

HEALTH & WELLNESS

Healthbeat

WFUBMC's Rieker elected to national board

Michael Rieker, director of the Nurse Anesthesia program at Wake Forest University Baptist Medical Center, has been elected secretary-treasurer of the National Board on Certification and Recertification of Nurse Anesthetists (NBCRNA).



Rieker

After previously serving as secretary-treasurer for the Council on Certification of Nurse Anesthetists, Rieker was promoted to manage the finances of the parent organization at the fall meeting of the NBCRNA.

"Our certification program is undergoing growth and improvement to remain on the leading edge of competency assurance," said Rieker. "It is an exciting time to serve on the leadership team of the NBCRNA."

The NBCRNA is a national board whose primary purpose is to protect the public by establishing the qualifications and standards for nurse anesthesia practice. The NBCRNA is responsible for formulating and administering the National Certification Examination for more than 2,000 nurse anesthetists annually, and for re-certifying the nation's 40,000 nurse anesthetists on an ongoing basis.

Rieker earned his Bachelor of Science in nursing at Pennsylvania State University. He completed a Master of Science in nurse anesthesia and a doctorate in nursing practice with emphasis on business and leadership in health care at Rush University.

Community college's nursing DVD being used statewide

Since it was first developed as an instructional tool at Davidson County Community College in 2005, a nursing assistant instructional DVD for use in college classrooms has become popular in community colleges and high schools across the state and nation.

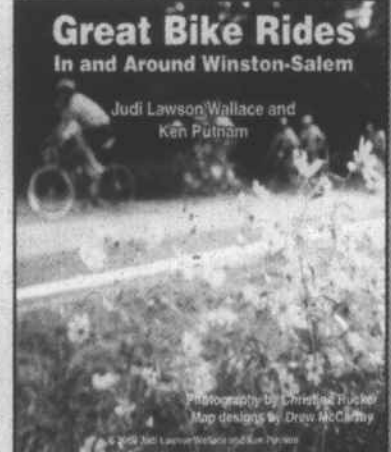
The instructional DVDs contain hands-on skills demonstrated by nursing instructors and students portraying patients. They teach skills that Nursing Assistant I students must learn and perfect before taking their state examinations. Money to produce the DVDs came from the DCCC Foundation after Rose Runion-McDaniel, assistant dean of Health, Wellness and Public Safety at DCCC, applied for a grant.

The videos were shot by McDaniel and Marsha Roddenberry and edited by Christopher Ferrell, a former DCCC student. The original intent was to film the learning sequences to supplement DCCC students' classroom study. Since then, the five-series DVD set has become useful not only to DCCC students, but to other nursing assistant instructors and students at all other community colleges in the state as well as individuals and health care providers for use in staff development training.

CD features local bike trails

Authors Judi Lawson Wallace and Ken Putnam Jr. have released a CD-ROM containing updated information from their popular book, "Great Bike Rides In and Around Winston-Salem." Originally published by John F. Blair Publisher in 2000, the book is no longer in print.

"I still get many requests for information on where to ride, so Judi and I decided that a CD with ride information from the book would be a convenient way for cyclists to access the information," explained Putnam.



The 44 on-road bike routes included in the CD-ROM all start within Forsyth County and range in distance from 8 to 70 miles; some routes also explore surrounding counties. Nine family rides focus on greenway trails and neighborhood streets that are good places to ride with children. Places for mountain biking include Tanglewood Park, Salem Lake and Hobby Park. Each ride includes a description of the route, a map, and turn-by-turn directions. A screened box at the front of each section tells the starting point, length of the ride, terrain, where cyclists can find food and drinks and recommendations for that specific ride.

The CDs are available at Ken's Bike Shop, www.kensbikeshop.com, or www.wallaceconsulting.biz/bikepedservices.htm.

Physics Department at N.C. A&T joins PTEC

The Department of Physics at North Carolina A&T State University is now part of the Physics Teacher Education Coalition (PTEC), a network of institutions dedicated to improving and promoting physics and physical science teacher education.

PTEC is a project of the American Physical Society (APS), the American Association of Physics Teachers (AAPT), and the American Institute of Physics (AIP). Dr. Abdellah Ahmidouch is chair of A&T's Physics Department.

Man who shed half his body weight among the 2009 Heart Walk honorees

CHRONICLE STAFF REPORT

A Winston-Salem man who has lost a whopping 178 pounds was among several Forsyth County residents and businesses recently honored for their commitments to heart health.

Carlos Flores-Santiago won the Lifestyle Change Award during the 2009 Start! Tanglewood (Park) Heart and Stroke Walk in mid-October. At his highest weight, Flores-Santiago wasn't able to walk around the parking lot at his job and his type-2 diabetes required frequent shots of insulin. He shed the weight the old fashion way - through watching his diet, exercising daily and working devotedly with the Weight Watchers program.

