



Ridgeland Nursing & Rehab Center

Happy Thanksgiving

November Newsletter

Thanksgiving Day is a public holiday. It is a day for most people to be off work, schools are closed as well as most businesses. It is a day for us to give thanks for the many blessings we have and a great opportunity for family and friends to get together for a meal. Most traditional meals consist of roast turkey, sweet potatoes cranberry salad, green beans and whatever your favorite foods might be. But the first Thanksgiving does not record having turkey, their meal consisted of fish and corn bread and porridge. There are many interesting facts around Thanksgiving that I thought were worth sharing. Most of us have watched the Macy's Thanksgiving Day parade on TV, but I had the pleasure of taking my granddaughter Kristen for her 16th birthday to New York for the parade. This is quite a spectacle. The parade is first began in 1924 and is 2.5 miles long. The first-ever Thanksgiving balloons were made by the Good Housekeeping illustrator, Tony Sarg. The balloon floats were introduced in the 1927 parade. The first national Thanksgiving was proclaimed by the Continental Congress in 1777. Sarah Josepha Hall, who wrote Mary Had a Little Lamb, began a campaign in 1827 to make Thanksgiving a national holiday. She was able to convince President Lincoln in 1863 after the Civil War that making it a national holiday might unite the country and he did declare two national Thanksgivings that same year, one on August 6 celebrating the victory of Gettysburg and the last Thursday in November. According to the Guinness Book of World Records, the heaviest turkey weighed 86 pounds. The popular green bean casserole that a lot of people eat on Thanksgiving was created the recipe by Campbell soup for an annual cookbook over 50 years ago. Campbell's sells over \$20million worth of cream of mushroom soup for Thanksgiving meals. Thanksgiving is the busiest travel day of the year. Jingle Bells was originally a Thanksgiving song composed for children to sing in a Boston Sunday School celebration. It took 66 days for the Mayflower to travel across the Atlantic Ocean. There were 101 men, women and children on board. The Butterball Turkey Talk-Line receives over a hundred thousand calls every season to explain to people why their turkey isn't turning out like they expected. A 15-pound turkey usually is about 70% white meat and 30% dark meat. Turkey has more protein than chicken or beef. A turkey will have 3,500 feathers at maturity. The five most popular ways to serve leftover turkey is as a sandwich, in stew, chili or soup, casseroles or as a burger. You can share these facts with your family when you are relaxing after your big Thanksgiving feast getting to watch some football or while you are getting ready to rest up for the biggest shopping day of the year, Black Friday.



A Beautiful Time of the Year

We are extending our happiest of birthday wishes to all of you born in the month of November. If you are lucky enough to be born in November you are dynamic, brave and generous. You are a great friend to others, and you enjoy long-lasting friendships. November birthday celebrants have a magnetic personality that draws others to them, and that is probably one of the reasons they have long-lasting relationships. I saw an interesting fact about people born in November that according to research people born in November, especially men are more likely to be left-handed. Well, I was born in November, and I am left handed. I did have two uncles, both named Michael that were left-handed. I guess I beat the odds being a woman. We do have two birthstones in November, the Topaz and the Citrine. Both are said to be known for their calming energies. We do want to wish everyone born in this next to the last month of the year a very Happy Birthday. Those having a birthday in November are:

RESIDENTS

Opal Taylor-4

STAFF

Ernestine Jones-12
Whitney Malphrus-18
Linda Eddy-22
Katina Orr-27
Reggie Washington-30

If you would like to have a birthday party for your loved one you can contact Activity Director Katina Orr at Ext.126 to co-ordinate arrangements.



These are pictures from a party Malzo Heyward honored his mother with the end of September for her 92nd. birthday.

