

# BELLINTEER

A Quarterly Publication for Volunteers of Bellin Hospital

Volume XIX - Issue 2

October 2017

## *Happy Holiday Greetings!*

We wanted to send a big “Happy Holidays” out to you all! We are grateful for people as special as you.

Thank you for your continued support and assistance you offer to Bellin Health each time you come to volunteer! We could never do without YOU!

Visit us during our Holiday Open House from Monday, December 4 through Friday, December 8, for sweet treats and a chance to win one of our door prizes. We look forward to seeing all of our wonderful volunteers during the week to help ring in the holidays.

As always, stop in or call us any time with suggestions and comments.



## Flu Season

As an organization committed to the health and well-being of our patients, visitors, employees, and volunteers, Bellin Health continues to strongly endorse and encourage universal flu vaccination.



Within the 2017-2018 flu season, all volunteers and employees declining the Influenza vaccination must follow the agreed upon expectations outlined on the declination form during the time frame in which there is a risk for the spread of Influenza. This time frame is determined and announced by Bellin's Infection Prevention Team under the guidelines set forth by State and Local Health Departments, not by calendar date.

Free flu vaccinations are made available to volunteers and employees at the start of Bellin's annual campaign to vaccinate those within the health system. Additional information pertaining to the flu clinic schedule was sent to all volunteers in August 2017.

We strongly encourage you to get vaccinated this season and greatly appreciate all of your efforts to help the people in our region be the healthiest in the nation.

Should you have any questions, please contact the Volunteer Office at 433-3632 or 433-3697.

Thank you for your support.



Drew Russo & Dawn McCole  
Volunteer Services



## New Vendor Added to Gift Shop

Fall is here and Bellin Hospital Gift Shop is excited to see the seasons change! Cool evenings and crisp mornings signal a big change for us in the retail world.



Home and office décor items for sale in the shop now include ghosts and goblins for your desk top, as well as, lighted and flashing pumpkin buckets for your little ones. We had (and sold out in less than 5 days!) the cutest witch “sisters” (I called them the triplets!) for Halloween. At \$72 retail each, this was a big purchase for our shop, but the girls were at least 2 feet tall, with beautifully detailed features. Their faces were very friendly (no sassy witches here!) and they each fashioned black lace dresses with either bright orange, lime green, or purple underlays. Customers were attracted to the cuteness of each witch, and it took only 24 hours to sell all three! The “girls” came from a new vendor I signed up with at the January Las Vegas Market, named The Gerson Company. Their showroom was unbelievable, with lots of lighted trees (and I don’t mean just evergreens), a wonderful selection of Halloween and autumn giftware, as well as, a HUGE Christmas area. It took hours to place the fall and Christmas orders, and with good reason. It was really hard to decide what to buy for our shop! We also had six mini tabletop-sized light-up maple trees, which blew out in less than a week, and a large 6-foot lighted maple tree, that also sold fast. However, don’t let that stop you from coming into the shop. We still have a great selection of autumn items, which will carry your home in fall décor through Thanksgiving.

We also have cool weather clothing and women’s accessory items in our shop. Beautiful ponchos and wraps, in a variety of warm knit fibers and patterns, adorn our shop walls and mannequins. Navy, black, and tan are prominent colors, but the splashes of red are nice to see! Our Simply Noelle clothing for fall/winter is split up into four orders, with shipping starting late September. This vendor does so well for our shop; it is hard again to decide on what items to bring in. We hope you will stop by to see the latest and greatest in women’s clothing and accessories for winter 2017/2018.