Flores-Santiago now walks 11 miles a day and has even taken part in a few marathons. His diabetes, which he had for 14 years, is now under control. He is needle-free. He has not only changed his own life, but has inspired 13 friends and family members to regain control of their lives by either losing weight or exercising.

The 2009 Start! Tanglewood (Park) Heart and Stroke Walk raised more than \$500,000 for the American Heart Association's (AHA's) ongoing efforts to fight against heart disease and stroke.



Carlos Flores-Santiago accepts his award as Volunteer Gina Ramsey stands by.



Caroline and Elizabeth Crotts are held by their parents.

related deaths and fifth-highest in heart disease related deaths in North Carolina.

In the Triad, \$1.57 million is currently being provided by the American Heart Association to researchers working on 116 different heart disease and stroke initiatives.

Honors were also presented to the following:

Wake Forest University Baptist Medical Center, the main sponsor of the walk, received an award for having the

See Heart on A9



Secretary Gene Conti observes as Child Passenger Safety Technician Jan Parker checks to ensure that infant car seats are properly secured.

SAFETY-SEAT CHECKLIST

Winston-Salem Police will conduct free safety-seat inspections on Saturday

SPECIAL TO THE CHRONICLE

State Transportation Secretary Gene Conti urges people to make sure children are safe while traveling this holiday season.

"As families travel this season, I urge everyone to make sure their children are buckled up in car seats, booster seats or with seat belts," Conti said. "As a father, I know how precious children are, and I encourage everyone to take a little extra time to make sure their children are safe this season."

In 2008, 4,268 children age seven and younger were injured, and 20

See Seats on A10

Grant will feed local residents living with HIV

CHRONICLE STAFF REPORT

Blessings Project Foundation has granted local non-profit AIDS Care Service (ACS) \$3,000 to reduce hunger and malnutrition among HIV-positive individuals and their family members through the ACS Food Pantry.

"Generosity is welcome any time of the year and especially helpful during winter months, when many clients will be making tough choices between buying food or paying high utility bills," said Katherine Foster, ACS' vice-president of operations. "This grant is indeed a gift and will allow the ACS Food Pantry to purchase fresh produce and fruit that's not readily available this time of year. I look forward to enriching this partnership and welcome anyone affiliated with Blessings to visit our pantry and other programs to see how these 'blessings' are serving our community."

The Blessings Project Foundation Inc. is a 501(c)3 non-profit organization that originated as a Reynolda Road antique shop with a social conscience. The concept of donating a percentage of sales to charitable organizations grew, and the Foundation was formed to provide funding support to small non-profit organizations and projects that, through their efforts, improve the lives of others and offer hope for a world more healthy and humane.

Amy Garland, Blessings Project Foundation Director said, "We are very pleased to support AIDS Care Service in this important endeavor and proud to partner with organizations throughout our community who support our mission and commitment to humanity, the environment and the arts."



Foster



Garland

COPING WITH THE HOLIDAY BLUES

The holidays are often seen as joyous occasions to come together with friends and family. Many individuals and families, however, will have a difficult time this holiday season due to various reasons. Instead of feeling joy, many people experience the "holiday blues" and do not feel like celebrating.

Below are some tips from which everyone can benefit during this holiday season:

- Set realistic goals for the holidays. Keep expectations simple for yourself and others.
- Make a budget and stick to it. Financial worries add more stress. Spend what you can afford.
- Do not overeat or drink alcohol excessively to escape stressful feelings. Eat healthy foods and get plenty of exercise. Excessive use of alcohol only increases your feelings of sadness and can put you at high risk of harming yourself and others.
- Allow extra time when traveling. Delays will occur because of possible increased security coupled with a high number of people traveling during the holidays. Practice patience.
- Remember that the holidays are more than one day. The holidays are part of a whole season. Pace yourself. Do not focus entirely on one day.
- Try a new way of celebrating. Attend a celebration of another faith; give the gift of your time.
- Helping others can help you feel better. Volunteer at a homeless shelter, buy a present for a child in need or visit people in nursing homes.
- Reach out - get involved in the community. Contact local clubs, religious groups or community centers to see if they are holding activities that may interest you.
- Allow yourself some time to feel sad, angry or lonely. These are real, legitimate feelings. Nurture yourself. Take some time out each day to care for and celebrate yourself.
- Stay in the present; look forward to the future. Prioritize what is currently important in your life. Come to terms with the fact that life brings changes; embrace the future.

Signs to Seek Help

Having the "holiday blues" will pass with the sea-

See Blues on A9

