



# Pratt Connection

~ News to Help You Save Time and Money ~  
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## An Exercise For Everyone

Here's a miracle exercise recommended by a doctor. You can do this standing or sitting down. Do it in front of a mirror, or better still, with someone.

1. Raise the corners of your mouth an inch, take a deep breath and hold it for 10 seconds.
2. You are now smiling. If people are watching you, they'll probably start smiling, too.
3. Now release your breath in short exhalations. You are now laughing. Unless those with you are curmudgeons, they'll undoubtedly start laughing, too.

This simple muscular action of inhaling, raising the corners of the mouth, then exhaling in rhythmic, short bursts causes the diaphragm to bounce up and down, pats the liver on the back, and pleasantly vibrates the stomach. The heart, which rests above the diaphragm, begins to pump at a slightly faster rate, sending blood throughout the body.

The effect is a general feeling of well-being. More important than this, however, is the effect on others who observe you going through this exercise. They feel better, too. This triggers happy emotions within you, and sets the stage for any number of pleasant personal and business relationships. All this from one simple little exercise!

## The Modern Insult

The next time you have the desire to insult someone, think about this: The word insult is derived from the Latin insulto, which means to "leap or spring upon" a thing or a person. For instance, a predator might spring upon its prey ready to tear it apart, or a soldier might leap upon his enemy in order to take his life. Apparently our ancient ancestors also realized that a person could be torn apart, figuratively, by abusive words or scorn. And so arose the meaning of our modern insult.

## Who Says Your Idea Is Silly?

There was once a young girl who lived in a village. The village sat at the edge of a great river. Much of the villagers' land lay outside of the village and across the river. This year, when the rainy season came in full force, the river rose so high that the villagers could no longer traverse it. This was a serious problem, but they came to accept it as a fact of life.

The little girl, however, had a different idea. Each day she merrily gathered rocks and piled them up on the riverbank. When the villagers asked her what she was doing, she said she was going to build them a stone bridge so they could cross to the other side more easily. The villagers laughed and told the girl her idea was silly, but she paid them no mind and kept on gathering and piling the rocks.

As time passed, the pile grew so large that the villagers took note of what the little girl was doing. Eventually, one by one, they joined her efforts in collecting rocks.

Time passed and the pile of rocks grew so large that at last the villagers invited a bridge builder to come and build their bridge. When the new bridge was completed the villagers cooked a feast and honored the little girl as their angel.

## VISIT MY WEBSITE

You can read this and past issues of the "Pratt Connection" on my website at [www.Cleveland-Home-Finder.com](http://www.Cleveland-Home-Finder.com). Share these newsletters with friends, family and co-workers. If you know of someone who would like to receive my newsletter by mail, forward their address to me at [hpratt@remax.net](mailto:hpratt@remax.net) or call me at 440-925-6774.

# Holly's Household Corner

*"Is An Unmade Bed Better?"*



If you suffer from respiratory problems, here's something you might not expect to read: Leaving your bed unmade might help you breathe easier. A recent study has suggested that dust mites, which have been implicated in some respiratory problems, might not survive as well in an unmade bed as they do in a neatly done one. Why? Because the exposure to air may help dehydrate and kill off the microscopic creatures, whereas moisture and warmth may be trapped in a neatly made bed, which may increase the mites' chances of survival.



*If you're looking forward to enjoying some Valentine candy but you'd like to enjoy a bit less of it, here's something to consider. A study presented at the American Heart Association Conference found that eating candy in wrappers might help us eat less, as opposed to eating unwrapped candies. Researchers found that people who ate candies and kept the wrappers in plain sight ate only about half as many as those who did not.*

# Gardens and Greenhouses

*"Broccoli Year-Round"*



What's available year-round, either fresh from your garden or found in your grocery store; can be prepared in dozens of ways; and in terms of nutrition, is a superstar? Broccoli!

Ounce for ounce, broccoli has more vitamin C than an orange, which aids iron absorption in the body, prevents the development of cataracts, and also eases the symptoms of the common cold. Broccoli has as much calcium as a glass of milk, which helps combat osteoporosis. The large amount of potassium in broccoli aids those battling high blood pressure, and broccoli is a great source of vitamin A, which is good for your immune system, your vision, your bones, and your cholesterol level.

A recent study found that eating broccoli sprouts can protect the stomach against a bacterium that's linked to stomach cancer, as well as to ulcers and gastritis. The bacterium is called *H. pylori*, and the sprouts supply a biochemical called sulforaphane, which can stimulate a body's protective enzymes.

So, whether you spread some sprouts on a sandwich, sauté broccoli in a stir-fry, or serve it raw - give broccoli a chance!

# Make a Difference

*"How wonderful it is that nobody need wait a single moment before starting to improve the world."*

~ Anne Frank

We may not solve every problem we encounter or always find the right words to say in a challenging situation, but we do have the ability to make a difference today. When our focus is how we can make a positive impact, just one helpful action today, then we really begin to change the world - one day at a time. Here are just a few simple ways to make a difference...

**Say "Thank you."** Say "Thank you," to anyone who has helped you or has made your day easier. This will show respect and acknowledge the efforts of others. Appreciation will be returned to you in abundance.

**Perform one act of random kindness.** Hold the elevator door open for someone who is a few steps behind you or lift the bag and place it in the overhead bin on the airplane for someone who is struggling with this task. Kindness generates more kindness.

**Listen.** Really listen to someone. Listen without judgments or criticism. Try to avoid any self-referencing and be fully present for whoever needs it and for as long as they need it.

**Say "No" more often.** This may sound counterproductive, but it's about setting realistic boundaries for yourself. Show honor for your personal beliefs and convictions by not compromising who you are. Save your energy for the people and tasks that are the most important to you .

