



**Your Source of Mental Health
Information, Entertainment
& Critical Thinking**

FROM THE DIRECTOR

March , 2007

Sometimes in this busy world we live in things change. Not all change is bad and sometimes it can be good. But in a world of uncertainty and doubt we often fear the unknown. But I have learned that there is nothing to fear but fear itself. In last months meeting I told you all to never lose hope ... Do not

find your way. In saying that, I am finding my way as well and need to say good-bye. I had hoped that PNG would be a place for me to call home but I believe there is someone far more fitting for all of you to have as your director. I wish each and everyone of you the very best as you move forward in your lives and

your recovery....

Sincerely,
Stephanie Sauro

PRESENTING April 5th 2007 ...

Presenters: Mary Alice Brown, Phyllis Reisman, Christine Wilson

Title: The Recipient Advisory Committee

The Recipient Advisory Committee is a group that acts in an advisory capacity to the Bureau of Recipient Affairs and the Commissioner

of the NYS Office of Mental Health. Meetings are held quarterly and are open to everyone.

The presenters will talk about the mission and goals of the Recipient Advisory Committee, and report on their experiences at the December 4 & 5,

2006 meeting held in Albany.

Also, Monica Gullocta from NAMI will be giving a brief overview on Upstate Group for Panic, Anxiety & Depression.

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Famous First by American Women



1901 On October 24, 1901, Annie Edson Taylor, a schoolteacher from Michigan, becomes the first person to go over Niagara Falls in a barrel.

1587 Virginia Dare is the first person born in America to English Parents.

1650 Anne Bradstreet's book of poems, *The Tenth Muse Lately Sprung Up in America*, is published in England, making her the first published American woman writer.

1707 Henrietta Johnston begins to work as a portrait artist in Charles Town (now Charleston), South Carolina, making her the first known professional woman artist in America.

1766 Mary Katherine Goddard and her widowed mother become publishers of the *Providence Gazette* newspaper and the annual *West's Almanac*, making her the first woman publisher in America. In 1775, Goddard became the first woman postmaster in the country (in Baltimore), and in 1777 she became the first printer to offer copies of the Declaration of Independence that included the signers' names. In 1789 Goddard opened a Baltimore bookstore, probably the first woman in America to do so.

1767 Anne Catherine Hoof Green takes over her late husband's printing and newspaper business, becoming the first American woman to run a print shop. The following year she is named the official printer for the colony of Maryland.

1790 Mother Bernardina Matthews establishes a Carmelite convent near Port Tobacco, Maryland, the first community of Roman Catholic nuns in the Thirteen Colonies. (the Ursuline convent established in New Orleans in 1727 was still French territory.)

1792 Suzanne Vaillande appears in *The Bird Catcher*, in New York, the first ballet presented in the U.S. She was also probably the first woman to work as a choreographer and set designer in the United States.

1795 Anne Parrish establishes, in Philadelphia, the House of Industry, the first charitable organization for women in America.

1809 Mary Kies becomes the first woman to receive a patent, for a method of weaving straw with silk. Elizabeth Ann Seton establishes the first American community of the Sisters of Charity, in Emmitsburg,

Maryland. In 1975 she became the first native-born American to be made a saint by the Roman Catholic Church.

1849 Elizabeth Blackwell receives her M.D. degree from the Medical Institution of Geneva, NY, becoming the first woman in the U.S. with a medical degree.

1853 Antoinette Blackwell becomes the first American woman to be ordained a minister in a recognized denomination (Congregational).

1864 Rebecca Lee Crumpler becomes the first black woman to receive an M.D. degree. She graduated from the New England Female Medical College.

1866 Lucy Hobbs becomes the first woman to graduate from dental school, the Ohio College of Dental Surgery.

1869 Arabella Mansfield is granted admission to practice law in Iowa, making her the first woman lawyer. A year later, Ada H. Kepley, of Illinois, graduates from the Union College of Law in Chicago. She is the first woman lawyer to graduate from a law school.

1872 Victoria Claflin Woodhull becomes the first woman presidential candidate in the United States when she is nominated by the National Radical Reformers.

1873 Ellen Swallow Richards, the first woman to be admitted to the Massachusetts Institute of Technology, earns her B.S. degree. She becomes the first female professional chemist in the U.S.

1879 Belva Ann Lockwood becomes the first woman admitted to practice before the U.S. Supreme Court.

Mary Baker Eddy establishes the Church of Christ, Scientist, becoming the first woman to found a major religion, Christian Science.

1885 Sarah E. Goode becomes the first African-American woman to receive a patent, for a bed that folded up into a cabinet. Goode, who owned a furniture store in Chicago, intended the bed to be used in apartments.

1887 Susanna Medora Salter becomes the first woman elected mayor of an American town, in Argonia, Kansas.

1896 Alice Guy Blache, the first American woman film director, shoots the first of her more than 300 films, a short feature called *La Fee aux Choux* (The Cabbage Fairy).

1897 H.H.A. Beach's "Gaelic Symphony" is the first symphony by a woman performed in the United States, and possibly the world.

1901 On October 24, 1901, Annie Edson Taylor, a schoolteacher from Michigan, becomes the first person to go over Niagara Falls in a barrel.

