City of Helena

MAKING LIFESTYLE CHANGES..... THAT CHANGE LIVES

Total Wellness®

BECOMING A TOTAL PERSON®

Volume XX, Number 2 February 2012

Prevent Sounds of the Night

Snoring affects approximately 90 million American adults – 37 million on a regular basis. Snoring may occur nightly or intermittently. Persons most at risk are males and those who are overweight, but snoring is a problem of both genders.

While you sleep, the muscles of the throat relax, the tongue falls backward, and the throat becomes narrow and "floppy." As you breathe, the walls of the throat begin to vibrate – generally when you breathe in but also to a lesser extent when you breathe out. These vibrations lead to the characteristic sound of snoring. The narrower your airway becomes, the greater the vibration and the louder your snoring.

People who suffer mild or occasional snoring may first try the following remedies, before consulting their doctor:

- Lose weight.
- Avoid tranquilizers, sleeping pills, and antihistamines before bedtime.
- Avoid alcohol for at least four hours and heavy meals or snacks for three hours before retiring.
- Establish regular sleep patterns.
- Sleep on your side rather than your back.

Source: National Sleep Foundation, www.sleepfoundation.org

Take Steps to Prevent Sleepiness

Fifty years ago, the average person slept nine hours each night. Now the average is seven, and many people get much less. How much sleep do you need? Conventional wisdom calls for eight hours, but researchers at Henry Ford Hospital in Detroit say most people need between six and a half and eight hours. Others may need five or 10. The real test of whether you're getting enough sleep is how you feel during the day, specifically around mid-afternoon, say the doctors. If you're sleepy during the day, you aren't getting enough sleep at night.

Lack of sleep is a problem all over the U.S. today. Weariness affects production levels and increases safety risks. The National Sleep Foundation concludes that 51 percent of working people say sleepiness affects their performance at work.

The following are several sleep tips to help you get enough shut-eye:

- Keep your bedroom cool, dark, and quiet. Avoid letting the telephone, a computer, or a television disturb your sleep.
- Make sure that your mattress is comfortable. Trying to sleep on one that's too soft, too hard, too small, or too old may actually prevent sleep.
- Avoid caffeine, cigarettes, alcohol, and exercise close to bedtime.
- Be wary of sleeping pills. They can make you drowsy the next day. Talk to your doctor before taking sleep aids.

- Finish eating at least two to three hours before your regular bedtime.
- Get your internal clock set. Go to bed and get up at the same time every day.
- Create sleep-friendly habits. Spend the hour before you go to bed relaxing to soothing music, soaking in a hot bath, doing yoga, or reading a book.
- If anxiety is keeping you awake, some specialists recommend the "scheduled worry" technique. Earlier in the evening, schedule 15 minutes when you do nothing but worry, but only over things you can control. Then, make a list of things you need to tackle the next day and put all of your worries out of your mind.
- Keep a record of the number of hours you sleep and how you feel the next day in a journal. This may help you determine the right amount of sleep you need to function well.

For more information on sleep, visit the Better Sleep Council at www.bettersleep.org.

Are You Financially Free?

Did you know that the way that you handle and think about your money can mean the difference between being in bondage or being free? There's a condition referred to as "financial bondage." It can steal your happiness, and even worse, it can destroy your relationship with your family.

How do you know you're in financial bondage? **Here are some of the symptoms:**

- Overdue bills. These cause much anxiety. It results when there's no plan for your finances and you continue to borrow beyond your ability to repay.
- Investment worries. As many people begin to accumulate material goods (or worry about not accumulating them), worry is carried over to every aspect of their lives.
- A get-rich-quick attitude. This attitude is characterized by attempts to make money quickly with little applied effort.
- No gainful employment. Financial bondage also exists when there's no desire for gainful employment. You must be a climber to reach a higher level.
- Deceitfulness. Be honest with yourself, your spouse, and the people with whom you deal.
- Greediness. Someone who is never able to put others first, never able to accept a necessary loss, or is always looking at what others have suffers from greed.
- Covetousness. You've heard of keeping up with the Joneses. People often end up in deep debt because they've followed the lead of others who did the same.
- Family needs unmet. You're in financial bondage if, because of your past buying habits, your family's needs can't be met.
- Overcommitment to work. A life that's devoted to business pursuits, to the exclusion of all else, is a life of bondage.
- Money entanglements. Entanglements differ from overcom-mitment to work in that they stem from a mishandling of finances, perhaps even deceitfully. These entanglements become so complex that continued manipulation is required to keep the whole mess from collapsing.

