

Rejuvenations News

December 2007

**Happy Holidays
from your friends at
Rejuvenations!**



We are online!

Our newsletter can now be found on our website at www.RejuvenationsPT.com

We need your email!

To receive notification by email of our next newsletter email us at: RejuveNewsletter@Yahoo.com

Your email address will be kept secure and confidential.

Inside this issue:

<i>Hot Stone Massage</i>	2
<i>Craniosacral Release</i>	2
<i>Annie's Angels</i>	3
<i>Puzzle</i>	3
<i>Senior Page</i>	4
<i>Power Outage Protocol</i>	5
<i>Snow Removal Tips</i>	6



Winter Has Arrived!



Winter is here once again. Time to dust off your boots, pull out your sweaters and dig out your shovel.

It is also time for the next issue of Rejuvenations News. We have included many articles to help you weather the winter with ease.

If you are missing the heat of summer, a Hot Stone Massage might be perfect for you. The article on page 2 explains the benefits of combining hot stones with massage.

Another technique you may not have tried yet is Craniosacral Release. The article on page 2 details the technique and the benefits.

We have also included articles on snow removal tips and power outage protocol that will help you during and after a winter storm.

There is a special page just for our senior friends. You can read winter safety tips and learn of the benefits of massage for seniors.

Annie's Angels is a local non-profit organization that we work with. You can read more about it on page 3. It's a great cause.

And don't forget this issue's puzzle!

Remember to take

advantage of our Winter Special to save 20% off your gift certificate purchases.

This issue and past issues of Rejuvenations News can now be found on our website. In an effort to conserve paper, we are now able to send an email link when new issues are available. To view your newsletter online instead of receiving a paper copy by mail, email us at RejuveNewsletter@Yahoo.com. Be sure to include your name in your email.

As always, we hope you enjoy this issue of Rejuvenations News.



Have a happy and safe winter!

Winter Special

Now through December 24

Save 20% on

Gift Certificate purchases.

Stop in or call for more details.



Hot Stone Massage

The use of hot stones has been around for thousands of years in many different cultures. Stones were the first tools of mankind, so it makes sense that they were used as a primitive tool for healing.

Every culture has some history on how stones were used. The Chinese used heated stones over 2000 years ago as a means of improving the function of internal organs. Ancient Romans used stones in saunas and baths. Native Americans still use stones as part of their ceremonial practices and sweat lodges.

At Rejuvenations, stones are used to provide a deep and comforting massage. The stones are heated in a sterilized water bath to a temperature ranging from 120



Photo courtesy of ABMP

to 130 degrees. The therapist removes the stones from the bath, dries them off and handles them to make sure they are not too hot before touching them to your body.

The stones are used as an extension of the therapist's hands, providing strokes similar to a Swedish massage. Stones can be used throughout the entire massage or incorporated just for specific areas of tension such as the neck and/or the back. Between stone usage, there will be noticeable warmth in the therapist's hands from handling the stones.

The heat from the stones has many benefits. Heat increases circulation and helps remove toxins from tissue. It also helps make

you relax by reducing stress and decreasing pain.

Hot stone massage is helpful with chronic pain because it decreases pain response. This allows the therapist to work deeper with less discomfort to trigger points.

Once past the inflammation stages, hot stone massage is beneficial for those with arthritic and Rheumatic conditions, strains and sprains. It also helps with joint stiffness, tension headaches and emotional stress.

Hot stone massage also increases body temperature, which helps you warm up on a cold winter day.

If you like heat then you will love a hot stone massage.

Craniosacral Release

Craniosacral Release, or CSR, is a very gentle technique used to enhance normal rhythm to the body's innermost pulse created by spinal fluid. It is sometimes compared to Reiki because there is very little movement of the therapist's hands.

Spinal fluid surrounds and protects the brain and spinal cord. This fluid flows, creating the body's innermost pulse. The pulse rate is only 7 to 10 beats per minute and feels like a gentle wave to a therapist's hands. Though present throughout the body, the wave can most easily be felt at the head (cranium) and the base of the spine (sacrum), which is why it is referred to as craniosacral rhythm.

Fascial restrictions throughout the body can cause craniosacral rhythm to be off. These restrictions can de-

velop from accidents, over time from poor posture or as the body's guarding response to stress.

The therapist uses gentle pressure to detect the subtle movement of the rhythm and to find restrictions that may be affecting it. Once the restriction is located the therapist will follow along the direction of pull that the restriction causes. This gives the tissue under the therapist's hands some slack so that it can soften and release, thus resetting the natural rhythm.

During a session one can feel heat, a sense of the tissues softening or a pulsing where the therapist is working or in other areas of the body. Directly after the session you may feel energetic, "spacey" or sleepy.

