

CARE SOLUTIONS

National Nutrition Month

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Compliments of **Care Solutions** – Your One Stop Resource for Health Care Services, Resources and Referrals

WELCOME!

Welcome to the first monthly issue of **Care Solutions**. This month the spotlight shines on NATIONAL NUTRITION MONTH with information generously provided by the American Dietetic Association. Additionally, with each issue, we hope to entertain you with fascinating facts, tempt your palate with tasty “good for you too” recipes, present timely tips on staying healthy through diet and exercise, offer up interviews with interesting people, and sprinkle in a few featured articles as well.



This copy is yours to keep so please take it with you to share with family or friends. You can also find the newsletter reproduced on our website at www.caremonterey.com. For additional information from the American Dietetic Association visit them online at www.eatright.org. They offer a wide range of information and educational materials for all of us.

During National Nutrition Month®, the American Dietetic Association says to focus on eating right at any age. Achieving and maintaining a healthy weight can contribute to your overall health and well-being. Experts at the American Dietetic Association say it's never too late to take steps to a healthy lifestyle. “Eating right doesn't have to be complicated,” says registered dietitian and ADA Spokesperson Angela Ginn-Meadow. During National Nutrition Month and beyond, follow these tips to help make healthy changes in your lifestyle.

- Make a Plan
- Focus On Your Food
- Make Calories Count
- Increase Physical Activity
- Play It Safe
- Be Aware of Special Needs

From Our Medical Director

THE MAGIC OF MODERATION!

In my fantasy, I open a restaurant. No ordinary one for sure because all meals are pre-screened for medical risks and menus are matched to their conditions. Customers with obesity, heart disease, diabetes, and high-blood pressure – even those in good health – have the menu that fits their needs. How long would I last? Probably as long as your New Year's resolutions.

Living at a time when there is more access to medical information and less access to doctors has created a culture of self-help, self-absorption and self-destruction. Think about it: One-third of the country is over-weight, we're discovering heart disease and high blood pressure in children and yet McDonald's made soaring profits and opens 650 new outlets worldwide.

Growth industries like wider beds and wheel chairs and plus size clothes are on the up tick. Magic bullet diets make short-term super heroes out of people who once weighed 300 pounds and now weigh 200.

The only magic I know is in moderation. Eat less. Do more. If you're not sweating, you're not exercising. Better to take a brisk walk than shuffle along talking on your cell phone. If you walk a mile at a brisk pace three times a week you'll be in better shape and with a diet that is heart-healthy, you will reduce your risk of getting heart disease.

Don't let your heart down. Remember your health is really your responsibility. In the coming weeks, I hope to give you some practical information that you can use to keep yourself healthy. Please feel free to write or e-mail me your comments or suggestions. **(1. American Heart Association - HeartHub for Patients)**

Harry Knaster, M.D., Medical Director of Choice Home Health Care e-mail: harry@caremonterey.com

LEAPING LEPRECHANS MARCH HAPPENINGS... ARE YOU READY?



March 8 | Daylight Savings Time Begins
March 17 | St. Patrick's Day
March 20 | First Day of Spring

National Nutrition Month
National Women's History Month

Call your “Community Elf” to help you through this busy month! Select from our many Caregiver Elf services. We'll reset your clocks; we'll take you shopping for corned beef and cabbage; do a mini spring cleaning; provide a nutrition update for your meal planning; help you write your memoirs; read to you...and more. Elf Companionship services are available from 1 to 24 hours a day! So, spring into action and call our Elf Hotline at 831-645-1440 today!



COMMUNITY CARE
A Domestic Referral Agency

Call our Community “**ELF**” Coordinator at 831-645-1440
www.caremonterey.com

HEALTH TIP OF THE MONTH



ALMONDS: A HANDFUL CAN MAKE A DIFFERENCE

A little goes a long way when it comes to almonds, the most nutrient-dense nut ounce-for-ounce. A one-ounce serving of almonds is an excellent source of vitamin E and magnesium, a good source of protein and fiber, and offers potassium, calcium phosphorous, iron, and monounsaturated fat, giving you a lot of nutritional boost for only 160 calories. Almonds can also help manage blood sugar and insulin levels, which are often connected to feelings of hunger. Studies have shown that almonds play an important role in a heart-healthy lifestyle. So, how do you measure your one-ounce daily portion? It translates to a ¼ measuring cup, or two wells of an ice-cube tray, or a simple handful of approximately 23 nuts.

