



NEWSLETTER

Spring 2010

Spring Garden Tips

www.realestate.com, January 26, 2007

Spring is an active time in your garden. As the plants and ground wake up from their winter nap, it is time to get serious about your gardening to make sure that your crops are ready for the spring, summer, and fall.

Early spring

Early spring can still harbor some danger for your garden. The nights can reach freezing temperatures, thus destroying your hard work. Therefore, it is important to approach gardening in the early spring with cold temperatures in mind.

First start by preparing the ground in your garden. Early in the season, apply a 4-inch layer of ground up leaves or rotted manure. Turn it under to a depth of between 8-12-inches. Rake the garden until it is level so that spring rains do not leave pools of standing water. If moisture is a problem, you can always raise your garden bed to a height of 3 or 4 inches by mounding the soil.

Certain crops are a better choice for your garden in the early spring. For example, spinach, rutabagas, radishes, English peas, pod peas, leeks, collards, kale, and carrots can all handle a drop in temperature. Spring weather can take a surprisingly chilly turn, so plant accordingly.

Late spring

As the months progress and the temperatures warm up, you can add more crops to your garden. Now is the time to plant chard, mustard, lettuce, beets, Chinese cabbage, onions, seed potatoes, and transplants of broccoli, cabbage, and cauliflower.

Your garden vegetables need lots of maintenance to ensure you have a continuous supply of crops. Fertilize with a layer of compost or one cup of granular fertilizer. Thin the lettuce so that it is 4 to 8 inches apart. Pick the outermost leaves of spinach, mustard, turnips, Swiss chard, collards, and kale. When these plants get long, they also get bitter. It's then time to add them to the compost pile to make room for summer crops.

Just before summer

When the danger of cold weather is gone, it is time to plant your garden crops for the summer. Now is the time to plant tomatoes, peppers, and eggplants.

Two more points for your garden care: stay diligent about pulling weeds. Also, harvesting your vegetables encourages the plant to continue to produce more vegetables. The more you pick the vegetables in your garden, the more you'll have to enjoy. ••



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Housecleaning Shortcuts

Bottom Line Personal, Jeff Bredenberg, February 1, 2010

Keeping your house clean doesn't have to take hours. By learning a few tricks and shortcuts, you can have an orderly home in minutes.



THE RIGHT SUPPLIES

Keep cleaning supplies in a plastic caddy with handles so that you can easily move items around the house as you work. If you live in a multistory home, keep a caddy and cleaning supplies on each floor. Supplies that you should never be without include:

- **Microfiber Cloths.** Microfiber pulls dirt into the fabric better than standard cotton fiber cloths or paper towels, requiring fewer swipes to clean a surface. Microfiber is easy to clean—just rinse under warm water and squeeze.
- **Electrostatic Cloths.** Treated with chemicals to make them negatively charged, electrostatic cloths pick up dust particles well. You can buy washable or disposable cloths.
- **Scrubber Sponges.** Buy sponges that have a white, abrasive surface on one side. The white scrubber pad is abrasive enough to scour tough grime but less likely than other types of sponges to scratch surfaces.
- **Plastic Toilet Brush.** Unlike wire brushes, plastic won't scratch porcelain. Look for the type that comes with its own stand to catch drips.
- **Duster with Extension Wand.** Lamb's wool dusters and disposable dusting heads work well. (With feather dusters, sometimes the feathers break, and sharp ends can scratch furniture.)
- **Flat Mop.** The flat style reaches under furniture easily. The removable pad can be washed in the washing machine. Or, you can use a Swiffer mop with disposable moist pads.
- **Cleaning Solutions and Sprays.** You'll need a disinfecting cleaner. Look for both words—"disinfecting" and "cleaner"—on the label. A cleaner without disinfectant may not kill germs, while a disinfectant without cleaner won't loosen as much dirt from surfaces. You will also need glass cleaner and toilet bowl cleaner.

BATHROOM: 7 MINUTES



- Clear counters by putting toothbrushes, deodorant, and other toiletries into drawers and cabinets.
- Squirt toilet bowl cleaner around the inner rim of the toilet.
- Spray disinfectant cleaner on the toilet seat and exterior, as well as on the sink, faucet, and tub.
- Using a toilet brush, scrub the toilet bowl for 10 seconds. Flush.
- Spray glass cleaner on the mirror, and wipe with a microfiber cloth.
- Use a damp sponge to wipe (in order) sink and faucets, counter, tub, toilet seat, toilet exterior. Use a microfiber cloth to wipe chrome so it doesn't spot.
- Tear a six-inch length of toilet paper, and use it to sweep up loose hair and other debris from the floors and corners.

LIVING ROOM: 12 MINUTES

- De-clutter all surfaces by putting magazines in rack, DVDs in the TV cabinet, and books on shelves.
- Move all lightweight furniture into the center of the room (to make vacuuming and dusting easier).
- Dust from top down. Walk around the room in a circle, using your duster's extension wand to reach high moldings, shelves, and lighting fixtures.
- Walk around in a circle again, using an electrostatic cloth to dust surfaces between head and knees.
- Run your dusting wand along the baseboards.
- Vacuum the perimeter of the room
- Put furniture back in place, and vacuum the center of the room. Vacuum sofa and chairs with the upholstery attachment. If you have an extra few minutes, mop hard-surface floors.



