

October is breast cancer awareness month

Learn the Facts:

- About 220,000 women in the U.S. will be diagnosed with invasive breast cancer each year and nearly 40,000 women will die from the disease
- Except for skin cancer, breast cancer is the most common type of cancer among women today
- 1 in 8 women will be diagnosed with breast cancer in their lifetime
- Although rare, breast cancer can be found in men. An estimated 2,150 men will be diagnosed with breast cancer each year and 410 will actually die from the disease
- When breast cancer is found early (within the breast itself), the chance of survival is the greatest

Are you at risk for Breast Cancer?

- All women are at risk for breast cancer
- Being a woman is the number one risk factor for breast cancer. Your breast cancer risk increases as you get older
- Most women who get breast cancer have no other known risk factors
- Although breast cancer is more common in women over the age of 40, younger women can also develop breast cancer
- Women are about 100 times more likely to get breast cancer than men

Susan G. Komen for the Cure® recommends that you:

- Talk to your family to learn about your family health history
- Talk to your doctor about your personal risk of breast cancer
- Ask your doctor which screening tests are right for you if you are at a higher risk
- Have a mammogram every year starting at age 40 if you are at average risk
- Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40
- Know how your breasts look and feel and report any changes to your health care provider right away
- Make healthy lifestyle choices that may reduce your risk of breast cancer
- Do monthly self-breast exams and report any lumps, change in the size or shape, new pain in one spot that does not go away, and any discharge or change of the nipples to your doctor



Labrador Retrievers “Sniff Out” Hypoglycemia

In the last issue of Homefront we highlighted a piece on the benefits of pet therapy. Most of us are familiar with service dogs that assist their owners in coping with post traumatic stress, limited vision and seizures.

During the last decade, medical diabetes alert dogs have assisted type 1 or juvenile diabetics in managing their insulin therapy. These highly trained dogs use their sense of smell to detect and alert their owners of an impending hypoglycemic episode. In the U.S. approximately 5 million people use insulin to manage their diabetes. Target blood sugar ranges are individualized. Good pre-bedtime level for children under 6 is 110-200 mg/dl, children ages 6-12 100-180 mg/dl and teenagers 90-150 mg/dl. Many children are at risk of low blood sugar during sleeping hours. A hypoglycemic attack that can last for as little as 30 minutes can incapacitate a diabetic, lead to coma or even death! Service dogs have the ability to identify the onset of hypoglycemia 15 to 30 minutes prior of it being recognized by a glucometer. When the blood sugar drops to around 70 mg/dl these special dogs alert their masters by sitting and staring at their masters, by touching the person with their nose or by jumping on them. Occasionally a Bringsel, a small soft toy that hangs on the dog's collar, is used. The dog will reach down and hold it in their mouth to notify their handler that they have smelled the blood sugar drop. Hypoglycemia is reversed by ingesting a high or complex carbohydrate or a sugary snack. Dogs such as Labrador Retrievers have over 200,000,000 sensors that can smell individual elements in parts per tril-

lion! Rapid changes in blood sugar levels cause chemical changes in the body that are expressed through a person's breath or skin. This is of particular importance for the 17 % of diabetics that suffer from hypoglycemic unawareness—a condition that inhibits their ability to sense their dropping blood sugar. Since 55 % of hyperglycemia occurs during the sleeping hours, diabetic alert dogs are especially helpful to the parents of diabetic children providing night time coverage.

In conclusion, diabetes service dogs are providing something current technology cannot. These dogs have helped improve the physical and emotional health and provided much peace of mind for the diabetic and their family.

Meatloaf

- 3-4 lbs. lean ground beef
- 1 lb. Jimmy Dean hot sausage
- 1 onion finely diced
- 1 egg
- 2 cups oatmeal
- 21 oz. bottle bbq sauce flavor of your choice
- 1 small can Italian tomato paste
- 1 6oz can V8 juice hot and spicy
- Salt and pepper to taste
- 2 tbsp. basil to taste
- 1 tsp garlic powder
- 2 tbsp. Worcestershire sauce
- 3 tbsp. liquid smoke
- 1/2 lb. bacon

Mix well and bake in a 4 qt pan. Brush a little BBQ sauce over the top followed by strips of bacon. Bake for 1 - 1 1/2 hours uncovered at 375. Remove strips of bacon and bake 15 minutes more or until top is brown.

*Requested by Tharon Flaherty, friend of
Nurse Force*

“Our State Fair is a Great State Fair!”

