

## 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.



## SIX WAYS TO TURN YOURSELF INTO A MORNING PERSON

*Submitted by Forum Health-EAP Employee Assistance Program*

Wouldn't it be great if you could open your eyes every morning feeling alert and energized? You can, say researchers who've discovered some easy tricks that will help you rise and shine:

**Pull on your ears.** Sound crazy? It works! Why? Because our ears have acupressure points--places where sensitive nerve endings converge--which when gently tugged and pressed, stimulate circulation and increase mental clarity, alertness and concentration.

**Shower with scented soap.** Studies have proven that peppermint and citrus scents work directly on the brain, prodding it to release chemicals that improve your mood and boost your energy.

**Listening to lively music.** Not only will it help you get up, but it will make you a whopping 200% more productive throughout the day. Listening to lively music creates a sprit of cheerfulness that reduces stress and tension and raises levels of productivity.

**Taking three deep breaths.** By taking a few deep breaths, you send a surge of oxygen into your lungs, which speeds up your brain wave process, effectively giving your whole body a quick wake-up call.

**Gulping some all-natural pep.** Just one glass of orange juice can erase a.m. sluggishness. Oranges are rich in folic acid which most people don't get enough of. A lack of this essential B-vitamin is linked to tiredness and even depression.

**Talking to your mirror.** Every morning, right after you brush your teeth, say out loud, "It's a great morning today!" How can this help? It counteracts any lingering expectation that you'll be groggy and it will reinforce how you want to feel--that is, happy, alert and raring to go!

## MELT IT AWAY!

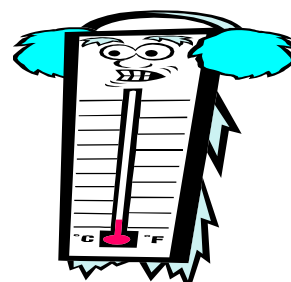
*By Deborah M. Dashko, RN, BA, LPC, OCN, CPDS, CHES, HNC*

Winter is here and I am sure that you have said, "melt it away" once or twice, since we have experienced a few snowstorms. That's is not what this article is about. It is about hard emotions and how to help melt them away.

We know that emotions last for seconds, that moods last for, say a day, and that temperament is something that is forged over the years. So if we want to change, obviously we need to first act on emotions, and this will help to change our moods, which will eventually stabilize a modified temperament. In other words, we must start by working at the beginning with the emotions and events that take place in our minds. Here's an analogy that might help. If we take care of the minutes, the hours will take care of themselves.

At the beginning when a thought of anger, desire or jealousy arises, we are not prepared for it. So within seconds, that thought has given rise to a second and a third thought, and soon our mental landscape becomes invaded by thoughts that solidify our anger or jealousy. and then it is too late! Just as when a spark of a fire has set a whole forest on fire, we are in trouble.

The basic way to intervene has been called "staring back" at a thought. We need to investigate the nature of that thought that seems so solid. As we stare at it, its apparent solidity will melt away and the thought will vanish without giving birth to a chain of thoughts. The point is not to try to block the arising thoughts; this is not possible away...but not to let them invade our mind. We need to do this again and again because; we are like a sheet of paper that has been rolled up for a long time. If we try to flatten it down on a table, it will roll again the moment we lift our hands. Practice makes perfect. So if you want a change, think about trying "staring back and "melting away."



## **HELP FOR MOUTH AND THROAT IRRITATION**

*By Shelly Watson, RD/LD/CDE*

Some individuals may experience a sensitive mouth, mouth sores, a sore throat or tender gums during cancer treatment and/or infection. If any of these problems occur, discuss them with your doctor to be sure the soreness is a treatment side effect and not an unrelated dental problem. The doctor may be able to give medicine that will help control the pain.

Certain foods can irritate an already sore mouth and make chewing and swallowing difficult. Trying soft bland foods that are easy to chew and swallow and practicing good mouth care can help prevent infection, improve healing of a sore mouth or throat, and help maintain a good nutrient intake. Below are some tips to help with a sore or irritated mouth and throat:

- Eat a variety of soft or creamy, easy-to-swallow foods such as: cream soups, cheese, mashed potatoes, yogurt, eggs, custards, puddings, cooked cereals, ice cream, casseroles, quiches, souffles, pastas, flaked fish, gravies, syrups, milkshakes and liquid nutrition supplements.
- Avoid hard or rough-textured foods, such as dry toast, granola, crackers, raw fruits and vegetables.
- Choose lukewarm or cool foods that are soothing. Very hot or very cold foods may cause discomfort.
- Cook foods until they are soft and tender.
- Cut foods into small pieces.
- Mix food with butter, thin gravies, and sauces to make it easier to swallow.
- Mash, blend, strain or puree food, or try baby foods.
- Stew meat instead of broiling or frying it.
- Use a straw for beverages and a cup or glass instead of a spoon for liquids like soup.
- Avoid tart, acidic, beverages and foods, and irritating spices such as: Citrus fruit juices (grapefruit, orange, lemon, lime). Pickled and vinegary foods (relished and pickles). Tomato-based foods (chili, salsa, spaghetti, pizza). Spices (chili powder, cloves, curry, hot sauces, nutmeg, and pepper). Very salty foods can also sometimes be a problem (some soups, broths, snack chips, etc.).

