**January / February 2017** Starting Jan 18th a group meeting of Nar-Anon will be held on Wednesdays from 6-7 pm at:  
  
Kent State University East Liverpool Campus  
Mary Patterson Building (across from Evening Review)  
213 East Fourth Street  
East Liverpool, Ohio  43920  
   
[What's Nar-Anon?](http://www.nar-anon.org/what-is-nar-anon/) Nar-Anon Groups are a worldwide fellowship for those affected by someone else’s addiction. As a twelve step program, it offers help by sharing experience, strength, and hope.  
   
**Will it help me** **understand addiction**? Yes, addiction is a disease. As a friend or family of an addict you will eventually realize that you are powerless over it, as well as over other people's lives. The program encourages attendees to do something useful and constructive with their own lives so they can be of help to others.  
   
**What happens at a Nar-Anon Meeting?** There is group participation but only one person speaks at a time. It is a time of sharing and not judging. People to come not to talk about the addict's problems but to keep the focus on themselves and their own recovery. If you have questions, you can stay after the meeting to speak with others, or you may use your phone list during the week.   
   
**Is there a cost?** Contributions are voluntary and are used to purchase literature and make periodic donations to their area, region or to purchase refreshments and supplies.    
**How should I prepare?** Keep an open mind and attend as many meetings as possible. Feel free to share during the meeting. Confidence and anonymity is respected. You may ask questions after the meeting.  
   
**Is Nar-Anon a spiritual program?** This program accepts the idea that all are dependent upon a Higher Power for help in solving problems and achieving peace of mind. Individual religious beliefs are considered a personal matter. A point is made to avoid discussions regarding any specific faith.  
   
**What is the mission/vision of Nar-Anon?** They want to carry a message of hope to those affected by the addiction of someone near to them by letting them know they are no longer alone.  
Reference: http://www.nar-anon.org/what-is-nar-anon. Retrieved on 01/9/17  
   
Should Kids Visit the Elderly?  
  
Perhaps you are wondering if children should visit elderly who are forgetful and may not even remember their visit anyway. Consider this, if the elderly would enjoy the visit isn’t that enough? Are there smiles during the visit? Who cares if the stories are repeated over and over again? Do eyes light up like it’s the first time meeting a child even though it is not the first time?  
   
You might want to think of it this way. Does a back rub feel good to someone?  Sure it does! Would you avoid providing a back rub just because it would not be remembered?  
   
Visiting is showing Right Now Love!  “It’s like when you eat ice cream or watch a really funny cartoon. It may not last very long, but you love it while you have it." And that's enough.  
   
Tips for visiting:  
  
   Bring props - old photos, recipe cards, nail polish  
   Read the child’s favorite book; talk about it  
   Encourage story telling about “old times”  
   Bring favorite or seasonal music  
   Bring an easy craft both can enjoy  
   Check if you can bring a pet    
  
Both the elderly and the child benefit from regular visits.  
  
    ·Research shows elderly people become more interested in others,  
     get more exercise, fall less, and feel happier and more loved after  
     spending time with children.  
  
    ·Loved ones report elderly seem more engaged and less isolated.  
  
    ·Children will usually have higher social development scores, fewer  
     behavioral problems, and enhanced perceptions of older adults.  
      
     ·Children have been proven to have a better vocabulary as well as  
      better reading skills.  
   
References:  
Colopy, E.(2008),Right Now Love — Why Kids Should Visit the Elderly, retrieved on 12 11 16 from <http://www.focusonthefamily.com/parenting/building-relationships/linking-the-generations/right-now-love-why-kids-should-visit-the-elderly>  
   
Volunteering With the Elderly: How Your Child Could benefit From the Experience, “Can Do” Street Blog <http://candostreet.com/blog-parents/2011/11/volunteering-with-the-elderly-how-your-child-could-benefit-from-this-experience/> Retrieved on 1/9/17  
  
 What Does F.A.S.T. Mean?  
   
You may have seen it on billboards but do you know it? Every 40 seconds someone in the U.S. has a stroke. [**F.A.S.T**](http://click.icptrack.com/icp/relay.php?r=50979251&msgid=654880&act=CM7U&c=559239&destination=http%3A%2F%2Fwww.strokeassociation.org%2FSTROKEORG%2FWarningSigns%2FStroke-Warning-Signs-and-Symptoms_UCM_308528_SubHomePage.jsp). is an easy way to remember the sudden signs of stroke.  
   
**F-** **Face**–Is one side of the face drooping or numb? Is the  
    person's smile uneven?  
  
**A- Arm**– Is one arm weak or numb? Ask the person to raise  
    both arms. Does one arm drift downward?  
  
**S**- **Speech**  – Is speech slurred? Is the person unable to  
    speak or hard to understand? Ask the person to repeat a  
    simple sentence, like "The sky is blue." Is the sentence  
    repeated correctly?  
  
**T-** **Time to call 9-1-1** – If any of these symptoms occur, even if they go away, call 9-1-1 and get the person to the hospital immediately. Check the time of the first symptoms.  
  
**Beyond F.A.S.T. – Other Symptoms**  
  
Sudden **NUMBNESS** or weakness of face, arm, or leg,  
      especially on one side of the body    
Sudden **CONFUSION,** trouble speaking or understanding  
Sudden **TROUBLE SEEING** in one or both eyes    
Sudden **TROUBLE WALKING,** dizziness, loss of balance or coordination Sudden **SEVERE HEADACHE** with no known cause    
  
**Why do seconds count?** Time sensitive interventions and medications can lead to better outcomes. Some medications can only be used in the first few hours**.**        
   
REFERENCES  
Reference: American Heart Association http://www.strokeassociation.org  
   
Diabetes and Stroke Risk  
   
The leading cause of death with diabetes is cardiovascular disease. Adults with diabetes are two to four times more likely to have a heart attack or stroke than those without diabetes.  
  
**What is the link between diabetes and stroke?**   
   Some factors are inherent like, family history of diabetes and/or heart  
   disease. Other factors are modifiable.  
  