Perhaps, as you've read this list, you've found one or more symptoms that apply to you. If so, or even if you're not in financial bondage, it pays to have a plan for how you will save, invest, and spend.

If you're in debt, stop borrowing. Work to gain control of your money instead of letting money control you. It's called financial freedom, and it's worth the effort!

Larry Burkett (1939-2003), a well-known author, teacher, and radio personality, was co-founder of Crown Financial Ministries, whose daily radio broadcasts are heard on more than 1,000 stations in the U.S. Larry's best-selling books include The Coming Economic Earthquake, What Ever Happened to the American Dream? *and* Victory Over Debt.

Protect Your Possessions During a Move

According to the U.S. Census Bureau, one in six Americans will move to a new home this year. **Here are several tips on how to protect your possessions and your checkbook during a move:** • Get good estimates. Ask friends, family, and coworkers to recommend a good mover. • Check the company's references. Find out if there have been any complaints against them and if so, what they were. • Check the mover's safety record. Log on to the Federal Motor Carrier Safety Administration's SAFER System website at *www.safersys.org* to check safety records. • Consider getting insurance for the move. Most movers insure about 60 cents per pound, which may not cover the cost of damaged goods. Check with your insurance agent for better coverage.

Tackle Mold Issues Quickly

Molds are microscopic organisms present everywhere – indoors and outdoors – and they can grow into a big financial burden if not treated quickly and thoroughly. **Safety experts recommend these tips:** • Wipe your feet. Get a good door mat that loosens dirt from your shoes. Consider leaving your shoes at the door. • Ventilate. Open windows or run fans in steamy bathrooms and hot kitchens. • Check humidifiers. Humidifiers require frequent cleaning to prevent mold buildup. If you must humidify, opt for a warm-mist model which boils the water so mold can't grow and clean it often. The Centers for Disease Control recommends keeping the humidity level in your home below 50 percent. • Pay special attention to the bathroom. If you see mold on shower walls, ceilings, sinks, or toilets, scrub it with a diluted bleach mixture or a bathroom cleanser containing bleach. Avoid carpeting bathrooms. • Protect yourself. When handling or cleaning a moldy area, wear gloves, goggles, and dress in long sleeves and long pants. • Be on the lookout for sources of indoor moisture. These include flooding, leaky roofs, sprinkler system sprays that hit the house, plumbing leaks, overflow from sinks or sewers, or damp basements and crawl spaces. If you have any water leaks, act quickly to repair them and dry the area.

For more tips on mold prevention and cleanup, visit the Centers for Disease Control at http://www.cdc.gov/mold/.

Make a Hit with Volleyball

Here are tips for playing sand volleyball this coming spring:

- Set up your net and court away from sunbathers and in an area where the ball won't roll into the water.
- Stretch and warm up your muscles before playing.
- Stay hydrated by drinking plenty of water.
- Wear sunscreen and sunglasses to protect your skin and eyes.
- When diving for the ball, make sure that you close your mouth to avoid getting a mouthful of sand.
- Take several rest breaks so the players don't get too tired and overheat.
- Watch out for pieces of glass or other sharp objects that may be in the sand.

