



Cleansing Water February 2011 Newsletter

Perception of the Term “Caregiver”

Although the term “caregiver” is not a new term, there has been a significant increase in its use in the popular media over the past several years.

There is often a misunderstanding, misconception and misinterpretation of the term “caregiver”.

Former First Lady Rosalyn Carter said it best: “There are only four kinds of people in the world, those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers.”

Caregivers are needed for family members of all ages. Caregivers are family, friends, partners, and neighbors.

In 1997, President Clinton signed the first

proclamation of the National Family Caregiver Month. Many states, and dozens of local municipalities have proclaimed the month of November, National Family Caregivers Month since then.

Daily Affirmations for Caregivers:

I forgive myself and others, I live in trust for the future, and I embrace this moment of life.

I take time to cherish myself and to enjoy life, to accept the support and company of others.

I accept the mystery of life and suffering, and I know that the important gift I give is my healing love and caring, listening presence.

I eat well, I exercise, I get enough sleep, and I speak kindly to myself.

I keep a sense of humor and live life in gratefulness for all the small gifts of life, and I am open to my source of power beyond myself.

I set limits with people and make my own needs and feelings known to others. I am a wonderful source of healing for those that I care for because I first love and care for myself.

Remember there is power in numbers; 1 out of every 5 Americans is a **family caregiver.**

2,674 The number of calories, on average, that Americans consume per day, up from 2,057 in 1970.

For every 3,500 calories burned, over and above what we consume, we lose 1 pound.

8 Estimated calories a person weighing 175 pounds would burn for every minute spent shoveling snow, compared with 1 calorie burned for every minute spent reading.



Calorie Facts...

Cash Contamination

Nearly 90 percent of the cash circulating in the US tests positive for cocaine traces, according to information presented at a meeting of the American Chemical Society in Washington, DC.

Traces of drugs were said to be miniscule and would not result in a positive result in the event a money handler was drug tested.

Inova Offers Unique Hybrid Cardiovascular OR

Inova Heart and Vascular Institute, Falls Church, VA, recently unveiled a cardiovascular operating room that will allow cardiac surgeons, electrophysiologists and cardiologists to collaboratively perform combined procedures on a patient.

This hybrid OR reduces surgical time and allows patients to recover faster with less risk of complications.

The hybrid OR suite combines a traditional OR with the advanced imaging systems of a catheterization lab.

When a patient requires both surgery and an image-guided intervention, being treated in the hybrid OR enables physicians from different specialties to work together, resulting in shorter hospital stays and lower complication rates for patients.

The 60-Second Bone Builder

You've probably been told that if you want strong bones, you need to do weight-bearing exercise. That's because weight lifting, running, and other high-impact exercises put strain on your bones, stimulating new bone growth. In contrast, low-impact activities like walking and stationary cycling have very little effect.

The good news: You don't have to abandon your daily stroll for a strenuous jog. According to a study, a 60-second run in the

middle of your walk is enough to signal your bones to add mass.

If you hate running, then try the "zigzag walking" technique. This consists of side-to-side strides, or forward and suddenly backward steps. The surprise change in direction may also help to build stronger bones.

The statistics have shown that more than half of women over 50 have low bone mass.

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Make friends with hot cocoa... just holding a warm beverage makes us more generous and friendly. Turns out warm hands are linked to warm hearts by way of a part of the brain called the insula, which helps process both physical temperature and emotions.

Why do we have staff meetings?

- A: Education
- B: Team/Staff interaction
- C: Required by the State
- D: Camaraderie
- E: Requirement of your continued employment

F: All of the above

R

emember....Staff Meetings are mandatory. If you are not scheduled with a client, and do not attend a staff meeting; you may receive a deficient mark on your review. If you continue to miss staff meetings, you may be terminated.

It is disrespectful to your co-workers and the office staff to continually miss staff meetings. Not only is it required by the state, but it is a useful tool for you to meet your continuing education requirements. The next staff meeting will be April 14, 2011. You are expected to attend.

Unacceptable reasons to miss staff meetings:

Too far, hard to find a parking space, I have a shift that starts in 6 hours, I never learn anything new, I don't want to, I don't like walking up that flight of steps, It's cold out

Acceptable reasons to miss staff meetings:

Working with CWI client, Approved time-off in advance, Sick with a Dr.'s Excuse

In case of emergency....what you should always have in your car

Below is a list of items that could help to save your life in the event of an emergency. Always be prepared and you'll never be caught off guard.

- ◆ Booster Cables
- ◆ Tire repair kit and pump
- ◆ Flares
- ◆ Fire extinguisher (5-lb ABC type)
- ◆ Shovel
- ◆ Local maps
- ◆ First-Aid kit
- ◆ Blanket
- ◆ Flashlight and batteries
- ◆ Bottled water
- ◆ High-energy nonperishable foods (granola, energy bars, etc.)

