

**Arthritis Treatment Center Newsletter – April 2010**

**"We begin where we are and how we are and whatever happens, happens." T.K.V. Desikachar**

**Discover how this patient is in league with President Obama...**

Netta Paulson was born in Maui, Hawaii on September 8, 1930. She says, "My parents were born and raised in Hawaii. My father was the Commanding Officer of Fort Ruger (a.k.a. Diamond Head). My mother was a school teacher. My father was stationed in Hawaii when Pearl Harbor was attacked." She continues, "On the Christmas Eve following the attack, my mother, brother, and I were enroute to California because all dependents had to be evacuated. To this day, I enjoy going back home since I still have many friends and family that reside there."



Dr. Wei and Netta Paulson following an office visit.

Mrs. Paulson also mentions, "As a child growing up in Hawaii, I went to a private school called Punahou, which was founded by the missionaries to teach the Hawaiian royalty. Punahou also happens to be the very same school that President Obama attended as a child. After graduating from high school I was accepted to the University of Michigan where I earned my bachelor's degree in Speech Therapy. Later, I earned my master's degree from the University of Maryland in psycholinguistics."

As luck would have it, Mrs. Paulson met her husband, of sixty years, Clifford, who also happened to be her chemistry professor, at the University of Michigan. After Mr. Paulson finished graduate school he accepted a position in Montgomery County, Maryland. The Paulson's have resided on the east coast for more than 50 years. Although they briefly

moved to Binghamton, New York, they later returned to the Maryland area because they loved it so much.

The Paulson's are proud parents of six children (five girls and one boy), grandparents to 13 grandchildren (six grandsons and 7 granddaughters), and 9 great-grandchildren (7 great-granddaughters and two great-grandsons) who are spread out over the United States. She says, "My occupation as a speech therapist is an ideal career for a woman. Physicians would refer patients to me, I would see them from my home, and I didn't have to find daycare for my children. This allowed me the opportunity to raise my kids and have a career."

In her spare time, Mrs. Paulson pursues her love of travel and the arts. She has been fortunate to travel to

Europe, China, and revisit Hawaii. Mrs. Paulson mentions, "Hawaii is a very laid back and relaxing state. I absolutely love London... for everything it offers, such as the museums and theatre. I'd have no problem living there full time." Locally, she enjoys her season tickets to the theatre and the opera.

She is treasurer of the Norwegian Society, a literary society which plays a central role in passing along the Norwegian culture to the younger generations. The group is based in the Washington DC/Metro area with more than 200 members.

Mrs. Paulson is also a faithful ward of All Saints Episcopal Church and actively involved with church events. Her strong faith and pleasant personality are both infectious and contagious. As a patient of Dr. Wei's for more than three years, we enjoy her visits and lively conversations!

## 50 Dollars is 50 Dollars

Morris and his wife, Esther, went to the state fair every year, and every year Morris would say, "Esther, I'd like to ride in that helicopter." Esther always replied, "I know Morris, but that helicopter ride is 50 dollars and 50 dollars is 50 dollars."

One year Esther and Morris went to the fair, and Morris said, "Esther I'm 85 years old. If I don't ride that helicopter, I might never get another chance." Esther replied, "Morris that helicopter ride is 50 dollars and 50 dollars is 50 dollars." The pilot overheard the couple and said, "folks I'll make you a deal. I'll take the both of you for a ride; if you can stay quiet for the entire ride and not say a word I won't charge you, but if you say one word, it's 50 dollars."

Morris and Esther agreed and up they went. The pilot did all kinds of fancy maneuvers, but not a word was heard. He did his dare devil tricks over and over again, but still not a word. When they landed, the pilot turned to Morris and said, "by golly, I did everything I could to get you to yell out, but you didn't. I'm impressed!"

Morris replied, "well I almost said something when Esther fell out, but, you know, 50 dollars is 50 dollars!"



### Strawberry Torte

"Light and fluffy, easy and elegant."

3/4 cup white sugar  
2 teaspoons vanilla extract  
1 tablespoon cornstarch  
2 (12 ounce) packages ladyfinger cookies

1 (16 ounce) package frozen strawberries  
1 pint heavy whipping cream  
11 ounces cream cheese, softened

Strain strawberries and set aside, reserving juices. In a saucepan bring cornstarch and strawberry juice to a gentle boil. Remove from heat and let cool.