Take the Time to Be Active

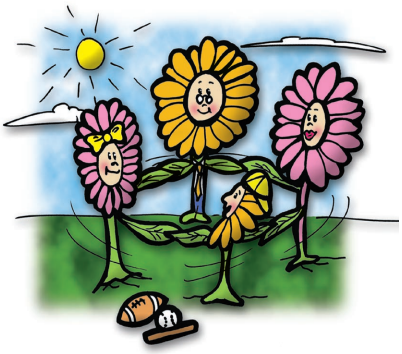
If you always knew that exercise was a good idea but never got around to doing much, this spring is the perfect time to begin. Schedule a regular activity at a health club. Leave your walking clothes out so you see them when you wake up in the morning. Take a 10-minute walk at lunch.

Get Fit with a Game of Golf

No matter what your skill level, a good game of golf on a warm spring day can be enjoyable and also a great way to get in shape – if you walk instead of ride the cart. **If you embark on a day of golf, remember these tips to avoid injury:** • Wear comfortable, short cleats or tennis shoes that fit properly and offer good support. • Warm up before swinging the club. Do several practice swings and stretch your upper and lower body muscles. • Use the proper posture when swinging a club. • Use your knees to bend down and pick up golf balls. Avoid bending and reaching down from the waist only. • Keep your back straight and use the strength of your legs to lift and carry your golf bag. Avoid overloading your bag with items you won't need. • Drink plenty of water to stay hydrated while playing. • Pay attention to the weather. Call it quits if the skies look threatening or you see lightening.

It's Fun to Be a Kid!

As the seemingly endless gray winter days begin to retreat to the north and yield to the warming winds of spring, new life begins to emerge around us. From budding flowers to lengthening sunny days, the gift of being alive blooms as well. After undergoing a "semi-hibernation" phase during the winter months, it's time to take a big stretch along with a deep breath and open the door to nature's playground – the Great Outdoors! Many people tend to use the weather or the fact that there are chores around the house as excuses to not go outside. But the reality is that the weather will always change and there will always be another chore around the house. So, unlock your door and step outside to see what is waiting. Mother Nature offers you an inexpensive gym and an abundance of tools to use for improving your fitness level.



By now, you probably have the same workout routine that you made for your New Year's resolution, and it may have become a bit monotonous. Or, you may have had good intentions for getting a workout routine started this year but only found excuses instead. Give yourself a boost by breaking free from either the boredom or lack of motivation by stepping outside and discovering how good it feels to be a kid again.

Some of the most fun, not to mention the best, workouts are derived from playing. Remember how good it feels to run, jump, swing from monkey bars, bike, swim, play tag, skip rope, or play dodge ball? Outdoor activities are endless, and your workout will transform before your eyes into one that's exciting and fun.

If you have children and join in their outdoor fun, you'll soon be one of the coolest parents on the block. And everyone benefits. You and your kids will have fun while burning tons of calories and building muscle. This also allows for quality family time and memories to last a lifetime. So, make a plan to get outside, enjoy nature, and play today!

Wendie Pett is a wife, mother and fitness expert, the author of Every Woman's Guide to Personal Power, *as well as the National Sales Director for Koechel Peterson & Associates and Bronze Bow Publishing. She's an instructor in the Transformetric Training System that maximizes strength and fitness as well as wellness. For more information on Wendie and Transformetrics, visit www.bronzebowpublishing.com.*

Laugh Out Loud

By Paul J. Meyer

Whether you think it's good, bad, or ugly, you're experiencing life. No matter what you do, things happen that you can't manage, manipulate, predict, or prevent. Of all the things you can control, one thing has the ability to positively affect every area in your life – including the hard times – it is your ability to laugh!

I've trained myself to look for humor in every part of life, even in seemingly humorless situations. I see humor everywhere. It's not that I'm out of touch with my emotions or have a warped mind, but I purposefully look for the humor in things. The French have a great saying, "The most completely lost of all days is that in which one has not laughed."