These include:  
  -High Blood Pressure (which doubles risk)  
  ·Abnormal cholesterol levels  
  ·Obesity  
  ·Lack of physical activity  
  ·Unhealthy food choices    
  
[**What can I do to Decrease Stroke Risk**](http://click.icptrack.com/icp/relay.php?r=50979251&msgid=654880&act=CM7U&c=559239&destination=http%3A%2F%2Fwww.health.harvard.edu%2Fwomens-health%2F8-things-you-can-do-to-prevent-a-stroke)?  
  
Ask your doctor for target values and seriously strive for them:  
   A1c (usually 7% or less)  
   Blood Pressure (usually below 140/90)  
   Total Cholesterol (usually below 200)  
   Bad cholesterol or LDL (< 130 and perhaps near 70)  
   Good cholesterol or HDL ( > 40 for males, > 50 for females)  
   Choose foods that help lower cholesterol like oatmeal, oat bran, fish,  
      omega-3 fatty acids**, w**alnuts, almonds    
      and other nuts, avocados and high fiber foods.  
   See more info on lowering cholesterol at [http://www.mayoclinic.org/diseases-conditions/high-  
    blood-cholesterol/in-depth/cholesterol/art-20045192](http://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/cholesterol/art-20045192)  
  Exercise More **–** 150 minutes a week of activity, plus moderate     
       muscle-strengthening (with dr. advise)  
  Lose weight - Increase intake of plant based foods  
       DASH diet is a good resource for most . [www.dashdiet.org/‎](http://www.googleadservices.com/pagead/aclk?sa=L&ai=DChcSEwi8n_TrwrbRAhVdVg0KHbJJAbAYABAA&ohost=www.google.com&cid=CAASIORoczsu6UDkeaf5E6RIjxIoS5bYnxM4IOeyrB6ELJfu&sig=AOD64_1bXrusVjBjmKnbDijHmxwedIVJog&adurl=&q=&nb=1&res_url=https%3A%2F%2Fsearch.yahoo.com%2Fyhs%2Fsearch%3Fp%3DDASH%2Bdiet%26ei%3DUTF-8%26hspart%3Dmozilla%26hsimp%3Dyhs-002&nm=42&is=534x146&nx=9&ny=7&clkt=11&bg=%211tWl1c1EoEJ4t4-QSVcCAAAAf1IAAAAbCgA7gsmc9GwU94fOCmdYWDo2IkvdQEARbTI87i0Rdpv6SDFRlklzmdJRtZLtpVjDvZ56DWtScx7rwNREhxeZAO7TX0CPeu0IcjGAXjxubgecOvx9WSuDMqIbpFZbv6CDnG7hyyf68S3CAjCld364uLAfY613MyrTKf-YN-6tlCJBIQYFBPEHkIFgWR6pQYMQVW6LybWiztRBl5M1tAOvMBR6FySKbw94MEPg009TuB65cYTA1TGua-x9IcfsQYoSfAxVnoyT-GEDMcKBiQKif9ic2XeIYA2s88Id_HfUM6Cpa_8h3xy5tpg0XgJBPoFLSWWaf_F0_DkkTjfeUfcVwX71q3LAVFZyxSio7EqN9kNeEefYy45iVIhgNqYVjx0NzKrOGd6o3J-NaAtsLrxt)  
  Quit Smoking,  
  Limit or do not use alcohol  
  Ask about aspirin therapy and or other anticoagulants  
  **Reference: American Heart Association http://www.strokeassociation.org  
Mayo Clinic, Cholesterol numbers, retrieved on 1/9/17at** [**http://www.mayoclinic.org/cholesterol-numbers-video/vid-20078243**](http://www.mayoclinic.org/cholesterol-numbers-video/vid-20078243)

March /April 1017

 Benefits of Yoga for Back Pain  
   
Common methods of treating back pain have included strong pain medication and physical therapy. Now some doctors are moving toward alternative therapies like yoga. Previous studies have shown yoga lessens pain, increases function and reduces medication use. One new small 12 week study was of 320 adults with chronic back pain (with no anatomic cause). Most participants had "quite high" pain scores (average of 7 out of 10 on a pain scale) and were "quite disabled.” The yoga group had a 75-minute weekly class with a very low student-to-teacher ratio. Almost three quarters were using pain medication, with about 20% taking opioids.  
   
**Findings**: This small study found yoga “superior” to physical therapy in increased function and pain reduction scores. Overall, yoga proved to be safe, with only mild, usually transient exacerbations of back pain. Larger studies with better adherence will give more info.     
   
**Discussion:** These findings cannot be generalized to all groups. Yoga is a combination therapy of body awareness, mind awareness and breathing awareness. Some say, "It feels good and doesn’t feel like a medical procedure." When physical therapy is not covered by insurance the cost of yoga has an advantage.  Yoga exercises can also be transitioned into a home practice. There's also evidence that yoga has a positive impact on the brain occurring specifically when yoga is used over time. Obviously all yoga studios are not the same.  
   
Reference: Anderson, P., 2016, American Academy of Pain Management, [Medscape Medical News](http://www.medscape.com/news)  Retrieved from      <http://www.medscape.com/viewarticle/869487?nlid=109591_2822&src=WNL_mdplsnews_160930_mscpedit_nurs&uac=93794AG&spon=24&impID=1207236&faf=1#vp_3>  on 9/30/16  
   
A local resource for faith oriented Yoga is **Holy Yoga by** **Bethanie**   
        Contact information 330-749-7717     [bethanieC@holyyoga.net](mailto:bethanieC@holyyoga.net)  
   
**Women’s Retreat of Holy Yoga March 24-27**  
**Elkhorn Valley Christian Service Camp, Bergholz, OH**  
**Includes lodging, meals, multiple yoga sessions, worship,**  
**speakers, use of oils, campfire, a craft and prayer circles**  
   
  
Substance Abuse Community Meeting  
March 30th from 6-8 pm  
   
Are you concerned about our local drug abuse epidemic?  
Various speakers will discuss:

* Risk factors and prevention
* Signs and symptoms of drug abuse
* Treatment options
* Medication Assisted Treatment
* Science of addiction

First Church of the Nazarene  
670 Walnut Street, East Liverpool  
More info 330-383-0475 (Dan)  
or 330-420-8760 (Luke)  
   
Sponsored by CAA Health, Behavioral Health and Dental Canters  
   
Help for Family and Friends of Addicts  
  
Nar-Anon meetings are held at the Kent State University East Liverpool Campus in the Mary Patterson Building (across from Evening Review) 213 East Fourth Street on Wed. from 6-7 pm.   
   
