



Freedom Home Health Care

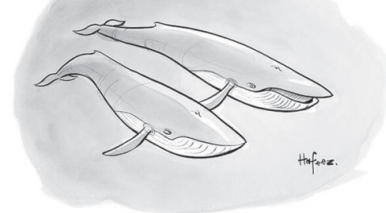
Newsletter

January 2019

QUOTE OF THE MONTH

"Each year's regrets are envelopes in which messages of hope are found for the New Year." ~Ralph Waldo Emerson

HEALTH HUMOR



"My New Year's resolution is to lose thirty-eight thousand pounds."



Ten Questions To Ask About Your Thyroid Health

by: Maria Mendoza

What to ask your Physician:



1. Where is the thyroid located, and what does it do?
2. What are the differences between hypothyroid and hyperthyroid patients and what are the symptoms of each?
3. What is Thyroid Stimulating Hormone (TSH), how is it measured, and what should my target number be?
4. What else besides TSH levels are important for making sure my thyroid condition is under control?
5. Why are more people than ever being diagnosed with

What to ask your Pharmacist:



1. What is the difference between a generic thyroid hormone pill and a brand name thyroid hormone pill?
2. Will you notify me in advance if you switch my thyroid medicine from the brand name I normally use to a generic?
3. What time of day is best to take my thyroid hormone pill?
4. May I take my thyroid medication with food, other medications, vitamins or supplements?
5. Can any of my other medications affect my thyroid?

Source: www.thyroidawareness.com



ON THIS DAY IN HISTORY

January

1

1752, Betsy Ross was born in Philadelphia, Pennsylvania. She was a seamstress credited with helping originate the Stars and Stripes flag of America in 1776.

January

7

1782, The first U.S. commercial bank opened as the Bank of North America in Philadelphia.

January

10

1912, The Flying boat airplane, invented by Glenn Curtiss, made its first flight at Hammondsport, New York.

January

27

1967, Three American Astronauts were killed as a fire erupted inside Apollo 1 during a launch simulation test at Cape Kennedy, Florida.

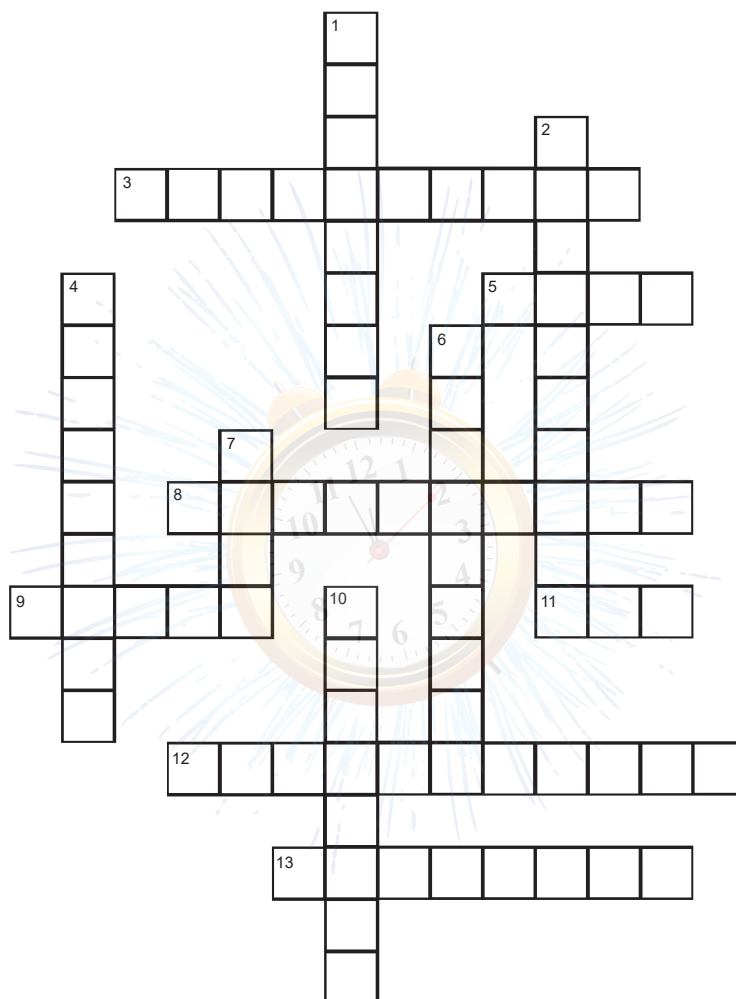
NEW YEAR'S CROSSWORD

ACROSS

3. A horn or rattle used to make noise at a party
5. You pop this before celebrating the New Year
8. He is the personification of time
9. A celebration
11. U.S city that has a famous New Year's Eve celebration
12. Location where the ball drops
13. Small colored peices of paper

DOWN

1. Where we record dates and months
2. A promise at the beginning of the New Year
4. Object that the person who represents the old year carries
6. Light these sticks to celebrate the New Year
7. What is the symbol of the New Year?
10. New Years day event



For more information:

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DECEMBER CROSSWORD ANSWERS:

Across: 3.Destination 5.Mexico 6.Baggage 7.Oklahoma 9.January 11.Dreidel 12.North Pole
13.Hanukkah 14.Germany **Down:** 1.Hot Chocolate 2.Snowflake 4.Hibernate 8.Holiday
10.Fireplace

Stuck?
Check next month's issue
for the answers!