Cleansing Water, Inc. Newsletter

October 2010

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This year's flu shot will include protection against the swine flu (H1N1) virus. The vaccine, which also protects against two other seasonal flu viruses, is safe and in abundant supply. The CDC recommends the vaccine for everyone over six months old except for people who are allergic to eggs. Cleansing Water will reimburse employees up to $25 for their flu shot....just turn in your receipt.

Hospital Rights You Didn't Know You Had

- You have the right to refuse to be observed, examined or treated by anyone and to ask for someone else.
- You have the right to refuse any treatment and to be told what the ramifications of refusal may be.
- You (and your loved ones) have the right to receive an ethics consultation upon request. This is important when family members disagree about therapies or lack of.
- You have the right to visitors you choose.
- You have the right to be made as comfortable as possible.
- You have the right to have an advocate by your side 24/7. You may ask a friend or loved one, or hire someone.
- You have the right to be moved to a different room if and when the hospital has a vacancy if a roommate hinders your recovery.

Invoke your rights, when appropriate, as respectfully as possible rather than confrontationally. Try to reach mutually acceptable solutions.

Important Phone Numbers....

Fauquier Urgent Care	347-4757
75 W Lee Highway	
NOVA Urgent Care	347-0400
528 Waterloo Rd.	
Family Docs On-Call	341-1734
493 Blackwell Rd., Suite 202	

Health(ier) Rice Crispy Treats

3/4 C chunky natural peanut butter

3/4 C honey

6 cups brown rice cereal

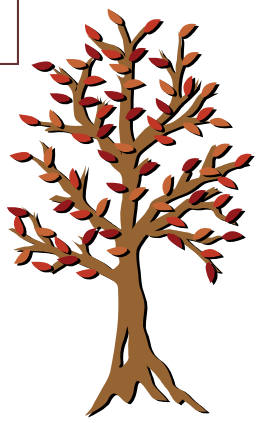
3/4 C chopped dried cherries

In a large pot, cook PB and honey over medium-low heat until melted (2-3 minutes). Add 6 cups crispy rice cereal and chopped cherries, stir until sticky. Press into a 9X13 pan coated with cooking spray. Chill in refrigerator for 40 minutes.

Cut into 15 squares....YUM!

October is Breast Cancer Awareness Month...

Get your mammogram!!!



More good tips for restful sleep...

Reset your slumber cycle

Even if you get enough sleep, you could still feel tired if you rise in the middle of a sleep cycle. Follow this formula: Count back 7.5 hours (five 90-minute sleep cycles) from when you want to get up. Go to bed then! If you don't feel better after a week, move your bedtime 15 minutes earlier.

Eat snacks that make you drowsy

Say good night to insomnia with a trail mix of dried cherries and walnuts. Both are good sources of melatonin—the hormone that regulates sleep-wake cycles—and can improve sleep quality.

Watch for this sleep symptom

Frequent nighttime peeing predicted sleep apnea 85% of the time—as accurate as snoring, a recent study found. Apnea sufferers struggle to breathe, creating more blood flow in the body, the kidneys then extract more water from your blood and produce more urine. Treating sleep apnea reduces nighttime urination dramatically.

First impressions count….the kind of relationship we'll have with someone is set within three minutes of meeting them. The first impression carries more weight than anything else you do or say. Make those 180 seconds count!

Happy Birthday to:

Selina J.	October 18th
Rosemarie	October 29th
Mrs. Alley	October 20th

Happy Anniversary to:

Sharon P.	October 26th (1 yr again)

Mandatory Staff Meeting on October 14th here in the office from 1:30-3:30pm….Please call the office to RSVP.

Core Values

Apples are at their juicy best—and lowest price—now through November. If you need another reason to stock up, apples are filled with Vitamins A and C as well as fiber to keep hunger at bay. With more than 2500 varieties grown in the US, there's an apple for every dish. Visit usapple.org to learn which apples are best for eating, cooking, and baking, as well as how their flavors compare to one another.

Subconjunctival hemorrhage…

Otherwise known as a broken blood vessel in your eye.

This condition causes blood to pool in the eye for a week or two before it heals, but it looks a lot scarier than it is. It is usually the result of rubbing your eye, or exerting yourself and stressing the fragile blood vessels in your eyes until one bursts. If you get these hemorrhages more than just every once in a while, see a specialist. It could be a sign of a bleeding disorder.

Leaves in the Fall come tumbling down,
Scarlet and yellow, russet and brown,
Leaves in the garden are swept in a heap,
The trees are ready for sleep.