**Nar-Anon** is a twelve step program, it offers help by sharing experience, strength, and hope. It can help a friend or family of an addict to realize that they are powerless over it, as well as over other people's lives. The program encourages attendees to do something useful and constructive with their own lives so they can be of help to others.  
   
The mission/vision of Nar-Anon is to carry a message of hope to those affected by the addiction of someone near to them by letting them know they are no longer alone.  
Reference: http://www.nar-anon.org/what-is-nar-anon. Retrieved on 01/9/17  
   
  
 Got Divorce?  Got Hurt?  Need Help?  
   
Find help and healing for the hurt of separation and divorce. DivorceCare is a friendly, caring group of people who will walk alongside you through one of life’s most difficult experiences. Don’t go through separation or divorce alone.  
   
Local Group @ Destiny House  
49345 Calcutta Smith Ferry Rd East Liverpool, OH 43920  
Meets Fridays, March 3 – May 26 at 6:30 pm – 7:30 pm  
Contact: Deb at 330-853-0093  No cost. No workbook  
  
Divorce Care meets each week for thirteen weeks. The first 30-40 minutes consists of the group watching a video seminar of topics essential to recovery from the hurt of separation or divorce. They are real-life stories of people who have experienced divorce.  After viewing the video, the group functions as a support group, discussing that week’s video seminar and what is going on in the lives of group members. Here is a list of the weekly topics:  
  
      1. What’s Happening to Me?  
      2. The Road to Healing/Finding Help  
      3. Facing My Anger  
      4. Facing My Depression  
      5. Facing My Loneliness  
      6. What Does the Owner’s Manual Say?  
      7. New Relationships  
      8. Financial Survival  
      9. KidCare    
      10. Single Sexuality  
      11. Forgiveness  
      12. Reconciliation  
      13. Moving On, Growing Closer to God  
  
For a daily inspiring email with practical information to help you heal after your divorce. Sign up for daily emails at <https://www.divorcecare.org/dailyemails>  
  
[DivorceCare for Kids (DC4K)](https://www.divorcecare.org/dc4k) provides help for children ages 5-12. It features videos, music, games, crafts and activities for children 5–12 Search for a group at <https://www.dc4k.org/>  
   
            
 May is Blood Pressure Sunday Month  
   
We are excited to announce that **Blood Pressure Sunday**   
**is May 7th**. If your church cannot participate on that date **alternate dates are May 14th, May 21st and May 28th.** Any health professional interested in assisting with blood pressure screening or clergy interested in holding screenings in your church can contact Valley Parish Nurse Ministry at 330-382-9440. We will be glad to assist you in finding a volunteer health professional if needed.  
   
 Get “On Track” with Your Sodium  
   
 About one in three Americans has [high blood pressure](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/GettheFactsAboutHighBloodPressure/The-Facts-About-High-Blood-Pressure_UCM_002050_Article.jsp) and a high-sodium diet may be to blame. Sadly, most people consume about 3.4 grams a day which is [more than twice the recommende](https://sodiumbreakup.heart.org/sodium_and_your_health?utm_source=SRI&utm_medium=HeartOrg&utm_term=Website&utm_content=HowToTrackSodium&utm_campaign=SodiumBreakup)d amount. Sodium hides in soups, sandwiches, pizza, poultry, breads and rolls and most processed food. Too much sodium increases the risk for [stroke](http://www.strokeassociation.org/), [heart failure](http://www.heart.org/HEARTORG/Conditions/HeartFailure/AboutHeartFailure/What-is-Heart-Failure_UCM_002044_Article.jsp), osteoporosis, stomach cancer and kidney disease. If high blood pressure remains untreated, it damages arteries and vital organs throughout the body.  
   
**Take Control:** Start by tracking your sodium. Just jot down what you eat and sodium statistics from labels. Salt statistics also available at  
<http://apjcn.nhri.org.tw/server/info/books-phds/books/foodfacts/html/data/data5a.html#chart>   
Tally at the end of the day. This can help you make better choices the next day. Even small adjustments can bring big results when it comes to your health!  
   
For more resources go to “[change your salty ways in only 21 days](https://sodiumbreakup.heart.org/change-your-salty-ways-in-21-days)” at <https://sodiumbreakup.heart.org/change-your-salty-ways-in-21-days>  
   
**More tips:**

* Use fresh, skinless chicken not fried or processed chicken.
* With packaged soups, try lower-sodium varieties.
* Choose lower-sodium lunch meats and low sodium cheeses.
* Minimize condiments.
* Try some tasty recipes on the AHA Recipe Site at <https://recipes.heart.org/>

Reference: How to Track Your Sodium, AHA. Retrieved 2/28/17 at [http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/How-to-Track-Your-Sodium\_UCM\_449547\_Article.jsp#.WLYUKIWcHIU](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/How-to-Track-Your-Sodium_UCM_449547_Article.jsp%23.WLYUKIWcHIU)

May / June 2017

Smile More for Better Health  
   
Have you ever noticed that when you smile people smile back? Have you ever noticed you feel better after you smile? If you answered “yes” researchers agree with you.  Smiling sets off a chain reaction. Even a fake smile sets off the same chain reaction in your brain. Chemicals called dopamine, endorphins and serotonin are released when a smile flashes across your face.  
   
