



Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

Saint Patrick's Day, March 17, 2006

Saint Patrick's Day is the Irish feast day that celebrates Saint Patrick (386-461), the patron saint of Ireland. It is a legal holiday in the Republic of Ireland, Northern Ireland, the overseas territory of Montserrat and the Canadian province of Newfoundland and Labrador. It is celebrated worldwide by the Irish and those of Irish descent (and increasingly by many of non-Irish descent). A major parade takes place in Dublin and in most other Irish towns and villages. The four largest parades of recent years have been held in Dublin, New York City, Manchester, and Savannah. Parades also take place in other places, including London, Paris, Rome, Munich, Moscow, Beijing, Hong Kong, Singapore, Copenhagen and throughout the Americas.

As well as being a celebration of Irish culture, St. Patrick's Day is a Christian festival celebrated in the Roman Catholic Church, the Church of Ireland (among other churches in the Anglican Communion) and some other denominations. However, as a Christian festival, St. Patrick's Day sometimes is required to *give way* to a more important feast. The day always falls in the season of Lent, and it may fall in Holy Week. In church calendars if St. Patrick's Day falls on a Sunday, it is moved to the following Monday. If it falls in Holy Week, it is moved to the second Monday after Easter. In Ireland it is traditional that those observing a lenten fast may break it for the duration of St. Patrick's Day.

How To Help A Loved One Heal

Bernie Siegel, MD

When a loved one is in the hospital or at home recovering from an illness, the way you interact with him or her can actually help speed – or slow – the healing process. Here's how to be a **Good Visitor**...

- **Don't drop in.** Call ahead to the patient – or to a family member – and ask what the best time is for you to visit. If you plan on visiting often, talk to other regular visitors and coordinate your schedules. That way, you will avoid overwhelming the patient – and give relief to his family members as well.
- **Be Present.** Many people feel very anxious about spending time with someone who is ill. You may be scared about the patient's condition or uncertain about his frame of mind. Remember, you're not there to cure the patient, but to witness and be present for his journey.
- **Knock before entering.** People will often mistake an open door as an invitation to walk in unannounced. Knock first, then wait for a response. By asking for permission to enter, you are empowering your loved one.
- **Sit down.** After entering the patient's room, sit down as soon as possible. If your loved one is lying in a bed or sitting in a chair, this puts you at eye level.

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One swallow does not make a summer,
But one skein of geese,
Cleaving the murk of March thaw,
Is the spring.

Aldo Leopold

St. Patrick's Day Parade History:

The longest running St. Patrick's Day parades in the U.S. are:

- *Boston, Massachusetts, since 1737*
- *New York, New York, since 1762*
- *Philadelphia, Pennsylvania, since 1780*
- *Savannah, Georgia, since 1813*
- *Carbondale, Pennsylvania, since 1833*
- *Chicago, Illinois, since 1843*
- *New Haven, Connecticut, since 1845*
- *San Francisco, California, since 1852*

The longest running St. Patrick's Day parade in Canada takes place in Montreal, which began in 1824.



MS Awareness Week, March 13-17.

The National Multiple Sclerosis Society sponsors this week to raise awareness about this autoimmune disease that affects the central nervous system. The society estimates that 400,000 Americans and 2.5 million worldwide suffer from MS. Among them are actress Teri Garr, talk show host Montel Williams, and the late Richard Pryor, comedian.

Acting is all about honesty.

If you can fake that, you've got it made.

George Burns

Outstanding Client of the Month!

Meet [insert name]

Every month I choose a very special **Client of the Month**. It's my way of acknowledging good friends and saying "thanks" to those who support me and my business with referrals, word of mouth and repeat business...YOU might be my next **Client of the Month**! Watch for your name here in an upcoming issue!

A good novel tells us the truth about its hero; but a bad novel tells us the truth about its author.

Gilbert K. Chesterton

God has placed no limits to the exercise of the intellect he has given us, on this side of the grave.

Francis Bacon

A man's face is his autobiography. A woman's face is her work of fiction.

Oscar Wilde

Never judge a book by its movie.

J.W. Eagan

All my life I've looked at words as though I were seeing them for the first time.

