

In the Pink!

Power In Nurturing and Knowledge

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HEALTH MINISTRY COMMISSION

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In the summer, many people will spend more time outside planting bulbs, mowing the lawn and pulling weeds. Gardening can provide a great workout, but with all the bending, twisting, reaching and pulling, **your body may not be ready for exercise of the garden variety.**

Prepare for Gardening

- A warm-up and cool-down period is as important in gardening as it is for any other physical activity. To warm up, walk for 5 to 10 minutes to get your heart rate
- Stretch your muscles before reaching for your gardening tools. The back, upper legs, shoulders, and wrists are all major muscle groups affected when using your green thumb.
- Take frequent water breaks in order to stay hydrated.

Prepare for hazards

- Sunscreen
- Poisonous plants

Remember Gardening Ergonomics

- Use tools, such as shears or clippers with a spring action, self-opening feature, to prevent strain on the muscles and joints. Make sure the tools are well-oiled to open and close easily.
- When lifting potted plants or bags of mulch or dirt, bend with your knees and lift straight up, keeping your back as straight as possible. Use your knees, rather than the back muscles, to lift, and avoid twisting and turning while lifting.
- Sit while working or take sitting breaks to conserve energy and decrease stress on your back, knees and hips.
- If you already feel muscle aches and pains there are ways to alleviate the discomfort. Apply a cold pack on the area of pain for the first 48 hours or apply a heat pack after 48 hours, and seek chiropractic care.
- Chiropractic care can help alleviate the pain due to overuse injuries, such as those that occur from improper gardening techniques.

Garden Fitness Stretches

- Before stretching for any activity, breathe in and out, slowly and rhythmically; do not bounce or jerk your body, and stretch as far and as comfortably as you can. **Do not follow** the “no pain, no gain” rule. Stretching should not be painful.
- While sitting, prop your heel on a stool or step, keeping the knees straight. Lean forward until you feel a stretch in the back of the thigh, or the hamstring muscle. Hold this position for 15 seconds. Do this once more and repeat with the other leg. If you have

balance issues, bend your knees before grabbing your ankles.

- Stand up, balance yourself, and grab the front of your ankle from behind. Pull your heel towards your buttocks and hold the position for 15 seconds. Do this again and repeat with the other leg.
- While standing, weave your fingers together above your head with the palms up. Lean to one side for 10 seconds, then to the other. Repeat this stretch three times.
- Do the "Hug your best friend" exercise. Wrap your arms around yourself and rotate to one side, stretching as far as you can comfortably go. Hold for 10 seconds and reverse. Repeat three times.
- Be aware of your body technique, form and posture while gardening. Kneel, don't bend, and alternate your stance and movements frequently



To our newest commission members:

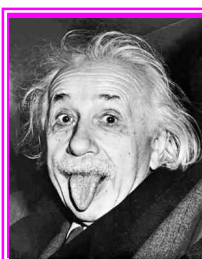
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NEW SIGN OF A
STROKE
STICK OUT YOUR
TONGUE....**FAST**

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage if people nearby fail to recognize the symptoms of a stroke. A neurologist says that if he can get to a stroke victim within 3 hours, the effects of a stroke can be reversed...totally. He said the trick was getting a stroke recognized, diagnosed, and then **getting the patient medically cared for within 3 hours**, which is tough...

During a BBQ, a woman stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) .she said she had just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening. Jane's husband called later telling everyone that his wife had been taken to the hospital -(at 6:00 pm Jane passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some do not die. They end up in a helpless, hopeless condition instead.

Bystanders can recognize a stroke and get the timely medical attention needed by remember and executing the acronym **FAST**:

FACE - ask the person to smile.

ARMS - ask the person to raise both arms

SPEECH - ask the person to repeat a simple sentence; (i.e. It is sunny out today.) The response should be coherent.

TIME It is important to get medical assistance **as soon as possible**. If he or she has trouble with **ANY ONE** of these tasks, **call 911 immediately** and describe the symptoms to the dispatcher.

Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue... If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke..



MISSION: Health Ministry embraces Christ's healing ministry and seeks to enhance the physical, emotional, of health for our community.

VISION: Our vision is to successfully serve the total health care needs of every parishioner with the assistance of the Mary Mother Community.