**Benefits of Smiling:**

* Relaxes your body
* Can lower your heart rate and blood pressure
* Acts as a natural pain reliever
* Serves as an antidepressant or mood lifter

(No prescription costs or addictive side effects)  
  
**A Smile:**

* Makes you more attractive
* Is contagious
* Creates a “symbolic relationship” where  both parties  have a positive reward of “feel good” chemicals
* May increase the possibility of a healthier and longer life

**Scriptural Reasons to Smile:**

* [Proverbs 15:13](http://bible.knowing-jesus.com/Proverbs/15/13) A joyful heart makes a cheerful face, but when the heart is sad, the spirit is broken.
* [Psalms 118:24](http://bible.knowing-jesus.com/Psalm/118/24) This is the day which the LORD has made; Let us rejoice and be glad in it.
* [Proverbs 15:30](http://bible.knowing-jesus.com/Proverbs/15/30) Bright eyes gladden the heart; Good news puts fat on the bones.
* [Proverbs 17:22](http://bible.knowing-jesus.com/Proverbs/17/22) A joyful heart is good medicine, but a broken spirit dries up the bones

If you are not happy right now, try this.  Say the long “e” sound five times.  Then say the long “u” sound five times and repeat the long “e” sound five times.  I began chuckling. Did you?   
 SMILE and have a happy day!  It should make a difference.   
  
Reference: Riggio,R. 2012**,** There’s magic In your smile: How smiling affects your brain retrieved at  
<https://www.psychologytoday.com/blog/cutting-edge-leadership/201206/there-s-magic-in-your-smile> on 4/17/17  
  
                      How to Talk to Kids about Terrorism  
    
Most days there is something about terrorism on the world news.  Sadly, this is the world that we live in. Our challenge as parents and grandparents is to help our children understand and process the evil that is happening. How to best deal with this subject is age specific.  
   
**Toddlers to age 7: PROTECT and ASSURE** Shielding is the key. This might mean turning off the news when a young child is in the room. Controlling of emotions is best also. When we are upset young children will mirror our anxiety. This can manifest itself in various behaviors including nightmares. The best advice is letting children know they are loved. Do everything to help them feel secure.   
   
**School-aged children: LABEL and ROLE MODEL** These children are starting to understand the world around them, but not necessarily comprehend what is going on *inside* with their feelings.  If you notice older elementary-aged children not being themselves, or acting out – they may be trying to express what they can’t put into words. Talking about how they feel and “naming” the feeling can help. Reassuring words can provide immediate relief to some children. Assuring them of their physical well-being and the blessings of a safe home is essential. It is good to read scripture and pray with them. When you face the unknown be sure to model faith in God and prayer. Helping them know God is our protector and He is always with us is essential.  
   
**Teenagers: LISTEN and RESPOND**  While they are trying to analyze the situation logically, it is important to listen. Avoid planting new fears. Try to assist with problem solving the issues the teen is dealing with. It may be best to start out with logic but take them to scripture. Having passages of hope, protection and comfort posted around the home can help. Reinforce that as believers we can have a focus that transcends earthly fears.  
   
Remember God is our helper in this and all other challenging parenting situations that arise as we live in a sinful, broken world.  
   
Daly, J., 2017 Jim Daly’s Blog, How to Talk with Your Kids about the Threat of Terrorism, Retrieved from <http://jimdaly.focusonthefamily.com/how-to-talk-with-your-kids-about-the-threat-of-terrorism/> on April 19, 2017  
   
                                
   
Check, Change and Control Blood Pressure  
   
What affects 80 million American adults, has no symptoms but can  
be controlled? When left undiagnosed can lead to strokes, heart attacks and kidney failure? If you answered high blood pressure to both you are right. The American Heart Association (AHA) has created the **Check. Change. Control.** program.  
   
Although this area does not yet have a local Check. Change. Control. program you can use their online system called  [Heart360](http://www.heart360.org/).  It is a web-based tool to help track blood pressure, cholesterol, weight, physical activity and medication. It is a personal hub that pulls together all the information you need so you and your doctor can actively work to get your blood pressure at a healthy level. Sign up at <https://www.heart360.org/default.aspx> At Heart360®  your health information will be safe and secure in Microsoft® HealthVault™ Knowing your numbers and making the changes that help get it under control is key. AHA has extensive [blood pressure information online](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure_UCM_002020_SubHomePage.jsp).     
   
                                   **Know Your Number!**  
Blood Pressure Category                 Upper #                    Lower #  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Normal                                           less than 120      and   less than 80  
  
Prehypertension                              120-139             or     80-89  
  
High Blood Pressure  
(Hypertension) Stage 1                   140-159             or     90-99  
  
High Blood Pressure  
(Hypertension) Stage 2             160 or higher         or    100 or higher  
  
Hypertensive Crisis  
(Emergency care needed)      greater than180      or     greater than110  
  
   
**Make changes that matter:**

* [Eat a well-balanced](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/MakeChangesThatMatter/Managing-Blood-Pressure-with-a-Heart-Healthy-Diet_UCM_301879_Article.jsp), [low-salt diet](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/MakeChangesThatMatter/Shaking-the-Salt-Habit-to-Lower-High-Blood-Pressure_UCM_303241_Article.jsp)       Limit alcohol
* [Enjoy regular physical activity](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/MakeChangesThatMatter/Getting-Active-to-Control-High-Blood-Pressure_UCM_301882_Article.jsp)      Maintain a healthy weight
* [Take your medications properly](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/MakeChangesThatMatter/What-You-Should-Know-About-High-Blood-Pressure-and-Medications_UCM_301888_Article.jsp)

Your blood pressure is serious business, so get serious about it!  
  
Caswell, J., Blood Pressure Demands the 3 C’s: Check. Change. Control.  
 <http://strokeconnection.strokeassociation.org/Spring-2015/Blood-Pressure-Demands-the-3-Cs-Check-Change-Control/> retrieved on 4/24/17  
   
         Walking Helps Relieve Stress  
   
Spring time is a good time to begin to walk more.  Start with a few minutes and add more time gradually. Many benefits await you.  
   
