

HOW TO REACH US

If you have any suggestions for topics, articles or just need to talk to us, please feel free to contact us. You can reach **LET'S TALK..... NEWSLETTER** at Forum Health's Cancer CareCenters by calling (330) 884-4152 or (800) 222-4603.

HAPPINESS IS NOT JUST ANOTHER WORD

Written by Deborah M. Dashko, RN, BA, LPC, OCN, CHES, CPDS, HNC

In the Third Grade, I learned the Golden Rule: "Do unto others as you would have them do unto you." I loved those words. I wrote them on everything and carried them around. At that time, I didn't know how true those words were! Now I know that you receive from the world what you give the world. I understand it from physics as the third law of motion: "For every action, there is an equal and opposite reaction.

Your actions revolve around you as the earth revolves around the sun. The more conscious I became of this, the more quickly my actions came back. Today, I try to do well and be well with everyone I reach or encounter. I make sure to use my life for that which can be of goodwill. It has fortified me spiritually and emotionally. When people say they are looking for happiness, I ask, "What are you giving the world?" Our world is made up of cause and effect. The happiness you feel is in direct proportion to the love you are able to give.

If you think something is missing in your life or you're not getting what you deserve, remember that there is no Yellow Brick Road. You lead life; it doesn't lead you! See what comes into your life when you spend extra time with your children. Let go of your anger with your boss or co-worker and see what gets returned. Be loving to yourself and others and see that love reciprocated. This rule works every time, whether or not you are aware of it. It occurs in little things, big things, and the biggest things.

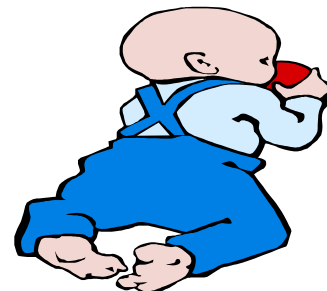
Everyday of your life, you are performing your "own show", and the "ratings" and returns may come in slowly. But everything is being returned. What you're thinking, what you're saying, what you're doing is having an impact on you and the people around you right now. Always remember that and live by it! With this piece of advice, I don't think you could go wrong!

GUIDELINES TO PREVENT CHOKING IN YOUNG CHILDREN

Written by Shelly Watson, RD, LD, CDE

Children under the ages of four to five are at the greatest risk of choking on food because their chewing and swallowing abilities are still developing. When caring for children, especially under age five, it is important to take precautions to help prevent choking. Below are some general steps to follow to help prevent choking accidents:

- Always have a responsible adult supervise children while they eat.
- For the child under age three or four, avoid foods that are round, hard and or a size that can block the child's air pipe. Foods of particular concern include: grapes, raw vegetables, popcorn, nuts, seeds, hard candy, thickly spread peanut butter (for children under ages two – three), and unquartered hot dogs.
- When preparing food for young children, make sure it is in a safe form. Cut round foods like hot dogs or carrots, into short strips rather than round pieces; cut grapes in quarters; remove pits and seeds from fruit; cut fruit into thin slices instead of small cubes; and avoid nuts and seeds, unless finely ground or chopped.
- Avoid using tooth picks and skewers with young children. If using them with older children, instruct them to take the food off the sticks before eating.
- Insist that children sit down while they eat so that they can concentrate on chewing and swallowing. Encourage chewing well, eating slowly and sitting upright.
- For more information on choking prevention and treatment, contact the American Red Cross.



RECIPE

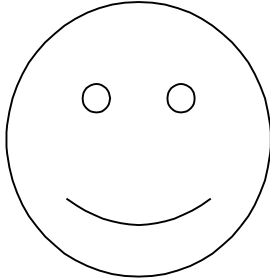
Make A Face!

Materials:

Knife for spreading
Plate

Ingredients:

Rice cake or slice of bread
Peanut butter
Raisins
Apple slices
Banana slices
Cup of milk



What to do:

1. Spread peanut butter on the rice cake or on a slice of bread.
2. Make faces! Raisins, apple slices, and banana slices make great eyes, noses and mouths!
3. Great with a cup of cold, low-fat-milk - make a moustache!

Kids, remember: Always have a grown-up with you to help!

Safety Tip: Thickly spread peanut butter can pose as choking risk for children under 3 years of age.

©1992 FOODPLAY

A FRIEND TO CARE

Written by Mary C. Morris, MS, Ed., LSW, CCM

Every caregiver needs a friend to walk along beside them. Often friends feel less than useful because, it's difficult to know what supports would be helpful.