Dedicated Service

Once again it is my privilege to be able to write about this great group of employees who joined our team during the month of November. Longevity is another quality that belongs to most of the staff members in this group. The longest standing employee is CNA Doretha Colleton. Doretha joined our family in 1983. I don't even know where to begin to describe all that Doretha does for our residents, staff, and the facility. She is our Restorative Aide currently. Doretha works closely with the staff when caring for our residents. She is always complimented by the ancillary services who provide care to our residents with dental, podiatry and vision. She makes their work so much easier because of how efficient and organized she is. Freda our beautician also gives Doretha high praises when she helps her on Wednesday getting the residents to/from the beauty shop. CNA Liz Hamilton became a member of our team in 2009. She is another great team member who is dependable and efficient in everything she does for her residents. Human Resource Assistant Whitney Malphrus started as a part time receptionist in 2015 and came on board full time in 2020. Whitney has a very pleasing personality and is always willing to help whenever needed. CNA Gloria Pinckney works with us part time and came aboard in 2019. The two days a week Gloria is here she does her work quietly and efficiently. She is willing to help her co-workers whenever asked. We want to take this opportunity to thank each of these November hires for their service to our residents and facility. Without each one we couldn't be the wonderful caring facility we are today. So, Thank You Everyone !!!!!

thanks!



Thank You Celia



After 18 years of dedicated service CNA Celia Switzer is hanging up her uniforms and is retiring. There aren't enough words to describe Celia. She is one person who I knew when she was working my shift, I was going to have a good day. She has the same demeanor under any situation. She will do whatever is asked of her. Always willing to help her co-workers in any situation. She does her work quietly and efficiently without ever complaining. No matter how difficult the day might be you would never know by her attitude and actions. She is always on time and rarely would call off work, only if it were a family emergency. BUT when the clock struck 3 Celia was out the door. She is a very devoted wife, mother, and grandmother. Her faith is also very important to her. We will certainly miss Celia. I know this isn't good-bye, because she has been a friend to many of us and always will be a phone call away. Good luck Celia in your retirement and enjoy your free time.

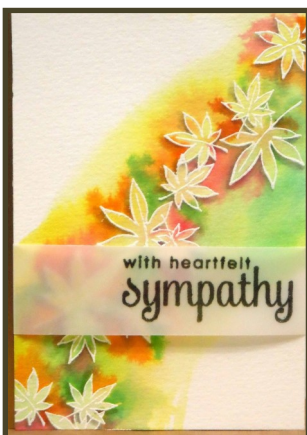
Students In Training



Seven first year nursing students and their instructor spent 3 weeks in our facility doing their clinical rotation. This is the first rotation in over a year that students were permitted back into the facility due to the Covid restrictions. We were certainly appreciative of their participation in providing care to our residents. Originally, they were scheduled for a 5-week rotation, but due to a positive case in our facility of one of our employees they had to limit their time. The students provide bathing, dressing, feeding, transfers, taking vital signs, doing weights and interacting with the residents. This was a much-needed service for the residents since they have had limited visitations from family and volunteers. The students are enrolled in the nursing program at the Technical College of the Low Country with instructor Vandy Amason MSN, RN. The students who were here for their clinical rotation were Sarah Antalek, Irene Carrion, Haleigh Dorch, Morgan Kelly, Avery Lockett, Stephanie Shaw and Stephanie Singleton.

We also were able to provide another group of students for their mental health rotation for a two day one on one visit with a resident. We were one of 5 sites the students visited to receive their clinical hours. The students that participated in this rotation were Jeremy Smith, Alexis Noll, Lana Rowe, Aleksandar Dekhtyar, Kelly Erdel and Glaychia Reber.

We do want to thank all the students for the care they provided to our residents, and we wish them the best of luck as they further their nursing education and career.



To the family of Walter Ackerman, we extend our sincere condolences. Mr. Ackerman only resided with us since July 2021, but he made an impact on our staff. He had declining health over the past several months, but you never heard him complain that he didn't feel well. He was very co-operative with the staff with his care. Mr. Ackerman is now resting pain free in the hands of the Lord.

