

Fingernails: Do's and Don'ts for Healthy Nails

Are you taking good care of your nails? Here's what you need to know to keep your fingernails in tiptop shape.

From the Mayo Clinic Staff

What's normal, what's not
Your fingernails – composed of laminated layers of a protein called keratin - grow from the area at the base of the nail under your cuticle. As new cells grow, older cells become hard and compacted and are eventually pushed out toward your fingertips. Healthy fingernails are smooth, without pits or grooves. They are uniform in color and consistency and free of spots or discoloration. Sometimes harmless vertical ridges that run from the cuticle to the tip of the nail can develop, and tend to become more prominent with age. Fingernails can also develop white spots or lines due to injury, but these eventually grow out with the nail.

Proper care: Do's and don'ts

- Keep your fingernails dry & clean to help prevent infections under the nails. Wear gloves when cleaning or using harsh chemicals
- Trim & file your nails regularly. Trim straight across, then round the tips in gentle curves
- Use moisturizer. When you use hand lotion, rub the lotion into your fingernails & cuticles, too.
- Don't abuse your nails by using them as tools.
- Don't bite at your nails or pick at your cuticles. These habits can cause infections & damage the nail bed.
- Don't pull off hangnails, which may cause ripping of live tissue. Instead, carefully clip off hangnails.

Tips for weak or brittle fingernails

- Keep your nails short; longer nails break more easily
- Use moisturizer several times a day & consider wearing cotton gloves while you sleep to help seal in moisture.
- Apply nail polish. A thin coat of clear polish can help keep moisture in.

- Limit use of nail polish remover. Use no more than once a week, and use only acetone-free remover. Acetone dries nails.

Regarding Bequests
Prescott Meals On Wheels gratefully accepts bequests and gifts of cash, checks, and credit cards. You can also make Meals On Wheels a beneficiary of your life insurance, IRA or pension plan. Additionally, remembering Meals On Wheels in your will or trust is another way to provide a lasting gift to ensure the continuation of our valuable and much needed service.

Annual Sponsorship Program

Our newly inaugurated Annual Sponsorship Program allows local businesses to become a partner in our service to the community.

We would like to thank the following organizations for partnering with Prescott Meals On Wheels:

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Prescott Meals-On-Wheels

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Volunteer Spotlight



Shown above, Dale Kanagy, DDS, and his wife Janet, RN, PHT, and M.O.M. You'd better read on...

Dale & Janet Kanagy

Most Wednesday & Thursday mornings, you can find the Kanagys at PMOW getting ready to deliver meals on the Purple route. Sometimes you will see them on another day as well, filling in for vacations or emergency absences.

Dale, who was born in Gettysburg, PA, met Janet, an Indiana native, at college. From there, Dale headed off to the University of Pennsylvania to complete the educational requirements to pursue a career in dentistry, and Janet left for Colorado to attend nursing school.

The Kanagys were married after Janet graduated from nursing school, and while Dale finished his education, Janet supported the family. When Dale graduated he wasn't the only one to receive a degree from his alma mater.

Janet, along with a few other hard-working wives were awarded their own degree by the college - a P.H.T. - "Putting Hubby Through".

After that, Janet stayed home and went to work on what Dale calls her M.O.M, which she earned three times over.

When the boys were old enough not to need her constant attention, Janet went back to work, this time running Dale's dental practice. The office had been opened in 1960 in Elkhart, Indiana, where the Kanagys resided until retirement in 1998.

At this point they were looking for a change, something not so cold or lacking in mountains, and closer to the boys, who had settled out west, one in New Mexico and two in California. They did their research on retirement locations, which everyone knows will invariably include a mention of Prescott. But it wasn't just research that brought them here; they had already driven through Prescott on a visit to family, and liked the area.

Speaking of driving, Dale likes to drive. When they moved to Prescott, the Kanagys started volunteering at Habitat for Humanity. That was in 2000. Dale's driving job at Habitat was for pick-up of donations, and after having lifted one too many heavy sofas, down way too many steps, he realized that heavy lifting wasn't really driving - especially if it took two or three days to recuperate afterwards!

That's when Dale started volunteering at PMOW. Janet joined him in a couple of years and they have been delivering meals to our homebound clients ever since.

Dale & Janet both enjoy hiking and the outdoors, and of course road trips! Janet is a quilter and enjoys reading. Dale enjoys woodworking and makes handmade toys for donation to children's groups. Dale also is a talented singer who is a member of the High Mountain Chordsmen.

When asked why they volunteer, both agreed that life is more enjoyable and meaningful to them when it is organized around worthwhile activities.

Thank you, Dale & Janet, for your dedication to serving our community.

Yavapai Classic Cruisers "Donation Drive - By"



On November 1, 2012, the Yavapai Classic Cruisers staged a "donation drive-by" at Prescott Meals on Wheels to share some of the profits from their "Classics at Prescott" car show. This annual activity is held each year on Father's Day weekend, and the money from the event is used to support local charitable organizations. Shown above, a beautiful 1959 Dodge is flanked by club members and Pam Hanno, Director of PMOW (second from left).

If you have not attended their annual car show, mark your calendar - there are always lots of interesting cars on hand, including many rarities that you might not have seen before. If you would like to know more about the club activities, check out



Don't tell anyone, but **Hannie Blaauw**, long-time kitchen volunteer at PMOW, has made another medals sweep at the Senior Olympics in tennis. Hannie & partner, both in their eighties, defeated a few youngsters in their 60's to gain the wins.

Hannie didn't mind telling us, but he's a modest guy, so mums the word...

Girl Scout Troop 1565



This year, when homebound clients received their Thanksgiving Turkey Dinner, a surprise was included from Prescott Girl Scout Troop 1565. Shown above, the girls from the troop are busy making the 180 or so cards that expressed their best wishes for a happy Thanksgiving.

PMOW would like to extend a heart felt thank you to GS Troop 1565 for their thoughtfulness and hard work on behalf of our homebound clients.



From left, Pat Young, Marge Tisch, Shirley Johnson, & Julia Pelusi. Everyone in the picture is smiling, but it was a sad event for Prescott Meals on Wheels - Pat Young's last day. After having served as a volunteer for 21 years, Pat has decided that it is time to slow down and take it easy. We will miss seeing her every week, but will be looking forward to seeing her at the volunteer dinner in February.

Southwest Health Professions Education Center



Many of you may not of heard of this non-profit organization, which was formed a few decades back in partnership with the VA, to provide local & affordable continuing education for health care professionals. This activity was greatly needed at the time, and this organization offered a valuable service to our somewhat isolated community.

In recent years, however, online training has greatly lessened the need for on-site training, and when this well-run organization decided to disband, it's final service was a distribution of grant money to local non-profits.

Shown above, Don Austindorf presents a grant check to Pam Hanno, Director of PMOW.

Holiday Closures

<i>New year's Day</i>	<i>January 1, 2013</i>
<i>Martin Luther King Day</i>	<i>January 21, 2013</i>
<i>President's Day</i>	<i>February 18, 2013</i>

October& November 2012

Total Volunteer Hours

2,594 Hours

Total Meals Served

11,808 Meals