

central
jersey

today

KICK BUTTS DAY
STAND OUT · SPEAK UP · SEIZE CONTROL

It's time to kick some butts!

Get the details in Heart Beats. **B3**



PHOTO COURTESY OF LAURA DEPRADO

Herb Scented Shamrocks: Everyone is Irish with horticultural therapy Shamrock Herb plates that awaken and stimulate the senses.

This week is National Horticultural Therapy Week



LAURA DE PRADO
HORTICULTURAL
THERAPY

This week is national Horticultural Therapy Week March 15 to 22, coinciding with the birth of spring, St. Patrick's Day, Shamrock of green clover, and the week of promotion of horticultural therapy and the good work of horticultural therapists nationally and locally.

You don't have to be Irish to recognize that horticultural therapy and the people-plant connection makes eyes smile across the garden state as research-based evidence shows the physical, psychological, social and cognitive benefits of horticultural therapy.

The New Jersey Senate became the first legislative body in the United States to pass a resolution designating the third week of March as Horticultural Therapy Week established by Congress in spring 2006.

What is horticultural therapy?

Horticultural therapy is the process of connecting people and plants through vocational, social, and therapeutic programs under the direction of a horticultural therapist, who is trained and skilled at creating customized activities, and/or garden spaces that accommodate people with a wide range of abilities (with goals, objectives and recorded outcomes).

Horticultural therapy designs and programs can offer cognitive, social,

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GIVING JAMAICAN TOURISM A SECOND CHANCE



JENNA INTERSIMONE/STAFF PHOTO

Tourists are lured to Jamaica because of its white-sand beaches and pleasant weather.



JENNA INTERSIMONE
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My father wasn't thrilled with our family's decision to travel to Jamaica for our annual trip this March. Actually, he was horrified.

As he informed every person that we met while staying in Montego Bay for six days, when he traveled to Negril, Jamaica, 25 years ago, the hotel that he and my mother stayed at may have been reasonably priced, but it also had no hot water and one black-and-white TV in the glorified lobby that only played "Toma" reruns.

After my parents arrived at Sangster International Airport, they sat on a rickety, smoky bus for about an hour and a half and enjoyed what would eventually be pleasant countryside and colorful beachside homes but in 1990 was a collection of shacks with wood pallet roofs. Feral dogs and goats roamed the land and many were left dead on the side of the dirt roads. The two-lane highway that we took from Sangster International Airport to Montego Bay this time around didn't even exist then.

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JENNA INTERSIMONE/STAFF PHOTO

The Hilton Rose Hall hosts the largest waterpark in Jamaica.



LIFE ABOARD THE TRAVELING CIRCUS

Jamaica is a "reasonably priced yet hospitable island" for tourists.

JENNA INTERSIMONE

ID CARE

Food poisoning: Symptoms, treatment and recommendations



DR. MEENA SEENIVASAN
WRITER

Eating contaminated food causes food poisoning or foodborne illness.

Infectious organisms, including bacteria, viruses and parasites—or their toxins can contaminate

food at any point of processing or production. Contamination can also occur at home if food is incorrectly handled or cooked.

The symptoms can start within hours of eating contaminated food and include nausea, vomiting or diarrhea. Most often, food poisoning is mild and resolves without treatment. But some people need to go to the hospital.

CDC estimates that each year roughly one in six Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases. Viruses are the most frequent cause of food poisoning in the U.S. Norvirus is the most common pathogen followed by bac-

teria such as salmonella, clostridium perfringens, campylobacter.

The most common serious complication of food poisoning is dehydration. Infants, older adults and people with suppressed immune systems or chronic illnesses, such as diabetes, liver disease or AIDS may become severely dehydrated. Certain pathogens can cause severe illness as well.

Listeria monocytogenes. Early in pregnancy, a listeria infection may lead to miscarriage. Later in pregnancy, a listeria infection may lead to stillbirth. Infants who survive a listeria infection may experience long-term neurological damage and delayed development.

Escherichia coli (Ecoli 0157) can cause a serious complication called hemolytic uremic syndrome (causes kidney failure) especially in older adults and young children. It often presents with profuse or bloody diarrhea.

Food poisoning treatment

In most cases of food poisoning, symptoms resolve quickly, drinking ade-

quate fluids, eating small, low-fat meals, and resting is adequate. Antibiotics are not usually needed or recommended but may be used for some types of food poisoning. In people with persistent diarrhea and/or vomiting, intravenous fluids may be needed to prevent dehydration. Antidiarrheal medications (Imodium, Pepto Bismol) are not recommended.

Food safety recommendations

The following general precautionary measures are recommended by the federal government (www.foodsafety.gov):

» Do not drink raw (unpasteurized) milk or foods that contain unpasteurized milk.

» Wash raw fruits and vegetables thoroughly before eating using cold running water.

» Keep the refrigerator temperature at 40°F (4.4°C) or lower; the freezer at 0°F (-17.8°C) or lower.

» Use precooked, perishable, or ready-to-eat food as soon as possible.

» Avoid cross contamination; keep raw meat, fish, and poultry separate

from other foods.

» Wash hands, knives, and cutting boards after handling uncooked food, including produce and raw meat, fish, or poultry.

» Thoroughly cook raw food from animal sources to a safe internal temperature and check the temperature by using a food thermometer: ground beef 160°F (71°C); chicken 165°F (77°C); turkey 165°F (82°C); pork 145°F (71°C).

» Seafood and shellfish should be cooked thoroughly to minimize the risk of food poisoning. Eating raw fish (eg, sushi) poses a risk for a variety of parasitic worms. Freezing kills some, although not all, harmful microorganisms. Raw fish that is labeled "sushi-grade" or "sashimi-grade" has been frozen.

» Cook chicken eggs thoroughly, until the yolk is firm.

» Refrigerate foods promptly. Never leave cooked foods at room temperature for more than two hours (one hour if the room temperature is above 90°F/32°C).

Dr. Meena Seenivasan is a partner with ID Care.