

Home Health Care



Home health care can often be an emotional job for nurses like Phyllis Green. On pleasant days, she may pause for lunch and paperwork catchup at this peaceful, tiny roadside park in her rural patient care territory.

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challenges of dealing with many different sorts of patients.

Jim Wivell has recovered well from his open heart surgery. In fact, in just weeks after returning home, he was back outside helping with some of the lighter chores on the family's dairy operation, now operated by their youngest son, Jeff, and his family. Jim continues to help with the farm chores every day, and among other jobs, raises the baby calves.

For Phyllis, home health care for her father was reassurance of extended, professional care during his critical early recovering period, as well as the emotional comfort and assistance it offered to her mother. Having experienced the receiving — as well as the giving — side of home health care has only strengthened her devotion to the profession.

"I just really like it, except for the paperwork," she says of the growing volume of forms and re-

ports the health care industry demands. And, while she sometimes pauses during the day, perhaps with a light lunch she packs along in her car, to complete the never-ending paper demands, that part of the job often goes home to be tackled after work hours.

One favorite spot where Phyllis may pause for a few minutes to catch up on paperwork is at a tiny roadside stop near Emmitsburg, where a picturesque covered bridge crosses a small stream, and, occasionally, when Phyllis really needs an emotional uplift after a difficult visit, she may stop at the Shrine in the Grotto at Mount Saint Mary's near Emmitsburg and climb the tower there that looks out over the peaceful farming valley.

Somehow, the Shrine seems a most appropriate setting for an angel of mercy to seek out for a mental and emotional boost, before continuing on her mission of bringing comfort, care and the gift of living in one's own home.

Family Living Focus

Marlene O. Nash
Multi-County
Nutrition/Health Agent



Give Thanks

Without Gaining Weight

Here come the holidays — sprinkled with our family, friends, fun times and, of course, good foods to eat! It seems for many that the holiday season brings not only many joys, but many unwanted pounds.

Weight control experts believe that there are several reasons for the weight gain during the holidays. First the overabundance of foods can make even the most careful person tempted to try new tastes. Hosts usually try to impress their guests with the best of food and drink. However, the "best" may be high in fat or calories or both.

Another reason for weight gain is that there is a human tendency to be less physically active in colder weather. We are more likely to participate in sedentary activities, like watching the television, when it becomes cold outside.

A third cause is the common misperception that since the holiday season lasts from Halloween until Valentine's Day, we can give ourselves a three-month permission to consume vast quantities of food and drink. Overeating at one meal or party will not cause a sig-

nificant weight gain, but if the habit is allowed to continue for an extended period of time, extra pounds will appear.

There are several strategies that will help you manage your eating habits and thus, your weight during the holiday season. If you are a guest consider the following suggestions.

- Eat before you go to a party so that you don't arrive too hungry. This doesn't mean you should eat a complete meal, but plan a small snack such as a bowl of soup, which will curb the appetite.

- Plan what you will eat and drink. It is much easier to make smart choices when we are not tempted by all the sights and smells of food.

- Offer to bring a fruit platter or tray of vegetables so there will be something low calorie for you to munch on.

- Choose the one or two favorite items that you only have at holiday time and allow yourself to include these treats at parties. Then avoid or only sample the other foods that are not as special to you.

- Try to be the last person through the buffet line. You will

be faced with fewer choices and may not be confronted with too many temptations.

- Focus on the reason for the celebration — to talk to friends, meet new people and share the warm spirit of the holiday. Make socializing, not eating the highlight of the party.

- Ask for low calorie, low alcohol beverages and always keep a glass in your hand. This will prevent well meaning hosts from continually asking you if you need something. Remember that alcohol can increase your caloric intake and lower your resistance to foods.

If you are hosting the party, you have control over the menu and can include low calorie selections. The temptation to overeat comes while preparing the foods or dealing with leftovers. Try these suggestions when you are the host.

