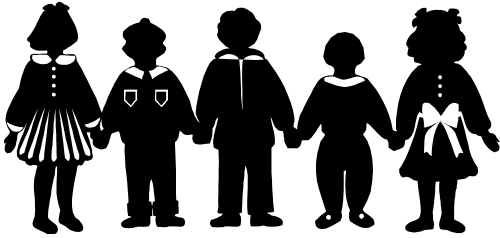


**Parish Nurse
News**

John 3:2 “Beloved, I pray that in all respects, You may prosper & be in good health,
just as your soul prospers.



Combination vaccine MMR: Measles+Mumps+Rubella (viruses)
MMR: Routinely given @ 12 mos & pre-Kindergarten in SD
Mandatory for school entry & college enrollment
Transmission: Direct contact with saliva/droplets of infected one
OR surfaces of items touched by unwashed hands of infected one
Signs: Fatigue, muscular aches then swollen parotid glands

Highly Communicable: Mumps cases excluded from work & school for 9 days from onset
Evidence of Immunity: Soon to be required for certain groups of South Dakotans. Evidence of immunity includes MD diagnosis or documented previous mumps, birth before 1957 or one dose of MMR vaccine. (SD Dept Health, April 21, 2006)

Teach and Practice Good Hygiene: *Wash hands well & often, using soap & friction*
Cover your mouth for cough/sneeze (with Kleenex if available) then wash hands
60% alcohol-based gel cleaners are cheap, convenient, & effective!

ADHD & Safety

If your child shows any symptoms of Attention Deficit Disorder, it is critical that you pay close attention to accident prevention. A child with ADHD may not always be aware of dangers and may require more supervision than other children their age. Be especially careful if the child is around the following: (1) Traffic (2) Firearms (3) Swimming Pools (4) Tools such as lawn mowers and, (5) Poisonous chemicals, cleaning supplies, or medicines.

True or False? “We may live without friends, we may live without books, but civilized men cannot live without cooks.”