With the upcoming holiday season, our shop is so excited to plan our holiday events! We hope you will mark your calendars for the following special dates:

**Tuesday, November 7 ♦ Saturday, November 25 ♦ Tuesday, December 19**

These dates will be our holiday sale dates, with all kinds of special events happening! For the first time ever, our shop will participate in the nationwide program of Small Business Saturday. Each year, small businesses are encouraged to host special events on the Saturday of Thanksgiving Day weekend. This year, our shop will participate, by offering a big holiday open house on Saturday, November 25. We will offer 20% off all giftware, and have special events during the sale, like drawings, complimentary coffee, and holiday food treats. We hope you will remember our shop on this special national sale day. Be sure to stop by and enjoy the sights and sounds of the season, as well as, great sale prices, and staff eager to help you find that special gift for the special person in your life! Remember, you don’t need to be working or volunteering at Bellin to shop our store. Complimentary retail parking spots can be found in front of the coffee shop seating area windows facing Webster Avenue, as well as, using the Bellin Hospital Cass Street parking lot. We are so excited for these upcoming sales events, and excited to help you, our customer.

And so, this brings me to our annual “Decking the Halls” day, which we use as a team building event for our evening and weekend staff. This year, we will decorate for Christmas on both Saturday and Sunday, October 28 and 29. Our shop will remain open to customers normal shop hours on Saturday, but will close to the public on Sunday, so our team can safely decorate all the Christmas trees and the rest of the store. We try each year to decorate for Christmas as close to, or after, Halloween. Hopefully, most Halloween merchandise will be sold by this time. However, we cannot rule out seeing a lighted Halloween pumpkin sitting next to Santa for the last two days of October!

Seasons change, weather is unpredictable at times, and perhaps, we are all getting a bit older as I write this, but one thing is for sure - kindness and caring are just two of the many wonderful traits each of our Gift Shop volunteers shares with the team, as well as, our customers. I am truly blessed to be on your team, and so grateful for each and every one of you! Here's to good sales, and a lot of fun, during this upcoming holiday season!

Kim Holmes, 433-3547  
Retail Coordinator



## Community Health Education Report



“Drugs end dreams - opioid abuse is a community issue.” In 2017 on an average day in the U.S., someone begins **nonmedical** use of opioids every 22 seconds; someone starts using heroin every two and a half minutes; someone dies from opioid-related overdose every 16 minutes; and by May 18, 2017, more than 12,500 Americans had died from an opioid overdose in 2017 according to the Centers for Disease Control and Prevention.

Opioid use is nothing new. People in the U.S. have been taking, smoking, or injecting opioids in various forms since at least the 19<sup>th</sup> century. Bayer, the pharmaceutical company we associate with aspirin, used to sell heroin as a cough suppressant and pain reliever for children in the late 1800's and early 1900's. An article in the *Washington Post* from June 2, 2017 referenced a letter written in 1980 by Dr. Hershel Jick, a Boston University doctor. After review of nearly 12,000 hospital records, he concluded that addiction to narcotic painkillers was rare in hospitalized patients. In following decades, doctors, pharmaceutical companies, and others used this letter as evidence that the risk of addiction was low and that liberal prescription use was justified. In almost 500 articles, no mention was made that this research was only done with hospitalized patients on small monitored doses, not those given bottles of narcotics to take at home. *“This pain population with no abuse history is literally at no risk for addiction,”* read one 1998 article.

**But today opioid abuse is a community health issue.** It has become a complex and chronic issue affecting thousands of families each day. One in seven Americans faces substance addiction, according to the Surgeon General's 2016 report. Toddlers are dying of drug overdosing. Wisconsin is seeing an increase in babies born dependent on opioids or other addictive drugs. Children are left without parents, brothers, sisters, and friends; parents are left without their children. Although experts say they know treatment works, people aren't able to access the help they need when they need it. Only one in 10 people with substance abuse disorders receive the treatment and support to address their addiction. Addiction is not a choice that an individual makes, but the result of bad decisions.

On June 16, 2017, two bills passed in the Wisconsin Senate, one granting persons immunity from probation, parole, or extended supervision revoked for possessing a controlled substance while seeking or giving emergency assistance to another; and the second extends comprehensive programs to those who are suffering from addiction, making it easier to get needed help. The ultimate goal is to help as many people as possible succeed in recovery.

