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| **Bulletin Insert: August 2003http://www.valleyparishnurseministry.org/images/colorrule.jpg****Getting the Right Amount of Sun**With all that we hear about skin cancer and protecting our skin from ultraviolet rays we might begin to get the idea that sunlight is not good for us. But, we all know that a sunny day can brighten our emotional outlook. It can make us smile and want to warm ourselves in it. This conflicting information makes us wonder whether sunlight can harm us or has a healing and soothing effect that we sometimes feel. *So what should we do? Should we avoid sun or should we enjoy it?*An important shift in medical thinking is underway which holds that soaking up *some* rays can actually be good for you. A recent shift in research shows that the "right amount of sun - and the vitamin D it produces - relaxes us, strengthens our muscles, improves our mood, helps us sleep, makes our babies grow and balances our hormones." Five decades of oncology studies show that rates of certain cancers are geographically distributed, with the highest concentration of disease in the places with the lowest levels of sunlight. This suggests that moderate amount of exposure to sunlight could be the most healthful, especially concerning breast, colon, and prostate cancer rates. Sunlight is appearing to have curative powers in the laboratory. At the University of New York, researchers discovered the cancer cells lose their ability to reproduce, invade and spread when doused in vitamin D. The good cells seam to live and the (cancer) bad cells die. These laboratory trials are prompting human trials using high doses of vitamin D along with chemotherapy.So whom do we believe? The dermatologists say sun is a carcinogen and causes wrinkles. The ACS says we should protect ourselves from harmful UV rays. The researchers say vitamin D, which is related to sunlight, may be very curative. The chief of dermatology at Boston Medical Center, Robert Stern, M.D., believes there is a "middle road. The key, he says, is to take the visible - rather than direct sunlight."So it seams we should seek wisdom. Consider your skin tone, you risk factors and the current knowledge. Enjoy and protect.*Information and quotes from August 2003 Spirituality & Health, 800.876.8202* If any of you lack wisdom let him ask of God, that giveth strength to all men liberally, and upbraidth not, and it shall be given to him*- James 1:5 KJV***spacer** |
| **What causes Melanoma Skin Cancer?**We do not yet know exactly what causes melanoma skin cancer, but we do know that certain risk factors are linked to the disease. A risk factor is anything that increases a person's chance of getting a disease such as cancer. Different cancers have different risk factors. Some risk factors, such as smoking, can be controlled. Others, like a person's age or family history, cant be changed. But having a risk factor, or even several, doesn't mean that a person will get the disease.**Risk Factors for Melanoma Skin Cancer*** *Moles:* Moles are benign (not cancerous) skin tumors. People with lots of moles and those who have some large moles have an increased risk for melanoma.
* *Fair Skin:* Fair skin, freckling and light hair increases the risk of melanoma.
* *Family History:* Around 10% of people with melanoma have a close relative (mother, father, brother, sister, child) with the disease.
* *Immune Suppression:* People who have been treated with medicines that suppress the immune system, such as transplant patients, have an increased risk of developing melanoma.
* *UV Radiation:* Too much exposure to UV radiation is a risk factor for melanoma. The main source of such radiation is sunlight; tanning lamps are another source.
* *Age:* About half of melanomas occur in people over the age of 50, but younger people can get melanoma too.

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| **Equipping Kids with a Cancer-Free Life**Parents are hustling to get the clothes, notebooks and immunizations their children need for the coming school year, but dot hey know how to equip kids for a long healthy life? Parents have more influence than they realize in teaching good daily health habits which go a long way toward preventing cancer.**spacer** |
| **What Can Parents Do?With children, actions often speak louder than words.** Incorporating healthful habits into your personal and family routines is the best way to establish lifelong healthy behavior.* Serve balanced meals, placing an emphasis on fruits and vegetables.
* Combine exercise and family time with activities such as biking and walking the neighborhood.
* Protect yourself and your children from the sun during outdoor activities.
* Don't smoke - children whose parents smoke are more likely to become smokers themselves. If you smoke, get help to quit ad talk to your kids about the dangers of tobacco use.