1914 Mary Davenport-Engberg is the first woman to conduct a symphony orchestra, in Bellingham, Washington.

1916 Jeannette Rankin of Montana, is the first woman to be elected to the U.S. House of Representatives.

1921 American novelist Edith Wharton becomes the first woman to win a Pulitzer Prize for fiction. She wins the award for her novel *The Age of Innocence*.

1922 Rebecca Felton, of Georgia, is appointed to the U.S. Senate to fill a temporary vacancy. The first woman senator, she serves for only two days.

1925 Nellie Tayloe Ross becomes the first woman to serve as governor of a state, in Wyoming. In the fall of 1924 she was elected to succeed her deceased husband, William Bradford Ross. (Miriam Amanda "Ma" Ferguson is inaugurated governor of Texas days later.)

1926 American Gertrude Ederle becomes the first woman to swim across the English Channel.

1931 Maxine Dunlap becomes first American woman to earn a glider pilot license.

1932 Amelia Earhart becomes the first woman to fly solo across the Atlantic, traveling from Harbor Grace, Newfoundland to Ireland in approximately 15 hours.

Hattie Wyatt Caraway, of Arkansas, becomes the first black woman elected to the U.S. Senate.

1934 Lettie Pate Whitehead becomes the first American woman to serve as a director of a major corporation, The Coca-Cola company.

On October 23, 1934, American adventurer Jeanette Piccard sets an altitude record for female balloonists when she ascends 57,579 feet.

1946 Mother Maria Frances Cabrini (1850 - 1917) is canonized by Pope Pius XII. She is the first U.S. citizen (she was born in Italy) to become a saint.

Edith Houghton becomes the first woman hired as a first major-league baseball scout.

1953 Jerrie Cobb is the first woman in the U.S. to undergo astronaut testing. NASA, however, cancels the women's program in 1963. It is not until 1983 that an American woman gets sent into space.

1960 Oveta Culp Hobby becomes the first woman to serve as Secretary of Health, Education, and Welfare. She is also the first director of the Women's Army Auxiliary Corps (WAAC), and the first woman to receive the U.S. Army Distinguished Service Medal.

Jacqueline Cochran breaks the sound barrier by flying an F-86 over Roger's Dry Lake, California, at the speed of 652.337 miles per hour. Eleven years later, she flies at a speed of 1,429.2 miles per hour, more than twice the speed of sound.

1964 Margaret Chase Smith, of Maine, becomes the first woman nominated for president of the United States by a major political party, at the Republican National convention in San Francisco.

1965 Patsy Takemoto Mink, of Hawaii, is the first Asian-American woman elected to Congress. She served in the U.S. House of Representatives for 24 years.

1967 Muriel "Mickey" Siebert becomes the first woman to own a seat on the New York Stock Exchange and the first woman to head one of its member firms.

1969 Shirley Chisholm, of New

York, becomes the first African-American woman in congress. Her motto is, "Unbought and unbossed." She served in the U.S. House of Representatives for 14 years.

Shirley Chisholm (D-NY) becomes the first black woman U.S. representative.

1970 Diane Crump becomes the first female jockey to ride in the Kentucky Derby.

1972 Sally Jean Priesand is ordained as the first woman rabbi in the United States.

Juanita Kreps becomes the first woman director of the New York Stock Exchange. She later becomes the first woman appointed Secretary of Commerce.

1975 Elizabeth Ann Seton is canonized, making her the first American-born saint.

1976 Sarah Caldwell becomes the first woman to conduct the New York's Metropolitan Opera House.

1981 Sandra Day O'Connor is appointed by President Reagan to the Supreme Court, making her its first woman justice.

1983 Dr. Sally K. Ride becomes the first American woman to be sent into space.

1984 Geraldine Ferraro is the first woman to run for Vice-President on a major party ticket.

1985 Wilma Mankiller becomes the first woman Chief of Cherokee Nation of Oklahoma.

1989 Ileana Ros-Lehtinen, of Florida, becomes the first Hispanic woman elected to Congress. She serves in the U.S. House of Representatives.

In Boston, the Reverend Barbara C. Harris becomes the first woman consecrated as a Bishop in the Episcopal Church.

1990 Dr. Antonia Novello is sworn in as U.S. Surgeon General, becoming the first woman (and first Hispanic) to hold that job.

1991 On January 2, Sharon Pratt Dixon is sworn in as mayor of Washington, D.C., becoming the first black woman to serve as mayor of a major city.

1992 Carol Moseley-Braun, of Illinois, becomes the first African-American woman elected to the U.S. Senate.

Mae Jemison becomes the first black female astronaut.

1993 Shiel Widnall becomes the first secretary of a branch of the U.S. military when she is

appointed to head the Air force.

Janet Reno becomes the first woman U.S. attorney general.

Toni Morrison becomes the first African-American woman to win the Nobel Prize for literature.

Madeleine Albright is sworn in as U.S. Secretary of State. She is the first woman in this position as well as the highest-ranking woman in the United States government.

1998 During Operation Desert Fox in Iraq, Lt. Kendra Williams, USN, becomes the first U.S. female combat pilot to bomb an enemy target.

1999 Lt. Col. Eileen Collins is the first woman astronaut to command a space shuttle mission.

Nancy Ruth Mace is the first female cadet to graduate from the Citadel, the formerly all-male military school in South Carolina.