### Remember:

- ❖ Lock up opioids, especially to keep them out of the hands of teenagers.
- ❖ Use painkillers safely. When given opioids, know what they are for and how to safely take them. Ask if there are other ways to relieve the pain.
- ❖ Dispose of the old pills safely, such as turning them over to law enforcement agencies or participating in community “take back” days.

Tammy Henninger, (920) 639-9322  
CHE Chairperson

## “Mobster” Sandwich Makes Debut in Coffee Shop

Backstreet Espresso is becoming the “it” place for a great cup of coffee or latte. The other day, our staff was told we make lattes better than Starbucks! What a wonderful complement to our team! Kudos to our hard working staff of volunteers, for producing such a great, consistent product. You make mama proud!

Speaking of being proud, our team worked REALLY hard in August! Our monthly drink special, for the first time ever, was “buy a large cup of freshly brewed coffee for the price of a small cup,” and our customers loved it! We brewed so many air pots, some days we couldn’t keep up! For selling a very small price-point item, our monthly sales were HUGE. Thank you so much to our volunteer team for all your efforts! I am so lucky to work with each and every one of you, and so blessed to have each of you in my life. For as tired as I know you all were after your shift each day in August, you all still left with a smile on your face. I am so grateful to each of you!



Our sandwich delivery guy, Doug, is doing better each day. His sandwiches are still a hot commodity, and he’s come out with a new gourmet sandwich to try. It’s called the “Mobster,” and features some “Godfather-type” items - numerous types of Italian meats, pesto sauce, and it’s served on a ciabatta bun. We warm it up for our customers to give it that real punch of flavor! It’s a good sized sandwich for \$4.99, and our customers like the new choice. Volunteers, remember you can use your meal pass towards any purchase in the hospital coffee shop. We hope you will stop by soon!

Autumn smells are in the air at our shop, including pumpkin and apple. Door County Coffee’s Pumpkin Spice is one of our best-selling coffees. Don’t forget, we also make apple cider by the cup. Of course, there are lots of specialty drinks that feature the flavors of the autumn season. Our expert volunteer baristas would love to help you decide on a drink to try.

### *So, here’s the scoop:*

- We offer a great quality line of products in Door County Coffee.
- Our baristas create top-of-the-line specialty drinks.
- We have the greatest volunteers serving our customers.
- All our profits go back into our health care system.



I think that says it all! And again, I couldn’t be more proud! Best wishes to all for a wonderful fall season ahead.

Kim Holmes, 433-3547  
Retail Coordinator

## What is a Mother?



She is a housekeeper, cook, teacher, nurse, coach, storyteller,  
planner, organizer, decorator, best friend, worst enemy,  
and multi-tasking queen!

In short, she is “Wonder Woman!”





## CONCERNED HEARTS CLUB

The Concerned Hearts Luncheon Meeting was held September 12, 2017, at The Rite Place. A very interesting and informative presentation was given by Jason Borley, RN, MSN, NWTC Nursing Instructor. Many of you might remember Jason while he worked in ICU at Bellin before taking his teaching expertise to NWTC. Jason touches the lives of many nursing students, many of whom Jason says are older than he is!

The members present unanimously approved the offer from The Bellin Health Foundation which was previously approved by the Board of Directors. Steve Maricque of The Foundation had responded to the Board's request for assistance with the Club's financial management. In a nutshell, The Foundation will handle our funds, thus alleviating the pressure on the Treasurer. The Treasurer will still accept dues and donation monies, turning them over to The Bellin Health Foundation. The Board of Directors will approve any expenses and turn them over to The Foundation who would have the checks written. The Foundation will fulfill other financial requirements such as an annual audit and send reports to the state and IRS at no cost to our organization. The Club will exist as usual. Other operations of the Club would exist as usual, such as maintaining the desk on second floor and providing heart pillows to patients.

Our next Board Meeting will be November 6, and once again, there is a desperate need for members to step up and volunteer for vacant positions. Please call myself or any Board member with your willingness to help the Concerned Hearts Club grow in the future.