Parents will do anything to protect their children from a serious disease like cancer, but most don't realize health habits that start in childhood and adolescence - like diet, exercise and tobacco use - can affect a child's future risk of getting cancer.Lifestyle choices are among the most important factors affecting a person's risk of getting cancer and they're within our own control. The earlier healthy lifestyle habits are established and maintained, the greater the chance of reducing cancer risk. Parents can be the most effective if they reinforce healthy behavior by protecting consistent health education and healthy environments.**spacer** |
| **Have Fun In the Sun!****Slip On a Shirt**Protect your skin with clothing**Slop On Sunscreen**Use a sunscreen with sun protection factor (SPF) of 15 or higher.Reapply sunscreen after you swim or towel dry.**Slap on a Hat**Wear a hat with a wide brim.Your ears, neck and face get a lot of sun.**Wrap on sunglasses****Look for Shade in the Middle of the day!**During the middle of the day the sun's rays are very strong. Take the shadow test: when your shadow is shorter than you are, the sun is high in the sky and the ultraviolet rays are very strong. UV rays travel through clouds. Be sure to protect your skin even when the sun isn't shining.*Information form the American Cancer Society: 800.ACS.2345* |

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| **Bulletin Insert: September 2003http://www.valleyparishnurseministry.org/images/colorrule.jpg****Integration of Faith and Health**We all know that walking is good for our general health. It strengthens our cardiovascular and muscular systems. It also is a great way to decrease stress. We also know that prayer is a great spiritual exercise. We also know that sometimes it is difficult to maintain our focus as we pray. So why not combine walking and praying? Prayer walking is not new, but it may be new to you.**What is Prayer Walking?**Prayer walking adds a visual image to our prayer life. It can help us to see needs, and to touch the heart of God about those needs. Although prayer walking can be done individually, it is generally practiced with a group. Here are a few pointers to help your group get started;* Meet with other believers in a location that is an object of prayer
* Set aside time to get the job done
* Choose an area appropriate for prayer
* Walk, eyes open, praying for the needs that are literally in front of us
* Regather after the prayer and report

**"Why Prayer Walk?**"\*\*There are three reasons to prayer walk:* *For vision*. As we walk and pray, we come to see our neighbors through God's eyes. We can begin to sense whom God is drawing to Himself and we can become part of it.
* *For relationship.* As we bring our prayers close to their homes, we make neighbors aware of our concern for God's goodness in their lives. Our prayers can thus open new levels of friendship for Christ.
* *For hope.* As we pray Kingdom-size promises for our community, we help grasp a better Christ-focused level of hope for our cities. Steps of obedience spring out of the joy of hope.

*\*\*Used with permission of IPHC. See their website at for further information and resources.* **Where do we Prayer Walk?** Obviously, the specifics of where we prayer walk will vary within our community and with our prayer agenda, but some of the places we could prayer walk are as follows: * Neighborhood
* School
* Workplace
* Overlook points
* Churches
* Government sites

Prayer walks can result in praying for every person in our area. They can surround a perimeter of and area or go through its center.**The Goals of Prayer Walking*** To cover an entire area praying on behalf of the people, homes, religious centers, businesses, organizations, and agencies located on the streets.
* To bless Christ-centered, Bible-believing churches and organizations by pronouncing blessings upon them, and praying for them.
* To intercede on behalf of the community in order to lift the standard of righteousness
* To effect spiritual reconciliation among people and entities.
* To intercede on behalf of the city for a spiritual awakening.
* To bring an end to violence, crime, and evil, and most importantly for the spiritual welfare of the people of the community.

If you already prayer walk or are planning a prayer walk, please inform us at VPNM. We would love to share your results and news with others.**spacer** |
| **"Excuses - Why I don't walk for exercise."#1 " I don't have time."**Some people don't have a full 30 - 60 minutes to walk. That's okay. Recent research suggests that three 10 minute or two 15 minute periods provide about the same benefit as one 30 minute period. So try to accumulate a full 30 - 60 minutes by doing some combination of the following: * 10 - 15 minute walk during your breaks
* 10 - 15 minute walk after meals\*

**#2 " I don't know how to start."*** Visit your doctor before starting, if necessary.
* Choose a place and a time to walk.
* Get the proper shoes and clothes.
* Always warm up before a walking session.
* Cool down by walking slowly after each session.
* Walk regularly, at least three times a week for 30-60 minutes.\*