2005 Condoleezza Rice becomes the first African-American female Secretary of State.

2006 Effa Manley, co-owner of the Negro Leagues team Newark Eagles, becomes the first woman elected to the Baseball Hall of Fame.

2007 Nancy Pelosi (D-Calif.) becomes the first woman speaker of the House of Representatives.

Harvard University names Drew Gilpin Faust its first woman president in the school's 371-year history.



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Single Parenting: Three tips for Successful Single Parenting

Single parenting is challenging, but you can function as both mom and dad. I say this not to devalue the importance of a child having two significant adults in his life, but to inspire those who are truly alone in the world. There are many examples of fine men and women who have been raised by single moms or dads. In this article, we will explore the effects of single parenting and offer some important tips. Possible Effects: The effects of divorce on a child have been well documented. Children of divorce have a higher risk of problems associated with adjustment, behavior or social skills. This is most likely due to the stress and trauma created around the break-up. If parents can handle divorce in an amicable way, still coming together as a team to support the best interest of the child, then the risks are small. Obviously, single parenting does not always mean raising children of divorce. Some parents have never been married, others have survived the death of their spouse. These adults are impacted by the same issues faced by divorce parents: isolation, lack of support, financial struggles and emotional overwhelm. When an adult is constantly stressed, the child absorbs and mirrors these feeling states.

Single Parenting Tips:

- **Get support.** You need to have friends, relatives or a support group that can help you manage your stress. Remember, your child reflects your feelings. If you are not relaxed, your child cannot be either. If there is no support group in your area, start your own. Get together to talk about the single parent experience. Offer to watch each others' children to get some time on your own or take care of things that you can't do with your child. It is important to have some alone time, away from your child and job, so that you can unwind and regroup.
- **Find a Mentor.** In a perfect world, single adults would work together to help each other raise their children, providing role models of both genders for every child (and perhaps this is something you can facilitate if you start a single parent group). A role model can be a coach, a teacher, someone from a group or association or someone from your church. Make sure you know who this person is before you let them be around your child. Know that adults who prey upon kids often volunteer their services in order to get next to your child. These people will seem normal and will work hard to gain your trust, but I your gut, you will feel that something is not right. Trust your gut and protect your child. Proceed carefully and wisely, but don't underestimate the importance of a mentor of the same gender in your child's life.
- **Connection and Communication.** Single parenting means working twice as hard to form strong bonds with your child. Bonding is all about connection, communication and being there as guide and witness during the tough, triumphant and mundane moments of your child's life. Every child needs someone to feel safe with, someone with whom they can let down their guard. In a two parent marriage, one partner may provide support when the other is unavailable for a variety of reasons. As a single parent, you are the sole support. Despite this, connecting and communicating with your child in a positive manner feels good and will energize you in ways that will allow you to meet your child's needs.
- **Engage your child in activities she loves.** Be an active participant in your child's growing awareness of the world and what interests her. When you do something with your child, remember that children are process-oriented, while most adults tend to be goal-oriented.

March is National Craft Month Submitted by SBS Clubhouse



Many members have found a new craft this winter with the knitting looms. These looms can be purchased in any craft store such as Joann's Fabric, AC Moore crafts and (if you have to) Wal-Mart. Many found it easy and fun and have shared this craft with other members. On occasion you can find several ladies at the clubhouse talking together while they loom. Items that have been made are hats of all sizes, (the little baby ones are so cute), scarves, and hand bags. One member lined her bags with matching fleece and they are very nice. If you have never done a craft, this is the one to start with. It is quick and easy. The looms come with basic instructions (with pictures) but here are just a couple of basic stitches to start you on your way to a new hobby.

Basic Instructions: E wrap, Cast on your loom in a clockwise direction by going around each peg with the yarn in a counterclockwise direction, as in forming a cursive e.

Single stitch: Using the e-wrap method, wrap the yarn around the knitting loom once. Repeat from one more time (2 loops on each peg) Lift the bottom loom off the peg, leaving the top loom on the peg. The single stitch is also known as the 1 over 1 stitch.

There are several nice web sites to find free patterns or you can be creative and make up your own like Crystal did at SBS. She has made some great hand bags.

<http://www.bevscountrycottage.com/how-to-loom-knit.html>

<http://www.loomknit.com/>

Also keep in mind that knitting is a form of meditation. As knitters know, the craft is much more than the finished project. By looking at the parallels between knitting and meditation - how simple, repetitive actions can lead to a greater connection with the world -Knitting will enrich your life! Happy Craft Month!

Since March 23rd is Toast Day: I went and looked up some information about Toast; and this is what I found:

Toast

Form Wikipedia, the free encyclopedia

Toast is bread that has been browned by exposure to dry heat. This browning reaction is a form of Maillard reaction. Toasting warms the bread and makes it crisp so that it holds toppings more securely. Toasting is also a common method of making stale bread more palatable. Toast is often eaten with toppings such as butter, cheese, peanut butter, jam, marmalade and Marmite.

Etymology

It derives from 12th century vulgar Latin, *tostare* meaning to "roast," which is a stem of the Latin word *Torrere* which means "to parch, dry up, roast, scorch." The modern day word "toast" comes from Old French and first appeared in 1398. It means "to brown with heat." The word meaning "a toasted piece of bread" is first recorded in 1430. The toaster as an appliance was first used in 1913. The term "toast" was apparently first coined by Kohan Van Sambeeck, although some say that he was the one who popularized the term, and that Beau Ward may have been the first. Little is known about these two.