It takes about 24 to 48 hours for your body to adjust to the changes that were made. During this time you may feel a fluctuation of pain ranging from increased discomfort to pain free. This is due to a heightened awareness and/or the release of body restrictions.

By complementing the body's natural healing processes, CSR is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and is effective for a wide range of medical problems associated with pain and dysfunction. These include migraine headaches, chronic neck and back pain, chronic fatigue, stress and tension related problems, fibromyalgia and other connective tissue disorders, TMJ, Post-Traumatic Stress Disorder, and Post-Surgical Dysfunction.



Photo courtesy of ABMP



Annie's Angels

Bill and Diane DaGiau might look familiar to you. They own and operate Valerio's Kitchen at the Stratham Market Place. They are also the founders of Annie's Angels.

Annie's Angels is a non-profit organization founded to raise and distribute funds to various health care and research facilities. These include the Dana Farber Cancer Center, NH Muscular Dystrophy Association, AIDS Charities, and Lions Club Charities.

Named in memory of Bill's mother, Ann DaGiau, Annie's Angels functions as a memorial to all who have lost friends and family to devastating diseases.

One of the ways Annie's Angels raises money is



through Bill's participation in bike-a-thons. He has been riding for various causes for over 7 years, and has gone more than 24,000 miles for charities. He has completed 5 rides this year alone.

Bike-a-thons are just one of the ways Annie's Angels raises funds. Bill and Diane have also held such fun and innovative fund raisers as a benefit fashion show, a wine tasting night and a jewelry party. They have raffled off such items as tickets to a Boston Red Sox vs. Chicago White Sox game, Lindt chocolates and baskets of goodies. Since 2000, the DaGiau's and their angels have raised in excess of \$75,000 in monetary gifts and "gift in kind" donations.

Another way Annie's

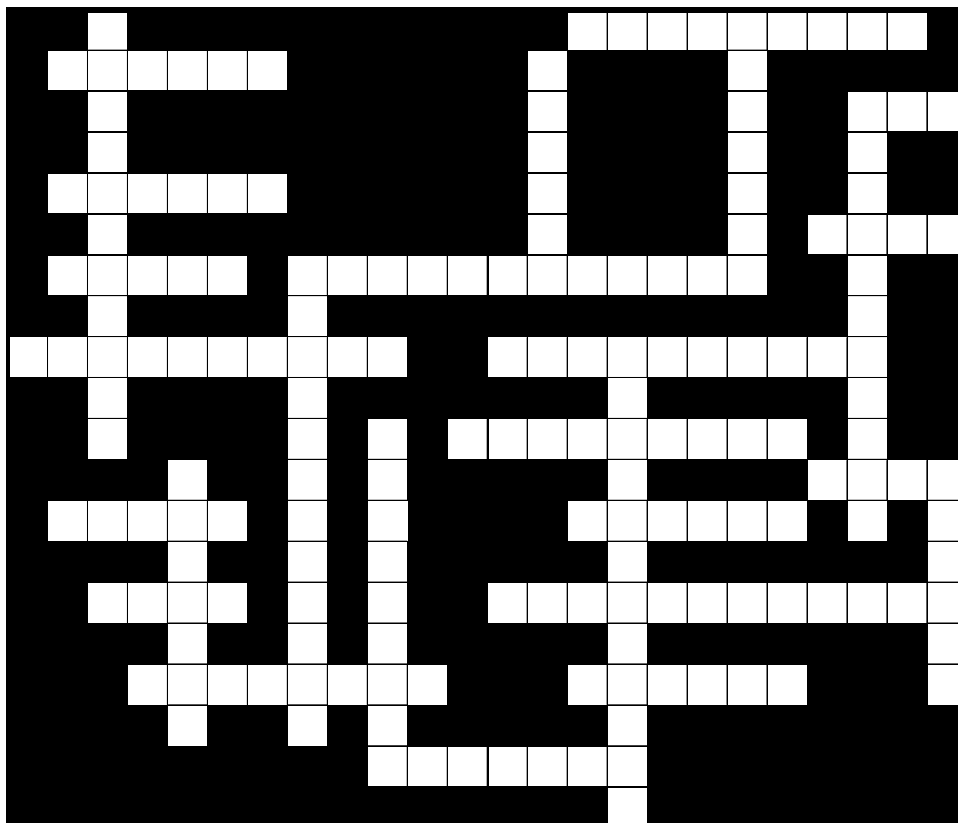
Angels raises funds is through their website. They have a dedication page where you can send in a message and/or photo of a loved one you wish to honor. There is also a link to the Annie's Angels apparel line at EmbroidMe of Stratham, which donates a portion of the proceeds to the cause. You can also make a secure donation right from the site.