The next Membership Meeting will be held December 12 at 11:30 a.m. at the Village Grille in Allouez. We will choose our meal from the menu, and an always popular barbershop quartet will provide the entertainment. I hope to see you there.

It's time to replace flowers with pumpkins!

Jim Tubbs, (920) 494-4754  
President



## HUMOR AT ITS BEST...

- ✂ The healthiest part of a donut is the hole. Unfortunately, you have to eat through the rest of the donut to get there!
- ✂ A person goes into a restaurant and says to the waiter, "I'm going to order a broiled skinless chicken breast, but I want you to bring me lasagna and garlic bread by mistake."
- ✂ If you put a crouton on top of your ice cream sundae instead of a cherry, doesn't it count as a salad?
- ✂ Why I can't lose weight: I have metal fillings in my teeth. My refrigerator magnets keep pulling me in the kitchen. That's why!
- ✂ My doctor told me to start my exercise program very gradually. Today I drove past a store that sells sweat pants.
- ✂ I was going to wake up early to go jogging, but my toes voted against me 10 to 1.
- ✂ A doctor said to a patient, "The handle on your recliner does not qualify as an exercise machine."
- ✂ The doctor also asked, "What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"



**Have a Nice Day!**



# ~ Volunteer Opportunities ~

## *Maternity Security Door Volunteer*

The volunteers in this position are stationed outside the Maternity Unit and are responsible for providing access to the Maternity Unit for both visitors and staff. All volunteers are provided with general training for allowing access through the security door. The general hours for this position are from 8 a.m. to 12 noon or from 12 noon to 4 p.m.

## *Bellin Expressive Arts in Medicine (BEAM)*

Bellin's Expressive Arts in Medicine, or BEAM, incorporates art within health care. Located at the Bellin Health Cancer Team at 1580 Commanche Avenue, BEAM offers all visitors the opportunity to work with art through our open art studio, traveling art carts, and weekly workshops. As a BEAM volunteer, you will become a companion to our patients and offer them something to occupy their mind with. Everything is provided to you – we just need your friendly face. The hours are during regular clinic hours between 7:30 a.m. and 5 p.m., Monday through Friday for 2 to 4 hour periods.

Are you a musician? BEAM is also seeking woodwinds, strings, or other musicians/singers that can perform “soft” music at the Bellin Health Cancer Team during the clinic's regular hours.

## *Service Assistant*

A new Service Assistant assignment is now available in the Digestive Health Clinic, located on the 3<sup>rd</sup> floor of the 725 Webster Medical Building. Some of the general duties would include restocking the supplies in patient rooms, help to clean equipment, visit with patients, and transport patients via wheelchair. Hours are available Monday through Friday from 7 a.m. to 12 noon.

Additional Service Assistant positions are available in other medical units as well.

## *Hospital Support Volunteers*

If you enjoy helping to escort patients and visitors to their final destination here at Bellin, we would like to hear from you. We are currently looking for additional volunteers to help out at the front entrance to the hospital. Hours are available any time from 4:30 a.m. to 6:30 p.m., Monday through Friday (in 4-hour shifts); 7 to 11 a.m., Saturdays; and 10 a.m. to 2 p.m., Sundays.

## *Wound Ostomy & Cardiac Cath Lab Assistance*

This new opportunity is now available. There is a need for volunteer support at the reception desk located on the 5<sup>th</sup> floor of the hospital. The volunteers in this position will help with answering the phone, guide visitors to the correct area within the clinic, monitor the coffee station, and assist with general clerical duties as needed. The hours are 8 a.m. to 12 noon and 12 noon to 4:30 p.m. or 5:30 p.m., Monday through Friday.

## *Heart & Vascular Center Greeter*

We are looking for your assistance at the desk located on the 2<sup>nd</sup> floor entrance to the Heart & Vascular Center near the lobby elevators. Duties would include helping with patient flow and assisting with various projects as needed. We are looking for volunteers to assist with these duties Monday through Friday from either 8 a.m. to 12 noon or 12 noon to 4 p.m.