Ernest Hemingway

See Insert This Issue:



**6 Easy Tips
For Keeping
Your Carpet
Looking
Like New!**

How To Help A Loved One Heal

(Continued from Page 1)

- **Ask open-ended questions.** When visiting someone who is ill, people frequently blurt out seemingly innocuous statements, such as, "My, isn't it a lovely day?"... "You look wonderful"... or "Everything's fine – you have nothing to worry about." These statements are really saying, "I can't deal with anything you want to talk about, so I'm going to talk for you."
Instead, ask open-ended questions, such as "How are you?"..."How are you feeling?"...or "How are things going?" This lets the patient choose how to respond. What your loved one may want most is simply to talk about what he is feeling and thinking. If so, listen very carefully. Do not feel pressured to make "constructive" comments.
- **Don't feel you have to speak.** The most important gift you can give is simply to be there, physically and emotionally. When people have their loved ones nearby, it can actually change their physiology for the better. Immune function improves, and levels of stress drop. If the patient doesn't feel like talking, that's fine. Simply sit and read silently by the bedside.
- **Bring gifts.** Even if your loved one doesn't ask for anything, bring along a gift, such as a book, tape or CD you think he might enjoy. You can also bring photographs of family members and friends, wall hangings and personal items, such as a favorite blanket, to make the room more comfortable and familiar.
- **Never underestimate the power of prayer.** Many doctors and patients have learned from personal experience that religious faith is good medicine. In recent years, hundreds of clinical studies have demonstrated that this statement is not just a matter of faith, but rather of science. Regularly saying brief prayers that express your good wishes for the comfort and healing of others will not only benefit the sick person, but it will bring comfort and healing to you as well.

The Origin of SOS

SOS, the familiar distress call, consists of three Morse code letters: dot dot dot, dash dash dash, dot dot dot. Contrary to popular belief, it does not stand for "save our ship" or "save our souls" or any other phrase. Instead, it was selected by the 1908 International Radio Telegraph Conference because the combination of dots and dashes was easy to send and recognize. SOS slowly came to replace **CQD**, an earlier distress call, in which CQ was the signal that a message was coming in, and D stood for distress, perhaps a medical emergency or mechanical problem. When the Titanic sank in 1912, the ship used CQD first and only near the end issued an SOS to call for help. The United States officially adopted SOS as a distress signal that same year.

ICE Your Phone

It's a good idea to ICE your cell phone. ICE stands for "In Case of Emergency," and the International Association of EMTs and Paramedics, along with police departments nationwide, urge cell phone users to program emergency contact information under that acronym in their cell phone address books. That way, medical personnel will immediately know whom to contact and their telephone number if the cell phone owner is incapacitated. (*Note: Don't "lock" your phone - that is, program it so that it can't be used by anyone but you.*) Paramedics suggest using "ICE-wife" or "ICE-Dad" if more than one contact is to be designated.



POLO: Some History

Polo is arguably one of the most complex of games in the world. The precise origin of polo is obscure and undocumented, but there is ample evidence of the game's place in the history of Asia. Many scholars believe that polo originated among the Iranian tribes sometime before Darius the Great (521–485 BC) and his cavalry forged the Second Iranian Empire. Certainly it is Persian literature and art that give us the richest accounts of polo in antiquity. The first recorded polo match occurred in roughly 600 BCE between the Turkomans and Persian, with victory going to the Turkomans.

Polo was also popular among other nations, including China, where it was the royal pastime for many centuries. The Chinese likely learned the game from the Iranian nobles who sought refuge in Chinese courts after the invasion of the Iranian Empire by the Arabs, or possibly by some Indian tribes who were taught by the Iranians. The polo stick appears on Chinese royal coats of arms and the game was part of the court life in the golden age of Chinese classical culture under Minghuang, the Radiant Emperor.

Polo came to the west via *Manipur*, a northeastern state in India. According to historical accounts, one British government official stationed in Manipur (then a princely state) during the late 19th century wrote an account of the sport, and thus its popularity spread.