Toasting methods

The usual method of toasting bread is by the use of a toaster, a small appliance made for that purpose. To use a modern toaster, simply place sliced bread into the narrow slots on the top of the toaster, tune it to the correct setting (some toasters have more elaborate settings than others) and push the lever down. The toast is done when the lever pops up along with the toast. If the toast is not done to the user's liking, press the lever down again. Originally, toasting was not this easy; one of the first home toasting appliances that was available would only toast one side of the bread at a time, so the bread had to be flipped over half way through if one preferred both sides toasted. Bread can also be toasted under a grill, in an open oven, or lying on an oven rack. Toaster ovens are special small appliances made for toasting bread or for heating small amounts of other foods. Bread can also be toasted by holding it near but not directly over an open flame, such as a campfire or fireplace; special toasting utensils (e.g. toasting forks) are made for this purpose. Another device for preparing toasted bread outdoor is the folding camping toaster; holding hour slices of bread the folding camping toaster; holding four slices of bread the folding camp toaster is typically placed over a camp fire or open flame to prepare. Some brands of sliced bread specifically marketing their suitability for toasting. Toast is also common as comfort food, or as a baby's first solid food.

Preparation and Use

Unless the consumer enjoys their toast burnt, care must be taken while toasting bread to avoid burning it. burnt toast is probably carcinogenic, as it has elevated levels of ben-zopyrene. Toast is commonly eaten with butter or margarine spread over it/ people on some countries spread a yeast extract, such as marmite or vegemite on toast. Others sprinkle a mixture of two parts sugar and one part cinnamon on bitter toast, creating cinnamon toast. Those who prefer single sided toast generally prefer the toppings to be on the untoasted side. It may also be eaten dry or with additional or alternative preserves, spreads or other toppings. Toast and jam or jelly or toast and marmalade are British breakfast favorites. Toast is sometimes used instead of fresh bread for making sandwiches. Toast is a common component of many breakfasts, and is also used in some traditional bland specialty diets for people with gastrointestinal problems such as diarrhea, or morning sickness during pregnancy, such as the BRAT diet consisting of bananas, rice, apples (or applesauce), and toast. Bread can also be cubed before being toasted, sometimes after being coated with seasonings. These toasted cubes are called croutons, and are often added to salads, soups, and other dishes.

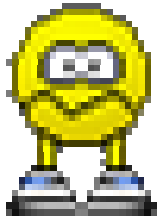
Trivia

- An old French joke credits the English as inventing toast as the only way to butter the bread in their climate.
- According to conventional wisdom, toast always lands buttered-side down. It has been found that this holds true when toast is sliding off a table, where both the table and the toast are of typical geometries. This was confirmed by the MythBusters season 2 episode, "Is Yawning Contagious?" They still called the myth "busted", since randomly tossed toast as well as toast dropped edge-on would land just as many times buttered-side up as buttered-side down.
- The flavor of toast is different to that of bread because the starch in the bread is converted to dextrose through heat exposure.
- Comedian Heywood Banks is perhaps best known for his song entitled "Toast". In live appearances, he sings while using a toaster as a percussion instrument.
- English Singer Paul Young before becoming a solo artist was lead singer of Streetband whose single Toast peaked at number 18 in the UK singles chart in 1978.
- In the cult tv series Red Dwarf, Lister is harassed by a toaster who will not give up his relentless pursuit of wanting to make toast or other bread products. He is often heard saying, "Anybody want any toast?"
- The phrase "You're Toast" is used to refer to those who are about to suffer brutal damage at the hands of the

Is Stress Contagious? The Health Risk of Secondhand Stress

By Caroline Hwang

Women are particularly prone to absorbing the stress spillover from their friends and family. But you can help them through their distress without adding to your own.



Dealing with Others' Stress

Since January, Lisa, 45, has been walking on eggshells at work. This would be fine if she were a chicken farmer. But Lisa is a hospital research assistant in Columbus, Ohio, and the people in her small department periodically end up tiptoeing around one particular staff member because she's so high-strung.

"She won't even tell us what's stressing her out," says Lisa. "She just becomes sullen and snappish and seems about to come apart. It's hard not to absorb her tension. At the end of the day, I'm emotionally exhausted." Lisa and five coworkers have each tried to talk to the "dark cloud" as well as to their manager about the problem—but to no avail. "We've reached our breaking point, we're so frustrated. She won't let any of us help her and our supervisor, while sympathetic, says she can't require someone to be cheerful—or pleasant, even."

To be sure, dealing with someone else's stress is, well stressful, while at first you may try to be understanding, eventually, if there's no improvement, you may wind up like Lisa, feeling the strain yourself. In effect, another person's stress can spread like secondhand smoke: It becomes your problem because you're there.

"Other people's excessive or ongoing stress pollutes the environment," says Brad Gilbreath, PhD. Associate professor of organizational leadership and supervision at Indian University-Purdue University at Fort Wayne. "It erodes civility and causes anxiety. A stressed person is a loose cannon. You never know what is going to set them off when, and that's enormously unsettling."

