

"God bless every soul that we lost. God bless the families who have to endure that loss, and God guide us to our reunion in heaven, and God bless the United States of America."

New York City Mayor Rudolph Giuliani

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WellsBrooke Remembers September 11, 2001

Our thoughts and prayers are with the families and friends of the victims of 9/11. We will never forget...



Cholesterol: The Good, the Bad, and the Unhealthy

Cholesterol, a waxy type of fat produced naturally by the body and found in every cell, has a bad reputation, but it is actually essential for life. It plays a vital role in how cells work, and the body also uses it to make important chemicals. It helps in the manufacture of vitamin D, using sunlight as energy; we also need it to absorb required nutrients (essential fatty acids) from our intestines and to produce sex hormones. Cholesterol forms the outer membranes of some cells.

Problems arise when there is too much cholesterol in the bloodstream (the name for this is hypercholesterolaemia), increasing the risk of coronary heart disease and stroke.

The liver produces all the cholesterol we need, but if we eat unhealthily, are physically inactive, smoke or have a genetic predisposition, we may get too much of it circulating in the blood. This oversupply causes fatty and scar deposits (plaques) to build up in blood

vessels supplying the heart and other organs. As these plaques build up along artery walls, the arteries narrow, making it more difficult for blood to flow to the heart.

Lipoproteins

Cholesterol, like fat, cannot move around the bloodstream on its own because it does not mix with water. To reach the cells that need it, its "road system" is your blood circulation and it gets about by hitching rides on "vehicles" made up of proteins. These combinations of cholesterol and proteins are called lipoproteins, which come in several forms, depending on their ratio of protein to fat:

- ◆ **LDL (low-density lipoproteins)** - The "BAD cholesterol" carries cholesterol from the liver to the cells. LDL cholesterol, which makes up most of your blood cholesterol, is

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Training Schedule:

- Sept. 29 Silver Training
- Oct. 6 Bronze Training

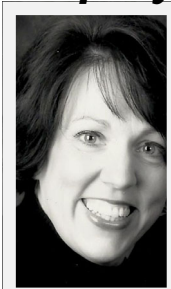


September Birthdays

Margaret Adegoke	Nicole Fox	Holly Jarvis	Jacklynn Smith
Miranda Berry	Tamara Graham	Shantelle Johnson	Carolyn Theisen
Angela Bouldin	Rosemary Hernandez	Sheri Kallas	KimToya Thomas
Ester Brionez	Donna Houck	Dustina Lewis-Baker	Michelle Ulrich
Meganne Fabian	Camelia Ionescu	Theresa Quinn	Camelle Watson
			Chantel Wise



Employee of the Month: Tauna McVicker



Our Employee of the Month, Tauna McVicker, had this to say about her life and work:

"I have had the opportunity of caring for people for years and find it so fulfilling. I not only believe, but I know that everyone needs quality, compassionate care. That is what I strive to give each and everyone that I have had the privilege of caring for. No one is ever a stranger, they're like family. Home health care is very important for the fact that people can get the quality care that they individually need in the comfort of their home. When I am not working, I spend time with my husband and 3 children. I am very active in my church choir. Here is a passage we should all take to heart: 'Beloved, if God so loved us, we ought also to love one another.' <1st John 4:11>."

Thanks, Tauna, for your good work and caring attitude.

MHHA Course: Skin and Wound Care for Health Care Pros

We are continuing our monthly selected MHHA module in 2011 with **Skin and Wound Care for Health Care Professionals - NASK 2011**. All names of staff who provide proof of completion of this module during September will be placed in a drawing for a gift card or similarly valued prize. Our August winner was **Tauna McVicker** and she will receive a \$25.00 gift card.

Cholesterol: The Good, the Bad, and the Unhealthy (continued)

deemed bad because it tends to clog blood vessels. If you have heart disease or blood vessel disease, some experts recommend that you try to get your LDL cholesterol below 70. For people with diabetes or other multiple risk factors for heart disease, the treatment goal is to reach an LDL of less than 100.

- ◆ **HDL (high density lipoproteins)** - The "GOOD cholesterol", takes extra, unneeded cholesterol back to the liver. Women tend to have a higher HDL cholesterol level than men. The higher the number, the better it is for your health because HDL cholesterol protects against heart disease by taking the "bad" cholesterol out of your blood and keeping it from building up in your arteries.

Blood lipids

The term blood lipids refers to all fatty substances in the blood, including HDL and LDL cholesterol and triglycerides.

Triglycerides are another type of fat that travels in the blood.

This type of fat is also stored in the fat deposits in our bodies. High levels of triglycerides are common in people with high blood cholesterol and those who are overweight, have heart disease and/or diabetes.

The relationship between high blood triglycerides and risk of coronary heart disease is less clear than for blood cholesterol. However, there is evidence to suggest that people with higher levels of blood triglycerides are at increased risk. A satisfactory triglyceride level is under 150.

Total Cholesterol

Total blood cholesterol is a measure of LDL cholesterol, HDL cholesterol and other lipid components. Doctors recommend a total cholesterol level below 200.

From: *Faith and Health* (taken from webmd.com and health.ninems.com)

Recipe: Caramel Corn — the Ultimate Football Snack!

1 cup butter or margarine	1 tsp. salt
1/2 cup light corn syrup	1 tsp. vanilla and/or
1/2 tsp. baking soda	butter-rum flavoring
5 quarts popped corn	1 or 2 cups peanuts or
2 cups packed brown sugar	cashews (optional)

Pop the corn according to package directions and transfer to a large bowl with the nuts, if using. Melt butter in a heavy saucepan. Stir in brown sugar, syrup and salt. Bring to a boil, stirring constantly until mixture boils. Stop stirring; boil without stirring for 5 minutes or until a candy thermometer reaches 248°F. Remove from heat. Stir in baking soda and vanilla or flavoring. Gradually pour the hot mixture (CAUTION - boiled sugar is very hot and will burn!) over the popcorn, mixing well with a spatula. Turn into 2 large baking pans. Bake at 250°F for 45-60 minutes, stirring every 15 minutes with a heat-proof spatula. Remove from oven and allow to cool completely before breaking apart. Store in an airtight container for up to 1 week. Makes about 5 1/2 quarts. *from cooks.com*