KITCHEN: 12 MINUTES

- Clear all counters—put away food in the refrigerator and cupboards, place utensils in the drawers and sweep papers into a basket to sort later. Put dirty dishes in the dishwasher.
- Wipe counters with a sponge sprayed with disinfecting cleaner.
- Spray the sink with disinfecting cleaner, and wipe with a damp sponge. Dry handles and faucets with a dish towel to prevent spots.
- Pick up stray items from the floor, and put them away.
- Take throw rugs outside, and shake them for 10 seconds. Vacuum the floor. If it looks like it needs it, give the floor a quick mopping. Put throw rugs back.
- Spray disinfecting cleaner onto a sponge. Wipe refrigerator, stove, microwave, and other appliances.
- If you have a window over the sink, spray it with window cleaner and wipe with a microfiber cloth. ••

Natural Ways to Boost Energy

Bottom Line Personal, Woodson C. Merrell, MD, March 1, 2009

Exhaustion is an under-recognized epidemic in the US. Up to 75 million Americans report feeling "extreme" fatigue at work. Fatigue is among the top five complaints that people discuss with their doctors -- even though it's estimated that two-thirds of people with chronic exhaustion never mention it to their doctors. Most people know that exercise boosts energy -- but you also can boost your ATP in other ways...

STRESS REDUCTION

Stress activates the sympathetic nervous system, which triggers thousands of chemical reactions that consume tremendous amounts of energy -- energy that is then unavailable to the body. People who experience chronic stress may have insufficient energy even for normal body repairs. It is estimated that up to 80% of all illnesses are due in part to stress.

Keep a stress log. Every day, write down the events or situations that put you over the edge. Once you recognize your flash points, try to eliminate them -- by taking a different route to work, for example, or avoiding unnecessary encounters with difficult people.

Create the perception of control. People who feel helpless experience more stress than those who take a proactive approach -- even when they're exposed to similar stressful events.

Frequent breath breaks. Harvard mind-body researcher Herbert Benson, MD, found that the body's energy expenditure dropped by as much as 17% during meditation. A less formal approach, when you notice signs of stress, is to take a "breath break" by inhaling slowly to the count of four, pause for one second, then exhale slowly and completely to the count of six. Pause for one second,

then repeat four more times.

People who take a breath break every one to two hours usually notice that they have more energy throughout the day.

HIGH-ENERGY FOODS

Choose a "rainbow diet" -- including blueberries, broccoli, carrots, spinach, tomatoes and even dark chocolate.

Eat fish two to three times a week.

The omega-3 fatty acids in cold-water fish reduce inflammation -- saving the energy that is normally needed to fight it. To avoid the risk of excessive mercury, eat small fish, such as sardines, anchovies or trout. Large, predatory fish, such as tuna and sea bass, tend to have the most mercury.

Avoid refined carbs. White bread, sweets and other refined carbohydrates are rapidly converted to blood sugar. This causes an energy surge that is followed by a longer-lasting energy decline. Spikes in blood sugar also cause glycation, a process that prevents cells from working efficiently.

Better: Whole grains, lentils, beans and other foods high in complex carbohydrates. These are digested more slowly and provide the materials for longer-lasting energy.

Drink water at least six glasses a day.

THE JUICE CLEANSE

Juice fasts allow the digestive tract to rest while promoting detoxification, reducing inflammation and dramatically increasing energy. One study even found that people who fasted once a month were 39% more likely to have healthy hearts than non-fasters.

Once a month, consume nothing

but juice for an entire day. Use a juicer to combine a variety of organic vegetables, such as spinach, carrots and broccoli. Add a small amount of apples, cherries or other fruits as a natural sweetener.

It's normal to feel a little worse during the day of the fast. That's when the body is shedding the most toxins. Most people feel much more energized and clear-headed on the day after the fast.

Caution: If you have a severe chronic disease, diabetes or are pregnant, consult your physician before fasting.

SUPPLEMENTS CAN HELP

I recommend supplements only to patients who don't notice significant energy improvements within a few weeks of eating a healthier diet or making other lifestyle changes.

If this is the case for you, try...

Ashwagandha. It's an "energy-balancing" herb that improves the body's ability to metabolize sugars as well as cortisol. Standard dose: 250 milligrams (mg) twice daily.

Probiotics that include acidophilus and bifidophilus. People who take probiotic supplements have improvements in immunity and digestive function. Standard dose: One to two daily supplements containing at least 10 billion organisms per dose.

Multinutrient that includes at least 400 international units (IU) of vitamin D. People who have been diagnosed with low vitamin D need 1,000 IU to 2,000 IU daily. Vitamin D is very important for immune strength and cardiovascular health -- and is crucial for maintaining healthy circulation and energy. ••



Healthy Food Shopping

TopHealth, February 2008



▪ **DO read nutrition labels. Tip:** Any food called "healthy" must contain at least 10% of the Daily Values per serving for several important nutrients (in addition to being low in trans fat, saturated fat, sodium and cholesterol).

