

Helping Hands

April
2010



Caregiver Advisory Services

Ford-Iroquois Public Health Department
114 North Third St.
Watseka, IL 60970
(800) 282-3339
www.fiphd.org

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A Monthly Newsletter for family Caregivers
and
Grandparents Raising Grandchildren

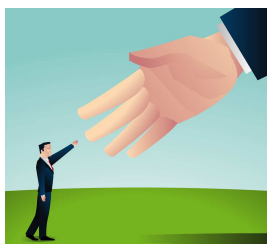
Sometimes

© Kristin

www.familyfriendpoems.com

Sometimes we see things that aren't meant to be seen.
 Sometimes things aren't always as they seem.
 Sometimes we need someone to call our own,
 Especially when we're alone.
 Sometimes people just can't understand,
 Why things get out of hand.
 Sometimes life just isn't fair,
 Especially when people just don't care.
 And sometimes it's hard to say,
 Why things have to be this way.
 Sometimes it's all you can do to get by,
 Especially when dreams continue to die.
 Sometimes it's nice to sit in the rain.
 Even to just relieve the pain.
 And when we've had a really bad day,
 Sometimes we just need to get away.
 We never know what's wrong with out pain.
 Sometimes the hardest thing and the right thing are the same.

And sometimes when people get hurt,
Even the strongest ones may need comfort.



Are you or someone you know being mistreated or abused?

If the person being mistreated is 60 years old or older call:
1-815-432-5395

If the person being mistreated is 18 years of age or younger call:
1-800-252-2873

If the person being mistreated is between the ages of 19-59 call your local
Law Enforcement

Grapefruit Juice: Can it cause drug interactions?
By Mayo Clinic Staff / MayoClinic.com

Question: I like to drink grapefruit juice. Could the juice interfere with my medications?

Answer from Katherine Zeratsky, R.D..L.D.

Grapefruit juice provides many nutrients, including vitamin C, potassium and lycopene. But chemicals in grapefruit juice and grapefruit pulp interfere with the enzymes that break down (metabolize) various drugs in the digestive system—including certain calcium channel blockers and cholesterol lowering drugs. The result can be excessively high levels of these drugs in the blood and an increase risk of potentially serious side effects. Pomelos and Seville oranges, a type of bitter orange often used to make marmalade and compotes, may have a similar effect. Here's a sampling of drugs known to have potentially serious interactions with grapefruit products:

<u>Drug Name</u>	<u>Type of Drug</u>
Amiodarone (Cordarone)	A drug used to treat and prevent abnormal heart rhythms (arrhythmias)
Buspirone (BuSpar), sertraline (Zoloft)	Antidepressants
Carbamazepine (Carbatrol, Tegretol)	An anti-seizure medication
Cyclosporine (Neoral, Sandimmune), tacrolimus Tacrolimus (Prograf)	Immunosuppressant drugs
Felodipine (Plendil), nifedipine (Procardia), Nimodipine (Nimotop), nisoldipine (Sular)	Calcium channel blockers used to treat high blood pressure
Saquinavir	An HIV medication
Simvastatin (Zocor), lovastatin (Mevacor), Atorvastatin (Lipitor)	Statins used to treat high cholesterol

If you're concerned about the effect grapefruit juice may have on your medications, talk to your doctor or pharmacist. In some cases, it may be important to avoid grapefruit and grapefruit products, as well as pomelos, Seville oranges and products made with these fruits. Waiting to take these medications—even up to 24 hours—after you drink grapefruit juice won't prevent an interaction. In other cases, it may be possible to switch to an alternative medication that won't interact with these fruits.

Grape Salad Recipe

2 lbs red seedless grapes
2 lbs green seedless grapes



Wash grapes and allow to dry completely.

1 8oz pkg. cream cheese, softened.
1 8 oz sour cream
1/2 cup sugar
1 tsp. vanilla

Mix the above ingredients and put over grapes. Gently toss.

When ready to serve, mix

1/4 cup brown sugar
1/2 chopped pecans

Sprinkle over grapes and toss

Quotes for the day

"Do not follow where the path may lead. Go instead where there is no path and leave a trail."

-- Harold R. McAlindon

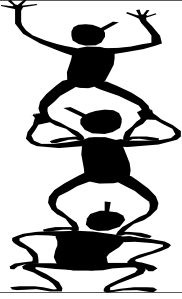


"A bend in the road is not the end of the road... unless you fail to make the turn."

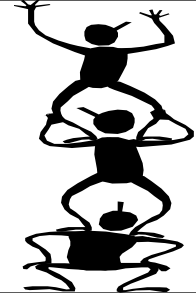
-- Author Unknown

Seven Ways to Discipline Effectively Familyeducation.com

1. Education—Natural consequences are educational opportunities, too. Don't compromise on safety, but within those limits, allow your child to learn through experience the consequences of her actions.
2. Expressing Disapproval—State your objections clearly, and give reasons. When your child hears your disappointment or disapproval, she may shape up.
3. Having a little discussion—Sit down and talk about it. Often, open communication is all that is needed to change behavior, or to make sure that a certain misbehavior doesn't happen again.
4. Ignoring—when you're faced with mild, irritating misbehavior, sometimes the best response is to ignore it.
5. Separation and Replacement—Kids squabbling over an object? Take it away and replace it with something productive.
6. Time Outs (Thinking Time) - separate a child from a situation in order to "break" the action and reset it on a new track.
7. Warnings—Your kid starts acting out and the first thing you do is warn her. "Cut it out or I'll take that paint brush away." or "I'm counting to 10. one, Two, Three..."