**#3 "I don't know where to walk."**You should maintain your exercise program year-round. So it's best to choose a place where you can walk all the time. For outdoor walking, find a course with a smooth, soft surface that does not intersect with traffic. When weather prevents outdoor walking, walk around an indoor track at a school or recreation center. Many people are putting on their walking shoes and walking around shopping malls. Regardless of where you walk, be sure it is well lighted.\* **#4 "I won't be motivated to continue."**Find a partner or join a group. It's okay to walk alone. But if a companion will make walking more enjoyable and help you stick to your program. Your walking partner should be able to keep the same schedule and walk the same pace as you. Set a short-term goal.\***#5 " I don't know if I can handle it."**Set a pace for your program and don't push yourself too hard when you start. Reduce your pace if: * You are unable to speak easily in a conversational tone
* It takes longer than five minutes for your pulse to slow down after you exercise
* You feel faint, have a hard time breathing or have prolonged weakness
* Contact your doctor regarding these symptoms.\*

**"So what is your excuse?"\*\***\_\_\_ #1 - "I don't have time."\_\_\_ #2 - " I don't know how to start."\_\_\_ #3 - " I don't know where to walk."\_\_\_ #4 - "I won't be motivated to continue."\_\_\_ #5 - "I don't know if I can handle it."\_\_\_ All of the Above\_\_\_ Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *\*information from AHA \*\*Please feel free to respond at info@valleyparishnurseministry.org or VPNM, 512 Monroe St., East Liverpool 43920.*  |

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| **Bulletin Insert: October 2003http://www.valleyparishnurseministry.org/images/colorrule.jpg****October is Clergy Appreciation Month**This is a special time that congregations set aside each year to honor their pastors and pastoral families. Often the hard work, sacrificial dedication and behind the scene blessings that are provided by these special people are taken for granted. Is there scriptural basis for this observation? Please consider this verse;The elders who direct the affairs of the church well are worthy of double honor, especially those whose work is preaching and teaching*- 1 Timothy 5:17*Pastors and their families live under incredible pressures. They are not immune to disappointments, burn out, depression or just feelings of being overwhelmed. At times they may be expected to have an ideal family, to be perfect people, to always be available, or to never "be down." They may be expected to have all the answers we need to keep our own lives stable and moving forward. Those are unrealistic expectations to place on anyone.The good news is that we can make a difference! There are two ways to help your pastor and his or her family feel appreciated.**1. What can I do personally to recognize and honor these leaders?**A simple card, an invitation to lunch, a promise to pray for them or an offer to baby-sit, wash a car or mow a lawn makes a wonderful statement.**2. What can we do as a congregation?** You might consider a special service of affirmation, a potluck event or planting a tree in their honor. The sky is the limit! Focus on the Family has a Clergy Appreciation Month Planning Guide. This complimentary guide is available online at [www.family.org/pastor/pdf/cam.pdf.](http://www.family.org/pastor/pdf/cam.pdf)**spacer** |
| **Suggestions for Clergy Appreciation Month***Excerpted with permission from Focus on the Family web site** **Make banners of appreciation and display them throughout the church property.** Distribute appreciation ribbons, buttons or stickers to every member of the congregation and wear them proudly throughout the month.
* **Set up a "leafless" tree that can be decorated with a variety of small gift for your pastor(s)**, such as favorite treats (cookies, candy), hobby items (fishing flies), small envelopes with gift certificates (clothing stores, restaurants, bookstores, haircuts, dry cleaning, etc.) or money.
* **Urge the Sunday school and other children's groups to make creative appreciation messages** for the staff using construction paper and bright colors. Have the pastor visit them for their own ceremonies of gratitude. Then decorate the pastor's office with the children's artwork.
* **Schedule special prayer sessions** to pray specifically for your pastor and their families. Make a yearlong commitment and assign special categories to each month, such as good health for the pastor's family, financial stability, courage and freedom to dream and the pastor's marriage.
* **Plan a special banquet in honor of your pastor.** Have guest speakers and an entertaining program that highlights the accomplishments of the church under the pastor's leadership. Prepare a "This is Your life" show or a celebrity roast. If such an event is not possible, arrange for several members of the congregation to take the pastoral staff and their families to lunch of dinner.