## *Gift Shop*

We have opportunities for any volunteer interested in helping support our hospital lobby Gift Shop. If you enjoy retail and like to help people shop, then this position is for you. Prior retail experience is a plus. There is currently an opening on Thursdays from 7:45 a.m. to 12 noon and 12 noon to 4 p.m.

## *Neuro Team Concierge*

Additional volunteer support is needed at the entrance of the 725 Webster Medical Building located across from the hospital. Volunteers are needed to assist with directing visitors and patients to their destination, help to transport patients from the clinics to the front entrance when discharged in a wheelchair, assist customers in the waiting room, and assist with clerical support as needed. Current need is Mondays 8 a.m. to 12 noon and 12 noon to 4 p.m., Tuesdays from 12 noon to 4 p.m., Wednesdays from 8 a.m. to 12 noon and 12 noon to 4 p.m., and Fridays from 12 noon to 4 p.m.

## *PrePARE Clinic*

The PrePARE Clinic is currently seeking volunteer support to assist with such duties as transporting or escorting patients to areas within the campus, help with the transporting of lab specimens, and some clerical duties such as stocking supplies. Hours are available Monday through Friday from 9 a.m. to 12 noon or 12 noon to 3 p.m.

## *Dietary Survey Volunteer*

Volunteers are needed to help with nutrition surveys given out to patients in order to gather feedback on the quality of the food served. This is a great opportunity for those who would like to interact with our patients while assisting Food & Nutrition Services. The hours are flexible for this position.

## *Procurement & Logistics Office Support*

The Procurement & Logistics Department is in need of clerical volunteer support. Some of the general duties include filing paperwork, some computer work, and delivering supplies. The hours are flexible anytime Monday through Friday.

## *Backstreet Espresso Coffee Shop*

**Do you like the smell of fresh roasted coffee? Have you ever wanted to work in a real gourmet coffee shop?** Our very own Backstreet Espresso coffee shop, located in the lobby of the hospital, is in need of additional help. Volunteers are needed to prepare the drinks and run the cash register.

For those who enjoy helping to brew the perfect cup of coffee or help to find the perfect muffin to sell, we have an opportunity available Wednesday afternoons from 11 a.m. to 3 p.m.

## *Bellin Health Bellevue Concierge*

Bellin Health Bellevue, located at 3263 Eaton Road, Green Bay is in need of volunteer support. The volunteers in this position will act as Concierge to individuals visiting the clinic. Volunteers will be responsible for greeting and assisting customers in the waiting room area and at times assist with wheelchair-bound patients. Other duties would include assisting with assembling of mailings and other clerical support as needed. The hours are any day Monday through Friday from either 7:30 to 11 a.m. and 1 to 4 p.m.

## *Titletown Sports Medicine & Orthopedics*

The Titletown Sports Medicine & Orthopedics clinic located across from Lambeau Field is in need of volunteer support. The general duties for this position would include patient-related transports such as lab specimens, patient charts and X-rays, help to greet patients, and escort them to their destination. The general hours for this position are any day Monday through Friday with four-hour shifts available between the hours of 8 a.m. and 4:30 p.m.

## Bellin Medical Group

The Weight Management Department located at Bellin Health Bellevue, located at 3263 Eaton Road, Green Bay is in need of volunteers to assist with general office duties to include helping to fill patient food orders purchased through the weight management program. The hours are any day Monday through Wednesday from 10 a.m. to 2 p.m. This is a great opportunity for anyone looking to volunteer in a clinic environment.



If you are interested in any of the above opportunities, please contact the Volunteer Office at 433-3632 or 433-3697.

We look forward to hearing from you.



Those who bring sunshine to the lives of others cannot keep it from themselves.