STRESS STOPPERS!

Can life get any more stressful? It seems the only news lately is bad news. So, while we're being bombarded by negative and downright depressing news bulletins every day, what's the best way to reduce stress?

Here are 5 proven ways to put Stress in its place!

- 1. Smile!** A smile releases endorphins that decrease your heart rate and blood pressure. And it makes everyone around you feel better too.
- 2. Take A Deep Breath!** That deep breath sends oxygen through your

bloodstream for a 'feel good' sensation.

- 3. Mini-Massage!** Give yourself a treat. Just use your fingers, or a small self-massager to relax tight neck or shoulder muscles.
- 4. Drop Your Jaw!** Literally. You may not even be aware that you have your teeth clenched. So, drop that jaw when you take a deep breath for a quick stress break.
- 5. Daydream!** Take a 5 minute break and let your mind wander. Look out a window, look at favorite photos or imagine your dream vacation. Daydreaming actually increases oxygen too. What a wonderful benefit.

MARCH Exercise of the Month... WALK!

Don't underestimate the value of Walking! It requires no special equipment and it is suitable for almost anyone at any age!

Studies show that, when done briskly on a regular schedule, it can improve the body's ability to consume oxygen during exertion, lower the resting heart rate, reduce blood pressure, and increase the efficiency of the heart and lungs. It also helps burn excess calories. Since obesity and high blood pressure are among the leading risk factors for heart attack and stroke, walking offers protection against two of our major killers.

Walking burns approximately the same amount of calories per mile as does running, a fact particularly appealing to those who find it difficult to sustain the jarring effects of long distance

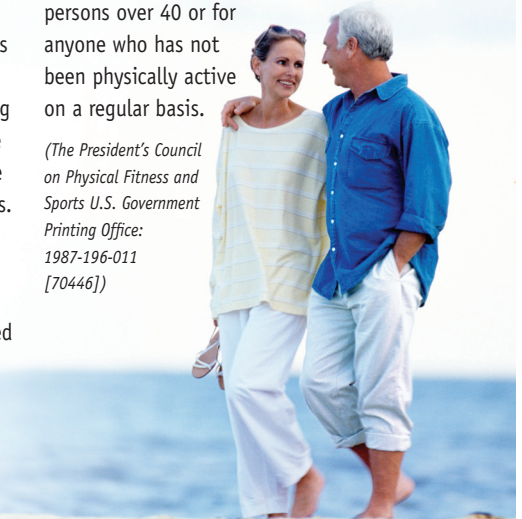
jogging. Brisk walking one mile in 15 minutes burns just about the same number of calories as jogging an equal distance in 8-1/2 minutes. In weight-bearing activities like walking, heavier individuals will burn more calories than lighter people. For example, studies show that a 110-pound person burns about half as many calories as a 216-pound person walking at the same pace for the same distance. Although increasing walking speed does not burn significantly more calories per mile, a more vigorous walking pace will produce more dramatic conditioning effects.

When looking at the benefits to heart/lung endurance, how far one improves depends on his/her initial fitness level. Someone starting out in poor shape will benefit from a slow speed of walking whereby someone in better condition would need to walk faster and/or farther to improve. Recent studies show that there are also residual benefits to vigorous exercise. For a period of time after a dynamic workout, me-

tabolism remains elevated above normal which results in additional calories burned.

Before undertaking any physical activity program, you should have a thorough medical examination. This is especially important for persons over 40 or for anyone who has not been physically active on a regular basis.

