

COMFORT CARE CHATTER

March Birthdays

Happy Birthday to YOU!

| | | | |
|---------------|-----------------|----|------|
| Geri M. | HCA | CR | 3.4 |
| Chandel E. | HCA | CR | 3.8 |
| Jessica H. | Sched. | DV | 3.13 |
| Alisha P. | HCA | IP | 3.18 |
| Dawn W. | HCA | DV | 3.19 |
| Sarah B. | Compliance Off. | CR | 3.22 |
| Lori C. | LPN | CF | 3.23 |
| Stephanie D. | LPN | CF | 3.24 |
| Antoinette M. | HCA | CR | 3.31 |
| Michael B. | HCA | CO | 3.31 |

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Also available online at
www.comfortcareia.com

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& TWITTER!**



WE ARE HIRING!

We are currently searching for caring individuals to fill LPN, RN, CNA/Home Care Aide positions!

Apply today at
<http://bit.ly/comfortcareapply>

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Instagram: comfortcareia

Twitter: comfortcareiowa



March 11th-17th is National Sleep Awareness Week

When it comes to your health, sleep plays an important role. While more sleep won't necessarily prevent you from getting sick, skimping on it could adversely affect your immune system, leaving you susceptible to a bad cold or case of the flu. To keep yourself snuffle-free this season, here's what you need to know.

- **Sleep and Cytokines**

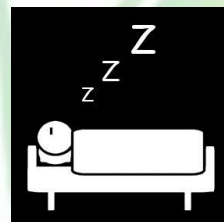
Without sufficient sleep, your body makes fewer cytokines, a type of protein that targets infection and inflammation, effectively creating an immune response. Cytokines are both produced and released during sleep, causing a double whammy if you skimp on shut-eye. Chronic sleep loss even makes the flu vaccine less effective by reducing your body's ability to respond.

- **Stock Up on Naps**

To stay healthy, especially during the influenza season, get the recommended seven to eight hours of sleep a night. This will help keep your immune system in fighting shape, and also protect you from other health issues including heart disease, diabetes, and obesity. If your sleep schedule is interrupted by a busy workweek or other factors, try to make up for lost rest with naps. Taking two naps that are no longer than 30 minutes each —one in the morning and one in the afternoon—has been shown to help decrease stress and offset the negative effects that sleep deprivation has on the immune system. If you can't swing a half-hour nap during the workday, try grabbing a 20-minute siesta on your lunch hour, and another right before dinner.

- **Other Healthy Tactics**

Of course, there's more to boosting your immunity and guarding against illness than getting ample sleep. It's also important to practice smart stay-healthy strategies such as washing your hands with soap regularly, avoiding close contact with people who are obviously under the weather, and talking with your doctor about getting an annual flu shot. And remember: Even if you do come down with a case of seasonal sniffles, you'll be able to bounce back faster if your body is well rested.



REMINDER

CLIENTS & COMFORT CARE STAFF, PLEASE REMEMBER TO CALL THE OFFICE WHENEVER YOU HAVE A SCHEDULE CHANGE!

Riddles

1. Before I came, confusion abounded.
I'm late, I'm late was frequently sounded.

I'm not average, but was based on a mean.
My size, in theory, is constant: fifteen.

I'm two dozen steps, again in theory.
But walk my length and you'd get weary.

I take half and quarter steps at times.
In reality, I don't follow the lines.

I shrink to nothing in two cold extremes.
Over a thousand miles wide in the
betweens.

What am I?

2. My best friend is man
I love the things that you give me
Do not forget to train me
Or I will not obey your command
What am I?

3. What is green as grass but grass it's
not,
Then white as snow but snow it's not,
Then red as blood but blood it's not,
Finally black as coal but coal it's not?

4. Stealthily I follow
Soundless as the moon
Neither colorful nor
passionate
I follow every movement
Like a puppet on strings.
But soon the day is over
And I die with the dying sun.

Do you have a big announcement? A thank you? A great photo? Send your input for the Chatter to Taylor and she will add it to next month's newsletter!

tfeltes@comfortcareia.com