Honoring our Veterans

Veterans Day, was originally known as Armistice Day, is a federal holiday in the United States observed annually on November 11 for honoring military veterans who served in the US Armed Forces. This marked the anniversary of the end of World War I. The war formally ended at the 11th hour of the 11th day of the 11th month of 1918 when the Armistice with Germany went into effect. Congress adopted a resolution on June 4, 1926, requesting President Calvin Coolidge issue an annual proclamation calling for the observance of November 11 with appropriate ceremonies. A Congressional Act was approved on May 13, 1938, making November 11 annually a legal holiday, "a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as Armistice Day." In 1945 a World War II veteran, Raymond Weeks from Birmingham, Alabama led a delegation to General Dwight Eisenhower to expand Armistice Day to celebrate all veterans, not just those who died in World War I. Finally in 1954 a bill was signed into law making it Veterans Day. In 1971 in accordance with the Uniform Monday Holiday Act Veterans Day was moved to the fourth Monday in October, but in 1978 it was moved back to its original celebration on November 11. Veterans Day gives Americans the opportunity to celebrate the bravery and sacrifice of all U.S. veterans. Veterans Day is not to be confused with Memorial Day, that is celebrated in May honor those who died while in military service. We do want to take this opportunity to thank all the men and women who have served in our Armed Forces for their service to our country. Without their sacrifice we would not be able to live in the land of the brave and of the free. The military men and women come from all walks of life, they are parents, children, grandparents, friends, neighbors and even coworkers. These are some interesting facts about our veteran population:

18.2 million living veterans served during at least one war as of 2018.

9 percent of veterans are women

7 million veterans served during the Vietnam War

3 million veterans served in support of the War on Terrorism

Of the 16 million Americans who served during World War II, about 325,000 were still alive as of 2020.

2 million veterans served during the Korean War

As of 2019, the top three states with the highest percentage of Veterans were Virginia, Wyoming, and Alaska.



November
21st



World Hello Day is a holiday observed annually on November 21, to express that conflicts should be resolved and settled through communication rather than the use of force. You should greet ten or more people that day as an expression of the importance of personal communication in preserving peace. This event began in 1973 as a response to the Yom Kippur War by Brian McCormack, a Ph.D. graduate of Arizona State University and Michael McCormack, a graduate of Harvard University. The brothers mailed 1,360 letters in seven languages to government

leaders worldwide to encourage participation in the first Hello World Day. Since that time the day has been observed by people in 180 countries. The first World Hello Day was only observed by 15 countries. People who have won the Nobel Peace Prize noted the value of World Hello Day as an instrument for preserving peace and as an occasion that makes it possible for anyone in the world to join in and contribute to the process of creating peace. So, take time on November 21 to greet at least 10 strangers to show your support for world peace through communication.



Let's see how many of these questions about Thanksgiving you can answer correctly. Put your thinking caps on and give it a try.

Thanksgiving occurs on the:

- Fourth Thursday in November
- Third Thursday in November
- November 26 each year

The first Thanksgiving lasted:

- a. one day
 - b. two days
 - c. three days
3. Which of the following was NOT served at the Pilgrims Thanksgiving meal?
 - a. cranberries, corn, and mashed potatoes
 - b. rabbit, chicken, wild turkey, and dried fruit
 - c. venison, fish, goose
 4. Which Indian tribe taught the Pilgrims how to cultivate the land and was invited to the Thanksgiving meal?
 - a. Apache
 - b. Wampanoag
 - c. Cherokee
 5. Approximately how many turkeys are eaten on Thanksgiving in the United States?
 - a. 100 million
 - b. 280 million
 - c. 500 million
 6. Which southern state was the first to adopt Thanksgiving Day in 1855?
 - a. South Carolina
 - b. Virginia
 - c. Georgia
 7. What is a snood?
 - a. The loose skin under a male turkey's neck
 - b. A hat worn by a Pilgrim
 - c. A hot cider drink served on Thanksgiving
 8. What utensil was not used by the Pilgrims to eat Thanksgiving dinner?
 - a. Knife
 - b. Fork
 - c. Spoon
 9. The best place to put the meat thermometer in the turkey is:
 - a. The breast
 - b. The middle of the back
 - c. The thigh
 10. Which President is believed to be the first to pardon a turkey and start this annual tradition?
 - a. President Lincoln in 1863
 - b. President Roosevelt in 1939
 - c. President Harry Truman in 1947
 11. What is a baby turkey called?
 - a. A chick
 - b. A nestling
 - c. A poult
 12. It is estimated how many Americans eat turkey on Thanksgiving.
 - a. 88%
 - b. 50%
 - c. 75%



Happy Thanksgiving





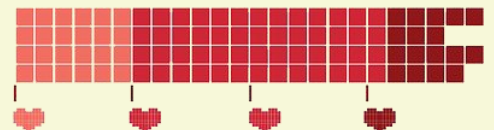
Does Everyone Love Peanut Butter????

