

"Making a difference in the lives of others."

Good Nutrition is a Balancing Act

March is National Nutrition Month.

Of course, we are always concerned about our clients' diets, but what about you? What have you had to eat today? Would the word "healthy" describe your diet?

Remember, the types of foods you put into your body can either increase or decrease your energy level. Your food choices can also help to prevent certain diseases or put you at a greater risk for some diseases.

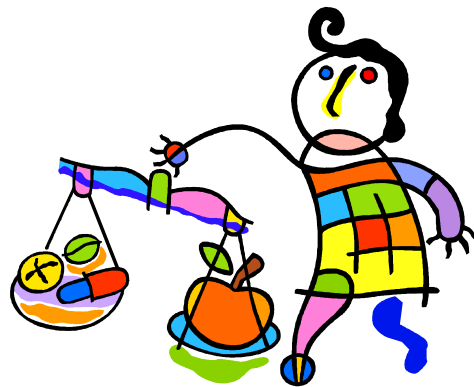
During the month of March, think about your eating habits and consider these good nutrition tips:

- **A diet high in fiber** including whole wheat breads, legumes, brown rice, fruit and vegetables)

Allergy season is Back!



Springtime is finally here—



can help reduce cholesterol levels, prevent diabetes and lower your risk for heart disease and gastrointestinal ailments.

- **A naturally colorful diet** is usually a healthy diet. Brightly colored fruit and vegetables are important ingredients

well, almost, anyway! And with it comes those allergy irritants in the air: pollen, dust, and more. There are some tricks to limiting your allergic reactions—here are just a few ideas:

- Wash your hair before bed to remove any pollen and keep it from settling in your bedding.
- Avoid irritants such as tobacco smoke, auto-

for good health.

- **Portion size** has gotten out of control in America. In many cases one-half the usual portion size is all you need.
- **Limit your intake of red meat**, and increase your intake of fish.

mobile exhaust, hair spray and perfume.

- Wash your hands frequently.
- Plan outdoor activities when the pollen count is low.
- Take an antihistamine before symptoms start, and remember they can cause drowsiness.

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Get that Second Wind

Do you find yourself feeling drowsy in the mid afternoon? If you're looking for a burst of energy, here are a few ideas:

Snack healthy. Grab a healthy snack *before* you begin to notice a loss of energy. Consider dried apricots, celery sticks, apples or pistachios. The fiber controls the release of glucose into your bloodstream which can prevent energy dips.

Breathe Deeply. Every couple of hours, spend a few minutes doing some deep breathing—inhaling and exhaling. You will

feel calmer and more focused mentally.



Escape Mentally. Close your eyes and take a mental vacation. Imagine a peaceful scene on an island with warm, sandy beaches. A mental image where you're relaxed can actually be rejuvenating.

Meditate on good news. At the end of the day, make a list of all the good things that happened. You might be surprised to find how many things actually went right that day. You might even set yourself up for a peaceful night's sleep!

Employee of the Month: Sue Williams, LPN

One of our staffing coordinators says "Sue's the sweetest of all". She has worked especially hard to train other employees on one of our more challenging cases recently, but she still talks about how much she appreciates her job!

She is always thinking of others—she even brought cookies into the WellsBrooke office staff last

week!

Sue is a dedicated LPN for Wells-Brooke, who has stepped up to fill in the gap recently. She is known for her wonderful, helpful attitude. Her enthusiasm is contagious—which is why Sue has been chosen as Employee of the Month for March.

Congratulations, SUE!



- LaTonya Austin
- Rhonda Block
- Sueann Braden
- Zina Bunting
- Tanya Cole
- Grant Dilworth

Happy Birthday to You!

- | | |
|-------------------|------------------|
| Ann Warren | Chakesha Jones |
| Vivian Draganescu | Judy Maskell |
| Sheena Green | Marlene McCartin |
| Lindsey Griffeth | Reta Oblinger |
| Cathleen Gross | Paula Polites |
| Elizabeth Holt | Simone Taylor |
| George Huthinson | Gervaise Weaver |
| Jessica Johnson | |



Colon Cancer: It can happen to you...

Colorectal cancer is a malignant tumor arising from the inner wall of the large intestine. It is the third leading cause of cancer in males and fourth in females in the U.S. Risk factors include heredity, colon polyps, and long standing ulcerative colitis.

At least 90% of colon cancer deaths could be prevented by following lifestyle recommendations and guidelines. The number one recommendation starts with a healthy, balanced diet.

Colon Cancer risk facts:

- Consuming red meat 4 times



weekly triples your risk of acquiring colon cancer

- Consuming at least 8g of fiber from cereal daily cuts your risk by nearly half
- Consuming 900-1,200 mg. of calcium daily lowers your risk by half

Diagnosis is made by barium enema or colonoscopy with biopsy.

Treatment depends on the location, size, and extent of cancer spread. Surgery is the most common treatment.

Symptoms:

- Blood in stool
- Unexplained anemia
- Weight loss for no reason
- Narrow stools
- Abdominal pain

If you possess these symptoms, consult your doctor immediately.

For more information, visit:

MedicineNet.com or

PreventCancer.org



Your Client's Peace of Mind

As a home health aide, you are entrusted with many things: the client's care, the client's property, and sometimes, even, the client's peace of mind. That's why it's so important for each of you to take extra care in your interactions with the client.

Here are some suggestions for being sensitive to your client's preferences:

- **Following specific plans** in taking care of or cleaning the client's personal items even when it is different from the way you would do things.
- **Providing care in the way that the client prefers**, without argument or concern, as long as it is in the interest of their good health.

- **Not allowing your own opinions** to override the client's preferences or requests.
- **Remembering** that you are still a guest in *their* home.
- **Not becoming so comfortable** with the client that you start to do things your own way without consulting them.

If you follow these simple guidelines, you can provide something for your client that is priceless. **Peace of mind.**

Common Myths:

Skipping meals helps you lose weight more quickly. Actually, skipping meals can lower your metabolism, which causes your body to burn calories more slowly.



More sleep is a good thing. Too much sleep can actually bring on headaches and make you feel more tired. Go to bed and wake up around the same time each day for a more rested feeling.

Jogging is better than walking.

Both burn about the same number of calories, but walking is easier on the joints. However, choose the one you enjoy, so you will be consistent in your exercise program.