The sport became popular amongst European nobility, but during the early part of the 20th century, under the leadership of Harry Payne Whitney, polo changed to become a high-speed sport in the United States, differing from the game in England, where it involved short passes to move the ball toward the opposition's goal. Whitney and his teammates used the fast break, sending long passes downfield to riders who had broken away from the pack at a full gallop.

Polo is played professionally in only a few countries, notably Argentina, England, Pakistan, India, and the United States. Polo is unique among team sports in that amateur players, often the team patrons, routinely play alongside the sport's top professionals.

Argentina dominates the professional sport, its polo team has been the uninterrupted world champion since 1949 and is today the source of most of the world's 10 goal (i.e., top-rated) players. The U.S. is unique in possessing a professional women's polo league, the United States Women's Polo Federation, which was founded in 2000.

THIS MONTH IN HISTORY

225 Years Ago (3/1/1781): The Continental Congress adopts Articles of Confederation.

205 Years Ago (3/4/1801): 1st President inaugurated in Washington DC (Thomas Jefferson)

130 Years Ago (3/7/1876): Alexander Graham Bell patents telephone

170 Years Ago (3/2/1836): Republic of Texas declares independence from Mexico. 3 days later, Mexico attacks the Alamo.

85 Years Ago (3/3/1921): Toronto's Dr. Banting & Dr Best announce discovery of insulin

75 Years Ago (3/3/1931): Cab Calloway records "Minnie the Moocher" (Jazz's 1st million seller)

70 Years Ago (3/4/1936): 1st flight of airship Hindenburg, Germany

45 Years Ago (3/1/61): President Kennedy establishes the Peace Corps

15 Years Ago (3/3/91): Los Angeles Police beat down Rodney King, captured on amateur video.

10 Years Ago (3/7/96): 1st surface photos of Pluto (photographed by Hubble Space Telescope)

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients and friends who graciously referred me to their friends and neighbors last month!

My business runs on the positive comments and referrals from people just like you! I couldn't do it without you!

A special thanks to all these fine folks who referred me...

[client names]

Thanks For All The Kind Words!

Client testimonial goes here

nnn
ccc
aaa
zzz

Your New Issue Has Arrived!

*Look Inside For Some
Amazing Money-Saving
Tips and More!*

10 Things We Can Learn From Movies, Part 1

1. If being chased through town, you can usually take cover in a passing St Patrick's Day parade - at any time of the year.
2. Cars and trucks that crash will almost always burst into flames.
3. All grocery shopping bags contain at least one loaf of French bread.
4. All single women have a cat and/or a gay best friend.
5. The ventilation system of any building is a perfect hiding place. No one will ever think of looking for you in there and you can travel to any other part of the building without difficulty.
6. Should you wish to pass yourself off as a German officer, it will not be necessary to speak the language. A German accent will do.
7. The Eiffel Tower can be seen from any window of any building in Paris.
8. A man will show no pain while taking the most ferocious beating but will wince when a woman tries to clean his wounds.
9. Medieval peasants had perfect teeth.
10. If you lose a hand, it will cause the stump of your arm to grow by 15cm.

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Who Wants To Win Movie Tickets?

Take my Trivia Challenge and you could win too!

This is one of my favorite parts of the newsletter! Each month I'll give you a new trivia question. And the first ## people who call my office with the correct answer wins **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, then call me at **ppp!** Remember, your chances of winning are better than you think!

This month's MegaTrivia Question:

**In what year did Chicago begin holding
a St. Patrick's Day parade?**

a) 1843 b) 1867 c) 1901 d) 1914

HINT: *The answer is somewhere in this newsletter*

Academy Awards, March 5.

This year sees the 78th Academy Awards. For the pre-show, the entire block of Highland Avenue - the street leading up to the Kodak Theatre in Hollywood where the awards ceremony is held - is carpeted with a deep pink carpet. If the "red" carpet were truly red, it would appear black on television.

The official name of the Oscar statuette is the "Academy Award of Merit." Made of gold-plated britannium, it is 13.5 inches (34 cm) tall and depicts a knight holding a crusader's sword standing on a reel of film. The root of the name "Oscar" is contested. However it became, the nickname stuck and is used almost as commonly as *Academy Award*, even by the Academy itself.