I probably am one of the very few people in this world that does not like peanut butter, but it is probably because I do not like nuts either. And yes, that is unusual. But for those who are peanut butter lovers, November is Peanut Butter Lovers Month. Of course, you all know peanut butter is a food paste or spread made from ground, dry-roasted peanuts. It commonly contains additional ingredients that modify the

taste or texture, such as salt, sweeteners, or emulsifiers. Peanut butter is consumed in many countries, and the United States is the leading exporter of peanut butter and one of the largest consumers of peanut butter annually. It is rich in nutrients, containing protein, several vitamins and minerals. You typically spread it on bread, toast or crackers and used to make the popular peanut butter and jelly sandwiches. You can also find it being used in cookies, brownies, crepes, smoothies, croissants, breakfast dishes and granola bars. It was thought that George Washington Carver was the inventor of peanut butter, but prior to his document in 1916 entitle "How to Grow the Peanut and 105 Ways of Preparing it for Human Consumption" many others had already patented methods of preparing peanut butter such as pharmacists, doctors and food scientists all working in the United States and Canada. Grinding peanuts into paste dates as far back as the Aztec and Inca Indians. The two main types of peanut butter are crunchy or chunky and smooth or creamy. In the chunky type there are coarsely ground fragments of peanuts to give it extra texture. The creamy is more like butter consistency. When meat was rationed in 1917 consumers switched to using peanut butter for their source of protein. A chemist, Joseph Rosenfield invented a process for making smooth peanut butter that kept the oil from separating by using partially hydrogenated oil. He licensed his invention to the company the created Peter Pan peanut butter in 1922. In 1932 he created and began producing his own peanut butter under the name of Skippy, a new method making it creamier and more easy to spread. In 1955 Procter & Gamble launched Jif, which was sweeter than other brands due to using sugar and molasses in its recipe. In the United States food regulations require that any product labeled "peanut butter" must contain at least 90% peanuts. No product in the United States labeled peanut butter can contain artificial sweeteners, chemical preservatives or artificial coloring additives. Peanuts are usually planted in spring due to weather conditions and the peanut comes from a yellow flower that bends over and infiltrates the soil after blooming and wilting, and the peanut starts to grow in the soil. The peanuts are harvested from late August to October. It is quite a process from the time a peanut is picked till it is actually ground and manufactured into peanut butter. In March 2020 during the Covid 19 pandemic retail sales of peanut butter in the United States increased by 75% over the level in March 2019. In 100-gram amount of smooth peanut butter there are 597 calories, and composed of 51% fat, 22% protein, 22% carbohydrates, 5% dietary fiber and 1% water. So for you peanut butter lovers.....ENJOY!!!!!!!



HOW MUCH
DO YOU LOVE
PEANUT?
BUTTER?



Advent

The Season of Hope and Expectation



Advent precedes the Christmas season. It is the special time of the year that often isn't recognized since everyone is preparing for Christmas. With the hustle and bustle of shopping, decorating, entertaining we often forget the four weeks prior to Christmas is the time we prepare our hearts and homes for the birth of Christ. Advent lets us get away from thinking and preparing for Christmas by how we can commemorate the birth of Jesus, one of the holiest times in the Christian faith. Advent season starts on the fourth Sunday before Christmas and leads up to the Nativity of Christ which means it lasts for about a month totally. This year Advent starts on Sunday November 28th and runs all the way to Friday December 24th. People around the world celebrate Advent in many different ways. One of the most significant traditions of Advent is the Advent Wreath. The wreath and candles are symbolic of the Christmas season. The wreath itself is made up of evergreens. The laurel signifies victory of persecution and suffering. The pine, holly and yew signify immortality and the cedar signifies strength and healing. The pinecones that decorate the wreath symbolize life and resurrection. The wreath as a whole is meant to remind us of both the immortality of our souls and God's promise of everlasting life to us through Christ. The four candles represent the 4 weeks of Advent. One candle is lit each Sunday. Three of the candles are purple because the color violet is a liturgical color that signifies a time of prayer, penance and sacrifice. The first purple candle symbolizes hope, the second purple candle represents faith, the third candle which is pink symbolizes joy. On the fourth week the last purple candle is lit to mark the final week of prayer and penance representing peace. This final candle is called the "Angel's Candle" because it reminds us of the message of the angels: "Peace on Earth, Good Will Toward Men".

