

Helping Hands

**October
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

Health Department Wishes to Crack Down on Illegal Dumping

Section 21 of the Illinois Environmental Protection Act ("Act") prohibits the open dumping of waste and that, according to Terry Eimen, Director of Environmental Health, is why a concerted effort amongst numerous agencies has emerged to enforce this act. Eimen said that the Illinois Environmental Protection Agency (Illinois EPA), Natural Resources (IDNR) and Commerce and Economic Opportunity (DCEO), as well as county, township and municipal enforcements authorities are linking together to fight illegal dumping. "These unsightly dumping grounds in our communities may present threats to the public health and the environment not to mention the negative impact they can have on neighboring property values," said Eimen.

Section 44 of the Act classifies illegal dumping as either a Class A misdemeanor or a Class 4 felony. In addition, the Illinois Criminal Code states that dumping garbage, rubbish, refuse or trash on someone else's property without their consent is a Class B misdemeanor for the first offense, a Class A misdemeanor for the second offense and a Class 4 felony for the third or subsequent offense.

Mr. Eimen identified numerous potential health issues related to illegal dumping saying most illegal dumping occurs because individuals do not know how to legally get rid of products or do not want to pay extra to have items discarded properly. "Therefore, you have discarded items such as appliances which provide a good environmental for children to be trapped; you have chemicals that may be toxic; you may have biological hazards such as syringes or other discarded medical use items all which provide potential health threats." Additionally, he said, chemicals dumped on the ground or spilled from containers can contaminate waterways or shallow groundwater resulting in potential impacts to water sources for fish, wildlife, livestock and people.

What should you do if you witness illegal dumping? Take action. Call your local law enforcement agency as soon as you observe the act. Taking quick action may help stop a small problem from becoming a large, costly and sometimes hazardous problem. For more information regarding illegal dumping and how to address it, contact the Ford-Iroquois Public Health Department.



If you find yourself tossing and turning at night, your dinner could be to blame. Our esteemed panel of nutritionalists and dieticians list out seven foods that keep you up past your bedtime.

Caffeine

You've known that guy for years. He's gotten you through countless all-nighters and pepped you up for that 8 a.m. Monday morning presentation. But did you know that caffeine isn't actually giving your body any energy? "Though caffeine does provide ups with that feeling of alertness, it's just a stimulant," says Michelle Dudash, registered dietician, chef, and freelancer writer.

Aged Cheese

If a nap is in your future, steer clear of Parmesan, Romano, Asiago, and other hard cheeses (basically, all the yummy smelly ones!) The high levels of the amino acid tyramine are known to keep you up.

Spicy Foods

Hot tamale! Those hot wings may taste real good during the football game, but they aren't going to feel so great come bedtime—especially if you're prone to heartburn, since lying down only amps up its side. Make sure you eat your favorite hot foods early enough in the day to prevent a sleepless night later.

Processed or Smoked Meats

Leave this one on the deli counter. Cynthia Pasquella, CCN, CHLC, CWC, says processed meats contain high levels of tyramine and makes the brain release a chemical that makes us feel alert. These meats also aren't the healthiest one to munch on either, sleep patterns aside.

Alcohol

Even though it's a depressant, alcohol will, oddly enough, keep you up at night. "Many people use alcohol to help them relax, but it actually prevents your body from entering the deep stages of sleep," says Pasquella. Although you may fall asleep, you won't feel very well-rested in the morning.

Milk Chocolate

The average milk chocolate bar contains tyrosine, which is converted into dopamine—a stimulant, says Pasquella. This causes alertness and restlessness, which can keep you up at night.

Ginseng Tea

Herbal teas are great for sleeping, but steer clear of ginseng. It's been shown to act as a stimulant, and though some tea drinkers don't feel any effects from the tea, others experience insomnia and hypertension. If you might fall in this category, avoid drinking it several hours before bed, recommends Pasquella.



New Senior Information Specialist

I am happy to announce we have a new Senior Information Specialist for Ford County. Jeanne Brown has been with our agency for 17 Years working as a family case manager. Jeanne worked with various programs such as car seat safety, Immunization and Lead, and WIC (Women, Infant, Children). Jeannie's new role will be to link individuals to services that are available in the area as well as obtaining benefits and accessing services in the community. If you live in Ford County and have any questions regarding Senior Information such as Circuit Breaker, IL Cares Rx, Medicare D, etc. please call Jeanne at the Paxton office.
If you live in Iroquois County, please continue to call Volunteer Services at (815) 432-5785

October is Breast Cancer Awareness Month!!!