2015 Iowa State Fair Recap

From butter cows to butter on a stick, the Iowa State Fair has it all. Featured in New York Times bestselling travel book *1000 Places to See Before You Die*, The Iowa State Fair has proven to be a can't miss attraction. With over 70 different foods on a stick, four free entertainment stages, 45 open competitions, Little Hands on the Farm, and the Midway, the Iowa State Fair is sure to be entertainment for all ages.

Fun facts about the Iowa State Fair

1. The first Iowa State Fair was held October 25-27, 1854, in Fairfield, IA, twenty years before America's great westward movement began
2. The fair moved to its current location at East 30th and East University in 1886, making the fairgrounds 129 years old in 2015
3. 2002 was the first year that fair attendance passed the million mark. Since then the fair's attendance has passed the million mark eleven additional times
4. Nearly 590 animals were born in the David R. Knapp Animal Learning Center in 2015 including; beef cattle, dairy cattle, swine, sheep, meat goats, chicken, turkeys, ducks and ostriches
5. The hottest temperature recorded in state fair history was on Older Iowan's day, August 16, 1983 reaching 108 degrees
6. Many nationally known media outlets have covered the fair. The list includes; USA Today, The National Geographic Traveler, CNN, The Wall Street Journal and HBO
7. The butter from the annual butter cow sculpture is frozen and stored during the year and reused for three or four fairs
8. Sonny and Cher hold the record for largest Grandstand crowd, bringing in 26,200 in two shows
9. In 2013 14,549 people entered 925,490 exhibits in various categories ranging from cattle to needlepoint to vegetables. A total of \$475,727 was paid out in premiums to winning exhibitors
10. Garth Brooks first appearance at the Iowa State Fair was in 1990 as a replacement for Ricky Van Shelton. He returned to the Grandstand in 1991 and 1993
11. The first State Fair Pageant was held in 1964 making 2014 it's 50th anniversary
12. Approximately 1,818 miles of toilet paper are used annually at the Fair. That's 5 trips from Chicago to Des Moines, or one trip to Los Angeles
13. The budget for the first fair in 1854 was \$323
14. More than 40,000 ribbons, rosettes and banners are awarded annually to winners
15. Between 5,000 and 6,000 pork chops on a stick are sold daily
16. The Iowa State Fairgrounds were named to the National Register of Historic Places in 1987
17. The first state fair cookbook was printed in 1983, and a new edition is published every two years
18. The Butter Cow takes approximately 16 hours to sculpt
19. Ronald Regan broadcasted from the fair in the 1930's as sports director for WHO radio
20. The first Hog Calling competition was held in 1926 and has been a tradition ever since

*Sources for this edition of Homefront include: Dogs 4 Diabetes, Mayo Clinic, Historical highlights of the Iowa State Fair
Contributors for this edition of Homefront include: Katie Mort, Sherri Lange, Jane Jones & Garlynn Imel*

“I wish I was as thin as I was when I thought I was fat.”

There was a time when it was fashionable for women to carry a little extra weight. The 17th century Flemish painter Peter Paul Rubens idealized the perfect female form as plump, voluptuous, and curvaceous! But today the health risks of carrying extra pounds are well documented. Almost two-thirds of Americans are over weight or obese! The chances of developing weight related health problems increase as we age. The good news is that weight loss resulting in a five to ten percent decrease in body fat reduces your risk of weight related diseases.

So how do you determine if you need to lose weight? Managing weight begins with determining a personal healthy weight for your body type and knowing what percentage of your total weight is actually fat. The National Institute of Health has adopted an approach determining healthy weight based on body mass index (BMI), waist circumference, and medical history. In general your health could be at risk if your BMI is below 19 or higher than 25, waist circumference over 35 for females or 40 for males. Determining where your body stores fat is also important. If you carry more of your weight in your abdomen (apple shape) you have a greater risk of disease than those that carry excess weight in their thighs (pear shape).

Being overweight can increase your risk of developing diabetes, heart disease, stroke, high blood pressure, sleep apnea, gallstones and many types of cancer. Carrying extra weight also puts a strain on joints, back, legs and exacerbates arthritis and increases the likelihood of fractures and joint replacements.