**Say, "I love you."** Say "I love you" to the people who you truly love and cherish. Do so with heart-felt sincerity. Don't wait.

**FOCUS.** Focus on one thing at a time. We can't be all things to all people, and when we try, we sometimes find our effort becomes diluted and less effective.

**Show patience.** We learn by doing and often we learn best from our mistakes. Show patience for others and allow them to make a few mistakes – even if you know a mistake is inevitable. The art of patience is really the gift of grace and compassion. We are not able to receive grace when we refuse to extend it to others.

<http://www.thebridgemaker.com/how-to-make-a-difference-today/>

# Our Great, Great Lakes

Can you name our five Great Lakes? The Great Lakes cover more than 94,000 square miles and contain six quadrillion gallons of fresh water, one-fifth of the world's fresh surface water. The lakes are so big, they have small tides, especially Lakes Superior and Erie. And when the wind pushes down on one part of a lake, the water surface rises in another part, creating waves. It's rare, but the lakes can freeze over, although not solidly.

Hundreds of lighthouses are situated around the Great Lakes; Lake Michigan boasts the most, many of which are still operational. Even so, experts estimate that the lakes hold as many as 5,000 shipwrecks.

The five Great Lakes are Superior, Michigan, Huron, Erie, and Ontario. Lake Erie was named for the Indian tribe, the Eries; Lake Huron for the Huron Indians. An Indian name for Lake Michigan was "michi gami," meaning "the great water." Lake Ontario got its name from the Iroquois; their word for "beautiful" was "ontara," and "ontario" meant "beautiful lake." Superior was named by the French and it means "Upper Lake," referring to its position above Lake Huron.

## Caregiver Challenges

Are you responsible for the care of an elderly family member? If so, you know that being a caregiver can be mentally and emotionally challenging. The National Center on Elder Abuse estimates that one to two million older people have been injured, mistreated, or exploited by someone they depended on. And more unsettling, 75% to 95% of the abuse was committed by family members.

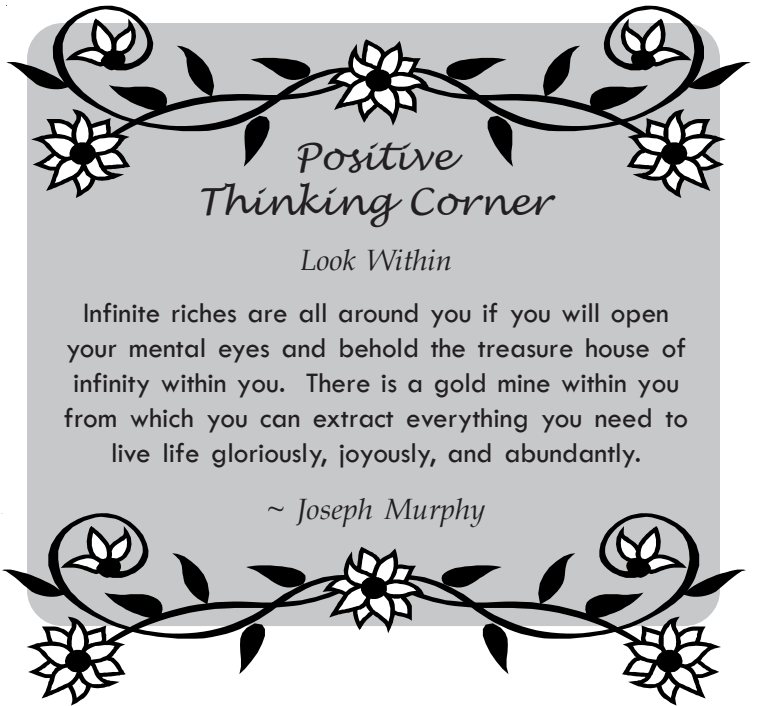
Elder abuse can arise as a continuation of a longstanding pattern of abuse within families. But more commonly, elder abuse occurs because of altered living arrangements and changes in the senior's health - and the transformation of family dynamics as a result. It's a complex matter and often misunderstood. The adjustments you have to make as a caregiver can be staggering. So how can you balance your own needs with those of the individual you care for?

*Referrals are the ♥ of my business!*

**Thank You for Your Referrals...**

Jim Hovanec and Sharen Zidek

*Your Personal Real Estate  
Consultant For Life!*



### Positive Thinking Corner

*Look Within*

Infinite riches are all around you if you will open your mental eyes and behold the treasure house of infinity within you. There is a gold mine within you from which you can extract everything you need to live life gloriously, joyously, and abundantly.

~ Joseph Murphy

Look for resources to help you. Try to find a way of giving yourself a break. Adult daycare might be one solution, or find someone to come in a few hours every week to help with difficult tasks or allow you to get away for awhile.

Consider residential care if things are really getting out of hand and you need a respite. Though you may feel guilty, you need to look objectively at the situation. A good residential facility would probably be better than the compromised care you might give once you lose your ability to cope patiently with your elderly ward.

Seek counseling if you need help with personal problems that could be contributing to your stress as a caregiver. It may take time, but you can learn new patterns of relating to the person you care for. Ask your doctor for a reference. If you can't afford a private therapist, check with state and local mental health facilities which may offer free or sliding-scale-fee help.

Be honest with yourself about the situation at hand. Denying that you're overwhelmed can lead to serious problems - and possibly put someone's health or life in danger.

Signs You May Need Help As A Caregiver:

- You had a poor relationship with the individual prior to being the caregiver.
- You're curt and impatient with the individual.
- You view your new role as a burden.
- You feel burned out, stressed out, or depressed.
- You worry that you might become violent.

Check the government sections of your telephone directory for "Aging Services" or "Social Services" for organizations that assist the elderly. There are numerous online resources as well, such as [www.eldercare.gov](http://www.eldercare.gov).