Offer more specific help than "call me if you need anything". Arrive with the dinner cooked, the results of an errand run, or take the kids for the evening. Volunteer to spend time with the patient while the caregiver steps away. Planning a night out for relaxation, a class, or to enjoy a group of friends will also give the caregiver an opportunity to "recharge".

Most importantly, be the listening ear and just listen. It's tempting to want to share personal experiences before we're asked, to offer advice, to be too reassuring, or to reach our own conclusions about what someone else is thinking and feeling. A friend to care can make all the difference in someone's world.

THE COLOSSAL COLON TOUR IS COMING

Written by Debbie Gilbert, Dietitian, MS, RD, LD

Where: Cleveland, Ohio Great Lakes Science Center West Lawn

When: Wednesday, September 17, 2003
10:00 AM to 7:00 PM

Thursday, September 18, 2003
9:00 AM to 7:00 PM

Friday, September 19, 2003
9:00 AM to 7:00 PM

Saturday September 20, 2003
9:00 AM to 7:00 PM

This is a new nationwide public education campaign touring 20 cities across the country to educate on colorectal cancer prevention, early detection, treatment and a healthy lifestyle.

The Colossal Colon is a 40 foot long, 4 foot high replica of a human colon. You can crawl through the colon or look through the viewing window to see healthy colon tissue, colon disease, polyps and various stages of colon cancer. There will be educational kiosks, exercise and healthy eating demonstrations. Professionals will be available to answer questions.

Colon cancer is the third most common cancer among men and women in the U.S. An estimated 148,000 people will be diagnosed with the preventable disease and more than 56,000 will die from it this year alone. Know your facts and learn how to prevent colon cancer.



The more freedom we enjoy, the greater the responsibility we bear, toward others as well as ourselves.

-Oscar Arias Sanchez



IS YOUR HUT BURNING

Submitted by Chaplain Jim Melick



The only survivor of a shipwreck was washed up on a small, uninhabited island. He prayed feverishly for God to rescue him, and everyday he scanned the horizon for help, but none seemed forthcoming. Exhausted, he eventually managed to build a little hut out of driftwood to protect him from the elements, and to store his few possessions. But then one day, after scavenging for food, he arrived home to find his little hut in flames, the smoke rolling up to the sky. The worst had happened; everything was lost. He was stunned with grief and anger. "God how could you do this to me!" he cried.

Early the next day however, he was awakened by the sound of a ship that was approaching the island. It had come to rescue him. "How did you know I was here?" asked the weary man of his rescuers.

"We saw your smoke signal," they replied.

It is easy to get discouraged when things are going bad. But we shouldn't lose heart, because God is at work in our lives, even in the midst of pain and suffering. Remember, next time your little hut is burning to the ground ---- it just may be a smoke signal that summons the grace of God. For all negative things we have to say to ourselves, God has a positive answer for it.

"J" IS FOR JOY (AND JUNE/JULY)

*Written by Deborah M. Dashko, RN, BA, LPC,
OCN, CHES, CPDS, HNC*

When I think of June and July, I usually think JOY! The weather is getting warmer, our environment is looking pretty, with flowers and manicured lawns and it's almost time for vacation! During this past weekend, I have had the opportunity to think of JOY often! The Boardman Relay for Life has just passed and I have seen a lot of fellow survivors, who are doing well and enjoying life. That brings me great JOY!

When was the last time you felt real joy? The joy that is pure delight..... bigger than contentment, more intense than happiness, it's a feeling so vast it almost overwhelms you. However fleeting, joy is

the ultimate expression of gratitude and appreciation. It's what fills you up and fills you out, connecting you to something larger than yourself and leaving you staggering with wonder.

The thing is that joy is difficult to find and even harder to hold on to. Richard Wagner, a writer, said, "Joy is not in things; it is in us." His words remind us to seek out others to celebrate joy. For if joy exists in each of us, then it is always within reach.

Over the next few months, think about the following:

- Volunteer! You're much more likely to feel pleasure when you're giving to others.
- When you don't fully understand something or someone do you tend to assume the best or the worst? How would choosing to see the good in a situation increase your joy?
- People who have an abundance of joy are those who make a priority of finding pockets of it within their own lives. What in your life brings you joy?
- Choose not to worry today Especially about the things you have no control over.
- You already know it; money can't buy joy, so instead of spending your earnings, spend time on things that really do delight you.
- Get some sleep your joy depends on it. One study found that for every hour of sleep sacrificed, people felt 8% less happy.

*And remember a quote from Abe Lincoln:
"Most folks are about as happy and joyful as they make up their minds to be."*



We stand for freedom. That is our conviction for ourselves; that is our only commitment to others.
-John F. Kennedy

