



Cleansing Water Newsletter

June 2011

Sarcopenia

Sarcopenia is the age related loss of muscle mass and strength; the word comes from the Greek, meaning "poverty of flesh". This condition is an overall weakening of the aging body caused by a change in body composition in favor of fat and at the expense of muscle. The ultimate price of this condition is loss of balance, reduced mobility and the frailty so often seen in the elderly. Sarcopenia is not a necessary or normal component of aging.

There are 3 ways to help prevent sarcopenia:

1) Avoid excess weight gain. Extra pounds are a strong predictor of physical disability, also taking a toll on bones, joints, and your heart.

- 2) Remain physically active. Resistance exercise is the most potent stimulus of muscle growth in healthy adults. Maintain & increase physical activity.
- 3) Eat a varied diet. Keep your muscles flexing and blood pumping by eating an adequate amount of protein along with a hearty helping of whole grains, fruits, and vegetables.

For optimum results, aim for 150 minutes each week of moderate-intensity aerobic physical activity. Another option is to aim for 75 minutes weekly of vigorous-intensity aerobic activity. Weight-bearing, muscle strengthening activities should be added twice weekly to the above aerobic activity.



*In Remembrance...
C. Elizabeth Alley died
April 27, 2011 at
Blue Ridge Christian
Home.
She will be missed...*

Potassium Helps

One way to reduce the effects of a high-sodium diet on blood pressure is to consume more potassium. It can lower blood pressure almost as much as decreasing sodium.

Try to get at least two times more potassium in your diet than sodium..

High-potassium foods include fruits, vegetables, beans and low-fat dairy products.

Some good examples are: Apricots, Banana, Beans, Beets, Cantaloupe, Milk, Orange juice, Potato, and Raisins.

Increase in Mileage Reimbursement

Effective June 1st, the mileage reimbursed to employees will be increased to .51/mile. This is in line with the federal reimbursement rate. This mileage reimbursement is paid to employees who use their personal vehicle to trans-

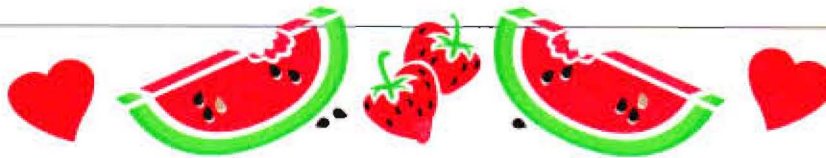
port clients. Remember to document the time you leave and return and your odometer reading prior to and after you return. Mileage forms are available in the office. You must contact the office prior to transporting a client in

your vehicle, unless it is pre-arranged.

Contact the office if you have any questions.

There are also upcoming changes in auto insurance for caregivers. To be discussed at the next staff meeting.





Reesie's Project Outreach

Reesie's Project Outreach is a non-profit organization dedicated to providing assistance and support to animals by helping their human guardians in need. This group will help assist in the following circumstances:

- * Terminal Illness and/or death of a human guardian
- * Animal victims of foreclosure and/or homelessness
- * Domestic violence
- * Fostering of Military pets
- * Veterinary expenses

* Food Bank and Animal Supplies

This is helpful information for everyone in our line of business to have. Please visit www.Reesies.org for more information. Volunteers are always welcome and donations are always appreciated.



The new rules of sun safety

Sunscreen alone is not enough. The recommendation is to now apply sunscreen with antioxidants. It's no longer just about UV damage. The sun also generates free radicals that break down your collagen and elastin fibers. Use a souped up sunscreen that contains the powerful antioxidant idebenone. Or make sure your daily moisturizer has antioxidants in it so you're covered from the start, then apply sunscreen as usual.

Also, because nobody measures out their dose of sunscreen, here's how to stay safe. First, err on the side of over-applying. It can't hurt. Pay attention to commonly missed spots like your neck, chest, and the backs of your hands, particularly when you're driving. A nonstick spray on sunscreen is an easy way to cover all of those spots without getting your hands tacky.

Celiac disease can develop at any age? The condition damages the small intestine because of an autoimmune response to gluten in wheat, barley and rye. Symptoms include diarrhea, abdominal cramping and bloating. *Recent finding:* Celiac disease is becoming more common among older people who have been gluten-tolerant so far.



Warm Weather by the Numbers

What's dangerous, what's not....

OZONE LEVEL

Levels range from good (zero to 50) to very unhealthy (201 to 300). Anything from 101 to 150 is unhealthy for pollutant-sensitive people. Above that, everyone is at risk of eye, nose, and throat irritation; trouble breathing; chest pain; and coughing.

HEAT INDEX

As humidity rises, it's harder to stay cool, so risk climbs for heat cramps, heatstroke, and exhaustion. An index of 105 and up is especially dangerous.

UV INDEX

The index scale ranges from zero to 11-plus (extreme risk). When it hits 6, you're at high risk of sunburn and sun damage, especially from 11am-4pm.

POLLEN COUNT

The count ranges from zero to 12 (very high). At about 2.5, allergy sufferers will notice mild symptoms such as itchy eyes and sneezing. At 9.7, severe symptoms kick in.