- Set aside a small portion for tasting the dish and limit yourself to this amount.

- Drink plenty of water or low calorie beverage to give you a feeling of fullness.

- Buy some disposable aluminum pans and custom-make your own TV dinners to eat later. Seal them with plastic wrap and then aluminum foil, label and date them before placing them in the freezer.

- Package your leftovers and give them to your guests.

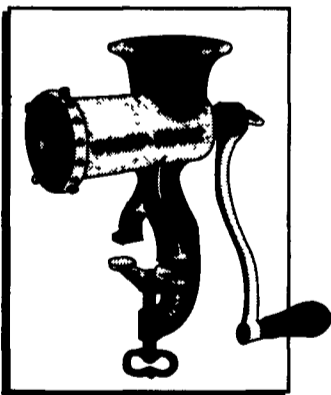
- Package any nibbles, such as chips and snack foods, into small sandwich bags. Limit yourself to one bag a day.

- Mix leftover nuts with low-fat popcorn for a snack; the popcorn will help "dilute" the high calorie nuts.

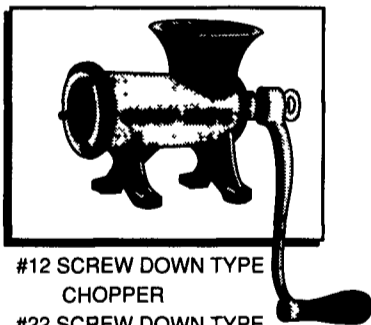
Remember to stay physically active during the holidays.

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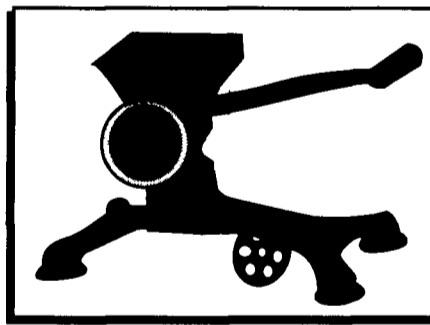
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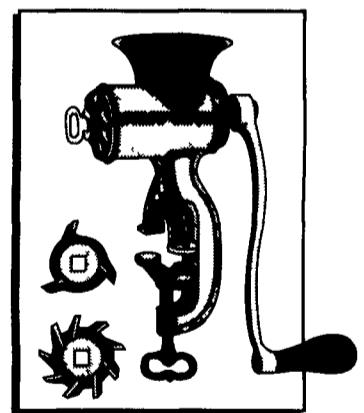
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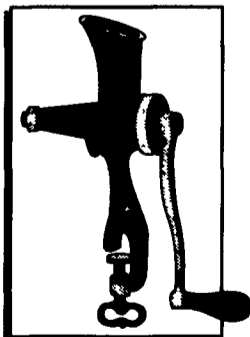
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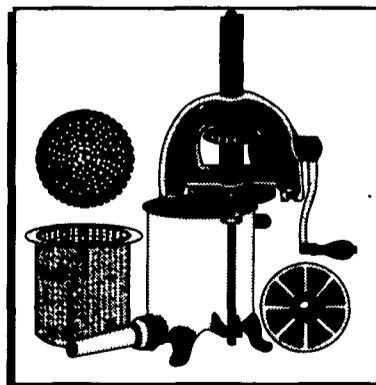
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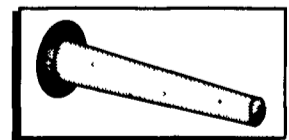
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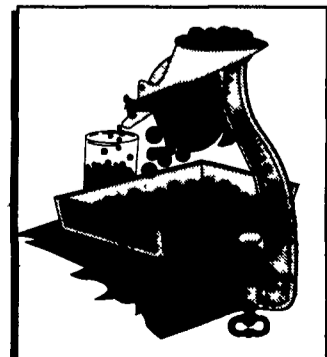
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