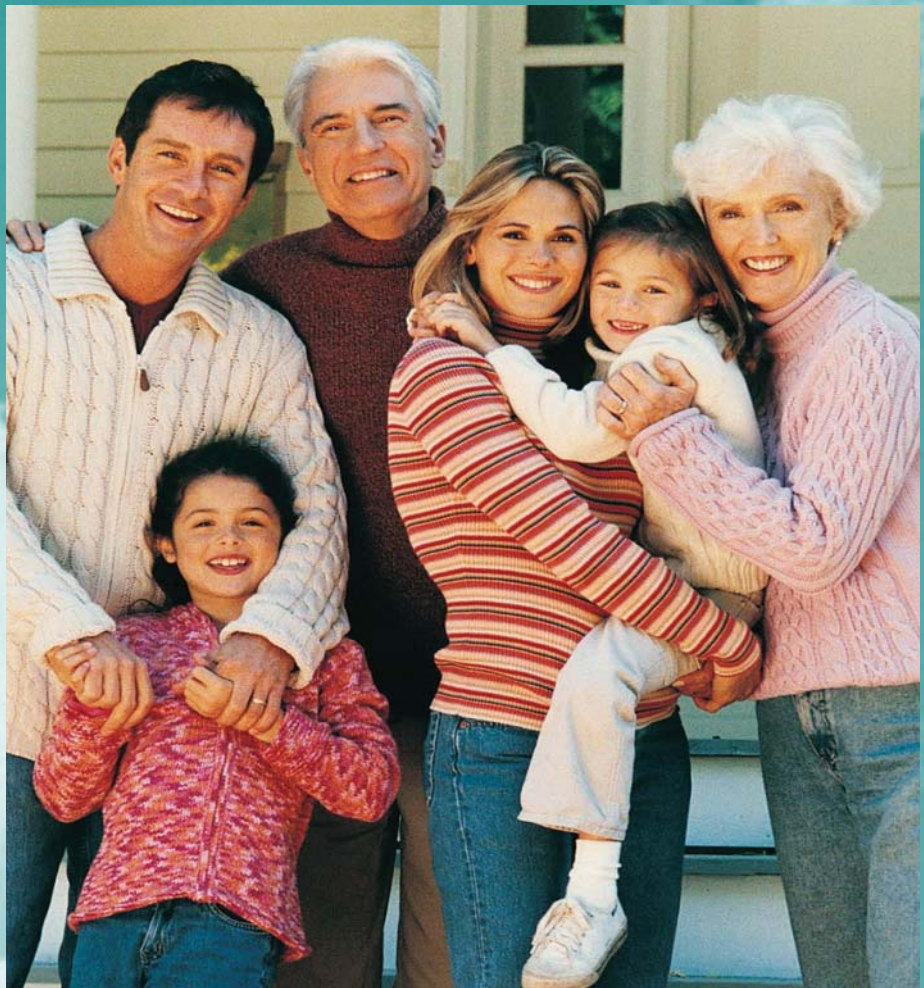
## The Emotional Challenges of Caring for an Aging Parent

Many caregivers are adult children caring for their parents. There are many, many different emotions and reactions people having to this experience. It can be or feel:

- Awkward when roles are reversed.
- Uncomfortable when you find yourself feeding, bathing, or supervising a parent who once took care of you.
- Frustrating when parents don't listen to advice or accept help.

While you may have a loving relationship with your parents, other adult children find themselves caring for parents they never got along with well or having to deal with a variety of family dynamics.

These problems are very common. A support group, long-term care manager, or a family pastor, priest, or rabbi may be able to help you find ways to work things out with your parents. Individual counseling can also be helpful.



## Looking for Caregiver Support

### Agencies That Help

- [Area Agency on Aging \(AAA\)](#)
  - [Senior Information and Assistance](#)
  - [Aging and Disability Resource Centers](#)
  - [Family Caregiver Support Program](#)
- [Home and Community Services \(HCS\)](#)
  - [Adult Protective Services](#)
- [Long-term Care Ombudsman](#)

A helpful tool to locate programs, support groups and answers see:  
<http://www.altsa.dshs.wa.gov/caregiving/agingparent.htm>

## Caring for an Aging Parent

### Talking with parents about their future

Talking with your parents about long-term care needs can be difficult. For some, even the idea of discussing the possible disability or dependence of their parent(s) is overwhelming.

The following are some articles that can help.

- AARP offers a free on-line seminar [Planning for the Care of Aging Parents](#). One of the topics includes talking with your parents about long term care and preparing for change. You can also read AARP's booklet [Prepare to Care – A Planning Guide for Families](#). The guide is designed to help you and other family members discuss and create a caregiving plan for an aging parent, other relative, close friend, or neighbor.
- [The Do's and Don'ts of Communicating With Aging Parents](#)
- [Holding a Family Meeting](#)



## For Monthly "Health" Celebrations

See: Society For Healthcare Strategy & Market Development

Of the American Association

155 N Wacker

Suite 400

Chicago, IL 60606

Web Site: <http://www.fha.org/files/education/2014Observances.pdf>

The calendar is full of special awareness starting with January 1-31 "Birth Defects Prevention Awareness Month" (national) all the way to December 1-5 "Older Driver Safety Awareness Week" (National), December 1-31 Safe Toys and Gifts Month.