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Strawberry-Rhubarb      Mix 1/3 C Sugar & 1 T. cornstarch  
Sauce                      Add 1 1/2 C chopped rhubarb  
~~~~~Place over medium heat & stir until boiling  
Reduce heat, simmer & stir until thickened & tender (3-4 min)
Coarsely mash 1 C strawberries with 2 T powdered sugar
Stir strawberries into rhubarb and cook 1 minute

Serving Suggestion: Atop Angel Food Cake, a heart-healthy alternative to other cakes. Fat-free Cool-Whip?

Forgive Us? The Foundation for Medical Education & Research states: Microwave cooking is a good way to preserve nutrients in vegetables because it requires only a minimal amount of water and cooking times are very short. Avoid peeling because many nutrients lie just below the surface of the skin. Cover your cooking container to hold in steam. MEA CULPA

Family Tip



The most common sleep problems in kids can be corrected quickly once identified & treated. The American Sleep Disorders Association reports that after 6 months of age, a child has the potential to sleep through the night. These recommendations will help your child sleep soundly.

(1) Follow a consistent bedtime routine: Set aside 10-30 minutes to do something special with your child. The activity should not be stimulating physically or emotionally—no wrestling or scary stories. The child needs to know the time limits of the activity and that you will not exceed them. Giving in to requests for extra juice or another story, no matter how persuasive, will teach a child that bedtime can be postponed. Don't substitute television-watching or videos for personal interaction at bedtime.

(2) Believe & understand the importance of limit-setting during the day or night.

Limit-setting problems usually begin after age 2.

When a child refuses to go to bed, stalls, or make it difficult for a parent to leave her side, her behavior signals a limit-setting problem. Parents must appreciate that it is their responsibility to know when it is time for bed, even if the child disagrees and seems active and alert. Delay tactics can become very creative, as you probably know! A firm & consistent approach to these ploys will help avoid reinforcing these behaviors. Remain calm, but firm.

Proverbs 22: 6

Train a child in the way he should go,
and when he is old he will not turn from it.

LOVE THE SKIN YOU'RE INThere is no such thing as a "safe tan."

Tanning represents the skin's response to ultraviolet light injury. Yet, while 95% of Americans *understand* that sunburns are dangerous, 81% still think they look *better* with a tan.

80% of lifetime sun exposure occurs before age 18: Begin use of sun protection EARLY! Wearing and frequently reapplying sunscreens with skin protection factor (SPF) of at least 15 can prevent sun damage. Several commercial moisturizers include an SPF of 15 & aren't greasy.

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Rit Sun Guard is the only UV-absorbent laundry additive currently recommended by the Skin Cancer Foundation. It causes the clothing fibers to absorb UV rays instead of allowing them to penetrate the fabric. A typical white cotton t-shirt, with a UPF of 5, develops a UPF of 30 after a single treatment of **Rit Sun Guard** is laundered into the fabric. Effects of clothing treatment with Sun Guard are cumulative when done in quick succession; 2 treatments will raise the UPF of the clothing to 50. The increased photoprotection of the clothing will survive about 20 launderings and will never alter the color or texture of the clothing in any way. In fact, once an item is effectively treated, the UV absorption retains its durability through wetness, perspiration, prolonged sun exposure & chlorine bleach.(J of Long-Term Effects of Medical Implants, 2004)

Hebrews 12:10-11 Godly discipline provides an umbrella of protection under which a child learns to obey God during the days of vulnerability.



Prayer: We lift our hearts & minds to Heaven, Gentle Lord.
Thank you for the comfort and peace your forgiveness brings.
Amen.

ALZHEIMERS QUIZ

1. Which of the following is NOT an indicator of Alzheimers? A. Getting lost in familiar places
Alzheimers impairs spatial ability and orientation so it's easier to get lost in familiar places. Alzheimer's is more than memory loss, it is the inability to problem solve. Misplacing your car in the parking lot is one thing, calling the police and reporting it stolen is another.
2. Which of the following may increase your risk of Alzheimers? D. All of the above
While still controversial, some studies suggest that the risk of Alzheimer's increases for those who had a head injury with loss of consciousness, depression or a low level of education.
3. No other age-related problem (than Alzheimer's) results in dementia. FALSE
Parkinson's disease & strokes can produce dementia symptoms. They occur more often.
4. Which of the following has been connected to Alzheimer's disease? C. Both
High and low blood pressure seems to increase the risk of developing Alzheimer's.
High cholesterol levels also have been linked to Alzheimer's.
5. Family history plays **no** role in your risk of developing Alzheimer's. FALSE
Having a close relative with the disease increases your risk. For example, if you have a parent or sibling with Alzheimer's, you have a 10-30% chance of developing the disorder. Your risk is on the higher end of the range if your family member developed Alzheimer's disease at a younger age.
6. A simple blood test can confirm Alzheimer's diagnosis. FALSE
No single test can determine whether a person has Alzheimer's. A doctor relies heavily on the description of symptoms—usually from family members—and on the results of verbal and written tests designed to assess mental functions.
7. Besides Alzheimer's, which of the following also can cause memory loss and confusion?
D. All of the above. Up to 10% of people who have memory problems and confusion have potentially reversible disorders, such as thyroid problems, drug side effects, alcohol abuse, depression or B-12 vitamin deficiencies.
8. Though a definite diagnosis of Alzheimer's disease is possible only by autopsy, doctors can usually identify the disease by ruling out other causes of dementia. FALSE
At specialized Alzheimer's research clinics, MDs can accurately identify about 9:10 cases.
9. Early diagnosis provides no benefits in Alzheimer's disease. FALSE
An early start to meds and proper caregiving can improve the quality of life for those with Alzheimer's disease. Both interventions work best in the earliest stages of the disease. In some cases, drug therapy slows the loss of memory and helps control the anxiety and behavior problems. With Alzheimer's, "better" is just not getting worse. Furthermore, the earlier the diagnosis, the more capable the person is deciding how they want the rest of their life to be structured.

Source: www.mayoclinic.com/health/alzheimers