



CELTIC HEARTS

Maria's Story

Happy Summer Everyone,

Welcome to our first edition of "Celtic Hearts" newsletter. With the hot weather approaching, it is really important that you are drinking enough fluids. Too many of us are so busy taking care of everyone else that we neglect to take care of ourselves. My mother always said, 'In the event of an air emergency you have to put the oxygen mask on yourself before you can help anyone else.' This is so true in the caregiving world. Caregivers, not eating, not drinking enough fluids and burning the midnight oil on both ends lead to 'burn out'.

We have to treat ourselves like we would like to treat our best friend, with love and kindness. By taking the time to take care of our needs, be they physical, spiritual or emotional ensures that we can be the best we can be. I think as women we feel a little guilty taking care of ourselves, but in my experience by replenishing yourself on all these levels, you have so much more to give to all the important people in your life. We have a popular saying in Ireland, "your health is your wealth". Have a wonderful summer.

Best Wishes.

Maria Burke, RN



Did you know? Heat Stroke

Heat stroke (sun stroke) is a form of hyperthermia. In other words, an abnormally elevated body temperature.

The main cause of heat stroke is dehydration, as a dehydrated person may not be able to sweat fast enough to dissipate heat, which then causes the body temperature to rise.

Some signs that a person might be suffering from heat stroke are extremely high body temperature, usually as high as 106F. In this case you have to attempt to cool the person down by moving them into the shade, removing clothing or applying cool water to the skin.



Other signs include hot, red and dry skin, rapid pulse, rapid breathing a headache, confusion and possible loss of consciousness.

What do you do when you witness these signs?

You call 911 immediately, and then cool the victim down. Cooling the victim is a critical step in the treatment of heat stroke. Then try to rehydrate them with water or preferably a sports drink.

There are many different ways you can prevent getting heat stroke. Firstly, plan your activity around the weather.

Secondly, it is essential that you drink lots of water before and during exercise.

You must wear light colored, loose fitting clothing and avoid exercise, coffee and alcohol in extreme heat.

Remember, heat stroke is a medical emergency and can be fatal if not promptly and properly treated.

Angel of the Month



*“Courage is
Grace under
Pressure”*



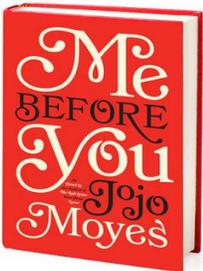
I enjoy being a caregiver for many reasons. It gives me great pleasure knowing that I can contribute to making someone’s golden years as comfortable as possible. I know if I make it to my senior years I would want to be treated with dignity and respect. I would never want to feel helpless. I would want someone I could trust and count on to help me have more quality in the last years of my life it would give me great peace of mind.

I always treat people the way I would want to be treated and I get a lot of happiness from it. I have made many beautiful bonds with patients and their families, which I will never forget.

I feel I have a very fulfilling position being a caregiver and I enjoy continuing to give more quality to someone’s last important years.

Summer Recipe

Recommended Reading



‘Me Before You’

Jojo Moyes

A Love Story for this generation, *Me Before You* brings to life two people who couldn’t have less in common - a heartbreakingly romantic novel that asks, What do you do when making the person you love happy also means breaking your own heart?

Cold Shrimp Pasta Salad



Ingredients

- 4 cups uncooked pasta
- 1lb cooked small shrimp
- 1-1½ cups frozen peas
- ½ cup thin sliced onions
- ¼ cup minced fresh parsley
- 1/3 sup mayonnaise
- 1/3 cup plain yogurt
- 2tbs lemon juice
- 1tbs minced fresh dill
- ¼ ts salt
- ¼ ts pepper

Instructions

- Cook pasta according to package instructions.
- Drain and rinse pasta in cold water.
- Combine shrimp, peas, onions and parsley in large bowl.
- Stir in the pasta.
- Combine the remaining ingredients in a small bowl.
- Pour over the pasta mixture and toss to coat.
- Cover and refrigerate for at least 1 hour.