*Doesn't your pastor and his family deserve this kind of recognition? Do something about it today!***spacer** |
| **Anger - Integrating Faith and Health**Everyone gets angry at times. - it is a normal human emotion. But if it happens too often it can turn into self-destructive behavior. If left unchecked, anger can damage your relationships, your reputation and your health. Anger produces the well-known fight-or-flight response, the physiological changes that help us marshal our resources to escape immediate danger. Anger stimulates the release of the hormones adrenaline and cortisol into the bloodstream. These two hormones have a number of effects that mobilize the body over the short-term but that can be destructive if anger is chronic.* ***The hormones cause heart rate and blood pressure to rise****.* This can damage the delicate inner lining of the arteries and accelerate the development of arteriosclerosis - a buildup of plaque that can lead to a heart attack.
* ***They cause platelets circulating in the blood to become sticky.*** That enables them to cling to damaged areas on the artery lining, where they clump and release chemicals thought to further stimulate the growth of arteriosclerotic plaque.
* ***They stimulate fat cells to empty into the bloodstream to provide a quick energy source.*** When that fat isn't burned, it's converted into cholesterol - making more cholesterol available to be incorporated into plaque.
* ***They appear to suppress the immune system***, making us more susceptible to illness.

Anger can be very damaging to our physical, emotional and spiritual health. Remind yourself that if you remain angry, it's your own health and well-being that will suffer most. Scripture tells us:Do not let the sun go down while you are still angry, and do not give the devil a foothold.*- Ephesians 4:26*Not letting the sun go down on your anger seems like very wise and healthy advise. Now let's consider a faith outlook on how to realistically deal with anger.**spacer** |
| **Turning Anger from Something Forbidden to Something Good**1. Acknowledge you are angry and the feeling is normal. Pushing the feeling away only means it will come up again. Try to identify the root cause of your anger. Consider if you are really angry with yourself.
2. Talk to God about it in prayer. Ask for specific insight. Ask if there are issues of forgiveness at hand. Ask if the anger is linked to the past. Sincerely pray the "serenity prayer."
3. Talk about your anger with people you trust. Tell them you are not angry with them, but are angry at what is happening to you. Ask for a listening ear. Don't always expect magic answers.
4. Get physical. Use a walk around the block, exercise or activity to release your tension when your body feels angry.
5. If you can't talk about it, write about it. You might consider writing a letter or in a journal. Writing about anger can help you sort things out more clearly. It can also provide a release of you feelings.
6. Make a plan for moving forward. Although anger is normal, staying angry for too long can cause a lot of stress. Seek counsel from trusted friends, a mentor or you pastor. Reevaluate your priorities and decide what is really important to you.
7. Realize that anger can reoccur. Develop a good strategy to handle future episodes.

It is important to seek help if anger continues to bother you. There are many local clergy, professional counselors, psychologists or psychiatrists that may help.Help is also available, 24 hours a day, 7 days a week. New Life Ministries has resource materials about anger and has caring Christian professionals available to speak with you. You can contact them at 1-800-NEW-LIFE. |