*~ James Matthew Barrie*

## Volunteer Spotlight



Marcia Ward

- ▶ Before Marcia became a dedicated volunteer, she was a Bellin Surgical RN for 27 years. Once retired, Marcia decided to come back to Bellin as a volunteer. In 2011 Marcia began volunteering every Wednesday in the 6<sup>th</sup> Floor Surgery waiting area. She was very dedicated to the area always willing to take on additional shifts and responsibilities. After volunteering for six years in the 6<sup>th</sup> Floor Surgery waiting area, Marcia decided she needed to make a change. You can now find Maria every Wednesday at our new Bellin Health Titledtown Sports Medicine & Orthopedics clinic.



Thank you Marcia for all that you have done for our patients and their families in the 6<sup>th</sup> Floor Surgery Waiting area.



Adam Moore

- ▶ The annual Bellin Health “Black Tie & Blue Jean Extravaganza” event was held at Lambeau Field Atrium on Saturday, September 16. Everyone is always welcomed to attend this wonderful event. Adam Moore, a volunteer, dressed up for the occasion and was in attendance. Adam has volunteered since August of 2015. You can see him every Friday morning in Procurement & Logistics and on Friday afternoons on 8<sup>th</sup> Floor as a Service Assistant in our Ortho Neuro Department.



It was so nice to see Adam enjoying himself at the “Black Tie & Blue Jean Extravaganza” event!



# Holiday Decorating



Before we know it, the holiday season will be here! Each year, Volunteer Services helps to spread the holiday cheer by decorating the trees in the Welcome Center and in the Tree Top Café. We are looking for some of Santa's elves to help with this project.

All ornaments for the trees are provided by the hospital, so all our helpers have to do is place them on the trees.

If you enjoy decorating for the holidays, this is your chance. Please contact Volunteer Services to have your name added to our list of Holiday Helpers.

As always we want to thank all our volunteers, who through your dedication to Bellin, help make Bellin Hospital special!

Dawn and Drew  
Volunteer Services



The older you get, the tougher it is to lose weight,  
because by then your body and your fat are really good friends.

## BellinTeer Deadlines:

- December 13, 2017 for the January 2018 newsletter
- March 15, 2018 for the April 2018 newsletter
- June 15, 2018 for the July 2018 newsletter
- September 15, 2018 for the October 2018 newsletter

*Anyone can contribute articles!  
(Please mark these dates on your calendar.)*



Kay Lyndahl, (920) 746-5122 (summer); (813) 633-6624 (winter)  
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## Did You Know?

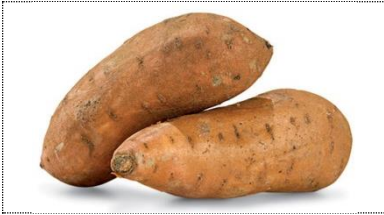


- ❖ The winter of 1932 was so cold that Niagara Falls froze completely solid.
- ❖ There are more chickens than people in the world.
- ❖ Winston Churchill was born in a ladies' room during a dance.
- ❖ Women blink nearly twice as much as men.
- ❖ Rubber bands last longer when refrigerated.
- ❖ Peanuts are one of the ingredients of dynamite.



Now You Know Everything!

# Food Secrets



## *Sweet Potatoes*

Sweet potatoes are one of the best vegetables you can eat. They are loaded with carotenoids, vitamin C, potassium, and fiber. Bake them plain or add some unsweetened applesauce or crushed pineapple for extra moisture and sweetness.



## *Grape Tomatoes*

Grape tomatoes are sweeter and firmer than other tomatoes and great for snacking, dipping, or in salads; plus they are packed with vitamins C and D, and a good way to get some fiber.



## *Wild Salmon*

Wild salmon are filled with omega-3 fats, which helps reduce the risk of sudden-death heart attacks. Wild caught salmon have less PCB contaminants than farmed salmon.



## *Citrus Fruits*

Citrus fruits are rich in vitamin C, folic acid, and fiber. Buy Clementines, Minneola oranges, or tart pink grapefruit.



## *Leafy Green Vegetables*

Leafy green vegetables, such as spinach and kale are packed with vitamins A, C, and K, as well as folate, potassium, magnesium, iron, lutein, and phytochemicals. Try serving with a spritz of lemon juice or vinegar.