Illinois Breast and Cervical Cancer Program

Women age 35 to 64



For Information on qualifying for

FREE

Mammogram and Pap Tests

Call

Ford-Iroquois Public Health Department

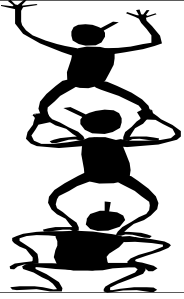
Halloween Quiz

Funtrivia.com and buzzle.com

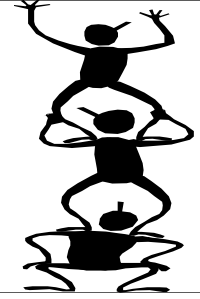
1. What phobia do you suffer from if you have an intense fear of Halloween?
A. Halloweenphobia B. Samhainphobia C. Ghostphobia D. Shamanphobia
2. What does the name Dracula mean?
A. Evil one B. Blood drinker C. Devil's son D. Vampire Bat
3. What U.S. city banned all Halloween celebrations from its schools in 1995?
A. Philadelphia, PA B. Salt Lake City, UT C. Santa Fe, NM D. Los Altos, CA
4. What does the word "witch" mean?
A. Evil one B. Ugly one C. Wicked one D. Wise one
5. Why does a witch commonly appear with a black cat?
A. For companionship B. For protection C. No reason D. For spell casting
6. What year did the Halloween novelty song "Monster Mash" reach number one on the Billboard charts?
A. 1967 B. 1962 C. 1965 D. never
7. What rock star worked as a gravedigger before starting his musical career?
A. Roy Orbison B. Billy Joel C. Mick Jagger D. Rod Stewart
8. The word warlock is a derivation of the Saxon-English term "war-loek" which means what?
A. Man with the magic hands B. Oath breaker C. Witch's husband D. Doomed one
9. The Celts would carry a lantern when they walked on the eve of October 31st. These first "jack-o-lanterns" were carved with faces to scare evil spirits away. What vegetable was originally used to make a "jack-o-lantern"?
A. Turnip B. Potato C. Pumpkin D. Watermelon
10. What was the first name for Halloween?
A. The Devil's Night B. Samhain C. Satan's Night D. Halloween
11. What animal other than a cat is associated with the witch?
A. Dog B. Bat C. Snake D. Bird
12. How do you kill a vampire?
A. Garlic B. Stake through the heart C. A kiss D. A cross
13. Why do zombies often wear chains?
A. They are slaves B. They never wear chains C. The devil owns them
D. They keep them from becoming human

HAPPY HALLOWEEN





Ford-Iroquois Public Health Support Groups



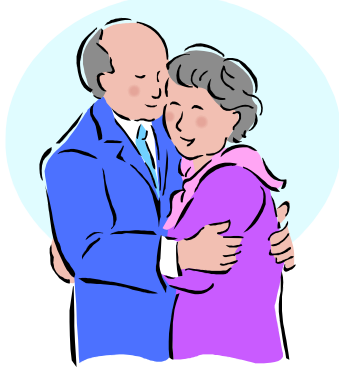
MAKE A NOTE!!

Caregiver and Grandparents
Raising Grandchildren Support
Group will meet on



October 12th

Ford-Iroquois Public Health Department
114 N. Third St
Watseka, IL
For more information call
Jill Erickson
1-815-432-2483



Illinois Knights Templar Caregiver Support Group

450 E. Fulton Street Paxton, IL 60957
Contact: Carol MacNeil
217-379-6073
October 12th and 26th, 2010
1:30 p.m. - 3:00 p.m.