### about the Calendar

This publication is intended to provide accurate and authoritative information in regard to the subject matter covered. Dates, descriptions, and contact information have been provided by the sponsoring organizations. With the exception of National Hospital Week and the recognition events of the Personal Membership Groups of the American Hospital Association, the events listed are neither endorsed nor sponsored by the American Hospital Association or the Society for Healthcare Strategy and Market Development.

To place an order, call 312.422.3888, or order online at [www.shsmd.org/calendar](http://www.shsmd.org/calendar).

### about SHSMD

The Society for Healthcare Strategy and Market Development (SHSMD) of the American Hospital Association is the premier organization for healthcare marketers, planners, and communications and public relations professionals. A Personal Membership Group of the American Hospital Association, SHSMD serves more than 4,000 members and is the largest organization in the nation devoted to serving the needs of healthcare strategy professionals. SHSMD is committed to helping its members meet the future with greater knowledge and opportunity as their organizations work to improve health status and quality of life in their communities. For more information, visit [www.shsmd.org](http://www.shsmd.org).

# Family Health





### *Early signs that may indicate a disability in your child.*

**Autism** is a neurological disorder that makes it difficult for children to interact socially or communicate. People with autism have trouble understanding and relating to others and may overreact — or underreact — to sensory stimulation.

Watch for these early signs of autism if your child:

- Arches back to avoid touch
- Rocks or bangs head
- Doesn't babble by 1 year of age or has no single words by 16 months
- Fails to point or look when others point out an object
- Can't maintain good eye contact
- Makes little attempt to communicate
- Develops language and then stops talking
- Doesn't exhibit pretend play by 18 months

You can request a list of disability assessment and intervention resources for your state by contacting the National Information Center for Children and Youth with Disabilities (NICHY) in Washington, DC, at (800) 695-0285.

**Cerebral palsy** is a neurological disorder that affects muscle control. The severity of the motor impairment varies from clumsiness or a mild limp to immobility requiring use of wheelchair.

Some early warning signs of cerebral palsy include:

- Delayed attainment of motor milestones, including rolling over, sitting, crawling, or walking
- Muscles that are excessively flaccid and relaxed (decreased muscle tone) or excessively stiff and rigid (increased muscle tone)
- Poorly coordinated movements
- Persistence of infantile reflexes

### **Hearing Impairment**

Thirty out of 1,000 school children have some type of hearing loss. Early detection is critical.

You should be concerned about hearing loss if your child:

- Doesn't react to sudden loud noises
- Doesn't turn his head toward you when you speak
- Doesn't coo or babble by 6 months of age
- Is slow to develop language

### **Vision Impairment**

Here are some indications that your child may have a vision problem:

- ☐ A change in the usual appearance of the eye(s)
- ☐ Constantly crosses eyes (Note: Most babies occasionally cross their eyes in the first 6 months)
- ☐ Squints or closes one eye
- ☐ Blinks or rubs eyes frequently
- ☐ One eye drifts in a different direction
- ☐ Poor hand-eye coordination

# MENTAL HEALTH

## They like to call it the NAMI effect.

Every time you offer your hand to pick someone up.□

Every time you share your strength and ability to persevere.

Every time you offer support and understanding to a family who is caring for a loved one.

You help change lives.

*Mental illness affects everyone. With your help, we can reach more people in need of help and hope.*

## Hope starts with you.

[http://www.nami.org/factsheets/mentalillness\\_factsheet.pdf](http://www.nami.org/factsheets/mentalillness_factsheet.pdf)

## conditions sometimes related to mental illness:

- [Anosognosia \(lack of insight\)](#)
- [First Episodes of Psychosis](#)
- [Insomnia](#)
- [Sleep Apnea](#)
- [Suicide](#)

## What is mental illness?

A mental illness is a medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.

Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, posttraumatic stress disorder (PTSD) and borderline personality disorder. The good news about mental illness is that recovery is possible.

Mental illnesses can affect persons of any age, race, religion or income. Mental illnesses are not the result of personal weakness, lack of character or poor upbringing. Mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan.

According to the  
NAMI

National Alliance on Mental Illness

Website:

[http://www.nami.org/factsheets/mentalillness\\_factsheet.pdf](http://www.nami.org/factsheets/mentalillness_factsheet.pdf)

- 1 in 4 adults experience mental illness in a given year
- Aprox. 14.8 million live with major depression
- Aprox. 42 million live with anxiety disorders
- Aprox. 13.6 million live with a serious mental illness
- Individuals living with serious mental illness face an increase risk of having chronic medical conditions.
- Although military members comprise less than 1% of the population, veterans represent 20% of suicides nationally.



## World Mental Health Day -

10 October

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health.

[http://www.who.int/mental\\_health/world-mental-health-day](http://www.who.int/mental_health/world-mental-health-day)



*Believe you can and you're halfway there.*

*Theodore Roosevelt*

Take the

Lifeline

Mental Health Quiz:

<https://www.lifeline.org.au/Content/Default.aspx?PackageID=17>

Lifeline's Mental Health Quiz

It's great you are taking the time to learn more about looking after your mental health.

In this short quiz, you will be asked five questions about your life.

After each question you'll be given feedback about your response and tips for taking care of your mental health.

At the end of the quiz, you'll receive a summary of your responses and more information about how to live a "mentally healthy" life.

Click "Next" to start the quiz.

*This quiz is for information purposes only. It is not a clinical or diagnostic tool.*