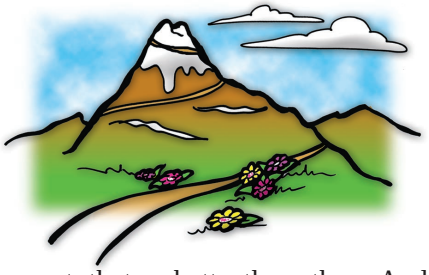
There's always a reason to laugh and a reason not to laugh, but you get to choose which one you want to do. **Here are five reasons why cultivating the habit of daily laughter is beneficial:**

- Laughter is good for you. Numerous studies, articles, and stories have detailed how people used laughter to recover from serious illnesses. Laughter has been shown to lower blood pressure, boost the immune system, and add years to your life.
- Laughter is powerful. The ability to employ humor as a tool in defusing potentially troublesome situations is a valuable resource. Laughter has the power to change your world. It can make you see things in their proper perspective and enable you to keep going, even when opposition seems insurmountable.
- Laughter is fun to be around. It's fun to be around people who laugh a lot. They're upbeat and positive, rather than discouraging and judgmental. Laughter brightens your good times and lightens your heavy times.
- Laughter is a good teacher. If you're responsible for training people, especially children, then use laughter to your advantage. Humor can be used to teach valuable lessons. Whatever it is you do, include laughter and see positive results.
- Laughter is better than tears. No life is perfect, but laughter is always better than sadness, resentment, or discouragement. Since there are always choices, choose laughter every time.

Laughter is more than good medicine – it's the best medicine! Whatever you do, learn to laugh at life.

Paul J. Meyer was a successful entrepreneur and author of personal and professional improvement programs, courses, and books, including his latest book, Forgiveness... The Ultimate Miracle. *For more information, visit his website at www.pauljmeyer.com.*

Look for the "High Points"



There's bad news and there's good news. The bad news is that, in spite of your best efforts, not every day will be a great one. That's the reality of life. The good news is that even bad days have moments that are better than others. And you can find comfort in that.

The message here is that every day – even in your limited world – you can find "high points." I encourage you to look for the "high point" of the day. Instead of focusing on the negatives, look for the positives – the things you're grateful for and the little things that add joy to your life. Not every day is going to be a great one, but even the bad days have some small moment that is an expression of joy, hope, or love if you look for it.

Look for the "high point" of each day, and think about how your presence, your attitude, your smile, your laughter, and your kindness can become the "high point" for someone else's day. As Annie Dillard said, *"How we spend our days is how we spend our lives."* Choose to make each day an investment and spend your days in ways that add energy, enthusiasm, and enjoyment to your life and the lives of others.

Julie Alexander is a professional speaker who works with organizations that want to boost morale and people who want great days on and off the job. She is the author of Great Days: 50 Ways to Add Energy, Enthusiasm, & Enjoyment to Your Life *and* Make Life Count! – 50 Ways to Great Days. *For more information, visit www.JulieAlexander.com or call 1-877-GR8-DAYS.*

If You Had a Second Chance

If you could live your life over, what would you do differently? A survey of retired people reported in the *International Journal of Aging and Human Development* showed that half of those interviewed would: • Spend more time with their families. • Prepare financially for the future. • Get more education. • Work toward career development. • Spend less time on one thing: *worrying*.

InSync® Moment – Reassessing Relationships

Think about each of your relationships. Family. Friends. Associates. Neighbors. Casual acquaintances. Service providers. Do you receive a benefit from the relationship? Does the other person benefit too? Do you feel energized or drained by the relationship? Re-commit to those energizing relationships. Change those that are draining your energy. By reassessing your relationships, you create opportunity for new, invigorating relationships.

© Susan Pilgrim, Ph.D., author of Living InSync®. Contact her at 1-877-InSync® (1-877-467-9627) or at spilgrim@transbay.net.