1. Whip cream cheese, sugar, and vanilla together.
2. In a separate bowl beat whipping cream until stiff peaks form. Fold whipped cream into cream cheese mixture.
3. Arrange ladyfingers around sides and bottom of an 8 or 9 inch springform pan, standing ladyfingers lengthwise around sides of pan. Pour 1/2 of the filling into the pan, then place a layer of ladyfingers on top of filling. Pour remaining filling over ladyfingers.

4. Spread strawberry sauce over top of cake and place the whole strawberries on top.

Refrigerate and remove from pan once thoroughly chilled. Serves 12

## Keep Your Home Allergy Free

People are now spending about 90 percent of their time indoors according to speakers at an international conference on the environment in Seattle. The following are a few ways to keep the home allergen-free.

1. Use disinfectants that are colorless and odorless. Products with benzalkonium chloride or n-alkyl benzyl ammonium chloride in them are a good choice. Liquid chlorine disinfectants are also great to use. These are best because they are effective at all temperatures.
2. Bedding: Keep your pillows and mattresses encased in protective covers to reduce allergens in your bed. Vacuum your mattress once a week with a HEPA equipped vacuum. Use comforters that can be washed once a week in hot water and stay away from anything that needs to be dry cleaned.
3. Filters: Strategically place air filters throughout your home. Be sure these filters are also equipped with a HEPA filter.
4. Furniture: Vacuum all your upholstery once a week. If possible, purchase leather furniture pieces that can easily be wiped clean. Upholstered furniture collects a lot of dust, dander and pollen. Be sure to dust your other furniture often with a moist cloth. Using a feather duster will only move the dust around your home and make it airborne.
5. Windows and Doors: Keep your windows and doors closed as often as possible to reduce the amount of outside particles you bring in. Wash window treatments often in hot water. Do not use window treatments that cannot be washed well.
6. Shoes: Over 90% of all dust, dirt and allergens in the home come from the bottom of your shoes. Be sure to remove your shoes at the door and leave them there!
7. Clothing: Clothing should be removed as soon as you come in doors and put directly in the wash or wash room to reduce the amount of allergic particles being spread throughout the home.
8. Floors: Use area rugs instead of carpeting. When possible, do not use any carpeting or rugs in the home. Carpets and rugs should be vacuumed often. Be sure to wash your floors often with soap and hot water.

### Last Minute Tax Tips for 2010

**SMARTMONEY MAGAZINE** by **Lauren Young (Author Archive)**

#### 1. Going Green

With much fanfare, the government created several green tax initiatives last year. Consumers who installed new doors, windows or air-conditioning in 2009 can get tax credits of up to \$1,500; those with new geothermal heating or solar energy systems can

write off up to 30 percent of the costs. There's also a credit of up to \$3,400 for some hybrid cars or fuel-efficient motorcycles.

## 2. College Credit

Thanks to the dismal economy, enrollment is up by more than 15 percent at higher education institutions. There's a slew of credits for students, including a Lifetime Learning Credit of up to \$2,000 for coursework to improve job skills. Joint filers can't claim the credit if income exceeds \$120,000.

## 3. Healthy Savings

Nearly 23 percent of Americans with private health insurance have a high-deductible plan that allows contributions to a health-savings account with pretax dollars. This works best for people who are generally healthy and rack up few bills. Those under 65 can fund up to \$7,950 for 2009.

## 4. Taking Care

Long-term-care insurance, which can be used to cover a nursing home or in-house caregiver, can be pricey. But the premiums are considered a medical expense, and such expenses are deductible if together they exceed 7.5 percent of an individual's taxable income. For individuals between the ages of 50 and 60, the maximum deduction for premiums in 2009 is \$1,190.

## 5. Fund Your Retirement

One way to trim your tax bill is to fully fund your individual retirement account. IRA deductions are available for contributions until April 15, although individuals covered by an employer's 401(k) can't claim an IRA deduction if their taxable income exceeds \$65,000 (\$109,000 for joint filers). The maximum annual contribution is \$5,000, or \$6,000 for those 50 and older.

## GARDENING QUESTIONS YOU MAY ASK IN APRIL

Dr. Leonard Perry, Extension Professor  
University of Vermont

Three questions you may ask this month include why are my seedlings rotting at the soil line? How do I get rid of crabgrass? And, which shrubs should be pruned in spring?