**1.** **Walking** **releases good brain chemicals**. Research shows walking promotes relaxation and enhances your mood.  Research also shows a relationship between more steps per day and better moods.  
   
**2. Walking is the best detox for body and brain.** Walking unclogs your body's systems, ridding them of accumulated wastes, toxins and poisons. Walking increases circulation. This rids your body of toxins stored in the liver, intestines, blood stream, kidneys and fat cells. It improves skin-complexion and digestion. Thus physical behavior leads to decreased stress on body systems.  
   
**3. Walking doesn't have to be fast.**  Even a simple stroll in the park at a comfortable pace or a walk around the office for just a few minutes without breaking a sweat can promote relaxation. The simple act of walking quiets the mind and increases awareness.  
   
**4. Walking outdoors is especially beneficial.** Have you noticed that a meditative walk “In the Garden” changes your perspective and gives you a chance to collect your thoughts? A simple stroll also increases your Vitamin D, improves memory, attention and makes you feel more alert. Even the Lord God walked in the garden in the cool of the day.  
   
**5. Walking boosts energy and decreases fatigue.** Both mild and brisk walking can increase blood flow and oxygen throughout the body, providing a burst of energy and reduction of fatigue. In fact, studies demonstrate typically inactive individuals who begin a walking program discover a 20% increase in energy and a 65% decrease in fatigue!      
   
Take advantage of other stress relievers:

* Social support-walk with a buddy
* relaxation techniques
* good nutrition
* laughter

         All these increase the results of walking dramatically!  
   
*Resource: Foy S (2017).* 5 Ways Walking Can Help You Handle Stress, On the Move,  
Retrieved at [https://onthemovechallenge.welcoa.org/challenge/26/learn on 4/4/ 2017](https://onthemovechallenge.welcoa.org/challenge/26/learn%20on%204/4/%202017)

July/August 2017

Is Multitasking Efficient?  
  
If you multitask often you may be spinning your wheels and not getting as much done as you think. Let’s look at the facts. Most authorities state, “Multitasking is a myth.” Instead of doing two things at once your brain is actually rapidly switching focus from one task to another.  
  
**How the brain works**. The “executive controller” is the cerebral cortex. It prioritizes between tasks and allocates the mind’s resources. Actually our brain can only pay attention to only one thing at a time.  Multitasking reduces the quality of the work on any one task. It’s like ignoring it for milliseconds at a time. The lag is up to several tenths of a second each time a switch happens. Studies show even this tiny bit of time can add up to big inefficiencies.  
  
**Self-imposed stress:** If multitasking feels like stress it probably is pushing more cortisol into the bloodstream.  If self-imposed stress happens often, the cortisol can

* damage the heart, cause high blood pressure,
* suppress the immune system,
* make you susceptible to type 2 diabetes.

**So how can we manage a crazy-busy life?** Mindfulness is a current “buzzword.” It emphasizes appreciating the here, now.

* **Mix and match.** Pair high-cortical involvement tasks with routine, physical tasks that the cerebellum, the brain’s autopilot, **can** handle. For example, talk to family on the phone while folding laundry.
* **Rest your case.** If you need to rise early, steal an hour from the TV at night. It’s hard for a sleepy brain to focus.
* **Wean from screens.** Resist email, the Internet, texting -- anything that’s not essential to the present task.
* **Ban boredom.** Try to do what you love and what matters most. By organizing your life around this principle you won’t be tempted away from the task at hand.

Resource: [Kuchinskas](http://www.webmd.com/susan-kuchinskas),S. (2008), Why multitasking isn’t efficient, WebMD Archives retrieved from <http://www.webmd.com/mental-health/features/why-multitasking-isnt-efficient#2> on June 26,2017  
  
   
**What You Should Know about**  
**Over the Counter Pain Medications**  
   
Over-the-counter (OTC) analgesics are among the most commonly used medicines. Not every OTC pain reliever is appropriate for every person. Some people don't consider these "medicine" because they weren’t prescribed and they may not take them every day. Many don't realize that, with other medical conditions they may inadvertently be increasing their health risks.  
   
There are basically two types of OTC pain relievers:

* Tylenol otherwise known as acetaminophen is an active ingredient found in more **than 600 OTC** and prescription medicines, including pain relievers, cough suppressants, and cold medications.
* Non-steroidal anti-inflammatory drugs (NSAIDs) are common medications used to relieve fever and minor aches and pains. They include aspirin, naproxen, and ibuprofen, as well as many medicines taken for colds, sinus pressure, and allergies.

**A Review of the Risks**  
   
A recent survey revealed that 94% of Americans depend on OTC analgesics for pain management and many do it without considering factors that could seriously impact their health.  
   
When asked about decisions of which OTC pain reliever to use:

* Nearly half did not consider their prescription medicines use
* More than half did not consider other health conditions
* Two-thirds did not consider other OTC medicine use
* Three out of four aged 60 and older did not consider their age
* One in five did not consider any of these safety factors

*Always* inform your Healthcare professional about the use of OTC medications. Asking them to provide guidance without having the complete picture can lead to serious consequences.  
   
Reference: Vega, C. Medscape nurse retrieved from http://www.medscape.com/viewarticle/879272\_2  
 On May 04, 2017  
   
**What You Should Know about**  
**Over the Counter (OTC) Pain Meds (cont.)**  
   
OTC analgesics are generally safe and effective when used as directed. Commonly used non-steroidal anti-inflammatory drugs (NSAIDs) are ibuprofen (Advil, Motrin) and naproxen (Aleve). Please be sure to *always* read and follow the drug facts label each time any OTC medication is used. It is important to communicate with your healthcare professionals about use of pills, herbals, teas.  
   