PEACE
ON
EARTH
GOODWILL TOWARD MEN

Blood Pressure Category	Systolic mmHg		Diastolic mmHg
Normal Blood Pressure	less than 120	and	less than 80
Elevated Blood Pressure	120 - 129	and	less than 80
High Blood Pressure Stage 1	130 - 139	or	80 - 89
High Blood Pressure Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis	higher than 180	and	higher than 120

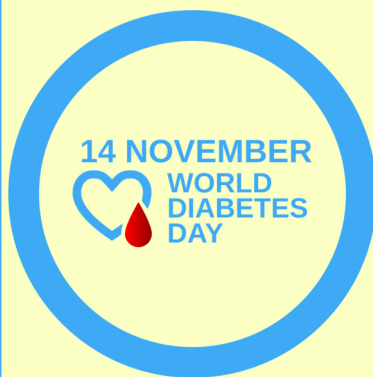
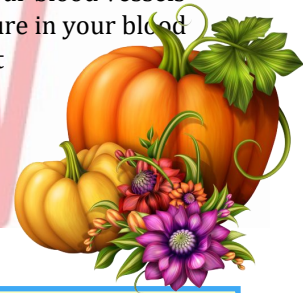


Two Senators, Patty Murray, Democrat senator from Washington and Marco Rubio, a Republican senator from Florida, are big supporters of a bill, Our Sunshine Protection Act of 2021, to make Daylight Saving Time permanent. Even though they are from opposite ends of the country and political parties they both agree on what would be good for Americans. Most of us woke up several months ago on March 14, losing an hour of sleep due to the annual spring forward we do each year. If the Our Sunshine Protection Act of 2021 passes, we can enjoy having sunlight during most of our productive hours of the day and most of all we never have to worry about changing our clocks ever again. The history of resetting our clocks twice a year dates back a full century. The idea was originally conceived as a wartime effort during World War I, Germany wanted to conserve coal used to fuel light sources, so it mandated changing clocks to save more daylight hours during productive times. The idea took off internationally and was quickly adopted worldwide. It has changed over the years in the United States. It stopped but was reinstated by President Franklin D. Roosevelt in the 1940's. Finally in 2005 Congress extended DST from lasting 7 months to its current 8-month schedule. Usually when the vast majority of people are unhappy about a situation change comes about. The majority of Americans are not happy about dark afternoons or losing an hour of sleep every spring. There are said to be health benefits from not changing our clocks. Spending more time in the sunlight could reduce seasonal depression and reduce heart problems and risk of a stroke. We would exercise more when it is still light outside. There are fewer car accidents when people are on a regular schedule and the extra hour of sun each day. Making DST permanent would boost the economy and lead to greater energy savings around the country. It definitely would benefit our farming community because it would end disrupting schedules, disorient animals biological clocks and help with distribution of their products. Some states, 15 in fact, from Washington to Florida, and California to Maine have already passed legislation or resolutions to make Daylight Saving Time year-round. The final approval has to come from our federal government. The Our Sunshine Protection Act already has 12 cosponsors in the Senate. Many states around the country are considering enacting their own measures to make DST permanent. Most likely this bill will not pass until 2022, but there is a petition circulating # Lock the Clock that might make our Congressmen take notice to what the American people would like to see happen.