National Kidney Month

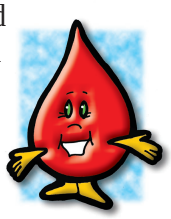
Kidney Stones: The Basics

As many as half a million Americans suffer each year with the pain of kidney stones. The pain is often compared to the pain of childbirth for women. Men describe it as the worst pain they have ever had. Though stones can develop at any age, they're most common between ages 30 and 50. Men are afflicted four times as often as women. A tendency for stones can be inherited, but diet and occupation are among other factors. They occur more often in people with sedentary jobs and during the summer months. Chronic urinary tract infections contribute to the formation of stones. One of the most important ways to prevent stones is to regularly drink plenty of water. In people who form uric acid stones, it's wise to reduce intake of foods such as shellfish, liver, and kidney. Even a tiny stone can cause severe pain when it begins to move out of the body.

For more information, visit the National Kidney Foundation at www.kidney.org.

Reap the Benefits of Donating Blood

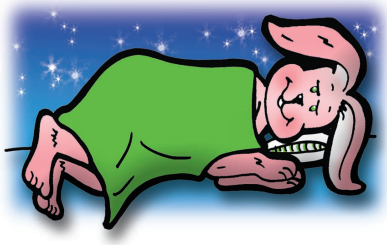
Giving blood isn't just good for the those who receive it. Donating blood has benefits for those who give it too. According to the Central Florida Blood Bank, donors routinely receive a mini health check for blood pressure, cholesterol, temperature, pulse, and iron levels. The agency reports that men who give blood three times a year reduce their risk of heart attack. Other studies show that donating blood may also reduce the risk of certain types of cancer.



For more information on donating blood, visit the American Red Cross at www.givelife2.org/donor/default.asp.

Prevent Nighttime Leg Cramps

Here are four tips for preventing leg cramps before they happen:



- Wear good shoes during the day. Flat feet and other problems make people susceptible. Good footwear can compensate.
- Loosen the covers. Tight covers can press feet down and tighten muscles in the calf and on the bottom of the foot.
- Stretch calf muscles before bed to loosen them up.
- Drink plenty of water. Especially if you're active, you need fluids to prevent dehydration, which causes cramps.

Are You at Risk for DVT?

Do you know what your personal risk is for developing a common but silent circulatory condition called deep vein thrombosis (DVT)? More than 2 million people in the U.S. are living with DVT, and 600,000 more people are newly diagnosed each year. Most of these people don't have any symptoms. And sadly, some people die of complications from DVT. But there are things you can do to reduce your risk. The first step is to educate yourself about the condition. Next, identifying your risk factors can help you determine the best steps for reducing your personal risk.

Dangers of Blood Clots

DVT is a condition in which blood clots form deep within leg veins, interfering with good circulation. Although the body typically dissolves blood clots on its own, in worst-case scenarios DVT could lead to a life-threatening situation known as pulmonary embolism, a condition in which part of a clot breaks off and travels to the lungs, where it can quickly cause heart failure, shock, or death if untreated.

Reduce Your Risk

Given the potential serious nature of DVT, it's best to do all you can to prevent it, especially if you're in a high-risk category. It's most common in people over 60, but can happen to anyone at any age. And there are special scenarios that increase risk even more. Your individual risk is higher if you have any conditions that elevate blood clotting ability, decrease blood flow, or trigger blood clotting. Examples of such scenarios include: • prolonged bed rest • family or personal history of DVT or pulmonary embolism • spinal cord injury or paralysis • stroke • broken bones below the waist • a sedentary lifestyle • a recent surgery or trauma, especially involving the hip or knee • childbirth or gynecological surgery • use of estrogen-containing medications

DVT is a serious condition, but you can reduce your risk. Exercising regularly, limiting your alcohol intake, not smoking, eating a heart-healthy diet, maintaining a healthy weight, and avoiding being stationary for long periods of time will go a long way in promoting circulation and reducing DVT risk.

If you have special medical conditions that increase your risk, ask your healthcare provider about medical interventions, such as medications and compression stockings, that can help reduce your risk of DVT complications.

With a little effort and know-how, you can gather all the tools you need to reduce your risk of this silent killer.

For more information on DVT, visit www.RealAge.com and take the RealAge DVT Health Assessment.