Little known facts are:

* Taking NSAIDs for longer than 3 months is associated with  increased risk of gastric ulcers.
* NSAIDs can increase cardiovascular risk.
* Liver risk factors need considered with the use of Tylenol (Acetaminophen) especially because it is in many cold/pain and even prescribed medications.
* People over the age of 60 are at an increased risk for gastrointestinal bleeding with NSAIDS.
* Other medical conditions like gastritis or stomach ulcers, kidney abnormalities, cardiovascular risks, liver disease or cirrhosis, hypertension, or asthma have increased health risks with both NSAIDs and acetaminophen.
* Patients who take anticoagulants/antiplatelet medications, corticosteroids, certain antihypertensive agents or aspirin have increased risks when using NSAIDs.
* Toxicity levels of Tylenol are still the most common cause of acute liver failure. The maximum daily dose of Tylenol is 4000 mg*. Be sure to check if prescription drugs contain it.*

**Acetaminophen: How much can you safely take?**  
   
 325 mg                                       500 mg                        650 mg ER  
  
Take how many pills at a time?  
   1 or 2                                     1or 2                            1 or 2  
  
Take how often?

Every 4-6 hrs.                       Every 4-6 hrs.             Every 8 hours  
      
  
Safes maximum daily dose for most adults  
 8 pills                                          6 pills                            4 pills  
  
Never take more than this in a 24-hour period  
 12 pills (3900 mg)      8 pills (4000mg)         6 pills (3900 mg)  
   
   
Reference: Vega, C. Medscape nurse retrieved from http://www.medscape.com/viewarticle/879272\_2  
                   on May 04, 2017  
   
**Churchgoers Experience Less Stress**  
  
A study done in April of 2016 found that Christian employees are reportedly less plagued by stress than their non-Christian counterparts. Of the national sample of 1,001 employed Australian adults who identified themselves as church-going Christians, 66% were satisfied by the amount of stress in their lives. The level of satisfaction for the general population was at 61%.  
   
The sample chosen for the survey was well-balanced with respect to  gender, age, full-time and part-time employees, and included some self-employed or independent workers. Workplace sectors included professionals, office workers, those in retail, some home based, and some in education and health care.  
   
The researcher explained the outcome was likely due to the "higher level of purpose and meaning" that Christians find in their work. He felt faith offset some of the stressful nature of their work.  
   
The study found:

* Satisfaction with stress levels correlated closely with job satisfaction
* Christians generally have a higher physical health rating than their colleagues at 52% versus 39%.
* Appreciation of physical health is one factor that might assist in dealing with unhealthy stress at work.
* Christian workers had similar overall trends in stress-mitigation activities engaging in higher engagement in spiritual activities such as prayer and faith goals.
* Dissatisfied and highly stressed employees were turning to spiritual activities.
* That 59% of Christian workers ranked their mental health as excellent or very good, compared to 48% for other workers.

Reference: Chandramouli, S., 2016, Churchgoers experience less stress than colleagues, study finds. retrieved Jan 30, 2017 from  
<http://www.christiantoday.com.au/article/churchgoers.experience.less.stress.than.colleagues.study.finds/22831.htm>

September / October 2107

Ten Reasons to Eat Less Added Sugar  
   
In 2018 the Food and Drug Administration (FDA) will require that the amount of ADDED SUGAR will be listed on labels. There are many reasons for this decision.  
   
1. Americans are eating about 30 teaspoons of added sugars a    
    day. About 70% of Americans are overweight or obese.  
2. The [World Health Organization](https://na01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fclick.icptrack.com%2Ficp%2Frelay.php%3Fr%3D50979251%26msgid%3D689437%26act%3DCM7U%26c%3D559239%26destination%3Dhttp%253A%252F%252Fwww.who.int%252Fmediacentre%252Fnews%252Freleases%252F2015%252Fsugar-guideline%252Fen%252F&data=01%7C01%7Cjnpeters%40kent.edu%7C978e60ac60d940d092ef08d4eed7c590%7Ce5a06f4a1ec44d018f73e7dd15f26134%7C1&sdata=UClmq%2BQ5qX4SUSrvrROJukhXzFFZsmLtZfS2pQM7i%2F8%3D&reserved=0) recommends adults and children  
    reduce their daily intake of processed sugars to roughly 25 grams  
    (6 teaspoons) per day to create immediate health benefits.   
3. The American Heart Assoc. recommends that women limit sugar  
    intake to 6 teaspoons a day and men limit sugar to 9 tsp. a day.  
4. Added sugar in the form of sucrose or high fructose corn syrup  
    (HFCS) offers no nutritional value.   
5.  Research now demonstrates over exposure to added sugar is  
    associated with fatty liver, insulin resistance, metabolic syndrome     
    and high blood sugar levels.  
6. Currently 45% of people in the U.S. have prediabetes or diabetes.  
7. Sucrose and High Fructose Corn Syrup turn into about a 50/50  
    ratio of glucose and fructose. The glucose is utilized for  
    energy. The fructose enters a different energy pathway.  
8. Fructose gets a direct pass to the liver. The liver uses needed  
    fructose for energy and the rest is converted to fat. Extra fructose  
    contributes to fatty liver disease.  
9. After 6 months, daily consumption of sugary drinks increases fat  
    deposits in the liver by 150 %,  leading to diabetes & heart disease.  
10. *A 20-oz bottle of cola contains 36 grams of fructose. That’s about*   
*9 teaspoons of sugar.*  
Until the new FDA food label is on the shelf we have to be our own "added sugar" detectives*. (See the app available on the next page.)*  
   
How can I choose less added sugars?

* Look for sugars camouflaged in foods including ketchup, breads, granola bars, cereals, yogurts, other processed foods.

* Consume less sugar in beverages. Limit sodas and sports drinks (avg. 6-12 tsps of sugar), fruit drinks (6-10 teaspoon of sugar) and fancy coffees and other specialty beverages.

