

HEMOCARE MANAGEMENT CORPORATION



Boost mood with uplifting foods

Brought to you by EatingWell.com

We've all turned to food after a bad day. But instead of reaching for whatever seems soothing, eat something that science shows may truly lift your spirits.

Pick fruit, vegetables, fish and other whole foods. In a recent study of close to 3,500 men and women published in the British Journal of Psychiatry, those who reported eating a diet rich in whole foods in the previous year were less likely to report feeling depressed than those who ate lots of desserts, fried foods, processed meats, refined grains and high-fat dairy products. Previous studies have shown that antioxidants in fruits and vegetables and omega-3 fatty acids in fish are associated with lower risk of depression. Folate, a B vitamin found in dark green vegetables like spinach, beans and citrus, affects neurotransmitters that impact mood. It's possible that the protective effect of the whole-food diet comes from a cumulative effect

of these nutrients, says lead study author Tasnime N. Akbaraly, Ph.D.

Go ahead: order the bagel. In a new study in the Archives of Internal Medicine, people who for a year followed a very-low-carbohydrate diet — which allowed only 20 to 40 grams of carbs daily, about the amount in just 1/2 cup of rice plus one piece of bread — experienced more depression, anxiety and anger than those assigned to a low-fat, high-carb diet that focused on low-fat dairy, whole grains, fruit and beans. Researchers suspect that carbs promote the production of serotonin, a feel-good brain chemical. Also, the challenge of following such a restrictive low-carb diet for a full year may have negatively impacted mood, says study author Grant D. Brinkworth, Ph.D.

Have a little chocolate. Eating dark chocolate every day for two weeks reduced stress hormones, in-

(Continued on page 2)

Our People Make the Difference

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October in-service

HEMOCARE Management's upcoming, mandatory in-service will cover HIPAA, back safety, BBP/ABP, flu, polices and procedures.

Please make arrangements to attend the class, and let us know if you, or can't come (1-800-223-2841 or 754-3665). CNA I and NA II are required to obtain 12 hours of continuing education each year, and HEMOCARE provides 8 hours through mandatory in-service. **More info on page 2.**

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Address:
PO Box 2640
Lenoir, NC
28645

Phone:
828-754-3665

On the Web:
homecaregmt.org

Mood boosting foods

FOR YOUR HEALTH (Continued from page 1)

cluding cortisol, in people who were highly stressed, a study done at the Nestlé Research Center in Switzerland recently found. “Polyphenols (antioxidants) in chocolate, and also in fruits and vegetables, may have contributed to the changes [in stress] in this study,”

explains Douglas G. Mashek, Ph.D., assistant professor at the University of Minnesota in St. Paul.

Psssst: Be sure to account for the 235 calories that 1.4 ounces of chocolate delivers — or you may be stressed to see extra pounds creeping on.

In-Service Schedule

ALEXANDER COUNTY

Thursday, Oct. 7, 4-6 p.m., Rescue Squad Building, 197 Emergency St., Taylorsville

CALDWELL COUNTY

Thursday, Oct. 21, 4-6 p.m., United Presbyterian Church, 415 Pennell St., Lenoir, (fellowship hall behind church)

CATAWBA/BURKE COUNTIES

Please attend training nearest you

LINCOLN COUNTY

Wednesday, Oct. 13, 4-6 p.m., Senior Center at Gaston College, 514 S. Academy St., Lincolnton

MCDOWELL COUNTY

Thursday, Oct. 28, 4-6 p.m., Grandview Baptist Church Fellowship Hall, 303 Reservoir Road, Marion

Check Mail Dates

Time sheets must be mailed on the 15th and the last of each month to ensure you'll receive your paychecks on time. Please remember to send your time sheets to: P.O. Box 2640, Lenoir, NC 28645. Upcoming check mail dates are:

- Tuesday, Sept. 21
- Wednesday, Oct. 6
- Thursday, Oct. 21
- Thursday, Nov. 4
- Friday, Nov. 19

Happy Birthday

SEPTEMBER

Matilda McKinney, Mary Brown, 6; Virginia Sisk, Jennifer Springer, 9; Jackie Fallin, 12; Mildred Brown, 20; Mary Summey, 22; Wendy Lester, Timothy Sweitzer, 25; Gloria Elliot, 28; Velda McLean, Judy Sanders, 29;

OCTOBER

Mary Dibernardo, 4; Dana Haas, 5; Annette Tolbert, 6; Dylan Brinkley, 8; Sylvia McKinney, 10; Barbara Reel, 12; Virginia Lingerfelt, 15; Sharon Diego, 27; Ray Payne, 29

NOVEMBER

Lori Newton, 2; Glynn Taylor, 7; Mariana Blair, Ella Mae Stewart, 11; Brenda Estep, 12; Elizabeth Tollie, 15; Patricia Nixon, 17; Suma Matheson, 22; Ethylene Roberts, 24; Ann George, 25