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| **Bulletin Insert: November 2003http://www.valleyparishnurseministry.org/images/colorrule.jpg****Cancer Is So LimitedCancer is so limited…It cannot cripple love,It cannot shatter hope,It cannot corrode faith,It cannot eat away peace,It cannot destroy confidence,It cannot kill friendship,It cannot shut out memories,It cannot silence courage,It cannot invade the soul,It cannot reduce eternal life,It cannot quench the Spirit,It cannot lessen the power of the resurrection. *- Author Unknown*****Paul is a good example of a survivor. He endured shipwrecks, death threats, prison, beatings, poisonous snakes, mobs, physical affliction, illness and stoning. He survived it. He wanted to live, of course. Yet he had no illusion about where his home really was.****Wisdom tells us to hold this world lightly, for it is not our home. Heaven is what we were made for!****To me, to live is Christ and to die is gain.*- Philippians 1:2*****spacer** |
| **Finding Grace to Help in the Time of Need"Cancer," just the word itself causes us to cringe, fear and create pictures of despair and suffering. It's the number two killer after heart disease. It comes at the time when someone has just had a baby or grandchild, fallen in love, received a promotion, built a dream house or retired early to enjoy life. Success or money cannot prevent it or stop it. It is always considered bad news.****What is the good news? In the medical world, there are many new and exciting therapies being tested. We are seeing scientific breakthroughs like stem cell transplants, and gene splicing. Certain enzyme inhibitors can choke off blood supply to tumors. There are genetic and molecular technologies that trigger cancer cells to die. Many types of cancer that were routinely considered fatal 20 years ago are now curable. Medically, all this gives us reason to hope.****What is the good news spiritually? God will be with us during agonizing circumstances. The coping process will be more than merely physical - it will be spiritual. At times a loved one will have no strength for tomorrow. "Give us this day our daily bread" begins to mean "give us today the grace to deal with all the uncertainties, suffering and surprises." Those dealing with cancer can say, "He truly provides the grace I need, in the hour I need it, not one day earlier and not one day too late."****The scripture in Hebrew 4:15 reads, "Let us therefore draw near with confidence to the throne of grace, that we may receive mercy and may find grace to help in the time of need" (NASB). Cancer gives us reason to not trust in the world that we see. Faith gives us the confidence to begin that journey to the throne of grace.****spacer** |
| **Scriptures to Share with Those in Need****God's power in us"We have this treasure in jars of clay to show that this all surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed"*- 2 Cor. 4:7-9*****Awareness of the sustaining power of God"Praise be to the Lord, to God our Savior, who daily bears our burdens"*- Ps. 68:19*****Suffering and Character"We also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope"*- Rom. 5:3-4*****Dependence on God"My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weakness, so that Christ's power may rest on me"*- 2 Cor. 12:9*****Our Stronghold"The Lord is good, a strong hold in the day of trouble: and he knows them that trust in him"*- Nahum 1:7*****Inward Renewing"For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day"*- 2 Cor. 4:16*****Hope"Why are thou cast down, O My soul? And why art thou disquieted within me, hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God"*- Ps. 42:11*****spacer** |
| **Cancer Resources to ShareThe World Wide Web is a wonderful for those who want up to date information. Be careful that the site you access is a reputable source. A good rule is to access governmental or widely known names such as the ACS, Mayo Clinic or John Hopkin's Institute first.****Association of Cancer Online ResourcesThis site provides direct links to the archives of cancer support groups.** [**www.medinfo.org**](http://www.medinfo.org)**American Cancer Society,** [**www.cancer.org**](http://www.cancer.org) **or 800-ACS-2345There is much information plus links to topics like promising cancer treatments and cancer wellness books. It also allows you to ask questions on many topics, including diagnosis, treatment, and the availability of information and materials.****CancerNet** [**cancernet.nci.nih.gov**](http://www.cancernet.nci.nih.gov)**Includes up to date research and treatment summaries on various forms of cancer from the National Cancer Institute.****National Cancer Institute** [**www.cancer.gov**](http://www.cancer.gov) **800-4-CANCERThrough its telephone service, the NCI offers a wide range of information, provides links to research, ongoing drug and treatment trials. It is easy to use and offers a number of free publications.****Last Acts Consumer/Family Resource for the End of Life CareThis is comprehensive guide to assist family caregivers in finding the information they need to better care for those facing the end-of -life. Contact** **LastActs@aol.com** **or 202-296-8071.****Things to Consider When Your Child Has a Terminal IllnessThis is a brief, easy to read resource that offers compassionate and practical guidance for parents. Order this at** **btc@mc.duke.edu** |