By Michael F. Roizen, M.D., author of RealAge: Are You as Young as You Can Be? *and* The RealAge Diet: Make Yourself Young with What You Eat. *Roizen, an internist and anesthesiologist, has been listed for the last 13 years in* The Best Doctors in America, *published by Woodward/White. For more information on RealAge, visit www.RealAge.com.*

RealAge®

Protect Against Poisonings

Millions of people are unintentionally poisoned every year. **Here are several suggestions on how to protect against poisonings:** • Keep potential poisons in their original containers. • Store food and chemical products in separate areas. • Read and follow directions and warnings on labels. • Always turn on fans and ventilate rooms by opening a window when using chemicals in your home. • When spraying chemical products, make sure the spray nozzle is directed away from your face and other people. • Never sniff containers to see what's in them. • Discard outdated products. • Never share prescription medications with other people. • Keep all poisons out of reach of children. • Call 911 immediately in case of poisoning.

For more information, visit the National Capital Poison Center at www.poison.org.

Stay Safe During Spring Break

If you or your family is bound for spring break in a foreign country, the State Department recommends familiarizing yourself with that country's laws. In many of the popular spring break destinations, conduct that might not result in an arrest in the United States constitutes a violation of local law. For example, in Cancun, disturbing the peace, littering, drinking on public transportation, or making obscene or insulting remarks are considered criminal activities. Safety issues are also a concern. Young travelers have died in car crashes, falls from balconies, and water sports mishaps.

Here are several safety tips to keep in mind: • Before you go, fill in the emergency information page on your passport. • Read the Consular Information Sheets, public announcements, and travel warnings for the country you plan to visit. • Make two copies of your passport identification page and place them in separate locations in case you lose your passport. • Leave a copy of your itinerary with family or friends at home. • Never leave your luggage unattended in public areas. • Never accept packages from strangers. • Try not to wear flashy clothing and expensive jewelry, and don't carry excessive amounts of money or unnecessary credit cards on you. • Never get into a vehicle with strangers. • Avoid drinking too much alcohol and steer clear of drugs.

For more tips, visit the U.S. Department of State at www.travel.state.gov.

Save Your Sight from Danger

About 100,000 workers each year are disabled because of vision loss due to eye injuries. The workplace can pose significant hazards including eye injury, vision loss, disability, and blindness. Each working day in the U.S., more than 2,000 employees sustain job-related eye injuries.

Damage to the eyes is usually caused when something unexpected happens. It could be a sudden splash of caustic chemical or an airborne sliver of metal. Many of those injured say they didn't think they needed to wear eye protection or were wearing inappropriate eyewear.

Construction, automotive repair, and manufacturing work are especially hazardous to eyes. In fact, doctors at the American Academy of Ophthalmology say proper eye protection is a matter of vital importance in these occupations. Studies show that those who suffer eye injuries in these occupations often fail to wear safety glasses or glasses that are appropriate for the job. Others choose glasses that they think are safety approved but aren't.

At least 90 percent of all job-related eye injuries can be prevented. Wear safety eyewear whenever there's a chance that machines or activities present a hazard of flying objects, chemicals, harmful radiation, or a combination of these or other hazards.

As more people use computers, eye fatigue and difficulty focusing have become common problems. In themselves, computer screens don't damage vision. To reduce eye fatigue, computer users should take frequent breaks and rearrange their workstations for easier access to their computers. Wearing proper glasses or contact lenses can often relieve eye fatigue.

Sometimes heating and air conditioning systems can make eyes feel dry and scratchy. It could make you think something is in your eye. Over-the-counter eye drops usually relieve symptoms. If the problem continues, see your eye care professional for an evaluation.

For more information on eye safety, visit the National Eye Institute at www.nei.nih.gov.

Stalled? Keep Your Seat Belt On

The American Automobile Association says drivers who are stalled should keep their seat belts in place. If a car breaks down, pull it as far off the road to the right as possible. Keep seat belts on while waiting for help because the car could be hit from behind.

Enjoy a Tasty Dish of Asparagus

Nothing says spring like a plate of asparagus. While asparagus is now available year round, it still seems a special treat in spring.