While on the website, visit the gallery to see pictures of some of the fundraising events. And don't miss the heartwarming commentary from Bill on the home page.

If you prefer to give in person, stop in at Valerio's. They are open from 7:00am—6:00pm Mon. through Fri., and 9:00am—2:00pm on Saturdays.

Annie's Angels website address is:
www.AnniesAngels.net

Puzzle



3 Letters

Hot

4 Letters

Food
 Snow
 Tips

5 Letters

Power
 Water

6 Letters

Angels
 Annies
 Outage
 Safety
 Stones
 Winter

7 Letters

Removal
 Seniors
 Special

8 Letters
 Bacteria

9 Letters
 Charities
 Parasites
 Styrofoam

10 Letters
 Guidelines
 Perishable

11 Letters
 Circulation
 Contaminated
 Hypothermia

12 Letters
 Craniosacral
 Isolationism
 Purification



SENIORS' PAGE



Senior Massage

Touch is proven to be necessary to maintain good health and mental well-being. Illness, isolationism and depression are all increased when we live without human contact.

Many seniors lack touch in their day to day lives. Massage is a wonderful way to include contact from a caring therapist.

Along with the benefits of touch, there are also many other benefits associated with massage. Some of these are:

- Increasing circulation
- Relieving pain from tight muscles

- Improving joint health and mobility
- Improving coordination and posture
- Relieving itchy, dry skin
- Enhancing restful sleep
- Reducing swelling from excess water retention
- Speeding healing from injuries or surgery
- Easing breathing
- Increasing vitality, energy and mental alertness

Rejuvenation' therapist have extensive experience and training in Senior and Geriatric Massage. In addition to providing services at our clinic in Stratham, we also provide services at Riverwoods of Exeter every Thursday.

You should talk to your doctor before receiving massage if you have any of these conditions: congestive heart failure, kidney failure, phlebitis or cellulitis, blood clots, cancer, eczema or other skin lesions, active rheumatoid arthritis or gout, high fever, recent surgery, other chronic conditions.

Winter Safety Tips for Seniors

Winter brings many safety concerns for us all, but even more for seniors.

Medications, chronic ailments and a change in sensation of temperature all contribute to increased risk of heat disorder (hyperthermia) and cold disorder (hypothermia). The addition of ice and snow are factors contributing falls, which nearly one third of older adults experience annually in the US.

So, what further precautions should be made during the winter months? Here are a few suggestions from the Center for Aging & Community.

- *Tread carefully.* Put road salt, sand or kitty litter on sidewalks and driveways, and wear appropriate shoes outdoors. If the walks haven't been cleared, ask

friends or relatives for help with errands such as grocery shopping.

- *Avoid overwork.* Find someone to shovel snow and do other strenuous outdoor tasks. Cold weather causes blood vessels to constrict, increasing the risk of heart attack for people with heart disease or other conditions that strain the heart's ability to pump blood.
- *Exercise indoors.* Walk in place, use a stationary bike, or work out with a fitness video. Stretching exercises can help maintain flexibility and keep you active during the winter months. Remember to check with your doctor before beginning any exercise

program.

- *Socialize.* Depression is more prominent in older adults, and increases with social isolation. Make efforts to spend time with family and friends. If you can't get out, pick up the phone or email a friend.
- *Keep the heat on.* Inadequate indoor heat can cause hypothermia. Keep home temperatures above 65 degrees and dress in layers to maintain body temperature. If you have difficulty paying the heating bill, contact your gas or electric company for assistance.

Remember to bundle up when you go outside. And have a safe and wonderful winter!

POWER OUTAGE PROTOCOL

Food Safety

New England becomes a beautiful wonderland in the winter. Snow and ice on the trees and in the fields makes a sparkling, pristine picture. Snow and ice on the power lines, however, can create many problems.

Years of experience have taught New Englanders to be prepared for power outages. When storms are in the forecast we check our flashlight batteries, purchase bottled water and fill water jugs from the tap. We see dried foods, bread, peanut butter and canned goods like tuna fish disappear from store shelves. But do we know the proper handling of our refrigerated and frozen foods?

Below are the guidelines for proper food safety according to the experts at the US Department of Health and Human Services.



If the power is out for less than 2 hours, then the food in your refrigerator and freezer will be safe to consume. While the power is out, keep the refrigerator and freezer doors closed as much as possible to keep food cold for longer.

If the power is out for longer than 2 hours, follow the guidelines below:

- For the Freezer section: A freezer that is half full will hold food safely for up to 24 hours. A full freezer will hold food safely for 48 hours. Do not open the freezer door if you can avoid it.
- For the Refrigerator section: Pack milk, other dairy products, meat, fish, eggs, gravy, and spoilable leftovers into a cooler surrounded by ice. Inexpensive Styrofoam coolers are fine for this purpose.

