

Summer is almost here. My third summer at Christian Community Home-care. The time has flown by. Especially since last August when I began attending school through the community college. Now I have earned a certificate in Gerontology which I finished working on last week. In addition to school work and attending classes, I also completed a 150 hour practicum at Manor Grove Nursing Home in Kirkwood. I learned many things at the nursing home including how difficult it is to make the decision for a loved one to leave the comfort of their own home and move into a strange facility. Even though Manor Grove is lovely, my experiences there only deepened my desire and passion to help people remain in place at home for as long as possible. It is comforting to be surrounded by people and things we are familiar with. I have never met anyone who was happy about moving into a nursing home and all of us may one day be faced with making that decision. I feel honored to be a part of a system that allows people to avoid making that decision earlier rather than later and when the time does come, as it has in the past, to be able to aid in the transition from home to facility. Thanks to all of you for your support and patience while I was away from the office so much during these past 9 months.

In His Service, Chris

Diet Has a Direct Effect on Blood Pressure: Out with the Salt; Bring in the Fruits and Vegetables!

Blood pressure typically rises as we get older. Through healthful eating and exercise, however, we can help keep it under control. What we eat directly affects blood pressure. One of the key messages delivered in May, National High Blood Pressure Education Month, is that a diet low in sodium has a positive effect on blood pressure. Seniors who consume a diet high in sodium are more likely to experience high blood pressure, which increases risk for heart disease, stroke and other health problems.

The Centers for Disease Control (CDC) recommends the [DASH \(Dietary Approaches to Stop Hypertension\) diet plan](#). DASH has been proven to lower blood pressure in studies sponsored by the National Institutes of Health. It also can prevent high blood pressure and can help improve response to blood pressure medications.



The DASH plan, which formed the basis for the USDA MyPyramid nutrition guide, is low in sodium, cholesterol, saturated and total fat, and high in heart-healthy fruits and vegetables, fiber, potassium, and low-fat dairy products. For instance, the 2,000-calorie version of the plan calls for four to five daily servings each of fruits and vegetables, along with seven to eight servings of grains and grain products, including three whole-grain foods.

Reducing Salt

A key to the plan is reducing sodium, or salt, consumption. About 77 percent of sodium in the American diet comes from processed and restaurant foods, so eating more fresh foods and cooking at home are practical solutions to reducing salt intake. Only a small portion comes from salt added during cooking and at the table. Most Americans exceed their daily limit before cooking or reaching for the salt shaker at meals.

- High blood pressure affects about 1 in 3 adults in the U.S. and usually has no symptoms.
- Over time, high blood pressure can cause damage to the heart, blood vessels, kidneys, and other parts of the body.
- High blood pressure is a leading risk factor for heart disease and stroke, which are the first and third most prevalent causes of death of men and women in the U.S.
- You should have your blood pressure checked regularly so you know your numbers.
- About 70 percent of persons diagnosed with high blood pressure, and who take medication, are able to control their blood pressure.
- Women are about as likely as men to develop high blood pressure. However, for people under 45 years old, the condition affects more men than women. For people 65 years and older, it affects more women than men.



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FORKLIFT ECONOMY

"After being laid off from three jobs in the past year, Dewey was hired to work in a warehouse.

Unfortunately, one day he lost control of the forklift and drove it off the loading dock. Surveying the damage, the owner shook his head and said, "I'm sorry, Dewey, but I'm going to have to withhold 10 percent of each of your paychecks until we back the damage."

"How much will it cost?" Dewey asked.

"About \$5,000," the owner replied.

Finally!" Dewey exclaimed. "Job security!"



Thanks to Pastor Tim for this joke!*