It seems counterintuitive: You would think that being once removed from the source of stress would help to blunt its harshest effects. But secondhand stress is often just as corrosive, since you're powerless to deal with it directly. With firsthand stress, after all, you can act—confront your problems, attempt a resolution, count to 10. With secondhand stress, often you can't do much more than stand there and take it.

Women and Stress

Generally speaking, the people most likely to cause you secondhand stress are those closest to you—your husband, kids, parents, coworkers you see everyday—since their problems have direct, as well as indirect, consequences for you. If your husband is afraid that he'll be downsized, for instance, on top of dealing with fallout from his stress you'll be worrying about your own financial security.

Women may be more likely than men to absorb the stress of their loved ones. "We're raised to pay attention to the emotional needs of others and to take care of them, which makes us more vulnerable to their stress—elevated blood pressure, impaired digestion, and spotty memory, among other things—we shouldn't resign ourselves so readily. Although little research has been done on secondhand stress per se, research in other fields is beginning to suggest that, like cigarette smoke, secondhand stress may be more harmful than we'd realized.

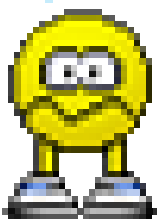
For example, it has been documented that emergency workers who deal with trauma victims—and who experience an extreme form of secondhand stress as part of the job—suffer from serious physical and emotional symptoms including muscle tension, fatigue, low energy, insomnia, and depression. Researchers in other fields are also catching glimpses of secondhand stress transmission and its very real impact: Studies of infants at the National Jewish Medical and Research Center at the University of Colorado, in Denver, have found that when parents are under excessive

strain, their babies may be more likely to develop asthma and autoantibodies that put them at risk for diabetes. In another study, researcher Elaine D. Eaker, ScD, of Chilli, Wisconsin, found that men whose wives regularly come home upset from work were twice as likely to develop heart disease as those whose wives didn't bring work related stress home.

Of course, anyone who has ever experienced secondhand stress doesn't need research to know it's real. "I feel like a big tight knot." says Anne, 37, who works at a Detroit radio station as a traffic manager. "I can never relax." with a husband who just started working again after a period of unemployment and an officemate whose boyfriend died unexpectedly, Anne is doing double duty on the stress front. She has to work extra hard in the office to make sure nothing goes wrong that could upset her coworker, while her husband's new job worries mean that he's perpetually preoccupied. But more than coping with their edginess, Anne says it's her feeling of helplessness that stresses her, since she can't make them happier. "To compensate for feeling that I can't do anything for them, I try to do everything for them, in a sense," she says. "I'm tired and tapped out, but I worry that if I ease up, everything will go to hell."

Wanting to lighten a stressed-out person's load is nonetheless a common response. Rachel, 38, from Milwaukee, Wisconsin, wants to help her husband, whose job has become, she says, "all-consuming" since he began working at a start-up company. He's frazzled during the day and always brings work home at night. Though Rachel tries to help by taking on his household chores and letting him sleep in on week-ends, she is "starting to feel like a single parent," she says. "My husband is so preoccupied, he doesn't have anything left to give. I'm tired, too, and I'm lonely, but I just want everyone to be happy."

Secondhand stress is often just as corrosive, since you're powerless to deal with it directly. With firsthand stress, after all, you can act—confront your problems, attempt a resolution, count to 10. With secondhand stress, often you can't do much more than stand there and take it.



Certainly, there's nothing wrong with trying to protect and comfort someone. But when doing so increases your primary stress load, it can jeopardize your relationship with the very person you want to help. If your assistance goes unnoticed, you may find yourself in the confounding position of resenting the person you set assist. Spouses, who expect mutual support, often find themselves in this predicament. "I know he's under pressure and when my husbands short with me, I try to let it go," says Rachel. "But you can pretend the elephant isn't in the room for only so long, and then you have a blowup. Inevitably, though, I end up feeling horrible for adding to his stress."

In marriages this "tension spill-over," as sociologist call it, may become a stress spiral in which everybody suffers more and more. "A chronic stressor like a demanding job can make a person much more reactive to other little stressors and more primed for a fight," explains Elaine Wethington, PhD, an associate professor of human development and sociology at Cornell University, in Ithaca, New York. Your husband, say, may be on edge after a difficult day at work and blow up when the kids are late for dinner. The next day, he's even more likely to overreact to minor problems on the job.

How to Cope with Stressors

Worst-cases scenario: Second-hand stress, regardless of its original source, can actually take on a life of its own,, says Sonia J. Lupine, PhD, director of the Centre for Studies on Human Stress at Douglas Hospital/McGill University, in Montreal. "Stress hormones affect how you think, making you see situations as worse than they are," she says. "You may assume that the other person is stressed and react in anticipation. Then just hearing the sound of your husband's keys in the door can trigger your stress response, even if he's not stressed anymore."

Sadly, that's begun to play into the stress Lisa feels around her cranky coworker. "I literally get a sinking feeling when I wake up

and realize it's a weekday," says Lisa. "I love my job, but she's making me feel like I don't want to go in."

