



Care At Home Times

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January—March
2008

Protect Your Precious Hearing!

Condensed from Vibrant Life Jan./Feb. 2008

All noise and music influence our health and behavior in one way or another. We should learn about it and use it to our benefit. The latest research indicates exposure to excess sound levels causes physical problems such as headaches, chronic fatigue, high blood pressure, and diabetes. Over a long period of exposure even heart disease, vertigo and nausea can result. The mind suffers too. Damage to the inner ear is cumulative. The hearing loss that results is permanent and irreversible. So how loud is too loud? A typical conversation occurs at 60 decibels, , not loud enough to cause damage. A bulldozer at idle is loud enough at 85 decibels to cause permanent damage after only one 8 hour work day. When listening to music on earphones at a standard volume level 5, the sound generated reaches 100 decibels, loud enough to cause permanent damage after just 15 minutes per day. So....what can you do? The following are suggestions from the Mayo Clinic: 1) Wear hearing protection like earplugs, or ear muffs anytime you're around loud sounds—even mowing the lawn. 2) Be aware of noise. Turn down the volume on radios, TV's and speakers. 3) Be cautious with headphones. If the person next to you can hear what you're listening to, it's too loud. 4) Give your ears a rest. Alternate noisy activity with quieter activity, including complete quiet while sleeping if possible.

Recipe from Home

Sedaven Spinach Salad

From Cooking With the Micheff Sisters

Why not start the New Year with the healthy habit of eating a salad every day? Here's one to try.

7c. Spinach (fresh, chopped)
1 1/2 c. corn (frozen, thawed)
1 red or orange bell pepper (chopped)

Dressing:

2T. Olive oil (extra virgin)
2t. Lemon juice (freshly squeezed)
1/2 t. vegetable seasoning

Mix vegetables together in large bowl. Blend dressing with wire whip or shaker. Pour over salad right before serving; toss until well mixed.

Yield: 8 1cup servings. Calories: 66, Fat:10 grams; saturated fat: 0 grams; sodium: 8 milligrams; carbohydrates: 12 grams; dietary fiber: 4 grams; protein: 4 grams

Vicki Salerno, Registered Dietitian

Calendar of Events:

In-services:

January—

10 Commandments of Body Mechanics

February—Preventing UTI's

March—Hand Hygiene

Care At Home proudly Serves our local Senior Citizens Centers by offering free blood pressure and blood sugar checks

- **Payette:** 01/02, 02/06, 03/05
- **Nyssa:** 01/09, 02/13, 03/12
- **Weiser:** 01/11, 02/08, 03/14
- **New Plymouth:** 01/17, 02/21, 03/20
- **Cambridge:** 01/23, 02/27, 03/26

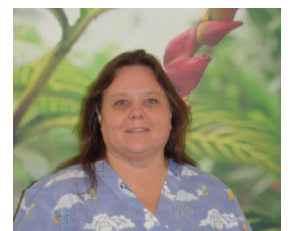
Staff Highlight

Theresa Weber, C.N.A.

Theresa Weber has worked with Care At Home for almost 8 years. She is a highly skilled and compassionate CNA and also uses her talents in

our Human Resources Department. Theresa enjoys training and riding horses. She also likes to go

camping, fishing and hunting with her immediate and extended family.





Care At Home

www.careathomehh.com

About Us

Care At Home opened in 1993 to a full range of services in the Home. We serve all ages and our goal is to meet each need individually, and keep you safe and independent in your home. Everything from housekeeping, sitters, transportation and shopping to skilled nurses and therapists. We can even help you take your pet to the Vet., or care for loved ones, pets or plants while you go on vacation. Every staff member has a criminal background check and is directly supervised. Our team is the best! We work in 7 counties in both Idaho and Oregon, and have someone to take your call 24 hours a day. Never a machine!

Payette:

501 N. 16th St. #113
Payette, ID 83661
Phone: 208-642-1838
Fax: 208-642-3088

Caldwell:

914 Blaine Street
Caldwell, ID 83605
Phone: 208-453-2659
Fax: 208-454-0854

Council:

102 California
Council, ID 83612
Phone: 208-253-4207
Fax: 208-253-4959

We are here to help you!

Whether you need a little help or a lot, we are ready to assist you. Here are some of the things we can do for you, and maybe you have other ideas to add to this list.

- ▶ Errands
- ▶ Meal Preparation
- ▶ Housekeeping
- ▶ Exercise
- ▶ Shopping
- ▶ Doctor's appointments
- ▶ Special Events
- ▶ Companionship
- ▶ Personal Care
- ▶ Medication assistance
- ▶ Transportation
- ▶ Transfer assistance
- ▶ Respite care
- ▶ Help taking your pet to the veterinarian
- ▶ Bathing

Just give us a call at 208-642-1838, 253-4207, or 453-2659 for more information.

Quotable Quotes

"Great works are performed, not by strength, but by perseverance."

Samuel Johnson