Almost everyone can benefit from a healthy lifestyle even if your weight is in a healthy range. A healthy lifestyle includes healthy eating and physical activity. Consider these healthy tips:

- Use a small plate to make less food seem like more
- Keep a bowl of fruit available as a healthy snack
- Eat breakfast
- Replace high calorie beverages with water
- Utilize measuring cups, spoons, and a kitchen scale to help with portion control
- Brush your teeth or chew gum after meals to decrease snacking
- Measure servings instead of eating from a package
- Increase your consumption of fruit and vegetables to 3 - 4 servings each day
- Learn about serving sizes. Remember a portion is the number of servings you put on your plate. A serving of food is defined by standard measurements
- Keep a daily food record to remind you of eating behaviors
- Listen to your body and eat when you are hungry and stop when you are full even if your plate isn't empty
- Get a minimum of 30 - 60 minutes of moderately intense physical activity everyday including aerobic and stretching exercises
- Include strength training with weights and muscle bands in your fitness routine

To lose 1 pound of weight a week you will need to reduce your calorie intake by 500 each day. Remember that less than 1200 calories a day for women and 1400 calories a day for men are not recommended.

Lasting success in weight control management involves long term commitment to building healthy habits for a lifetime. Losing weight will increase your confidence and enable you to be strong, energetic, active and independent. Healthy eating and physical activity and motivation to continue are the foundation of a healthy lifestyle and ultimately a healthy weight. So the next time you gaze into the mirror dreaming about slimmer days gone by, resolve to commit to a healthier life style.

Nurse Force Achieves Accreditation with ACHC

Nurse Force proudly announces its approval of accreditation status by Accreditation Commission for Health Care (ACHC) for the services of Skilled Nursing, Home Health Aides, Physical Therapy, Occupational Therapy, and Speech Therapy.

Achieving accreditation is a process where healthcare organizations demonstrate compliance with national standards. Accreditation by ACHC reflects an organization's dedication and commitment to meeting standards that facilitate a higher level of performance and patient care.

ACHC is a not-for-profit organization that coordinates with the Center for Medicare Services (CMS) and has stood as a symbol of quality and excellence since 1986.

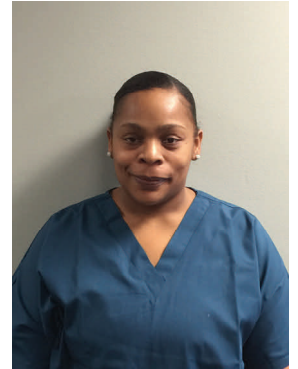
We are proud of the hard work and dedication our staff has given and shown over the past several months as we prepared for and underwent the accreditation process. It was truly a joint effort and an achievement shared by all.



ACHC
ACCREDITED

Employee of the Month August & September

Lashara has been a home health aide with Nurse Force for about five months. She enjoys jogging and fishing in her spare time. Her favorite vacation spot is Minnesota. What she likes most about working for Nurse Force is the flexible hours and of course her clients.



Samantha has been an LPN with Nurse Force for six months. She enjoys playing with her dog Dexter in her free time. Her favorite vacation is her trip to Wales, London, Ireland and Scotland. What she likes most about Nurse Force is being able to help others, and being there for her clients.

Leif has been an employee with Nurse Force for four years. He enjoys photography and spending time with his son in his spare time. His favorite place to vacation is Kauai, Hawaii, he loves it so much he's been there five times! Leif's favorite part of Nurse Force is being able to help people.



WORD SEARCH

E X Y P V X B B X R K A M F L T W L X O
W K T U K N R L M N U R Y F R O S T O A
F G O A X V I O C T O B E R P V U A E E
H L Q M P E J O D H A R V E S T N P Q C
W B Q T U D G W S C E U C X N I B P D H
E Q W C M C H L Q O T S A B S A X L C I
B T Y W P E A G G L V N T S V Q W E E L
S J V O K P L O Y O S J F N E X G S O L
E L Q E I B L K M R A J D E U W V N P D
P B R E N E O W U S X S Z W T T M F I H
T F V G S Y W T B N S A D C C U S Y O A
E A C Q C I E F N W F M G R T R C L C Y
M L L C V D E Z M C O K O U S V L R N R
B L A Z S Y N P J E O R A R Z M X A H I
E A Z F W Y T Y L F T H E N E P X K X D
R H B O N F I R E F B T R I W S C I D E
D R I C D J G J C F A Z T L K V I N X S
B M Y S N M S F C E L H Y H F W D G Z R
N H F G L Y J P W L L D L E A V E S Q X
X E Y T C I M S E W C P P Z Q A R N M L

This month we have hidden 20 words associated with autumn. They go every direction—up, down, diagonally. Good luck finding them all!

Apples
Autumn
Chestnuts
Chill
Colors
Fall
Frost
Harvest
Hayrides
Cider

Leaves
Football
October
Pumpkins
Raking
September
Sweaters
Bonfire
Smores
Halloween