



ASK THE SOCIAL WORKER

Question: I just got back from the grocery store and I am sure I saw at least three new brands of bottled water. What is the difference between all of these types of water? Some are labeled spring water, purified drinking water and others, sparkling water. Is there something unhealthy about drinking tap water?

Answer: I am not surprised you saw several new brands of bottled water. A recent study conducted by the Natural Resources Defense Council (NRDC) identified 103 brands of bottled water. The Food and Drug Administration (FDA) regulates bottled water in the U.S. and identifies bottled water by its source and the methods used by the bottler to treat it. Below are some of the more common types of bottled water.

- **Artesian Water** is from a tapped confined aquifer, a water-bearing underground layer of rock or sand.
- **Fluoridated Water** has fluoride added within safety limitations and regulations set by the FDA.
- **Mineral Water** has naturally occurring minerals, such as calcium, iron, zinc, etc.
- **Purified Water** has minerals and impurities removed and is from a natural source or local water system.
- **Sparkling Water** contains the same amount of carbon dioxide existing within its natural source.
- **Spring Water** flows naturally to the surface from an underground formation.

Dr. Rolf Haden from the Johns Hopkins School of Public Health suggests that people should be more concerned about the quality of bottled water as it can legally contain contaminants not allowed in tap water.

A recent study conducted by the NRDC confirmed that 60% to 77% of all bottled water sold in the U.S. is exempt from FDA regulation because it is packaged and sold within the same state. The NRDC estimates that 40% of bottled water is tap water, which may or may not have been treated by the bottler. The CDC recommends that if the tap water in your area is safe, you should drink it instead of bottled water. To obtain information on your bottled water, contact the bottler listed on the bottle. For information about tap water, visit the U.S. Environmental Protection Agency's Safe Water Web site at www.epa.gov/safewater.

Sources: National Resources Defense Council, www.nrdc.org; U.S. Food and Drug Administration, www.fda.gov; National Sanitation Foundation International, www.nsf.org; Johns Hopkins School of Public Health, www.jhsph.edu; Centers for Disease Control, www.cdc.gov; Food & Water Watch, www.foodandwaterwatch.org.

JOKE OF THE MONTH

**Where there's a will,
I want to be in it.**

Laughter is known to boost the immune system, lower blood pressure, burn calories and release pleasure-inducing chemicals in the brain.

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STOP SMOKING: AVOID SECONDHAND SMOKE



Exposure to secondhand smoke – smoke that is released into the atmosphere by smokers – can lead to the absorption of nicotine and other toxic chemicals by non-smokers, causing thousands of deaths each year from lung cancer and heart disease. If you smoke, be considerate of the health of those around you and avoid smoking in their presence. Better yet, take care of your own health as well, and quit smoking now. It isn't easy to quit, but it can be done. No matter how old you are or how long you've smoked, quitting will help you live longer.

Tobacco addiction has both a psychological and a physical component. For most people, the best way to quit is to seek a combination of both treatments.

Contact your local American Cancer Society at www.cancer.org or call **800-ACS-2345** for more information on programs that will help you quit smoking.

Here are four steps that may help you to quit smoking successfully.

- Make the decision to quit. Others may want you to quit, but the real commitment must come from you.
- Set a quit date. Choose any date or one that has special meaning like a birthday or anniversary.
- Avoid people and places that tempt you to smoke.
- Change your habits to help take your mind off of smoking triggers. Switch to juice or water instead of alcohol or coffee. Take a brisk walk instead of a coffee break.

Source: American Cancer Society, www.cancer.org

NEW ADDITIONS TO THE MPPAF'S NATIONAL RESOURCE DIRECTORY

American Physical Therapy Association: www.apta.org, (800) 999-2782

This national professional organization represents physical therapists. Its goal is to foster advancements in physical therapy practice, research and education.

American Dietetic Association: www.eatright.org, (800) 877-1600 or (800) 877-0877

This is the nation's largest organization of food and nutrition professionals. It is committed to helping people enjoy healthy lives by increasing their awareness of safe sustainable food, obesity and integrated medicine.

National Association of Professional Geriatric Care Managers: www.caremanager.org, (520) 881-8008

A professional nonprofit association of health and human service specialists who have expertise in aging. Their mission is to assist families, older adults, and those with disabilities to attain their functional potential.



QUOTE OF THE MONTH

“A fanatic is always the fellow that is on the opposite side.”

— Will Rogers

QUESTIONS OR COMMENTS?

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