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E E P U O T O U O H O U S E T
G R O U C H S T O U L A W R
O H I T R S P O C S E C Z N O O
R U C O R U O F F O L O O N B
O O O T O U R U O R B U D L
U D T S U O J Z T O P O Z F E
T O T U O L C Z U I S U D P S
E U R N L E J S O C Z T Z U U
C S U C F A P C O T S U U O O
U Z E O O T E S C O R A O O M
U S D N U T S C Z O G H T O
O U U R E S U O R T R O U T U
L O U Z G F L B U O O Z U O R
F L O U C Z D E R H S I R U O Z

Try your luck at this word search puzzle. All words are "ou" words. Good Luck!

- | | | | | |
|----------|----------|---------|--------|---------|
| ANNOUNCE | FLOUT | MOURN | POUND | STOUT |
| AROUSE | FOUL | MOUSE | PROUD | TOUCH |
| BOUT | FOUNTAIN | NITROUS | ROUGE | TOUGH |
| CLOUT | GOUT | NOUGAT | ROUND | TOUPEE |
| DOUBLE | GROUCH | NOUGHT | ROUTE | TOUR |
| DOUGH | HOUND | NOUN | SCOUR | TROUBLE |
| DOUR | HOUSE | NOURISH | SCOUT | TROUPE |
| DOUSE | JOUST | OUTLAW | SPOUSE | TROUSER |
| FLOUNCE | LOUNGE | PIOUS | STOUND | TROUT |
| FLOUNDER | LOUSE | POROUS | STOUP | WOULD |
| FLOUR | | | | WOUND |

Controlling Infection

DOES YOUR HOME GET A 'C' FOR CLEANISH?

Controlling the spread of infectious germs around the house doesn't have to be an overwhelming task. Following some simple rules can drastically cut the chance of illness:

Prevent cross-contamination. Use a different implement (broom, mop, sponges) for each cleaning task in the kitchen and bathroom.

Disinfect cutting boards after each use and use different cutting boards. One for vegetables and fruits and one exclusively for meats. Or, mark each side of one board: One side for vegetables and fruits, the other side for raw meats.

Replace sponges frequently. Sponges and scrubbers provide the warm, moist conditions and trapped food particles on which bacteria thrive. Bacteria multiply rapidly, increasing from a few to millions in a matter of hours. Between uses, clean sponges with an antibacterial cleaning product and let air dry or microwave a wet, not dry, sponge for two minutes.

Empty the vacuum. Dangerous organisms, such as Salmonella, could be multiplying in the vacuum cleaner bag, waiting to be released into the air every time you vacuum. Bagless vacs should be emptied after every use. For vacs with collection bags, empty at least monthly.

Disinfect the garbage can. Germs that grow in your garbage can don't always stay there. It's common for

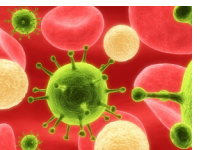
plastic liners to leak, allowing waste to collect on the bottom of the can or bin. Then, when someone empties the container and sets the bag on the floor, counter, or chair, bacteria spread to that surface, as well as to his or her hands. Clean and disinfect the garbage can weekly, and use antibacterial bags.

Clean the can opener. That little bit of juice or food left on the blade after you open a can invites bacterial growth.

Change the towels. The average person sheds 1 million skin cells an hour. Bath towels harbor those cells and their bacteria, and can serve as a terry-cloth Petrie dish if they're folded and left in a damp bathroom. Hang towels unfolded to let them air-dry, and replace them with clean towels after three uses.

Protect your toothbrush. Every time an open toilet is flushed, a fine mist of fecal matter and bacteria sprays 20 feet in the air. Keep your toothbrush in a drawer or cabinet. You should also sanitize your toothbrush daily by rinsing it with peroxide or mouthwash or run it through your dishwasher. Even though the germs on your toothbrush are your own, they can multiply to enormous numbers between uses.