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

Prairieview Lutheran Home- Alzheimer's Support Group

402 North 4th St.
Danforth, IL
October 13th, 2010 @ 2:00 p.m.
Contact Jenny
815-269-2970

Flu Clinic now Available!!!! - ALL CLINICS ARE ON A WALK-IN BASIS

10-6-10	Gibson City Schoolhouse Apts.	Gibson City	10A - 11:30A
10-6-10	Kempton Legion	Kempton	9A - 11A
10-6-10	Ford-Iroquois Public Health Dept.	Paxton	4P - 7P
10-6-10	Ford-Iroquois Public Health Dept.	Watseka	4P - 7P
10-7-10	Curby's Tru-Value	Beaverville	9A - 11A
10-7-10	Sheldon Community Center	Sheldon	1P - 3P
10-8-10	Iroquois Farmer's State Bank	Iroquois	9A - 10:30A
10-12-10	ARC of Iroquois County	Watseka	11A - NOON
10-13-10	Gibson City Telecare	Gibson City	10A - NOON
10-13-10	Merkle-Knipprath	Clifton	2:30P - 4P
10-14-10	Ford-Iroquois Public Health Dept.	Watseka	1:30P - 4P
10-15-10	Ford-Iroquois Public Health Dept.	Paxton	9A - 11A
10-15-10	Big R	Watseka	9A - 11:30A
10-16-10	Ford-Iroquois Public Health Dept.	Watseka	9A - 11A
10-18-10	Ford-Iroquois Public Health Dept.	Paxton	9A - 11A
10-18-10	Ford-Iroquois Public Health Dept.	Watseka	9A - 11A
10-18-10	Illinois Knights Templar Home	Paxton	1P - 3P
10-21-10	American Lutheran Church	Gibson City	8:30A - 11A
10-22-10	Ford-Iroquois Public Health Dept.	Paxton	9A - 11A
10-22-10	Ford-Iroquois Public Health Dept.	Watseka	1:30 - 4P
10-23-10	Big R	Gibson City	9A - 11A

Laughter is the best medicine. (No Joke!)

Humana.com

It turns out that a good laugh is more than good for your health: a sense of humor may help keep you from having a heart attack.

A few years ago, doctors at Baltimore's University of Maryland Medical Center got out little rubber hammers and started in on 300 peoples' funny bones. All right, we're just joking about the hammers, but the doctors did in fact test people's humor reflexes. In the study, 150 of these people had heart surgery or heart attacks in the past, and the other 150 subjects were of the same age without heart trouble.

The study had two sets of questions: one part asked how likely each person was to laugh at things like finding out you're wearing the same outfit as someone else at the same party; the other part asked "true-false" questions about each person's anger and hostility.

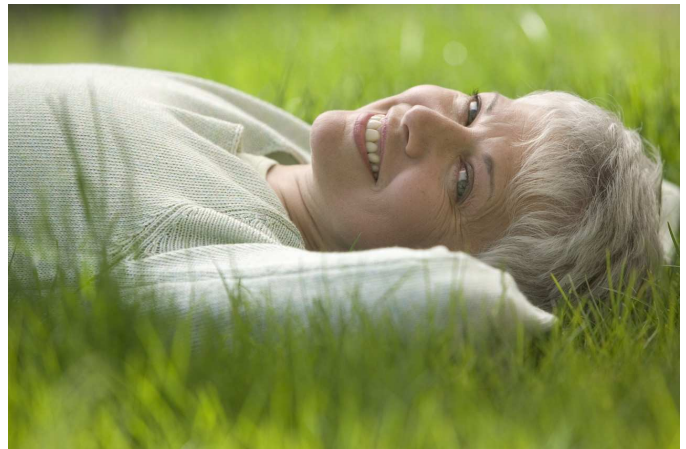
The results were surprising. The people with heart disease were 40% LESS likely to find the humor in things than the healthy people and were also more likely to be more angry in general.

"The old saying that "laughter is the best medicine" definitely appears to be true when it comes to protecting your heart," says Michael Miller, M.D., Director of the Center for Preventive Cardiology at the University of Maryland Medical Center, in a school press release. Dr. Miller went on to say that maybe we should make laughing part of our daily routines, just as we do with other heart-healthy things like taking the stairs instead of the elevator.

"We know that exercising, not smoking, and eating healthy foods will reduce the risk of heart disease. Perhaps regular, hearty laughter should be added to the list. We could perhaps read something humorous or watch a funny video and try to find ways to take ourselves less seriously," he says. "The recommendation for a healthy heart may one day be—exercise, eat right, and laugh a few times a day."

Another University of Maryland Medical Center Study, done in 2005, showed that laughter may also be good for your blood vessels because it expands them, which helps make for better blood flow.

So take two Mel Brooks movies and give a friend a good tickle in the morning. You might be healthier for it!



Trivia #1 Answers

1. B. Samhainophobia
2. C. Devil's son
3. D. Los Altos, CA
4. D. Wise one
5. B. For protection
6. B. 1962
7. D. Rod Stewart
8. B. Oath breaker
9. A. Turnip
10. B. Samhain
11. B. Bat
12. B. Stake through the heart
13. A. They are slaves

Did you know how Jack-o-lantern got their name? The name came from a mean old man named Jack who was too mean even to get into hell. The Devil gave him a piece of burning coal and sent him away. Jack used a turnip to hold the burning coal and serve as a lantern.

