



June/July, 2016



John Adams, the second President of the United States was no stranger to the “toil, blood and treasure” that freedom cost the American people. Yet still, he and many others had the courage to craft and sign the Declaration of Independence. His effect on our lives through our freedom is still celebrated today.

“It ought to be celebrated,” Adams wrote, “**with pomp and parade... bonfires and illuminations from one end of this continent to the other.**” He would probably approve of the way that we celebrate. June 14 is Flag Day! Happy 4th of July!



June/July Newsletter

This newsletter spans June and July as I will be gone much of June. *Nuggets of Hope* will be back fresh in August. Enjoy our patriotic holidays with your loved ones. I’ll be thinking of you.



Ahhhh, Love that Refreshing Sleep

Although both genders struggle with sleeplessness, a **lack of sleep may affect women more**, according to a study conducted by the University of Loughborough (UK). The study, which was conducted in 2010, found women need as much as 20 minutes more sleep than men each night in order to stave off hostility, psychological distress and depression. Women’s brains are wired

differently than men's and are more complex, according to the study's lead author. Since women tend to multi-task, they use their brains more than men, requiring more sleep in order to recover. The same holds true of men who have jobs that involve a lot of decision making, multi-tasking and creative problem solving. So gals, find a little more sleep in your routine! Easier said than done, right? But it does go to show how important it is to stay healthy. Eating right, exercising, and getting enough sleep is so important for all of us, whether we're caregivers or not.



Old Age, Yea or Nay?

Those of us over 70 might read the title and answer, "Nay!" We feel those aches, pains, and show dismay over those forgetful moments. If you're a woman, you might lament over the new styles that don't seem quite right for our aging body image.

Will Channell, a reporter in our county, recently attended a birthday party at a care facility for a woman who was celebrating 107 years of age. That is truly a milestone! He wrote a news article about the day he was there to take a picture of this lady for the newspaper. He said, "As I stood in the room where the party was staged, I expected the staff to wheel in, well, a woman who was feeble of both mind and body, with the sort of posture you'd see in a latter-day Pope John Paul II." Channell continued, "Then, they brought out Ethel and I was immediately struck by how vibrant she seemed. She made jokes for the crowd and was completely lucid. She joked about how she eats puffy Cheetos and a Coke for lunch every day. She was genuinely delightful."

Channell goes on to say that attitude is the one predominant thing about getting older. It seems that Ethel didn't accept her years as fate; rather, she adapted and became an active part of her environment.

Isn't that what we all can aspire to do? No matter our circumstance, we can try to see the blessings around us. When we're tired and seem to be at our low ebb of the day, it's difficult to think about blessings. During those times take a deep breath, count to 10, and then do it again. Think of something that is calming ... grandchildren, songs you like to sing or hear, remembering a funny story in your life, etc. Then smile. You'll feel better for it. Remember, just one day at a time.

Whether you live in a hurricane area, tornado area, or other area prone to bad weather, you should be informed. For practical purposes, every home should have a storm kit. The following items should be included for unexpected power interruptions:

- Portable, battery-powered radio
- Flashlights
- Extra batteries
- Manual can opener and bottle opener
- A supply of non-perishable foods needing little or no cooking (Be sure you pack any special dietary foods, baby food and formula, if needed.)
- Water stored in clean, non-corrosive, non-breakable, tightly covered containers such as soft drink bottles — plan for at least two quarts per person per day
- Personal hygiene products, sanitary supplies, diapers and first aid supplies
- Ice chest and ice or frozen ice packs
- Camp stove or canned heat stove, and fuel for three to five days; or hibachi grill and charcoal
- If possible, have access to a cellular phone. Your home's hardwire or cordless telephone may not work without electricity.

Make sure you know how to manually open and close any electric garage doors, security doors or gates. Have surge protectors on important electrical equipment such as computers, DVD players and televisions. Be aware that during an outage, gas appliances with electronic ignitions will not work because electricity is needed to ignite the natural gas. Appliances requiring fans or other electric devices to run (such as central air conditioning units and gas clothes dryers) will not operate.



RECIPE CORNER

Chicken Tetrazzini

This is one of my favorite recipes for a delicious lunch or supper. I hope you like it.

- 1 medium onion
- 1 stalk celery
- 3 TB butter
- 2 cups cubed cooked chicken (or 2 5-oz. cans of chicken)
- 1 ½ cups broken spaghetti
- 1 tsp. salt and pepper
- 1 can cream of chicken soup or mushroom soup
- 2 cups chicken broth and 1 chicken bouillon cube
- 1 small can sliced mushrooms
- ½ cup Parmesan cheese, grated

Spray a casserole dish with oil. Arrange chicken on sauteed onion and celery in the dish, add spaghetti. Mix soup, broth and bouillon, mushrooms, salt and pepper. Pour over chicken and spaghetti. Add cheese and sprinkle paprika on top. Bake at 350 uncovered for about 1 hour or until spaghetti is done.



Meditation Thoughts

I am the Lord; I have called you in righteousness; I will take you by the hand and keep you.
Isaiah 42:6

Relax in my healing, holy Presence. Be still, while I transform your heart and mind. Let go of cares and worries, so that you can receive My Peace. Cease striving and know that I am God!

It is through knowing Me intimately that you become like Me. This requires spending time alone with Me. Let go, relax, be still, and know that I am God.