Do you have any idea what your blood pressure is? Do you know how your blood pressure is? Could you be at risk for a heart attack or a stroke? With the high stress holidays fast approaching, it is probably a good time to use "Check Your Blood Pressure Day" on November 4 to find out what your blood pressure is. This day was created by Bob Matthews, of Rochester, N.Y in 2019. He felt this would allow people to have their blood pressure checked, and if it is high, they can see their doctor before the stressful holiday season begins. Often people who don't regularly check their blood pressure have no idea if it is elevated or not, so getting a regular check of your blood pressure just might save your life. Blood pressure tends to increase with

age, this doesn't mean it is normal if it is high. Check with your doctor if your numbers are elevated. If you don't have a cuff of your own there are many places you can go to get your blood pressure checked. Drug stores, pharmacies, ambulance companies, grocery stores or the local fire department all have means to check your blood pressure. It is often said a normal blood pressure is 120/80, elevated 120-129/80, high 130-139/80-90, Hypertensive Crisis >140/>90, See doctor immediately if B/P is >180/>120. A low blood pressure is <90/<60. The best way to get an accurate blood pressure is to have it checked the same time each day. It changes throughout the day. It is lower when you first wake up in the morning. It will increase with activity throughout the day. Your blood pressure measures the force of the blood being pushed through your body as your heart beats. The first number is called your systolic pressure. It measures the pressure of your blood vessels when your heart pumps. The second number is called your diastolic pressure, which measures the pressure in your blood vessels in between heartbeats. High blood pressure can increase your risk of serious conditions like heart attacks and strokes. There are steps you can take to lower your blood pressure besides medications. You need to follow a healthy diet that is high in vegetables, whole grains, and lean proteins. Avoid sugars, saturated fats, and high sodium foods. Get plenty of exercise. Maintain a healthy weight. Reduce your stress levels. Get plenty of sleep. Taking your blood pressure can be a helpful tool for monitoring your health.



The 2021-23 theme for World Diabetes Day is Access to Care. This day was established in 1991 by the World Health Organization and the International Diabetes Federation. It is celebrated every year on November 14, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922. This diabetes awareness campaign is the largest in the world reaching over 1 billion people in more than 160 countries. This campaign is to promote the importance of the issues surrounding diabetes. The impact this disease has on a person emotional, physically, socially, and financially along with the damages it can cause to your health can be devastating, but it can be controlled. One in ten people have diabetes. Once the initial shock wears off that you have diabetes, you then must begin to help manage it. You can get back to your normal activities and lifestyle by doing what is necessary to get there. You can help prevent Type 2 diabetes by living a healthier lifestyle, regular exercise and regular checkups to your doctor. We see almost on a daily basis an advertisement for new medications to help control your diabetes. Before someone has Type 2 diabetes, they almost always have prediabetes.

That means their blood sugar levels are higher than normal, but not yet high enough to be diagnosed as diabetes. There are no clear symptoms of prediabetes, you may have it and not know it. You sometimes find you have a lot of the same symptoms of diabetes or even some of the same problems. You can lower your risk of developing Type 2 diabetes by 58% by losing 7% of your body weight and exercise moderately. Even if you can't get down to your ideal body weight losing 10-15 pounds will make a huge difference. Type 2 is the most common form of diabetes. It means your body doesn't use insulin properly, while some might be able to control their diabetes with diet and exercise, others may have to rely on medication or even insulin to help manage theirs. Testing your HgbA1c is one test a doctor uses to determine if you have prediabetes or Type 2 diabetes. The Hemoglobin A1c test measures the amount of blood sugar or glucose attached to hemoglobin. Hemoglobin is the part of your red blood cells that carries oxygen from your lungs to the rest of your body. The A1c test shows what the average amount of glucose attached to hemoglobin has been over the past three months. If your HgbA1c is high it may be a sign of diabetes that of course we all know can cause serious complications such as kidney disease, heart disease and nerve damage. If you are experiencing increased thirst, urination, blurred vision you need to check with your healthcare provider to see if testing for diabetes might be necessary. A normal HgbA1c is below 5.7%. If you have diabetes the HgbA1c is generally over 6.5% or higher. You always need to check with your healthcare provider if you do have any questions or concerns.