From: www.medicalnewstoday.com
Centers for Disease Control



Pay Period		Time Sheets Due By 1 p.m. C.S.T.	Pay Day
02/16/11	TO 02/28/11	3/03/2011	3/10/2011
03/01/11	TO 03/15/11	3/18/2011	3/25/2011
03/16/11	TO 03/31/11	4/04/2011	4/11/2011
04/01/11	TO 04/15/11	4/19/2011	4/28/2011
04/16/11	TO 04/30/11	5/04/2011	5/11/2011
05/01/11	TO 05/15/11	5/18/2011	5/25/2011
05/16/11	TO 05/31/11	6/03/2011	6/10/2011

CAREGIVING DUTIES

Care-giving involves many tasks. Sometimes as a caregiver, you have to help your consumer move to a chair or be asked to pick up a heavy object. Although this may seem simple enough, it is easy to be injured and left unable to perform your care-giving duties.

Paying attention to the safest way to move your body—and the person in your care—will keep you from unnecessary injury. Most muscle strain injuries to both the caregiver and care recipient are preventable if you follow some simple rules.

The proper use of our bodies is called body mechanics. It involves standing and moving in ways that prevent injury, avoid fatigue and make the best use of strength. When you learn how to move, control and balance your own body, it's easier to control and help or move another person. The following hints will help you use proper

body mechanics and be safe.

- Only lift as much as you can comfortably handle.
- Always let the person you are helping know what you are going to do.
- To create a base of support, stand with your feet 8—12” apart, with one foot a half step ahead of the other.
- Bend your knees slightly.
- Keep your spine in a neutral (normal arched, not stiff) position while lifting **USE YOUR LEGS** instead of your back to do most of the work—leg muscles are stronger than back muscles.
- If you can adjust the bed, keep the top at about waist level. If it is too low or you are tall, put one foot on a footstool to relieve pressure on your lower back.

Tax Returns

This year LINK will not be offering help with Income tax returns through AARP. There is a phone number available to call and set up appointments. It is 913-609-0795. They take calls on **Tuesdays** and **Thursdays** from **9a.m. to 4 p.m.** only. **Do not leave a message, as no calls will be returned.**

This is for taxpayers with low- and moderate income with special attention to those 60 and older. The returns will be done at Messiah Lutheran Church, 2000 Main St., Hays.

To all of our PCA's who celebrate a Birthday in March and April!

HAPPY BIRTHDAY!



Clean hands are healthy hands



Wash your hands frequently. Always after toileting, handling raw foods or whenever you've been in contact with anything or anyone "suspicious", and periodically throughout the day. Our bodies naturally carry on them germs. Most of these germs are harmless, and some are even essential to our health! However, germs from other sources, such as raw meat, can also survive on hands, and these can be easily transferred to other surfaces, increasing the risk of cross-contamination. Because our hands are in frequent contact with our eyes, nose, and mouth, it's easy to see how dirty hands spread germs and illnesses, everything from the common flu to food poisoning.

As important as it is to wash your hands, it's equally important to dry them correctly too. The bacteria and viruses that are left on your hands after even a good washing thrive on moist skin, so until you dry your hands thoroughly after each wash, you can't prevent germs from spreading. Researchers found that the most effective way of reducing hand-borne bacteria is to dry thoroughly washed hands on clean paper towels.

Hand sanitizer gels can be used to kill germs, but they should not replace hand washing. Hand sanitizers can build up on skin, so wash your hands the regular way—with soap and warm water—after every fourth use. From: Centers for Disease Control

March 2011

Happy  St. Patrick's Day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Time Sheets due before 1 pm CST	4	5
6	7	8	9	10 \$ Pay Day \$	11	12
13 Daylight Savings time starts, spring forward 1 hr. 	14	15	16	17 	18 Time Sheets due before 1 pm CST	19
20	21	22	23	24	25 \$ Pay Day \$	26
27	28	29	30	31		

Happy Easter

April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Time Sheets due before 1 pm CST	5	6	7	8	9
10	11 \$ Pay Day \$	12	13	14	15	16
17	18	19 Time Sheets due before 1 pm CST	20	21	22 LINK closed Good Friday	23
 Happy Easter!	25 LINK closed Easter Monday	26	27	28 \$ Pay Day \$	29	30