

Caregiver Assistance News

"Caring for You - Caring for Others"

Area Agency on Aging District 7, Inc.

*Serving Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike,
Ross, Scioto and Vinton Counties in Ohio*

www.aaa7.org **Helping You Age Better!**



DECEMBER 2011

Hygiene - Clean Care is Safer Care

Health Basics for the Kitchen

The dirtiest place in your house isn't your bathroom - it's your kitchen sink.

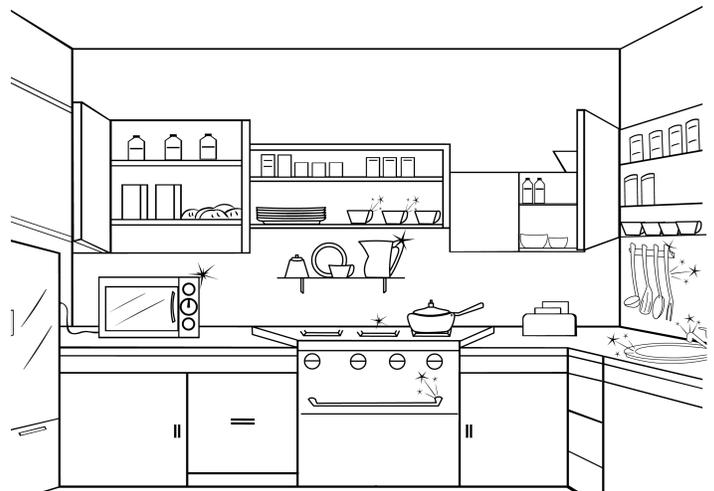
Cleaner kitchen tips:

- Clear the sink of dishes and pans before washing hands, and use different towels to dry hands and cookware.
- Keep cutting boards free of nicks and grooves where bacteria can grow.
- Keep your refrigerator working properly and on a cold setting.
- Don't let food linger on countertops before cooking and serving it.
- Keep pets off countertops and dining tables.
- Damp dish towels breed bacteria. Keep them clean and dry, or use paper towels.
- Use dish rags, not sponges. Rags dry faster and you can launder them

in hot water.

Clean Fruits and Veggies

What's the best way to wash fruits and veggies? Scrub them under running tap water for at least 30 seconds! Plain tap water is as good as anything else at removing germs and pesticides. To really clean your produce, dunk it in a mild vinegar and water solution first (about ½ cup vinegar to 5 cups water), then scrub un-



der tap water. This reduces germs by up to 95%.

Source: New York Times: A Soap-and-Water Rinse Gets Produce Cleanest

Indoor Air Pollution

Many things inside our homes give off fumes that can be harmful, especially to people with breathing problems.

- Woodstoves and fireplaces that give off woodsmoke can make breathing problems much worse - and, may increase the risk of lung cancer.
- Mattresses contain flame-retardant chemicals that can seep into the air. Periodically, "air the bed" by opening a window and leaving the mattress exposed for a few hours.
- Paints, vinyls, plastics, glues - all give off small amounts of fumes. Whenever possible, open the windows and let fresh air circulate.



A Cleaner and Greener Home

Instead of using harsh chemicals to kill germs, leaving potential toxins behind, use nontoxic cleaning products:

Just Add Water. Use a damp rag for dusting, wiping up spatters, and spot-cleaning floors.

Not Just for Scrapes. Hydrogen per-

oxide kills mold and mildew, sanitizes surfaces, and removes stains. Use peroxide-based laundry whiteners instead of chlorine bleach.

The Nose Knows. Chlorine bleach kills germs and ammonia cuts through grease, but both are highly irritating to eyes and lungs and can be deadly

when mixed, giving off potentially fatal toxic gas.

Homemade cleaning products are easy, cheap, and for most ordinary household jobs, as effective as anything you'd buy at the store. See the chart below for instructions on how to make your own at home.

Household Cleaner	Instructions
All-Purpose Disinfecting Cleaner	2 cups water (preferably distilled water) 1½ to 3 tsp. liquid Castile soap 1 tsp. tea tree oil Mix ingredients and add a couple drops of your favorite essential oil to give it a pleasing scent.
Oven and Stovetop Cleaner	¼ cup baking soda Enough water to form a paste. Sprinkle baking soda over cool oven or stovetop surface. Add enough water to form paste. Let sit overnight for stubborn stains.
Toilet Bowl Cleaner	1 cup borax Pour into toilet bowl at night. In the morning, scrub and flush.
Countertop and Glass Cleaner	¼ cup white distilled vinegar 1 quart warm water Mix and pour into a spray bottle or apply with a sponge. Wipe dry with crumpled newspaper instead of paper towels.