*(The President's Council
on Physical Fitness and
Sports U.S. Government
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RECIPE OF THE MONTH Quick Caribbean Chicken

INGREDIENTS

- 12 ounces chicken breast tenderloins or skinless, boneless chicken breast halves, cut lengthwise into 1-inch strips
- 1/4 teaspoon salt
- 1/8 to 1/4 teaspoon ground red pepper
- 1 teaspoon cooking oil
- 1 medium sweet potato, peeled, halved lengthwise, and thinly sliced
- 1 small fresh banana pepper, seeded and chopped
- 3/4 cup unsweetened pineapple juice
- 1 teaspoon cornstarch
- 2 unripe bananas, quartered lengthwise and sliced 3/4 inch thick
- 2 cups hot cooked brown rice
- Snipped fresh cilantro (optional)

DIRECTIONS

- Sprinkle** the chicken strips with salt and ground red pepper. In a large non-stick skillet cook chicken in hot oil over medium heat for 3 minutes.
- Add** the sweet potato and banana pepper. Cook and stir for 5 to 6 minutes more or just until sweet potato is tender.
- Meanwhile**, in a small bowl stir together pineapple juice and cornstarch.
- Add** juice mixture to chicken mixture in skillet. Cook until juice mixture is bubbly, stirring gently.
- Add** the banana pieces; cook and stir for 2 minutes more.
- To serve**, divide the hot brown rice among 4 shallow bowls. Top with the chicken mixture. If desired, garnish with snipped fresh cilantro.

Meet Our Team of Professionals!

Care Solutions, and its family of health care companies, is the only locally owned agency in Monterey County that provides full service care management for all senior needs. We specialize in assisting seniors and their families by providing information and direct help to solve problems, resolve conflicts and understand options. We develop plans to help our clients work through difficult senior life transitions with both short and long term planning.



**CHOICE HOME
HEALTH CARE**

Choice Home Health Care – State licensed, Medicare certified, in-home skilled nursing, physical therapy, occupational therapy, speech therapy, medical social worker and psych nursing.



**COMMUNITY
CAREGIVERS**

Community Caregivers – Agency-employed Caregivers who are bonded with references and a comprehensive background review. Specializing in assistance with Daily Living Activities – from 1 hour to 24 hours per day.

Free In-Home Consultations.



**COMMUNITY
CARE**

A Domestic Referral Agency

Community Care – A state regulated Domestic Referral Agency – All Care givers approved for referral have extensive background and reference reviews. Services include assistance to doctor appointments, errands, light housekeeping and meal prep, and assistance with personal activities of daily living (ADLS).

CAROLYN MCDOWELL, RN



*Registered Nurse
Preceptor and
Director of
Patient Services*

Carolyn McDowell, RN

Carolyn is a graduate of Monterey Peninsula College. In 2006, McDowell earned her RN degree, and previously was a licensed vocational nurse. She has worked for Choice Home Health Care for eight years, and has 15 years experience in the home health care industry. Her responsibilities include management of all the clinical staff as well as administrative duties required under the company licensing and Medicare certification.

ANNETTE DOMINGUEZ



*Billing
Coordinator*

Annette Dominguez

Annette has resided on the Peninsula for 16 years. She is a Central Coast College graduate with a degree as a Medical Assistant/Billing Coordinator with now more than 9 years experience in the medical field. Her responsibilities include medical transcription of care plans, Medicare coding, and coordination of all billing for the agency's skilled services. Her favorite hobbies include reading, shopping and spending time with her family.

In the News...

*More Likely to Catch a Cold During the Day or Night?**

Cold and flu season is upon us, and the news last week which showed the impact of sleep on immunity was downright fascinating.

Does it matter whether you get an infection during the night versus during the day? It appears so. Stanford researchers showed how much stronger our immune system is at night by infecting flies with two strains of bacteria. Some of those flies were infected during the day, some at night. Those that got sick during the night were more likely to survive than those getting sick during the day.

Okay, so we're not fruit flies. But researchers routinely use flies to help make observations and conclusions that can be related to humans. I have no doubt that if we were to test this theory on humans, we'd find similar results. It's long been known that quality sleep boosts immunity. Another study appears to confirm this fact. When most of our bodily functions are at rest, our immune systems can amplify.

Stanford scientists also noticed that circadian rhythms come into play. Flies in the study that had abnormal sleep-wake patterns – even when infected with the bacteria during the night – had a hard time beating the infection. In humans it's the same: if your body clock is off, which can happen when you travel, work odd hours, or have difficulty sleeping to keep your internal clock and natural sleep patterns "on time," you run the risk of lowering your immunity.