Since stress is contagious, wouldn't the best defense be to learn how not to feel others' pain? Wrong, experts say. "Feeling someone's stress is the trade-off for being an empathetic person who has friends she can rely on," says Dr. Wethington. And experts argue that our ability to catch the feelings of others—positive or negative—ultimately helps us connect with and care about people. "Emotional contagion, or empathy, serves a critical function in helping us relate to others," says John T. Cacioppo, PhD, director of the Center for Cognitive and Social Neuroscience at the University of Chicago. "We should strive for the ability to feel what others feel. "At the same time, experts say, there are ways to be empathetic and still look out for yourself.

"The best coping strategy is to tell the other person up front how his stress is affecting you," says Dr. Wethington. As obvious as that sounds, many women would rather squelch their feelings than assert their own needs. Avoid the temptation to shut up and put up and remember there are ways to express your concern—and voice your stress—empathetically. Ask how you can help, but set realistic limits so neither of you feels exploited. Verbalizing in this way also helps you wrest back some control. "It's a way to process and make sense of your emotions—and also to let go of them," Dr. Lupien explains.

Another strategy that exerts recommend is to work on regulating your feelings and responses. Of course when you're frantic and fed up, it's not easy to stand back from the situation and figure out the most logical course of action, especially if you're like Norma, 47, a stay-at-home mom in Boulder, Colorado. She describes herself as "the kind of person who grabs problems by the lapel," but when her sister was upset because her husband was involved in a disturbing legal dispute, Norma realized how her response

to her sister's stress was hurting their relationship. "My sister deals with stress by sleeping, and sometimes I just wanted to shake her," says Norma. "But I saw how my frustration and anger were driving her away, and I've learned to just be there for her and to model good choices."

Finely, you should regularly give yourself time to get away from your stressors, direct or indirect, and recharge our batteries, though, as Dr. Wethington acknowledges that's hard for women to do. "It doesn't have to be daily. It could be weekly," she says. "The point is to do something that makes you happy and increases your positive feelings, such as spending time with friends. That's one of the most successful ways to reduce stress."

Anne, the radio station traffic manager, has started using this strategy to survive while sharing an office and home with stressed out people.

"Every Thursday I have ladies' night with my pals," she says. "We go out to dinner, we catch a movie. We have fun. Initially being away for three hours seemed monumental. Would everything fall apart? But life seems to be staying on track without me. And those three hours away sustain me all week." After all, stress shouldn't be the only thing you catch from your friends.

Originally published in Ladies' Home Journal magazine, July 2006

YOU SHOULD REGULARLY GIVE YOURSELF TIME TO GET AWAY FROM YOUR STRESSORS, DIRECT OR INDIRECT, AND RECHARGE OUR BATTERIES, THOUGH, AS DR. WETHINGTON ACKNOWLEDGES THAT'S HARD FOR WOMEN TO DO. "IT DOESN'T HAVE TO BE DAILY. IT COULD BE WEEKLY," SHE SAYS. "THE POINT IS TO DO SOMETHING THAT MAKES YOU HAPPY AND INCREASES YOUR POSITIVE FEELINGS, SUCH AS SPENDING TIME WITH FRIENDS. THAT'S ONE OF THE MOST SUCCESSFUL WAYS TO REDUCE STRESS



In order to truly engage your child, you must allow yourself to become process-oriented when you play with her or engage her interests. This is how a single parent creates a bond that goes beyond meeting the child's physical and emotional needs.

Although single parenting can be tough, it is rewarding and fulfilling. If you incorporate these important tips into your life you are sure to create a healthy, loving relationship with your child. Your child's physical, emotional and spiritual well-being now and in the future depends on this.

Please remember that March 21st is Single Parent Day.

From: www.parenting-child-development.com

Men's Top 10 Health Threats: Mostly Preventable

Do you know what threatens men's lives the most? The list is surprisingly short. According to the Centers for Disease Control and Prevention (CDC), in 2003, just over a million American men died. Nearly 80 percent of them died of heart disease or one of the nine other leading causes of death among American men. Here's a snapshot of the 10 leading killers of American men in 2003, the most recent year for which these statistics are available from CDC:

These CDC statistics show men are at higher risk of death than are women in most of these categories. As a result, the average American man lives 5.3 fewer years than does the average woman. In 2003, male life expectancy was 74.8 years. Female life expectancy was 80.1 years. It's unclear why men have a shorter life span than women do. Inherited traits and male sex hormones may play a role, affecting such characteristics as body fat distribution. Specifically, men are more likely to accumulate fat around the abdomen (apple-shape obesity), which is associated with an increased risk of heart disease, diabetes, cancer and stroke. Women, on the other hand, are more likely to put on extra weight around the hips (pear-shaped obesity). While unhealthy, this type of fat distribution is not linked as closely to potentially fatal conditions.

Socially sanctioned "male" behavior also may predispose men to premature death. CDC statistics show men are more likely to smoke, drink, use illicit drugs and engage in casual sex than are women—all of which can increase their risk of serious diseases. Males are also more likely to take risks and behave aggressively, which may partly explain why they have a higher risk of dying from accidents, suicide and homicide. Young men are especially at risk. In young men, accidents, suicide and homicide are among the most frequent causes of death. In young and middle-aged men, AIDS is on the top 10 list. While experts are continually working to understand the underlying causes of death in men, one thing is clear: By recognizing the leading threats of your life, you can take steps to reduce your risks—and avoid the leading causes of death.

