



August, 2018



**Napping is Good for Your Health** – Source: WebMD

Naps can be beneficial for your health. After a night of not getting enough sleep, a short afternoon nap can make up for the loss of one hour of nighttime sleep. That's only on occasion. Taking daily naps because of consistently late nights is not a substitute for a good night's sleep of 7-8 hours.

Several small studies have pointed to the benefits of napping:

- In a study of pilot fatigue, NASA found that naps improved mental alertness. During a simulated flight, pilots were wired to record brain and eye activity. After several simulated flights in a row without naps, fatigue started to set in. Pilots who were allowed to take a short nap between simulations improved their performance by 34% and their alertness by 54%.

A Harvard study had students perform repetitive tasks for several hours. As the day went on, their performance of the task deteriorated. Researchers then had students take an hour-long afternoon nap, and their performance levels matched those of the early morning.

Try not to nap too late in the day. Your body clock may think you're shutting down for the night, making it harder to shake off the drowsiness when you wake up, If it's already evening and you can't keep your eyes open, plan on going to bed 30 minutes to an hour earlier than normal, if possible.

Keep naps short. Anything longer than 10 – 20 minutes can put you into the deeper stages of REM (Rapid Eye Movement) sleep, causing you to wake up more groggy and tired. The more you are, the faster you'll slip into REM stage, so if you are severely sleep-deprived (from multiple late nights) keep your nap time to no longer than 10 minutes.



## Yes, We Are Downsizing our Book Inventory!

You can receive a box of 40 books just for the price of shipping...usually about \$16 - \$17. This is a great opportunity to help those in your community with an uplifting Christian book for caregivers. Perhaps you could give a box to your church to help caregivers in your congregation or use it as a mission project. Give a box to your local Hospice/Home Health organization. Do you have a low income area that you could donate books to. If you have other ways to use these books for caregivers, email me at [joy4caringhearts@gmail.com](mailto:joy4caringhearts@gmail.com).

If you would like a box of books, just email me and I'll send them and email you a copy of the invoice for shipping charges. Thank you to those who have already taken advantage of this opportunity last month. We just want these to go to caregivers as we know the books can be so helpful because you have told us so.



## Laughter is Good Medicine! Source: Mayo Clinic

The act of laughing can be a great help to you. Here's why:

- Laughing releases dopamine and endorphins giving you a natural high and helping you deal better with pain.
- A good laugh raises your heartbeat 10% – 20%, exercises your heart, works your stomach muscles and burns calories.
- In social settings, laughing together becomes a shared activity that puts people at ease and helps build relationships.
- Laughter relaxes your arteries helping your blood flow more freely thus lowering your blood pressure.
- Finally, laughter lowers stress, fortifies your immune system, and helps fight depression.

Laughing – specifically in “negative ways” – can also be used to detect health conditions:

- An increasingly twisted sense of humor and laughing at inappropriate times could be an early indication of dementia.
- Uncontrollable laughter could be a warning sign of a brain injury or a symptom of a serious neurological condition.

You can create moments to add laughter to your day by spending time with friends who make you laugh; by having a “joke-a-day” calendar; by reading humorous books; or by watching a TV show or movie that makes you laugh.



### I’m Caregiving Again!

Yes, here I go again. My hubby had back surgery and as I was preparing this newsletter I was thinking about what is the most difficult task for me to handle right now. Before surgery I was concerned about his falling. (He was falling about once a day the last week before surgery.) His guardian angel was working overtime keeping him safe from broken bones and head concussions.

He has been doing GREAT following his surgery. He even has less pain than before he had surgery ... even with a very long incision with 28 staples. However, since he’s been doing so well, my concern now lies in his thinking he can do more than the surgeon says he should. *Sigh.* He came home last Thursday and on Saturday he was walking in the house **carrying** his walker. Sunday he was trying to walk holding his walker in a weird way (it was up to his neck) which almost made me break out in a cold sweat as I was coming up off my chair shrieking, “NO!” *Be still my heart!*

I can see that it’s going to be difficult in holding him down to proper recuperating ... doing what the doctor says. Just because you feel well, doesn’t mean you can hurry healing. Time is the healer for bones, incisions, etc. I’m thrilled that his pain is practically gone; however, the caregiving seems to have taken a different turn. But isn’t that the way caregiving is? Just when you think you’ve got a routine down, appointments or medications are changed, or your own life plans have changed, or your loved one gets a silly or dangerous idea in his head. It goes on



and on. I’m with you all! **Hang in!**



## Which Is Better for You on Bread? Olive Oil or Butter?

Source: health.com

*Have you eaten at some of the restaurants that serve olive oil with herbs with their bread rolls or bread sticks? Yum! However, read on to see how healthy this might be:*

When eating out, bread is often served with a choice of olive oil or butter. Be careful which fat you choose or how you use it because one of the options may have you consuming hundreds of calories before you even dig into the main meal.