▪ **DO pick the greenest.** When buying salad greens, select those deepest in color - dark greens and reds. **Why:** The dark color means higher concentrations of antioxidant vitamins A, C and E, folic acid, calcium and other nutrients.

▪ **DO select "TV" dinners carefully.** Choose frozen meals that contain less than 10 grams of fat and the least amount of sodium and cholesterol.

MORE DOs: Avoid shopping on an empty stomach; choose fruit "juices" instead of "drinks"; buy

skinless poultry; remember that a standard serving of meat or fish should be the size of a deck of cards.

▪ **DON'T dismiss frozen produce.** Some frozen fruits and vegetables contain as many nutrients as fresh produce - sometimes more. One study found frozen green beans had about twice the vitamin C as fresh beans that sat on display and in a refrigerator for nearly a week.

▪ **DON'T Pass up pasta.** It's high in protein and contains B vitamins and iron.

▪ **DON'T forget fiber's finest.** Load up on whole-grain breads, rolls and cereals, as well as brown rice and dried beans. When shopping, look for the word "whole" at the top of the package ingredients list. ••

From the CCM Kitchen

Poppy Seed Chicken

Contributed by Jim Ratliff

Ingredients:

- 4 small chicken breasts
- 1 small container of sour cream
- 1 can of cream of chicken soup
- 1 can of cream of mushroom soup
- Shredded cheese
- 1 sleeve of Ritz crackers
- 1/2 cup of poppy seeds

Preparation:

- Boil the chicken breasts and cut into cubes (save 3/4 cup of broth and set aside)
- In a separate bowl, mix sour cream and both soups, add your 3/4 cup chicken broth and mix in the cubed chicken
- Place the mixture in the bottom of a dish (8x8, 9x9, or 13x9) and then sprinkle with cheese and poppy seeds
- Add another layer of chicken then sprinkle with cheese and poppy seeds
- Place crushed Ritz crackers on the top with a few pats of butter



Welcome New Case Managers!

CCM welcomes **Leann Wood**, medical case manager in Elkin, NC; **Suzie Price**, medical case manager in Lamar/Florence, SC; **Donna Phillips**, medical case manager in North Charleston, SC; **Rae Marsmaker**, medical case manager in Walland, TN; **Cheryl Jordan**, medical case manager in Thomasville, NC; **Darlene Ligon**, medical case manager in Simpsonville/Spartanburg, SC; **Toni Buckner**, medical case manager in Hendersonville, NC; **Susan Breedlove**, medical case manager in Randleman, NC; **Omega Autry**, vocational case manager in Charlotte, NC and **Dollinda Schafer**, medical case manager in Cary, NC. Please keep these case managers in mind if you have service needs in their areas! ••

www.carolinacasemgmt.com

Meet Omega Autry, BA, CCAA, CDMS, Spotlight on a Case Manager

Omega has provided vocational rehabilitation services since 1994. Transitioning from a career in social work, she continues to find enjoyment in a field that integrates service and skill. Her work in private rehabilitation includes providing comprehensive vocational services such as vocational assessments, job seeking skills training, vocational testing, job development, job placement and job analysis.

The highlight of Omega's work is establishing a relationship with the injured worker based on achievable goals as well as recognizing and overcoming any barriers that would prohibit a successful return-to-work outcome. An example of this was a client who had a back injury and was unable to return to the same work as at time of injury. Having successfully assisted the client in seeking and indentifying an alternative career goal, acceptance in a medical terminology program and successful resolution of the file, Omega later met the client at her personal doctor's visit where the client was then working.

He recognized her name and greeted her expressing gratitude for her assistance in redirecting "not only his career, but his life".

Omega graduated from Johnson C. Smith University with a liberal arts degree and is currently completing graduate work at Montreat College. She holds national certifications as a Career Assessment Associate and a Disability Management Specialist.

Omega resides in Charlotte, NC, but will travel vocationally to most areas. She recently celebrated her 40th wedding anniversary and has two children. Her almost 3-year-old grandson, Caleb, brings a tremendous amount of joy to her life. Hobbies include listening to music, reading, traveling and board games. The beach is her favorite place to be.

A case management nugget, per Omega: "Attitude is everything". Adopting an attitude of service ensures the right outcome for everyone involved. ••

Calendar of Events 2010

September 12-15:

NC PRIMA Annual Meeting: Holiday Inn Sunspree Resort, Wrightsville Beach, NC

September 16:

CCM's Annual Continuing Education Program, CHARLOTTE, NC. Registration information to be emailed in July.

September 22:

CCM's Annual Continuing Education Program, RALEIGH, NC. Registration information to be emailed in July.

October 13-15:

15th Annual NC Workers' Compensation Educational Conference: Raleigh Convention Center, Raleigh, NC

October 17-20:

34th Annual Educational Conference on Workers' Compensation: Embassy Suites at Kingston Plantation, Myrtle Beach, SC ••