Ridgeland Nursing Center Disaster Preparedness Information

In the event of a disaster or foreseeable weather-related emergency, such as a hurricane, Ridgeland Nursing Center takes directive from the Federal, State and Local Emergency Preparedness Agencies.

In the event of a disaster or foreseeable weather-related emergency, these agencies will give the order to either 1) shelter in place, or 2) evacuate to another location.

In the event of a shelter in place order, RNC is equipped to with emergency backup generators, extra water, gas and supplies to endure the shelter in place order. RNC is also pre-stocked with foods and drinks for both staff and resident to endure the shelter in place order.

EVACUATION LOCATIONS:

- **PLAN A:** In the event of an evacuation order, RNC will evacuate all residents and some staff members to Syl-view Rehabilitation and Memory Care in Sylvania, GA. The address is 411 Pine Street, Sylvania GA. The telephone number is 912-564-2015. The residents and Representatives are notified prior to evacuation of the facility.
- **PLAN B:** In the event of an evacuation order, RNC will evacuate all residents and some staff members to Cummings Health and Rehab in Cummings, GA. The address is 2775 Castleberry Road, Cummings GA. (alternate evacuation point). The telephone number is 770-781-2300. The residents and Representative are notified prior to evacuation of the facility.

In the event Syl-view Rehabilitation and Memory Care and Cummings Health and Rehab are unable to accept RNC residents, or is not a safe evacuation shelter, RNC residents and staff will evacuate to other nursing homes in the Atlanta, GA area. In this case, residents and Representatives will be notified of the contact information pertaining to them.

Prior to an evacuation, you will be notified of the impending evacuation by telephone and given the opportunity to evacuate your loved one with you. Please remember that our residents safety is our Number 1 priority!

CONTACT US: 1516 Grays Hwy/PO Box 1570 Ridgeland, SC 29936 (please use PO Box for letters & small packages)

Phone: 843-726-5581 Fax: 843-726-3741



The first Great American Smokeout took place in California on November 18, 1976 sponsored by the California Division of the American Cancer Society. Nearly 1 million smokers quit for the day. In 1977, the American Cancer Society took the campaign worldwide. There have been a lot of studies about the benefits of quitting smoking. There are several health benefits as well as financial to help save lives and money. While it is best to quit as early in life as possible, quitting at any age can lead to a better health and lifestyle. Quitting can make you look, feel and be healthier. The use of tobacco

leads to disease and disability and harms nearly every organ in your body. Smoking is the leading cause of preventable death. Secondhand smoke is dangerous and can harm health of your friends and family. Quitting can of course save you money. The risks for getting colds and other respiratory problems is lower, meaning fewer doctor visits, less money spent on medicines and fewer sick days off work. Cleaning and home repairs could cost less since clothes, furniture, curtains, and the car won't smell like tobacco. The health benefits of quitting over time are interesting. Within minutes after you take your last cigarette your body begins to recover. Twenty minutes after stopping your heart rate and blood pressure drop. A few days later your carbon monoxide level in your blood drops to normal. One to twelve months after quitting coughing and shortness of breath decreases. One to two years after quitting your risk of heart attacks drops dramatically. 5 to 10 years after quitting your risk of cancer of the mouth, throat, and voice box is cut in half. Your risk of stroke decreases. 10 years after quitting your risk of lung cancer is about half of that of a person who is still smoking. Your risk of cancer of the bladder, esophagus, and kidney decreases. Other benefits of quitting, your food tastes better, your sense of smell returns to normal, and your teeth and fingernails stop yellowing. Your breath, hair and clothes smell better. Quitting also helps stop the damaging effects the tobacco has with premature wrinkling of your skin, gum disease and tooth loss. All these benefits should make a person want to quit smoking not only for the Great American Smoke Out day, but forever.



ANSWERS from page 5

- | | | |
|------|------|-------|
| 1. a | 5. b | 9. c |
| 2. c | 6. b | 10. c |
| 3. a | 7. a | 11. c |
| 4. b | 8. b | 12. a |