- Use a digital quick-response thermometer to check the temperature of your food right before you cook or eat it. Throw away any food that has a temperature of more than 40 degrees Fahrenheit.

For more information on food safety after a power outage visit the following sites:

The American Red Cross provides tips on safely storing your food and a chart to help determine if your food is still safe.

The US Department of Agriculture provides a fact sheet and FAQs on food and water safety including guidance on when to discard perishable foods.

The CDC provides comprehensive food safety information.

Water Safety

Food safety isn't our only concern during a power outage. Water safety is equally important. The experts at the US Department of Health and Human Services have the following information and guidelines for water safety:

When power goes out, water purification systems may not be functioning fully. Safe water for drinking, cooking and personal hygiene includes bottled, boiled, or treated water. Your local health department can make specific recommendations for boiling or treating water in your area. Here are some general rules concerning water for drinking, cooking, and personal hygiene.

- Do not use contaminated water to wash dishes, brush your teeth, wash and prepare food, wash your hands, make ice, or make baby formula. If possible, use baby formula that does not need to have water added. You can use an alcohol-based hand sanitizer to wash your hands.
- If you use bottled water, be sure it came from a safe source. If you do not know that the water came from a safe source, you should boil or treat it before you use it. Use only bottled, boiled or treated water until your supply is tested and found safe.
- Boiling water, when practical, is the preferred way to kill harmful bacteria and parasites. Bringing water to a rolling boil for 1 minute will kill most organisms.
- When boiling water is not practical, you can treat water with chlorine tablets, iodine tablets, or unscented household chlorine bleach (5.25% sodium hypochlorite).



For information on treating water and more water safety tips, visit the US Department of Health and Human Services website. And have a happy and safe winter!

Winter Safety Tips

Here are some more tips to help you have a safe winter.

Frostbite is the most common cold related injury. It is an injury to the body caused by freezing of skin tissue. It most often affects the nose, ears, cheeks, chin, fingers or toes.

Frostbite can permanently damage the body and severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation, those who drink alcoholic beverages, the elderly and people who are not dressed properly for extremely cold temperatures.

Frostbite Warning Signs:

- Gray, white or yellow skin discoloration
- Numbness
- Waxy feeling skin

Hypothermia is a drop in body temperature, often caused by staying in a cold place for too long. Each year in the US, more than 700 people die of hypothermia.

Hypothermia can occur even inside a building. The thermostat should be set no lower than 65 or 70 degrees if the occupants are 75 or older.

Symptoms of Hypothermia:

- Confusion
- Dizziness
- Exhaustion
- Severe shivering

If you have any of these symptoms of frostbite or hypothermia, seek medical attention immediately.

Keep a *winter storm survival kit* in your car. This should include:

- Blankets
- Food
- Flares
- Chains
- Gloves
- First aid supplies

Always allow extra time when traveling in the winter. Monitor weather conditions carefully and adhere to travel advisories.

To stop the spread of colds and flu:

- Cover your mouth and nose when you sneeze or cough
- Clean your hands often
- Avoid touching your eyes, nose or mouth
- Stay home when you are sick
- Get plenty of rest
- Manage your stress level
- Drink plenty of fluid

Have a safe and happy winter!



Snow Removal Safety Tips



Snow removal is an important part of winter in New England. It provides great exercise when done properly. When done improperly, however, it can cause serious injury.

Here are a few tips to remove snow safely:

- Wear sturdy shoes or boots. Rugged soles help prevent slips and falls.
- Stretch before you go out. Stretching to warm your muscles may prevent injuries.
- Dress appropriately. It does not have to be below freezing to experience a cold emergency. Prevent hypothermia by keeping warm with a winter coat, gloves and a hat.
- Keep dry. If your clothing gets

wet you should immediately change. Wet clothing loses its insulating value and can cause hypothermia.

- Don't smoke while shoveling. Smoking constricts blood vessels just as cold weather does. The combination of the two can be dangerous.
- Be careful. Watch your step, and never use your hands to unclog a snow blower.
- Don't overdo. The cold weather puts an added strain on the body and especially on the heart. Pace yourself and take frequent breaks.
- Keep hydrated. As with any form of exercise, you should make sure you drink plenty of water while removing snow.

- Cover your mouth. This will protect your lungs from the air in extremely cold conditions.
- Help others. If you are healthy, offer to help friends, family and neighbors who are not, including seniors and people with disabilities.
- Stop if you experience pain. If you experience a shortness of breath, stop and rest. If you feel pain or tightness in your chest, stop immediately and call for help.
- Work in pairs. Have a partner monitor your progress and share the workload.

Visit our online newsletter for more winter tips.