



November, 2015



November is National Caregiver Month!

November is National Family Caregivers Month, a chance to honor the 65 million selfless family caregivers who assist and support chronically ill, disabled or aged family members or friends.

It's a time when special emphasis is placed on the need for all of us to help family caregivers protect their health in order to have a more satisfying life and be better able to provide their loved one with the best care possible.

If you are a caregiver, do take time for yourself each day this month. Even if it's just 5-10 minutes, it's something you did intentionally to give yourself a small respite. Draw a happy face on each calendar day when you have done this. On November 30, look at the calendar and hopefully you'll see **LOTS** of happy faces. I would hope that you feel so good about it that you will consider doing it again in December.

I wish all my caregiver friends a Happy Thanksgiving! Joy and Love ~ Karen

**Happy
Thanksgiving**

Hmmmm . . . What Are We to Believe?



Even as I'm watching Dr. Oz who has a guest, Dr. Weil, MD, talking about eating anti-inflammatory, antioxidant foods, I'm reading an article on the internet about antioxidants feeding cancer cells. What are we to believe? Researchers from the University of Texas Southwestern Medical Center have found that antioxidants may in fact accelerate cancer's spreading and growth in mice. This would be blueberries, green tea, etc. We have always been told that these fruits and veggies are beneficial for health and to some degree prevent implications for cancer.

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Dr. Sean Morrison, CRI Director, and Mary McDermott Cook, Chair in Pediatric Genetics at UT Southwestern Medical Center, said in a press release, “Some of those trials had to be stopped because the patients getting the antioxidants were dying faster. Our data suggest the reason for this: cancer cells benefit more from antioxidants than normal cells do.”

The study’s authors suggest that cancer be treated with pro-oxidants. “We discovered that metastasizing melanoma cells experience very high levels of oxidative stress, which leads to the death of most metastasizing cells.”

As I have researched further, I feel the best thing is to suggest that if your loved one or yourself has cancer, you should talk with your doctor about the antioxidant or pro-oxidant foods to better understand how they benefit you.

P. S. Dr. Weil said that carrots should never come from a can. Always eat them fresh. (I just ate 2 cans of carrots in my vegetable soup last week. Sigh.) Normally, I buy the fresh carrots; however, I was in a hurry to get it made.



Remember Your Medications at the Right Time!

The American Heart Assn. has some great tips for keeping track of your meds.

How to Remember:

- ☐ Take it at the same time every day.
- ☐ Take it along with other daily events, like brushing your teeth. (This is the one I use the most. Breakfast, lunch, dinner, bedtime – are the daily events I use to help me keep track of my meds, plus the next bulleted item. . . pill box.)
- ☐ Use special pill boxes, like the ones divided into sections for each day of the week (found at drugstores).
- ☐ Ask people close to you to remind you.
- ☐ Keep a “medicine calendar” near your medicine and make a note every time you take your dose.
- ☐ Put a reminder note on your medicine cabinet or refrigerator.
- ☐ List your pills on a small dry-erase board and mark the board when you take your medication.
- ☐ Purchase timer caps for pill bottles to remind you when to take medication.
- ☐ If you have a smartphone, use a reminder app. Several major pharmacies now have apps that remind you when to take your medicine and let you mark it as taken.

Tips for Medication Use:

- ☐ Understand what the medication is for, as well as how and when you should take it.

- Make an instruction sheet for yourself by taping a sample of each pill on a sheet of paper and writing down all the information about it. But make sure to keep this sheet out of reach of children and pets.
- Ask your doctor or pharmacist whether it should be taken with food or on an empty stomach.
- Simplify your routine by putting colored labels on your medicine bottles: blue for morning, red for afternoon and yellow for bedtime.
- If your medications are too expensive, talk with your physician or pharmacist and find out about financial assistance.
- If you travel by air a lot, always carry your medicines on the airplane with you. Never pack them in your luggage, which could be delayed or even worse, get lost.
- Do not stop any medications without talking to your physician or healthcare provider.



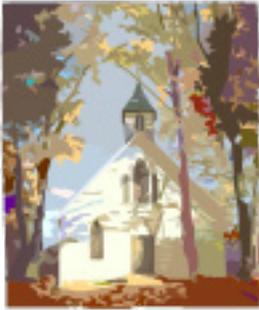
Recipe Corner

Chicken Tetrazzini

This is one of my family's favorite supper dishes. It tastes good, is easy to fix, and is economical to make. Instead of chicken, you can use leftover turkey.

- 1 medium onion
- 1 stalk celery
- 3 TB. butter or margarine or oil
- 2 cups chicken, shredded or cubed
- 1 ½ cups broken spaghetti
- 1 tsp salt
- 1 tsp. pepper
- 1 can cream of chicken soup or cream of mushroom soup
- 2 cups water and 1 chicken boullion cube or 2 cups chicken broth
- 1 small can mushrooms (optional)
- ½ cup Parmesan
- Dash of paprika

Saute' onion and celery in the fat. Place in bottom of casserole dish. Arrange chicken (or turkey) on top. Add spaghetti. Mix soup, broth, mushrooms, salt and pepper. Pour over chicken and spaghetti. Add Parmesan cheese and sprinkle paprika over the top. Bake at 350-375 degrees for about 1 hour or until spaghetti is done.



MEDITATION CORNER

Dear Father,

You've given me this sometimes fragile tent to wear here on earth, and I lift it up to You, the Great Physician. Please strengthen my body and grant me divine health. Help me to use wisdom regarding my body and my health. Enable me to make wise choices that do not bring harm, but that bring life and promote vivacious well-being.

You know the issues in my body, Lord. I stand in agreement with You for complete healing. . .I commit to serving You to the best of my ability, not using physical issues as an excuse, but allowing them to humble me and propel me deeper into Your presence. In the name of Jesus I thank You for healing and restoring every area of my body through Your mercy, loving-kindness, and amazing power. Amen.

*I will focus on your gracious words,
which are a honeycomb, sweet to my soul and healing to my bones. (Proverbs 16:24)*