**Bulletin Insert: December 2003****http://www.valleyparishnurseministry.org/images/colorrule.jpg****Do You Know a Caregiver?**Being a caregiver eight hours a day or twenty-four hours a day is one of the toughest and sometime the least appreciated jobs that exist. During this Christmas season we often think of those who are ill or less fortunate, but who thinks about the caregivers?Often the care of a loved one falls on their spouse, a child, a daughter-in-law or a paid caregiver. Often these caregivers also have another job or other family responsibilities. It is expected of them to prepare food, take the person to the doctor's office, do personal care, clean, lift, and remain healthy and cheerful all at the same time.Imagine how difficult it may be to take care of a loved one with Alzheimer's. It's not easy answering the same question over and over again twenty times a day. Imagine how it feels to love someone who doesn't recognize you any more. It's not easy seeing the one you love become less and less able to care for themselves.Most caregivers try their best daily. Often they hide exhaustion. They will even say that "Everything is OK," or they don't need help. They will put off their own medical care and check-ups because, "I don't have the time, he needs me at home." They will deny caregiver stress even though they deal with it daily.Then comes Christmas. Now everything in the house should be just like it used to be before the loved one got sick. The cookies should be baked, the house should be decorated, and visitors should be welcomed. These are often unrealistic and unreachable goals. Certainly, no one can do all this. But certainly, a caregiver can feel guilty if it is not accomplished.So where does that leave us, the friend, the neighbor, the Sunday School class, the minister, the stewards, or the visitation committee? Hopefully it leaves us with the knowledge that Christmas time is not the only time to care for the caregiver, but it can help us focus on supporting them in this special season.We can listen, be prayerful, and be creative. We can say what a good job they are doing. We can thank them for the sacrifices that they are making. We can ask, "How can I help?" and really mean it. We can call weekly and ask if they have a prayer request. We can just keep caring!**spacer** |
| **Practical Gifts for the Caregiver**Make a meal with all the fixings and drop it off on a night you've previously arranged.Spend a few hours to reminisce together and laugh about fond memories.Give a gift certificate for a beauty parlor, manicure, massage, round of golf or bowling. It may just be the right thing. Don't forget to make arrangements for you or someone qualified to stay with the ill person so that the caregiver can use the certificates. Offer to spend a few hours to help them decorate, write Christmas cards, or wrap presents.Spend a few hours with the person needing care so the caregiver can do their Christmas shopping.Bring ready to bake cookie dough and bake together.Organize some friends or church members to bake an extra dozen cookies and send a variety tray. Include notes from these friends.Ask your church group to plan a "freezer meal blitz." Let the family know ahead of time to make sure freezer space is available. Give a photo album with pictures to enjoy.Give a gift certificate for dinner-out, or gift certificate from a restaurant that delivers.Listen, really listen, to your caregiver friend. Encourage them to use support services available so they can take a break.If you are an out-of-town relative, find ways to support the family member who is doing the majority of caregiving. If you can afford to, arrange for someone to help with housework, yard maintenance or personal care a few hours a week.Videotape the Christmas concert, cantata or children's program for the caregiver and the sick person to enjoy together.Phone and ask if you can do some shopping for them while you are at the mall.Bring a terrific Christmas movie to your friend's house. Watch it with them and don't forget the popcorn.Encourage children to make special cards to send. Have children come to Christmas carol.Buy a warm nighty or pajamas, snugly slippers or make a basket of fruit, herbal teas or specialty foods.Give a nicely framed family picture. Consider a long distance calling card to keep distant family in touch. Write a Christmas card saying what you admire or cherish about them. Say the things closest to your heart. Include spiritual encouragement.Give a subscription to a favorite magazine or monthly devotional magazine from your denomination. A caregiver magazine is also available by calling 1-800-829-2734 or visit [www.caregiver.com](http://www.caregiver.com)Give the gift of music. Soothing hymns or music from the sick person's era can help brighten days to come.**spacer** |
| **Tips for Visiting the Sick at Christmas**Call ahead to make arrangements. It's hard for sick people to do things spontaneously. They may need to adjust their schedule in order to conserve their energy for your visit.Ask the caregiver about the appropriate length of the visit. They can cue you to how long the ill person is usually able to enjoy company. Simple craft items or puzzle books can be appreciated later.If the person has a special diet, be careful to bring food items that are allowed, or if you are not sure, bring small quantities.Clothing gifts should be easy to get on and off. Consider jogging suits, thermal slippers, and items with Velcro closings. Sears publishes a Home Health Care catalog that is available in its catalog department. It contains many hard to find and useful items.**spacer** |
| **Keeping the Holiday Simple***tips for the caregiver*Let simplicity be your guide during the holiday season. If you desire to maintain a cherished holiday tradition, it may be time for others in the family to become the steward of this particular tradition.Ask for help and accept offers of help. In fact you can make a list of how to help. That way you will be ready when they ask.Reduce the scope of "things to do." This will allow you to increase your enjoyment of time spent together with family and friends. Give yourself permission to do only what you can reasonably manage.Maintain the sick person's normal schedule so holidays don't become disruptive or confusing |