Reference: Thomassian, B., *Short and Sweet - Less Sugar*, Better Health, Diabetes Education Services July 2017 Newsletter  
   
                         Spotting Added Sugar  
  
Sugar goes by many different names. Look for these words or phrases on ingredient lists to spot added sugars:  
·Honey                                                  ·Nectars (e.g. peach nectar)  
·Fruit juice concentrate                      ·Corn syrup  
·High-fructose corn syrup (HFCS)     ·Corn syrup solids  
·Evaporated corn sweetener             ·Dextrose  
·Anhydrous dextrose                          ·Crystal dextrose       
·Sucrose ·Lactose                                 ·Fructose  
·Liquid fructose                                    ·Glucose  
·Molasses                                              ·Pancake syrup  
·Malt syrup                                           ·Maple syrup  
·Invert sugar                                        ·Confectioner’s powdered sugar  
·Raw sugar                                           ·Brown sugar  
·White granulated sugar                    ·Cane juice  
 Maltose  
  
What about eating fruit? Doesn’t fruit have fructose in it? Yes, fructose is a type of sugar. It occurs naturally in fruits and some vegetables. The good news: natural fructose is wrapped up as part of the food’s complete nutrient package. The difference of  *fructose in fruit to* [*high fructose corn syrup*](https://na01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fclick.icptrack.com%2Ficp%2Frelay.php%3Fr%3D50979251%26msgid%3D689437%26act%3DCM7U%26c%3D559239%26destination%3Dhttp%253A%252F%252Fsugarscience.ucsf.edu%252Fglossary_high-fructose_corn_syrup&data=01%7C01%7Cjnpeters%40kent.edu%7C978e60ac60d940d092ef08d4eed7c590%7Ce5a06f4a1ec44d018f73e7dd15f26134%7C1&sdata=gA9YC1PJj%2BS3eT%2B91w7s7oErtkwigfbyQTc64s5it0k%3D&reserved=0) *is the concentration. An apple contains 12 grams of fructose per serving, and a serving of strawberries contains 4 grams.* There are about10 teaspoons of sugar in 12 ounces of Coca Cola*. This means: the sugar in a can* of soda equals the sugar in 3 & 9 cups of strawberries.  
How can you know sugar content? You can download a free app to your phone. It will tell you how much sugar in a product by scanning the barcode. Look for the Sugar Rush app [www.fooducate.com](http://www.fooducate.com/)  
Reference: Thomassian, B., *Short and Sweet - Less Sugar*, Better Health, Diabetes Education Services July 2017 Newsletter  
   
Need to Manage Kids Screen Time?  
   
Does it seem like your child or grandchild is “addicted" to their phone? Maybe they are spending endless hours on social media, gaming and watching YouTube® all day. Is it hard to supervise this?  
Especially now, as children are heading back to school, it's a good to have screen time limits, undistracted study time and quality sleep.  
   
Focus on the Family has a suggestion for you. It is a preferred parental control software solution called Forcefield. They believe it's the most effective and family-friendly product in the marketplace.  
Forcefield is not spyware. By using it your loved ones will know that you are connected to their online activity, encouraging them to behave well online.  
   
From your own phone, you can:

* See all the websites the child is visiting on all of their devices, including time of day and duration, and eliminate distractions during homework time.
* See all the apps on their mobile devices, and turn them off remotely, on demand or on a set schedule, and ensure they get the sleep they need on school nights.
* Protect your kids from pornography and other objectionable content by locking in YouTube Restricted Mode and Google SafeSearch.

Benefits:

* Gives you the tools you need to supervise your kids and encourage healthy conversation.
* Keeps you in a close, caring and mentoring relationship
* Encourages good online behavior
* Promotes self management of their own screen time

You can try Forcefield free for 30 Days at http://fotf.forcefield.me/  
   
If you are looking for web filtering software they also suggest Net Nanny. It protects your family from pornography, online predators, cyberbullies and much more. Contact # 1-801-508-3596 or online.  
   
*Reference: Focus on the Family email of 9/1/17 retrieved at https://mg.mail.yahoo.com/neo/launch?.rand=ara306m9hdvsn#1093382964*  
   
IF YOU HAD A LIFE-THREATENING ILLNESS, WHAT WOULD MATTER MOST?  
This *free* educational event that will include a viewing of the “Being Mortal” movie followed by a facilitated panel discussion including healthcare professionals and community members.  
  
Tuesday, September 19, 2017  
5:30 - 8:00 pm  
   
Kent State University East Liverpool Campus  
John J. Purinton Hall,  
400 E. Fourth Street, East Liverpool  
  
RSVP to Jen Colella at  
330-340-4366 or jcolella@myhospice.org  
Death is something we will all one day face. So, why is it hard for doctors to talk with their patients about dying? How can medical profession better help people navigate the final chapters of their lives with confidence, direction, and purpose? Renowned surgeon Atul Gawande explored those questions in his bestselling book, Being Mortal. This doctor’s personal journey and the stories of his patients and their families can challenge us all to reexamine how we think about death and dying  
Consider:  
·         Should doctors focus on ensuring health and survival or  enabling well-being?  
·         In “waning days” should the focus be on disease or living?  
·         What about the treatment-at-all-costs model? Keep it?  
·         How can we begin discussions about this with family?  
·         What kind of spiritual care is available?

November / December 2017

**Local Alzheimer Caregiver Support Group**   
   
Know someone caring for a family member who is suffering with Alzheimer’s or just want to understand how you can help as a friend? The Alzheimer Network is looking forward to being a presence in the East Liverpool area to provide education and support groups. Please consider attending the:  
   
Meet and Greet – Open House  
Sunday December 3rd 2-5 pm  
St. John’s Lutheran Church,  
400 Hill Blvd., ELO  
RSVP by Nov. 25th  
      to 330-788-9755 or 1-866-822- 2102  
Come with questions and input. Cookies and punch provided.  
**Busy Holiday Plans May Upset People with Dementia**  
   
Change can be very disruptive to dementia and Alzheimer patients. Routine is best. It’s best to rethink the situation from the patient’s point of view.  Some previous methods of holiday observances may not go well. Here are some tips:

* Simplify decorations
* Avoid chaos
* Schedule smaller family gatherings
* Scatter the visits so all can rest in-between.
* Ask people to schedule rather than “pop in.”
* Make time to enjoy / refresh past memories
* Address people by name / relationship as they come in
* Include familiar church services/music on smaller scale

“Notes to Remember:

* What we may want for our loved ones may or may not be what they can enjoy or handle.
* At a certain point we cannot change them.
* We have to accommodate where they are in their world.
* Recognizing that point is part of the caregiver’s journey through the disease process.”