No. 1—Heart Disease

According to the American Heart Association, in 2004, over 410,000 men died of cardiovascular disease, the leading cause of death in both sexes. Because men usually develop heart disease 10 to 15 years earlier than women do, they're more likely to die of it in the prime of life. About one-fourth of all heart-disease-related deaths occur in men ages 35-65. You can reduce your risk of heart disease by making healthier lifestyle choices and getting appropriate treatment for other conditions that can increase your risk of coronary artery disease, such as high cholesterol, diabetes and high blood pressure. Some preventive measures you can take:

- Don't smoke or use other tobacco products.
- Eat a varied diet rich in fruits and vegetables, and avoid high-fat foods.
- Maintain a healthy weight.
- Get at least 30 minutes of exercise most days of the week.
- Have your cholesterol tested.
- If you have diabetes, keep your blood sugar under control.
- Get regular blood pressure checks.
- Take a daily dose of aspirin, if your doctor OKs it.

No. 2—Cancer

In 2003, the CDC recorded nearly 288,000 men who died of cancer, the second-leading cause of death for both sexes. Lung cancer—90 percent of it caused by cigarette smoking—is the most common cause of cancer death in both sexes. In 2003, 89,964 men died of lung cancer. The CDC also notes that prostate cancer and colorectal cancer are the second- and third-leading causes of cancer death in men. Some preventive measures you can take:

- Don't smoke or use other tobacco products.
- Eat a varied diet rich in fruits and vegetables, and avoid high-fat foods.
- Maintain a healthy weight.
- Get at least 30 minutes of exercise most days of the week.
- Limit your exposure to sun and use sunscreen.
- Drink alcohol only in moderation, if at all.
- Be aware of potential cancer-causing substances (carcinogens) in your home and workplace, and take steps to reduce your exposure to these substances.
- Have regular preventive health screenings.
- Know your family medical history and review it with your doctor.

No. 3—Unintentional injuries

In 2003, accidents killed 70,532 men according to the CDC. Motor vehicle crashes were the leading cause. More than twice as many men as women died in traffic accidents. Male drivers involved in such accidents were almost twice as likely as female drivers to be intoxicated. To reduce your chances of a fatal crash:

- Use your seat belt every time you drive.
- Don't exceed speed limits.
- Don't drive after drinking alcohol.
- Don't drive while sleepy or under the influence of drugs.

The CDC recorded poisoning as the second-leading cause of fatal unintentional injury to men in 2003—13,176 men died of it. In comparison, 6,281 women died of poisoning that year. To reduce your risk of poisoning:

- Place carbon monoxide and smoke detectors near bedrooms in your house.
- Have fuel-burning appliances inspected each year.
- Store household products in their original containers.
- Read and follow label instructions for household products.
- Turn on a light when giving or taking medicine and follow label instructions.
- Ventilate areas in which you use chemical products.
- Post poison control number, 800-222-1222, by each telephone in your home.

Falls and drownings were the third- and fourth-leading causes of fatal unintentional injury to men. In 2003, falls caused 8,910 deaths among men, compared with 8,319 deaths among women. Drowning accounted for 2,632 deaths among men and 674 deaths among women. Workplace accidents—which include some vehicle crashes, poisonings, falls and drowning—are a significant cause of fatal injury to men, partly because men are concentrated in dangerous occupations such as agriculture, mining and construction.

No. 4—Stroke

In 2004, over 58,000 men died of stroke, according to the American Heart Association. Although stroke affects equal proportions of men and women, men have better chances of surviving than women do. You can't control some stroke risk factors, such as family history, age and race, but you can control the leading cause—high blood pressure—as well as contributing factors such as smoking and

diabetes. Additional preventive measures:

- Lower your intake of cholesterol and saturated fat. Get your cholesterol checked.
- Get regular blood pressure checks, and if it's higher than normal, take measures to control it.
- Don't smoke.
- Control diabetes.
- Maintain a healthy weight.
- Get at least 30 minutes of exercise most days of the week.
- Manage stress.
- Limit alcohol consumption.
- Talk with your doctor about taking a daily dose of aspirin.

No. 5—chronic obstructive pulmonary disease (COPD)

In 2003, according to the American Lung Association, 60,714 men died of chronic obstructive pulmonary disease (COPD), a group of chronic lung conditions that includes emphysema and chronic bronchitis. It's strongly associated with lung cancer, the leading cancer deaths among men. The main cause is smoking. Men who smoke are 12 times as likely to die of COPD as are men who've never smoked. Some preventive measures you can take:

- Don't smoke.
- Avoid secondhand smoke.
- Minimize exposure to workplace chemicals.

No. 6—Diabetes

The American Heart Association reports that in 2004, 35,000 men died of diabetes, a disease that affects the way the body uses blood sugar (glucose). Excess body fat, especially around the middle, is an important risk factor for diabetes. About 80 percent of people who have the disease are overweight or obese. The diabetes complications most likely to be fatal are heart disease and stroke, which occur at two to four times at the average rate in people with diabetes. Men with diabetes haven't benefited as much from recent advances in heart disease treatment as have men without diabetes. An estimated one-third of men with the most common form of diabetes don't know that they have it. Many are unaware of the disease until they develop complications such as impotence (erectile dysfunction), nerve damage causing pain or loss of sensation on the hands or feet, vision loss, or kidney disease. Some preventive measures you can take:

- Maintain a healthy weight.
- Eat a varied diet, rich in fruits, vegetables and low-fat foods.
- Get at least 30 minutes of exercise most days of the week.
- Get your fasting blood sugar level checked periodically.