Seedlings that rot at the soil line, and topple over, are likely damping-off disease. This often occurs when seeds are sown in a seed mixture that is not free of disease (for example garden soil or used potting mix). Overwatering helps the disease develop quickly. To solve this problem, sow seeds in rows. This will restrict the disease to a row if it develops. Keep the soil surface slightly dry. Sprinkling sand over the soil can help control this disease. Start with a pasteurized soilless sowing medium such as one you might purchase just for this purpose.

Crabgrass is the bane of many gardeners. It is an annual summer weed, which means that it grows from seeds as the soil temperature rises in spring. The plants grow, set more seed to infest your garden, then die with frost. There are herbicides you might use containing "preemergent" chemicals. This means they control the weed before it germinates and emerges. Apply these to lawns when forsythia is in full bloom.

Flowering shrubs can be divided into two major groups--those that flower in spring, and those that flower in early to late summer. Knowing the difference will make it easier to know when to prune.

For spring-flowering shrubs, allow these plants to flower before you prune them. They include such plants as forsythia, white-flowering spireas, mockorange, lilac, and most viburnums.

Summer-flowering shrubs can be pruned in early spring, before these branches develop. They include such plants as potentilla, hydrangea, and many roses.

## Outdoor BBQ Grills And What To Look For! [David T Smith](#)

Like most people, we occasionally like to cook outdoors, but selecting the right grill can be a daunting process. Here are some tips to guide you through this process.

You can spend a large sum of money on outdoor BBQ grills. Keeping this in mind, you need to set your budget before venturing out. It doesn't matter whether it is a few hundred dollars or a few thousand dollars. Be strong and firm with yourself and stay within your budget.

Now decide whether the outdoor grill is for yourself and your family, or will you be entertaining large groups of family and friends! There are some outdoor BBQ grills on the market that suit two people and some outdoor grills that literally have hundreds of square inches of cooking space. Decide what your needs are before you shop.

A tabletop model that is meant for one or two people may suit your needs if you rarely entertain, or if you just want to cook outside on occasion. However, tabletop outdoor grills make it difficult if you plan on cooking a meal for several people.

Which do we choose; the charcoal or the gas outdoor BBQ grills? The traditionalist will insist that charcoal gives the food a better taste or flavor. The dripping that comes off the meat mixes with the charcoal to create a more flavorful smoke that adds flavor to the meat while it cooks.

Propane grills are considered safer to use than charcoal. With a touch of a button your grill ignites. Propane can be controlled much more easily than charcoal, and the chances of flare-ups are reduced.

Despite the type of outdoor BBQ grills you may be considering to purchase, the important factor is learning how to use your new BBQ grill. So please read the manufacturer's instructions.

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### Dates to remember...

**May 13, 2010** – The Arthritis Research Institute (ARI) will host its 5<sup>th</sup> annual Arthritis Symposium at Ceresville Mansion. Please mark this date! We have seven amazing speakers who will address today's questions about arthritis.

Look for your registration form in the mail!

Seven amazing arthritis experts will speak on the latest development in arthritis.

This full day symposium will include all program materials, continental breakfast, seated luncheon, and information that will help you manage your arthritis.

## ***Wei's World***

This month's Wei's World starts with a video. <http://www.screencast.com/t/YTRhNTVhZ>  
Were you able to watch it?

Let me explain why this video is so meaningful to me. This video footage came from a recent trip my son, Benji, and I took to Colorado to go snowboarding.

My wife insisted that we go to reward Benji for his hard work in college (he's a freshman at Bowdoin College in Maine) and also to reward me for working on something I'll talk about in a future Wei's World.

What's remarkable is that, Benji, the kid snowboarding in the video, has had arthritis (juvenile ankylosing spondylitis) since the age of ten. He's now 19.

Benji's arthritis is in remission because of the skill of his pediatric rheumatologist, Dr. Tom Lehman, at the Hospital for Special Surgery in New York City. And a lot of the credit also goes to the medicines Dr. Lehman put him on.

Which brings me to the reason why I'm so passionate about the role of clinical research in arthritis. Because if we didn't have research, we wouldn't have the wonderful biologic medicines that have helped Benji so much.

So... now I hope you understand why this video means so much to me... and to him... and should provide some hope to all arthritis sufferers.