Ford-Iroquois Public Health Support Groups



MAKE A NOTE!!



Caregiver and Grandparents
Raising Grandchildren Support
Group will now meet
together every month

Meeting will be held WEDNESDAY, April 14th due to a prior scheduling conflict

Ford-Iroquois Public Health Department

114 N. Third St
Wateka, IL

For more information call

Jill Erickson
1-815-432-2483



Alzheimer's Support Group Gibson City Heritage Manor

620 E. First St.
Gibson City, IL 60936

Meeting in the East Day Room
On the 3rd Wednesday of the month
5:30 p.m.

For more information call
Rita
1-217-784-4257

Illinois Knights Templar Caregiver Support Group

450 E. Fulton Street Paxton, IL 60957
Contact: Carol MacNeil

217-379-6073

April 13th and 27th, 2010

1:30 p.m.– 3:00 p.m.

Prairieview Lutheran Home- Alzheimer's Support Group

402 North 4th St.
Danforth, IL

April 14th, 2010 @ 2:00 p.m.
Contact Jenny
815-269-2970

“Welcome Back to the 50’s” Trivia Suddenlisenior.com

- In 1950, the Famous Brings Robbery netted \$2.8 million. Where did it occur?
A. Boston B. New York C. Chicago
- Who said “Old soldiers never die, they just fade away.”
A. Gen. Dwight Eisenhower B. Gen. Omar Bradley C. Gen. Douglas MacArthur
- Which longest running daytime drama moved from radio to TV in 1952?
A. Days of Our Lives B. General Hospital C. Guiding Light
- What did Francis Watson and James Crick become famous for discovering?
A. The polio vaccine B. The transistor C. The “double helix” of DNA
- In 1954, the law known as Brown Vs. Board of Education was passed. What did the law prohibit?
A. School segregation B. School sports C. Affirmative action
- What was the name of the new company formed when Nash-Kelvinator and Hudson Motor Care Co. merged?
A. Chrysler B. General Motors C. American Motors
- What fast-food franchise opened to the jingle, “Hold the pickle! Hold the lettuce!” in 1954?
A. Burger King B. Pizza Hut C. McDonalds
- In 1952 Richard Nixon made a speech known as the “Checkers” speech in answer to allegations against him. Who or what was the subject of this speech?
A. Cocker Spaniel Dog B. The game of politics C. A favorite pastime



5 Foods that Fight Stress

By Sara Reistad-Long / health.yahoo.com

Eat it to Beat it—We all know that tension can wreak havoc on our eating patterns but the right (healthy) foods can often help tame mindless munching and cravings and , better yet, actually lower overall anxiety and its symptoms. Eight of our favorites:

Dark Chocolate—high in flavonoids, which are lauded for their relaxing properties (chamomile tea is another great source), chocolate also contains phenethylamine, a chemical that enhances your mood. The darker the chocolate, the more healthy substances you're getting in your diet, so look for the bars that are 70 percent cacao or higher.

Skim Milk—turns out that a glass of warm milk really is calming. One study found that women who drank one or more servings of low fat or skim milk every day were about half as likely to experience stress-related PMS symptoms than those who drank less than one serving a week.

Oatmeal—Carbs help you produce serotonin, a calming hormone that helps fight anxiety's negative effects— which is probably why many of us crave them when we're stressed. Go with the craving and choose healthy sources. Oatmeal is high in fiber, which means that your body will absorb it slowly. You'll prolong the serotonin boost, keeping yourself feeling full for longer (and on less) and making sure your blood sugar is in check.

Salmon—Research shows that omega-3 fatty acids-abundant in fish like salmon-can help reverse stress symptoms by boosting serotonin levels, and that an omega-3-rich diet can also help suppress the production of the anxiety hormones cortisol and adrenaline.

Walnuts—They've been shown to help lower blood pressure, which is critical for those whose hearts are already working overtime thanks to high adrenaline levels. In fact, research so strongly backs their health benefits that the U.S. Food and Drug Administration goes so far as to recommend 1 1/2 oz per day.

Sunflower Seeds—A good source of folate, which helps your body produce a pleasure-inducing brain chemical called dopamine.

Spinach—Studies show that magnesium, which you'll find in leafy greens like spinach, improves your body's response to stress.

Blueberries—Their antioxidants counteract the effects of stress hormones like cortisol on your body.

Trivia Answers:

1. A-Boston
2. C-Gen. Douglas MacArthur
3. C-Guiding Light
4. C-The "double helix" of DNA
5. A-School Segregation
6. C-American Motors
7. A-Burger King
8. A-Cocker Spaniel Dog