Even though olive oil is the healthier fat option, tablespoon for tablespoon, olive oil contains more calories than butter. If you soak two pieces of bread in olive oil (about 2 TB worth), you would consume about 240 calories just from the oil. Compare that to thinly spreading two thumb-tip-sized pats of butter on your two pieces of bread which would add up to about 72 calories.

If you choose olive oil over butter, dip lightly or drizzle the oil with a fork to control the quantity.

A better option is to ask the server to remove the bread so that you avoid any of the excess calories and fat in the first place!



### **Chocolate Chip Zucchini Bread**

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*'Tis the season for lots and lots of zucchinis in your gardens. Even if you don't have any in the garden, zucchini is often very economical to purchase at the grocery store or farmer's market.*

3 eggs	3 TB unsweetened cocoa powder
1 cup vegetable oil	1 tsp. salt
2 cups sugar	1 tsp. baking soda
1 TB vanilla extract	1 tsp. baking powder
3 cups grated zucchini	½ cup chopped walnuts
3 cups all-purpose flour	½ cup chocolate chips

1. Preheat oven to 325 degrees F.
2. Grease and flour **two** 4 x 8 in. loaf pans
3. Beat eggs in a large bowl until light and foamy; mix in vegetable oil, sugar, vanilla, and zucchini until thoroughly combined.
4. Whisk flour, cocoa powder, salt, baking soda, and baking powder together in a separate bowl.
5. Stir the flour mixture into the zucchini mixture.
6. Mix in chopped walnuts and chocolate chips.
7. Pour the batter into the prepared loaf pans.
8. Bake in the preheated oven until a toothpick inserted into the center of the loaves comes out clean, about 1 hour.
9. Let cool in pans for 10 minutes before removing to finish cooling on wire racks.



## MEDITATION TIME

*“So neither the one who plants nor the one who waters is anything,  
but only God, who makes things grow.”*

1 Cor. 3:7

God has many names such as Counselor, Almighty, Fortress, Emmanuel, Yahweh, Jehovah, but one we don't think of too often is **Grower**.

It's so easy in seasons like this one to start believing it all depends on us. Perhaps you've experienced this too. You look at your children or grandchildren and think, *“I have to make sure they grow up to follow God.”* You look at your work and whisper, *“I have to make sure it grows into a success.”* You look at caregiving and think, *“I must do the very best I can.”*

But the reality is *we can't make anything grow*. This sounds so contrary to our hustle and strive, stressed out and make-it-happen culture. Yet it's a reality that can bring back our peace, slow down our breathing, return the joy to our lives.

Yet just because we can't make things grow doesn't mean we're supposed to hang out on the couch all day. Wise Solomon said, *“Sow your seed in the morning, and at evening let your hands not be idle, for you do not know which will succeed, whether this or that, or whether both will do equally well”* (Eccl. 11:6).

In other words, *our role is daily obedience and God's role is results. Sometimes we forget that. I know I do.*

We spend intentional time nurturing the hearts of our children even though we can't force them to choose faith.

We do our work well and with excellence even though the outcome of the project is uncertain.

We take the next step in our caregiving even when it feels difficult and risky.

We can be faithful workers, loving parents and diligent caregivers. Like farmers who plant and water, we do what's within our realm of responsibility. But in the end, we leave it all in God's hands.

This makes a difference because we don't have to carry the weight of what ultimately happens. We also don't claim it as our identity. The "failure" isn't proof that we're inadequate and the praise isn't proof that we're to be worshipped. Both are too much for us to carry. Instead we can release all the criticism and praise to God and simply do the next thing He asks. *Whew.*

And here's the promise we can cling to: *"If you remain in me and I in you, you will bear much fruit"* (John 15:5). There *will* be growth. It may not look like what we planned, but it will come in its season.

*Let's pray:*

*God, it's so easy to live as if everything depends on us. Thank You that instead we can fully depend on You. Help us to live in obedience today and leave the rest to You. You are the Grower. You are the Life-giver. You are the Difference-Maker. Amen.*