## GRANDPARENTS...

- ✧ My grandson was visiting one day when he asked, “Grandma, do you know how you and God are alike?” I mentally polished my halo while I asked, “No, how are we alike?” “You’re both old,” he replied.
- ✧ A second grader came home from school and said to her grandmother, “Grandma, guess what? We learned how to make babies today.” The grandmother, more than a little surprised, tried to keep her cool. “That’s interesting,” she said, “How do you make babies?” “It’s simple,” replied the girl. “You just change ‘y’ to ‘i’ and add ‘es’.”

# Medical Glossary for Better Understanding



**Atrophy** - a wasting away of a cell, tissue, organ, or part.

**Coenzyme** - as assistant, or helper, usually a vitamin or mineral, which is necessary for the enzyme to do its work.

**Cyanosis** - slightly blue or dark purple discoloration of the skin due to abnormal amounts of reduced hemoglobin in the blood.

**Dystrophy** - progressive weakening of a muscle.

**Edema** - retention of fluids within the body, causing swelling.

**Enzyme** - a substance, usually protein in nature and formed in living cells, which brings about chemical changes.

**Fat-soluble Vitamin** - vitamin able to dissolve in fats and oils.

**Fatty Acids** - substances that give fats their different flavors, textures, and melting points.

**Gingivitis** - inflammation of the gums.

**Glucose** - the simplest form of sugar in which a carbohydrate is assimilated in the body; blood sugar.

**Hemoglobin** - the iron-containing pigment of red blood cells.

**Hemolysis** - destruction of red blood cells.

**Hydrochloric Acid** - an acid that is a normal part of gastric juice.

**Megavitamin** - term used to describe massive quantities of a specific nutrient when given for therapeutic purposes.

**Metabolism** - the chemical changes in living cells by which energy is produced and new material is assimilated for the repair and replacement of tissues.

**Mineral** - an inorganic substance.

**Organic** - being composed of, or containing, matter of plant or animal origin.

**Oxalic Acid** - a toxic acid that occurs in various plants and is found in chocolate.

**Peridentitis** - inflammation of tissues surrounding a tooth.

**Pernicious** - tending to be serious or fatal.

**Pigment** - a substance that gives color to other substances; as to the eyes and skin.

**Pituitary Gland** - small gland in the brain which secretes substances necessary for basic life processes, such as growth.

**Platelet** - a small, round disk that plays an important role in blood coagulation.

**Protein** - a nutrient that is necessary for the building and repair of body tissues.

**Saturated Fatty Acid** - those fats that are solid at room temperatures, with the exception of coconut oil.

**Stomatitis** - inflammation of the mouth.

**Toxicity** - poisonous effect produced when a person ingests an amount of a substance that is above his or her level of tolerance.

**Unsaturated Fatty Acids** - those fats that are liquid at room temperature.

**Virus** - an infective agent capable of growth and reproduction only in living cells.

**Water-soluble Vitamins** - vitamins able to dissolve in water.

**White Blood Cell** - cell that does not contain hemoglobin and which helps defend the body against disease.

# A Great Recipe for a Happy Life

- ❖ Take a 10-30 minute walk every day and when you walk, smile. It is the ultimate antidepressant.
- ❖ Sit in silence for at least 10 minutes each day.
- ❖ When you wake up in the morning, complete the following statement, "My purpose for today is to \_\_\_\_\_ and I am thankful for \_\_\_\_\_."
- ❖ Eat more food that grows on trees and plants, and eat less food that is manufactured in plants.
- ❖ Eat breakfast like a king, lunch like a prince, and dinner like a college student with a "maxed out" charge card.
- ❖ Don't take yourself too seriously. No one else does.
- ❖ Make peace with your life to others. You have no idea what their journey is all about.
- ❖ No one is in charge of your happiness except you.
- ❖ Forgive everyone for everything.
- ❖ Each night before you go to bed say, "I am thankful for \_\_\_\_\_."