Asparagus has been a prized food since ancient times. The Greeks ate wild asparagus and the Romans cultivated it in their gardens. But asparagus didn't become a big crop in North America until the end of the 19th century. It's been popular ever since. In addition to its delicate taste, asparagus is high in vitamins A, B and C, and a source of iron and potassium.

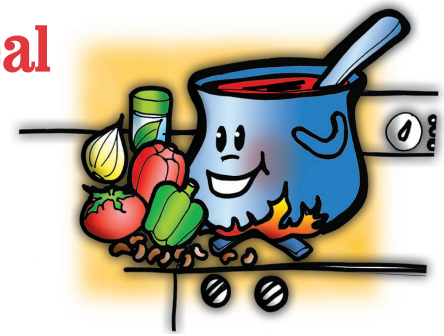
Asparagus can be more than a side vegetable. It can be served as an appetizer, in soups, or over pasta. Try salads made with dark leafy greens and vegetables such as asparagus, broccoli, cauliflower, sweet or hot peppers, carrots, mushrooms, and zucchini. The vegetables could be raw, lightly steamed, grilled, or even leftover from a stir-fry.

Shop for firm, smooth, bright green stalks with tight tips. Wrinkled spears are dried out. Asparagus is often sold in bundles bound with rubber bands. Take the bands off before storing; they make the spears sweat and spoil more quickly. Asparagus can be kept for three or four days refrigerated. Trim the stems and store asparagus standing upright, like flowers, in a tall glass with about an inch of water, loosely covered with a plastic bag.

Since asparagus is grown in sandy soil, be sure to rinse the tips well before eating.

Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at www.pamsmith.com. Her book, The Energy Edge, *gives power points to have energy for life!*

Stir Up a Healthy Meal



Inhaling the aroma of a steaming bowl of tomato soup, while gazing at its velvety orange-red color, recalls for many people comforting childhood memories. In fact, tomato soup ranks high on the list of American comfort foods.

Unfortunately, food manufacturers rely mostly on salt and sweeteners to provide flavor – often high in health risks for the consumer. Happily, it's not difficult or time-consuming to make tomato soup at home that is low in sodium but still flavorful.

There are smart, healthful ways to add flavor to foods without adding unnecessary calories or excessive sodium levels. Onion, garlic, herbs, and spices, for example, add valuable nutrients, and the phytochemicals that help protect you from serious chronic diseases, as well as add rich and robust flavor.

The following classic tomato soup recipe from the American Institute for Cancer Research uses just enough butter and fat-free cream to ensure rich creaminess, and a very modest amount of sugar to bring out the natural sweetness and flavor of tomatoes.

Old-Fashioned Tomato Soup

1 Tbsp. butter
1 onion, finely chopped
2 large garlic cloves, chopped
1 can (28-oz.) diced tomatoes
1 Tbsp. sugar
1 tsp. dried thyme
1/8 tsp. ground mace
Pinch of cayenne pepper
1/2 cup fat-free half-and-half cream
Salt and freshly ground black pepper
3 Tbsp. snipped dill, for garnish (optional)

Melt the butter in a small Dutch oven over medium-high heat. Sauté the onion until translucent (4 minutes). Add the garlic and sauté until the onions are golden (5 to 6 minutes). Add the tomatoes with their juices, sugar, thyme, mace, and cayenne. Bring to a boil, cover, and simmer the soup until the tomatoes and onion are soft, about 15 minutes. Let the soup sit 20 minutes, uncovered. Transfer it to a blender and reduce the mixture to a purée, either pulpy or completely smooth, as desired. Blend in the half-and-half. Season the soup to taste with salt and pepper. Serve the soup hot, sprinkling one-fourth of the dill over each bowl, if using.

Makes four servings. Per serving: 105 calories, 3 g. total fat (2 g. sat. fat), 18 g. carb., 3 g. protein, less than 1 g. dietary fiber, 586 mg. sodium.

