

Employee Anniversaries

Liverta D.	1/07/2008
Pauline H.	1/08/2001
Barbara M.	1/12/2007
Junivan D.	1/14/2001
Marie J.S.	1/16/2006
Mark J.B.	1/24/2009
Nirva G.	1/25/2008
Beverly A.	1/30/2010
Rosemary V.	1/30/2006
Inna O.	2/02/2010
Deborah D.	2/02/2006
Simone V.	2/02/2006
Hazel H.	2/05/2010
Julienne S.J.	2/11/2008
Darline E.	2/13/2007
Stephanie P.	2/25/1995
Ermithe P.	2/28/2006
Catherine O.	3/02/2007
Jennifer S.	3/04/2010
Yvania S.	3/04/2008
Dorothy F.	3/06/2009
Kerlyne S.L.	3/06/2009

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Cholesterol Myth or Fact?

Along with good and bad cholesterol, there is good and bad information. Do you know the facts?

Myth: I'm not overweight, so I don't have to worry about cholesterol.

Fact: You don't have to be overweight to have elevated cholesterol. One in five Americans has high cholesterol. Yet, because there are usually no symptoms, some people only learn they have high cholesterol after having a heart attack or stroke. Cholesterol-screening blood tests are recommended every five years, beginning in your 20s.

Myth: If a food product label says "low cholesterol," it's a healthy choice.

Fact: Many foods marked "low cholesterol" contain oils that are high in saturated fats and trans fats, both of which may raise cholesterol levels. Research suggest trans fats found in hydrogenated or partially hydrogenated oils may be worse for you than the cholesterol in food. Manufactures are required to list trans fats or trans fatty acids on food labels and some supplement fact panels.

Myth: If I'm taking cholesterol-lowering drugs, I don't have to watch my diet.

Fact: It's important to eat smart even if you are on medication. Pay special attention to your fat intake. Monounsaturated fat, found in olive, canola and peanut oils, as well as in nuts and seeds, is best because it does not increase blood cholesterol. Keep total fat in your diet at about 25 to 35 percent of your daily calories, or one tablespoon of the fats mentioned above at each meal.

Employee of the Quarter



One of Estella's client's that she has taken care of for the past four years wrote a letter thanking her for all of her help and for making such a difference in his life. She is a very wonderful nurse and a very special person but most of all she is compassionate and caring. Estella truly went above and beyond to help this client. She cares very deeply for all her client's. We want to thank Estella for everything that she does and for being so kindhearted and considerate.

How to Get That Second Wind

Feeling run-down? You'll turn up the energy in five minutes if you.....

REFUEL.. Snack on fiber-rich munchies such as dried apricots, celery sticks, an apple or a few pistachio nuts. *Benefit:* The fiber helps control the release of glucose (a sugar) into your bloodstream and may prevent energy dips.

BREATHE DEEPLY.. Every 1-2 hours spend 5 minutes inhaling and exhaling deeply. It will help you feel calmer and more mentally focused, with renewed energy.

TAKE A VISUAL VACATION.. Close your eyes and mentally escape by imagining a peaceful scene on an island, in a meadow or by the ocean. "Seeing" yourself relaxed can be rejuvenating.

SNAP OUT OF IT.. Splash cold water on your face or pop a breathe mint—mint flavors are stimulating.

TAKE A "GOOD NEWES" INVENTORY: At the end of the day, write down all the good things that happened. You'll be surprised at how much went right. Plus, you'll set yourself up for a good night sleep and energize yourself for tomorrow.

Make sure your name, address and social security number is correct on your paycheck before your W-2 tax forms are issued.

We offer free in-services online. You can access the in-services from your home computer or call Sandra to set up a time to do the in-services at Responsive.

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RESPONSIVE HOME HEALTH

"RESPONDING WITH CARE SINCE 1994"



Employee Birthdays

Patricia H.	Jan. 06
Marie C.	Jan. 07
Rosemary V.	Jan. 07
Mitsylyn O.	Jan. 11
Junivan D.	Jan. 12
Magaly H.	Jan. 12
Serene W.	Jan. 13
Claudette D.	Jan. 15
Catherine O.	Jan. 15
Adieula S.	Jan. 15
Sherial W.	Jan. 22
Gloria M.	Jan. 30
Katina J.	Feb. 01
Candie W.	Feb. 01
Gersel J.	Feb. 04
Jacqueline G.	Feb. 07
Pucelle D.	Feb. 08
Pauline W.	Feb. 17
Myrtle S.	Feb. 18
Anita S.	Feb. 20
Nirva G.	Feb. 28
Barbara M.	Feb. 28
Carlene B.	Mar. 02
Fania D.	Mar. 03
Rosemarie C.	Mar. 04
Tammy F.	Mar. 06
Marie L.	Mar. 08
Gloria S.	Mar. 16
Marie F.	Mar. 19