**Reference: Fall 2017 Alzheimer Network Newsletter, Youngstown Branch.**   
   
  
   
**Healing Through the Arts**  
   
Whether you enjoy being outdoors in nature, singing, dancing, painting, sculpting, playing music, meditation, yoga, or another of the many healing arts, you most likely have experienced some of the benefits of the arts; such as releasing emotion that cannot be expressed in words, gaining a sense of purpose, fun, joy, or happiness. Do you feel more relaxed, less pain, or happier after going to a concert, singing in a choir, coloring with a child, or writing poetry? If you have been laughing hysterically at the comedy show you saw, are you in a happier mood? The Arts help to build relationships and community. They can be used as self-help tools and to build resiliency.   
   
Some Benefits of the Arts

* Good for mind, body, and spirit
* Creates community
* Stimulates creativity
* Fosters positive, meaningful relationships
* Effective, alternative means of communication
* Enhances the quality of life

If the Arts & Humanities are fun, therapeutic, educational, and help build relationships and community, why not use them to assist in healing? This is a new area being explored and is called Arts in Medicine. I like how Iva Fattorini, Chair of the Global Arts and Medicine Institute at Cleveland Clinic, simplified the idea of arts in medicine, “If ARTS affect emotions, and EMOTIONS affect health then arts affect HEALTH.”  
   
Tune in to the next episode to learn more about the Arts and how they are coming to our area. In the meantime try some out for yourself!  Color, play, sing, dance, take a new class, paint, go to a play, watch comedy, and be creative!  You can also find more information online at www.americansforthearts.org www.arts.gov  or search “the Arts” online.  
   
Reference: Fattorini, I (2014, Aug 24) Arts and Medicine. Do it.  
Retrieved from Huffpost: https://www.huffingtonpost.com/iva-fattorini/arts-and-medicine-do-it\_b\_5526700.html#  
  
Kids Who Wash Hands More Are Absent Less  
   
A second-grade experiment in five classrooms found that cleaner hands harbored less micro-organisms. That in itself was not surprising. How this factored into fewer absences was surprising.  
   
**Let’s look at the experiment.**   
   
The kids: 90 students in five second-grade classes in Virginia.  
Step 1: They learned to take samples for culture from their hands.  
Step 2: They learned how to wash their hands properly, following  
        Centers for Disease Control and Prevention (CDC) protocols.  
Step 3: The children took cultures before and after hand-washing.  
Step 4: They watch the cultures grow for 5 days in Petri dishes.  
   
**Results:**

* 91% saw reduced microbial growth in cultures taken after cleaning.
* Afterwards, 89% reported they had changed their hand hygiene practices.
* Absenteeism rates changed significantly.
* In the 30 days before the experiment, children missed 126 days owing to illness, while in the 30 days afterward they missed only 37.
* The decrease of 71% was more than expected. Admittedly there were a lot of variables including the time frame may have naturally increased immunity.

**The importance:** The CDC estimates that 160 million school days are lost annually owing to infectious diseases. Other studies have shown that blocking infection in children has a secondary effect, leaving their parents and grandparents healthier. Potentially huge outbreaks of disease might be avoided with simple preventive steps.  
   
**The challenge:** Making the behavioral change last. Trained adults easily step back into old habits. Hopefully children can lead the way to better health habits.  
                                                                                                                                                        
Reference: Smith, M., Med page today October 5, 2017 retrieved on Oct. 6, 2017 from <https://www.medpagetoday.com/MeetingCoverage/IDWeek/68353?xid=nl_mpt_DHE_2017-10-06&eun=g1117983d0r&pos=0>  
   
 The Truth about Hand Washing  
   
**Sadly only 5% of Us Wash Our Hands for Long Enough.** Twenty seconds is recommended to remove germs. Worse yet, 33% don’t wash their hands after using the toilet!  
   
**Hand Washing Can Protect Against Respiratory Illnesses.** Spread of flu, common cold, measles, chickenpox can be prevented.  
   
**Proper Technique**

* **Rinse** hands with warm water. Include the wrists and forearms. Keep hands lower so water moves downwards.

* Use approximately 5 milliliters of **soap**, completely covering the hands and rubbing wet, soapy hands together for at least **20 seconds.** Be sure to clean the commonly missed areas such as the thumb, between fingers, under the nails, and the wrists.

* .**Rinse thoroughly** from wrist to fingertips.

* **Turn off** water with a paper towel. Avoid touching the faucet.

**Water Is Not Enough.** Harmful micro-organisms cling to hands. Soiling contains fats and proteins. It’s important to use soap and detergents. Flowing water and soap are an effective combination.  
   
**Plain soaps** are just as effective as anti-bacterial ones for reducing instances of illness.  
   
**Warm water** does nothing to kill bacteria. Warm soapy water is more effective removing natural oils which cling onto bacteria.  
   
**Alcohol-based Hand Sanitizers** containing a minimum of 60-95% alcohol have been shown to be very effective. Studies reveal that 30 seconds after using gels or rubs, 99.97% of bacteria on the hands are killed. However, they are less effective against certain viruses.  
   
   
**Dry Skin Increases the Risk of Infection** Moisturize to prevent cracks and cuts as these increase the risk of infection. Artificial nails and chipped nail varnish can also harbor germs.  
**Traditional solid soap** is just as effective as many liquid brands. Studies show that any bacteria from another user washes off.  
  
Reference: http://facts.net/hand-washing/ retrieved Oct. 10, 2017