Source: "Something Different," from the American Institute for Cancer Research

GAZPACHO

Makes 12 small servings, 1/2 cup each

1 medium red bell pepper, seeded and finely diced
1 medium green bell pepper, seeded and finely diced
1/2 cucumber, peeled, seeded, and finely diced
1/2 small red onion, finely diced
2 tomatoes, finely diced
1-1/2 cups (12 oz.) V-8 Juice

1-1/2 cups (12 oz.) tomato juice
1 Tbsp. white wine vinegar
1 clove garlic, minced
1 tsp. Tabasco
1/4 cup chopped fresh basil
1/4 tsp. cumin
1 tsp. creole seasoning

Combine ingredients. Chill. Serve cold.

From Pamela Smith's Eat Well, Live Well. *Visit www.pamsmith.com for more information.*

Each serving contains: 22 calories, 1 g. protein, 0 g. fat, 0 mg. cholesterol, 5 g. carbohydrates, 312 mg. sodium. Calories from fat *0 percent*

✂ clip and keep

This newsletter is published monthly by Rutherford Communications, P.O. Box 8853, Waco, Texas 76710, 1-800-815-2323, *www.rutherfordcommunications.com*. Copyright © 2012 Rutherford Communicatons. All rights reserved. Material may not be reproduced in whole or part in any form without the written permission of the publisher. Subscription price (12 issues), $25 per year in U.S.

Publisher: Ronnie Marroquin

Managing Editor: Kimberly Denman

Illustrations by RMS Graphics

Editorial Advisory Board: *Bill Anderson, Ph.D., and Richard Jackson, M.D., F.A.B.F.P., and Pamela Smith, R.D.*

This newsletter is not intended to provide medical advice on personal wellness matters, which should be obtained directly from your physician.

ISSN 1072-4788

mental

Planning a Fun, Memorable Vacation

Have you decided where you'll go on vacation this year? Whether you'll be visiting a city, going to a resort, or visiting a grandparent's home, advance planning will help you create a memorable experience.

In her *Grownup's Guide* book series, author Diane Chernoff-Rosen gives these tips:

- Look at guidebooks for the area to find exhibits, events, or tours you and your family would enjoy.
- Involve everyone going on the trip in the planning.
- Allow plenty of time for travel, but keep the stops short so your group doesn't get tired or bored.
- Bring items to help kids pass the time on the road. Good choices include drawing materials, healthy snacks, toys, and electronic games.
- Make sure kids have physical activity each day. Give them the opportunity to run, play, and make noise if they want to.

Talking to Someone with Alzheimer's

It can be difficult to know how to communicate effectively with a parent or relative who has Alzheimer's disease. **Here's some advice from experts quoted in the *Harvard Health Letter*:**

- Don't shout. Hearing isn't the problem. Speak in a calm, warm tone of voice.
- Include the person in conversations whenever possible. People in the early stages of the disease complain that others talk about them as if they aren't there.
- Use simple words and avoid too many pronouns: like he and she. Use specific names instead.
- Use leading statements rather than open-ended questions. Ask if he or she would like a cup of coffee, for example, instead of asking what he would like to drink.

- Make eye contact, touch, and be conscious of your body language. Nonverbal cues become increasingly important as the disease progresses.
- Say things that express positive emotions. As you leave, for example, say you enjoyed the visit very much.
- Make the most of the last word. Sufferers often latch on to the last word in a statement, probably because it's the easiest to remember. Ask which he or she wants to wear, red or blue. The answer will usually be "blue." It makes the person with Alzheimer's disease feel as though he or she has decided for himself.
- Don't make them wait. A shortened attention span can make waiting even a few minutes a trying time. Often problems with grooming or eating are the result of waiting for a caregiver to get organized, not the activity itself.

What to Do When Faced with an Emergency Situation

• Remain calm so that the victim will stay calm and cooperate. • Take action immediately. Call for emergency help and act on basic first aid procedures that you know. • Encourage the person and make him or her as comfortable as possible. Let the victim know that help is on the way.