- Know your family's diabetes history and discuss it with your doctor.

No. 7—Influenza and pneumonia

In 2003, 28,778 men died of pneumonia and influenza, according to the CDC. These lung infections are especially life-threatening to people whose lungs have already been damaged by COPD, asthma or smoking. The risk of death from pneumonia of influenza is also higher among people with heart disease, diabetes or a weakened immune system due to AIDS or immunosuppressive drugs. You can reduce your risk of complications and death from pneumonia and influenza by getting immunized. A yearly flu shot is up to 90 percent effective in preventing influenza in healthy adults. The pneumococcal vaccine can reduce the risk of getting pneumonia by more than half.

No. 8—Suicide

In 2003, the CDC noted 25,203 men committed suicide. Men commit suicide four times as often as women do, partly because they're more likely to use deadlier means—such as firearms—when they set out to take their own lives. Depression—which is estimated to affect 7 percent of men in any given year—is an important risk factor for suicide. But make depression is under diagnosed, partly because men are less likely than women are to seek treatment for it. In addition, men don't always develop standard symptoms such as sadness, worthlessness and excessive guilt. Instead, they may be more likely to complain of fatigue, irritability, sleep disturbances and loss of interest in work or hobbies. Alcohol or drug abuse—which is more common in men—can mask depression and make it more difficult to diagnose. People at risk of suicide may:

- Be depressed, moody, socially withdrawn or aggressive
- Have suffered a recent life crisis
- Show changes in personality
- Feel worthless
- Abuse alcohol or drugs
- Have frequent thoughts about death
- Talk about death and self-destruction

If you find yourself avoiding others, feeling hostile and worthless, thinking about death and using alcohol and drugs to numb your pain, talk with your doctor. In an urgent situation, an emergency room or crisis center can help. Friends or family members may be the first to notice your uncharacteristic behavior. Take their advice and seek help. If you or someone you love is depressed, remove any access to firearms in the home. Don't expect to be able to overcome the feelings of depression without medical help. This is a disease, not something you can "snap out of."

No. 9—Kidney disease

Kidney failure, most often a complication of diabetes or high blood pressure, took the lives of 20,481 men in 2003 says the CDC. Control of diabetes and high blood pressure can prevent or slow the progression of kidney disease. Another cause of kidney failure is overuse of medications such as aspirin, ibuprofen (Advil, Motrin, others) that are toxic to the kidneys. Some preventive measures you can take:

- Drink plenty of fluids.
- Exercise regularly.
- Maintain your proper weight.
- Don't smoke.
- Get checked regularly for diabetes and high blood pressure.
- Limit your use of over-the-counter pain relievers.
- Take all medications only as directed.

No. 10—Alzheimer's disease

About 4.5 million older American—both men and women—have Alzheimer's disease. In 2003, 18,335 men died of Alzheimer's, which usually develops in people age 65 or older. But statistically there are more women who have the disease, because women live longer than men—and the older you are, the more likely you are to have Alzheimer's. The American population has more and more older adults each year. Consequently, the number of people with Alzheimer's has more than doubled since 1980 and continues to increase. As men live longer because of improved treatments for other conditions, they are more likely to die of Alzheimer's. Although experts are doing promising research into preventing Alzheimer's, currently there's no proven way to prevent the onset of the disease. Taking steps to improve your cardiovascular health may help:

- Lose weight if you're overweight.
- Exercise regularly.
- Control your blood pressure.
- Keep your cholesterol levels in normal ranges.

While there is some controversy about whether it's effective, some research indicates doing intellectually challenging activities may help delay the onset of dementia. It certainly can't hurt—and it may help maintain your mental fitness.

From: mayoclinic.com



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Fun Excuses to Celebrate This Month:

National Craft Month
Woman's History Month

1st– Share a Smile Day
2nd– Dr. Seuss's Birthday
3rd– National Anthem Day
12th– Girl Scout Day
13th– Uranus Discovered
14th– Albert Einstein's Birthday
15th– Absolutely Incredible Kid Day
18th– Johnny Appleseed Day
20th– Big Bird's Birthday
21st– Single Parents' Day
22nd– National Sing-Out Day
23rd– Toast Day
24th– Harry Houdini's Birthday
26th– Make Up Your Own Holiday Day
30th– Doctor's Day

Birthstone– Bloodstone, Aquamarine

Flower– Daffodil, Janquil

YOUR CORNER

This month's birthdays:

Anne Wart 3/22
Jean Martinez 3/24

Happy Birthday

Anne and Jean



Aries. *Cardinal Fire.* Assertion of the will, development of identity. Honorable, impulsive, courageous, competitive. Needs a mission or battle to fight. Independent, dislikes restraint. Can be egocentric, individualistic, impatient.

1st House: Personality, physical body, vitality. Physical appearance, sense of self. Projection of "persona," how we are viewed by others. Aries and the first house are ruled by Mars.

From: www.theastrologyspot.com