

Parish Nurse News  
October 2010



### TRIVIA CONTEST!

There were 6 correct answers given this month!  
Congratulations Judy for being this month's winner.

Bible Trivia:

*A famous painting by Millet describes what this Bible heroine did for her family.*

Flu season is coming! Flu vaccines this year will protect against 3 main viruses: 2009 H1N1, an A-H3N2 virus and a B virus. This year's vaccine will be made as it has in the past and hundreds of millions of people have safely received the seasonal flu vaccines.

**PREVENTION!** On July 29, 2010, the CDC's Advisory Committee on Immunization Practices issued recommendations for everyone 6 months of age and older who do not have any contraindications to vaccination, to receive a flu vaccine each year beginning this flu season.

Remember: immunize, hand-washing, covering coughs/sneezes

**Prayer:**

**Dear Lord, Thank you for seasons, each different and unique. Help me to seek your will in my life. Help me to be ready at all times to praise and proclaim your Holy Name.**  
**Amen**

**On the lookout for "Greenwashing"**

The fight against Greenwashing, ask these questions about eco-friendly claims:

**Does the advertisement seem to mislead you?**  
sometimes words or pictures (perhaps a sparkling waterfall or the word "earth") allude to an eco-friendliness that's not there.

**Does the ad make a vague claim?**  
Terms like "green" or "natural" may not be enough; look for evidence such as third-party certifications to back up claims.

**Does the product try to cover up an eco dirty habit with a purported green benefit?**  
For example, a product can claim it's packaged in recycled paper, but it might require large amounts of fossil fuels to produce.



To make your arteries more supple:

- get regular aerobic exercise
- cut back on sodium and saturated fat,
- eat a diet that's packed with fruits and vegetables,
- eat two servings of seafood a week,
- and exercise and watch calories to lose or avoid gaining excess visceral belly fat.

### Better Balance...One Step at a Time

Regardless of age, most people want to remain as independent as they can for as long as possible. A big part of that means being able to move about without losing our balance and being afraid of falling. If, with every step we take, we are unsteady and we move as though we are walking on egg shells, we begin to lose our confidence and ultimately become less active.

and even poor posture, dizziness, vision problems, and medication side effects can also be a big factor. The good news is that many of the things that cause loss of balance and falls can be treated successfully. [Page 2 Link](#)