- Concentrate on high-calorie, high-protein beverages and soups that are easy to swallow.
- Avoid alcohol and tobacco.
- To make swallowing easier, try tilting your head back or moving it forward.
- If teeth and gums are sore, the dentist may be able to recommend a special product for teeth cleaning.
- Rinse your mouth out often with water or try a solution of one teaspoon baking soda to one cup warm water to gargle with to help remove food and bacteria and to promote healing.
- Ask your physician about anesthetic lozenges and sprays to numb the mouth and throat.
- If swallowing is extremely difficult, ask your doctor for a referral to an occupational therapist who can help you locate specialty equipment or to a speech therapist who can teach you new swallowing techniques.

## **RECIPE**



### ***Potato Duchesse***

*A classic French potato side dish. This is good if you need extra calories.*

- 1 ½ cups mashed potatoes
- ¼ cup milk
- 2 eggs
- ¼ cup grated Parmesan cheese
- ½ cup shredded Swiss cheese
- 2 tablespoons fresh minced parsley
- 1 teaspoon salt (optional)
- ½ teaspoon white pepper (optional)

Line a cookie sheet with parchment paper or spray with cooking spray. Mix all ingredients together. If you have a piping bag, use a star tip to pipe swirls of potato mixture onto the cookie sheet. If you do not have a piping bag, use an ice cream scoop to make small mounds of potatoes, and rake the surface with a fork. Refrigerate for 30 minutes.

Preheat oven to 325°. Bake until brown, about 30 to 40 minutes.

Serves 4

Nutritional Information per serving: Calories: 200 • Fat: 9 mg. • Protein: 12 gm. Carb.: 18 gm. • Cholesterol: 110 mg. • Fiber; very low.

The Cancer Survival Cookbook.

## **ARE YOU WILLING TO DO THE WORK?**

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

You made it! Welcome to a new year that is already filled with hundreds of blessings to count and gratitudes to give thanks for. For many, the new year brings resolutions and a time for change. Whatever your goal is this year, you can get there.

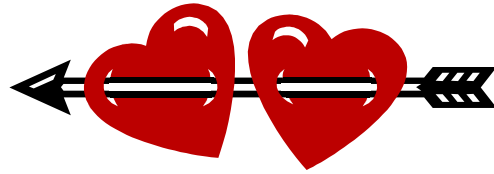
Whether you choose to lose weight, reach a career goal, or improve your relationships, it's human to look for the easy way out. We are always trying to find the shortcut. What I know for sure is that the big secret in life is that there is no big secret. Whatever your goal is, you can get there as long as you are willing to be honest with yourself about the preparation and the work involved. There are no back doors, no free rides. There is just you, this moment and a choice. Will you persevere when you most want to quit? Will you pry yourself out of bed for a morning run months after you made that New Year's promise?

One thing I find helpful is making a formal commitment to yourself with a contract. I know that may sound corny, but it works! Just write out your commitment in contract form and sign it. Post it where it will be a part of your daily life. This way it will be a constant reminder.

Each time you make a decision to move toward the life you say you want, you are doing your most important spiritual work. I call these choices your "holy moments".

This year have the boldness to tell yourself the truth.....every bit of it! We all know that if you don't attend to your relationships, they will wilt; you can be certain that if you invest all your time in work you don't care about, your spirit will die; if you raid the fridge every night and never hit the gym, I guarantee your hips will spread.

If you decide to rise up and create a new experience for yourself, I know for sure that you can attain it the old-fashioned way...through hard work. Good Luck and Happy New Year!



## **ARE YOU READY FOR THIS THING CALLED LOVE?**

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

In about a month, maybe even now, you won't have to look very far to find the promise of love. It is soon to be February, the month for love and hearts. There will be promises on how to get it, who can offer it, ways to keep it. On magazine covers, in headlines, on billboards all around us, we will see "it" on everything. Take a look at most of these promises, and you will notice that an underlying message emerges. That message is to find love or become lovable, you have to fix some part of you.

I don't believe that! I choose a different approach. I don't recommend another broken promise that involves bending yourself into what someone else needs. I do feel that a way to bring love in your life, while respecting who you are, is to use "grown-up love."

"Grown-up love" is not sought at any cost or pursued with a sense of desperation. You must love or learn to love yourself first and foremost. How can anyone love you if you don't even love yourself? Any relationship; whether it be lover, friend or family requires work, compromise and sometimes sacrifice. This is healthy and necessary. You must learn to bend a little and so must they. It should bring you joy not just some of the time, but most of the time. Whether you are 25 or 45, single or married, it should involve sharing feelings, communication and letting the other person know who you are and what you need. This is easy to say and hard to do. Don't give up or say I tried, try again. This will leave you walking away feeling closer and will give you peace and balance.

Remember it is a start to giving your life balance and peace. If you are feeling "dead" space in a relationship and need balance, make a plan with that person you love and start it today. Find the best way you communicate and get started. Good luck!