We pick up bugs during the day as we come into contact with others and their germs. Knowing we can do something as simple as get restful sleep to help fortify our immune system is pretty cool. No vitamins or Echinacea required. Just pure and simple sleep.

***Sweet Dreams,
The Sleep Doctor™
Michael Breus***

(This article on sleep is also available at Dr. Breus' official blog, The Insomnia Blog.)

*Edited from original

QUOTES, QUIPS, AND OTHER TIMELY TIPS *You Are What You Eat*

It may be trite but true. Our health and overall wellness is impacted every day by what we eat, and even by when we eat. It is easy to assume that everyone already knows that a healthy diet is rich in fruits and vegetables, whole grains and low fat proteins, but it never hurts to read a reminder. In honor of National Nutrition Month, your Care Solutions team recommends consulting with a registered dietitian. If you are caring for an aging parent or family member, a dietitian can help you sort through misinformation, and help with food or drug interactions, proper hydration, special diets for hypertension and even changing taste buds as you age! For information, contact the American Dietetic Association Toll Free at 1-800-877-1600, or visit the website: www.eatright.org

FASCINATING PEOPLE! *A Spotlight on the Clients We Serve*



Ken Bailey with his dog Samantha.

Meet Ken Bailey, an award-winning engineer and Carmel resident since 1989! Behind his engaging smile is a talented, retired Bechtel engineer who, in 1969, received the Department of the Army's Certificate of Appreciation for Patriotic Civilian Service. This honor is usually presented to a company or business for outstanding performance, but Bailey was individually recognized for his personal role as architect-engineer in the development of two exceedingly precise power plants, one mobile, one land-based. At that time, Bailey was project engineer in Bechtel's Power & Industrial Division (he later became Chief Engineer for Bechtel's Advanced Technology, San Francisco).

The 1963 project was a part of the NIKE-X research and development program, a missile deterrent strategy that epitomized the USA-Russian 'cold-war' era, and was a precursor to Reagan's 'Star Wars'. Quite simply, Bailey designed and executed a floating power house along with a land-based power house in the Marshall Islands! During conceptual design, the Corps' Honolulu Engineering District added to the study a requirement for investigation of a mobile power plant. When a pontoon from a World War II dry-dock

was offered by the U.S. Navy, the Corps accepted Bechtel's recommendation to use this barge as a base for the floating "mobile" powerhouse.

Bailey teamed with General Electric Company, as contractor, to design 'exact power electrical generation' to a degree never before accomplished in the industry. GE also had to develop completely new instrumentation to accurately measure characteristics and performance of the system. It was the first time in the U.S. that gas turbines and diesel engines had been combined to provide an unerring mobile plant power source. Two packaged jet gas turbines, rated at 8,400-kilowatts each created the heart of the generating system. The turbines supplied peak power demands while three 1,644-kw diesels provide the continuous base load.

The power plant was highly automated and had the versatility to operate locally from the barge or remotely from land. The land-based plant was located on Meck Island, while the second "floating" plant was scheduled for Kwajalein Atoll in the Marshall Islands of the South Pacific.

The unique 101 by 240 foot "floating" mobile power plant was called the Powership Andrew J. Weber. It demonstrated the worth of its design even before it was delivered to its first operational site at Kwajalein, where it was to supply power for a radar complex at the NIKE-X Test Range. While being towed from Baltimore to Kwajalein, a critical electrical power shortage occurred in the Panama Canal Zone. The Weber was diverted to the Canal Zone where, with a few add-ons (two much needed land-based transformers that Bailey located in Florida and California), it began generating 21,700-kw of much needed power to the Canal Zone system to operate the Canal's gigantic locks. The Weber was capable, in its day, of producing enough electricity to supply a community of 25,000, and in less than a minute was needed for a load change from Surveillance to Maximum Traffic!

Though the Weber's numbers may seem small when compared with today's high tech computer world, Bailey's award-winning precise power plants were indeed a modern marvel of the 1960s.



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— AFFILIATED COMPANIES —



CHOICE HOME
HEALTH CARE



COMMUNITY
CAREGIVERS



COMMUNITY
CARE*