Holiday Recipe: Sugar-Free Egg Nog

Ingredients

- 1 (1-ounce) package sugar-free instant vanilla pudding mix
- 5 cups nonfat milk
- 1 packet aspartame sweetener
- 1/4 teaspoon ground cinnamon
- 1 pinch ground nutmeg
- 1 teaspoon rum-flavored extract

Directions

In a large mixing bowl, mix together sugar-free vanilla pudding mix, nonfat milk, sweetener, ground cinnamon, dash of nutmeg, and rum extract. Mix these very well with a wire whisk for at least 2 minutes. If this is too thick, add more milk and sweetener. Makes 5 servings - 108 calories per serving. Recipe from www.allrecipes.com.



Fast Fact

In US hospitals, bloodstream infections kill 31,000 people per year, almost as many who die from breast cancer.

Source: Wall Street Journal - March 28, 2011

"To be aware of a single shortcoming in oneself is more useful than to be aware of a thousand in someone else." - The Dalai Lama

Taking Care of Yourself - Shrug Off Bad Moods...and Colds!

Dread Colds? Be a Little Miss Sunshine!

Positive thoughts not only help you steer clear of colds, but may also make your colds milder if you do become sick. Good reasons to look on the bright side and seek help if you habitually feel negative, anxious or depressed.

Follow these sniffle-stopping tips as well:

- Wash your hands frequently, especially if you spend time with someone who is sick. Keep hand towels separate to minimize the spread of germs.
- Eat foods high in vitamin C - oranges, strawberries and red bell peppers are good choices. Add a big boost of vitamin C with a supplement.
- Avoid touching your nose, mouth or eyes.
- Receive plenty of rest.
- Help other people stay healthy, too, by washing your hands after you blow your nose and covering your mouth with a tissue or sneezing into the inner crook of your elbow.



Good Manners

In general, people with memory problems have the best memory for *distant* events. For instance, it may be easier for the person with memory problems to talk about holidays when they were a child or young adult compared to a more recent holiday.



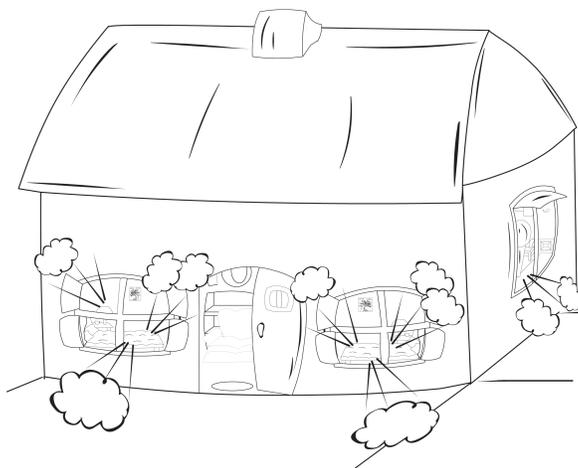
Want to learn more about home and community-based services and how we can help you? Contact the Area Agency on Aging today!

1-800-582-7277 • TTY: 711

e-mail: info@aaa7.org • website: www.aaa7.org



Live Life Laughing



“You know, housework, if you do it right, can kill you.”

Don't Fall - Be Safe

Have your eyes professionally checked at least once a year. Wearing the wrong glasses or having a condition like glaucoma or cataracts limits your vision and increases your chances of falling.





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Your local Area Agency on Aging District 7, Inc. serves the following counties in Ohio: Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.

Services are rendered on a non-discriminatory basis. Those interested in learning more about the services provided through the

Area Agency on Aging District 7 can call toll-free at 1-800-582-7277. Here, individuals can talk directly with a nurse or social worker who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency can also be reached via e-mail at info@aaa7.org.

Clean Hands are Healthy Hands

Simple handwashing can reduce the number of cold and flu illnesses each season.

Hand Towels Versus Air Dryers: *Since most people do not keep their hands under air dryers long enough to dry them, using paper towels is a better way to keep germs at bay. If you use a hand air dryer, hold hands with palms up, don't rub, and don't wipe hands on your clothing. When using a paper towel, use it to also turn off the faucet and to turn the doorknob. Faucet handles and doorknobs in public restrooms are playgrounds for nasty germs!*

Hidden Germs: *Keep clean the things your hands touch most. Flu and cold viruses can survive for hours, even days, so use disinfectant wipes on keyboards, phones and door knobs.*

Soaps: *Antibacterial soap does not work any better than regular soap. The key to good hand washing is to do it often, well, and long enough (at least 20 seconds)!*

When to Wash: *Wash hands after using the restroom, before eating, and every time you sneeze, cough, or blow your nose.*

Sanitizers: *Keep instant hand sanitizers, disinfectant sprays, and disinfectant wipes within easy reach. Look for products containing the natural ingredient thymol, which can kill 99.99% of germs.*

