



## Chris Nikic

Became the first competitor with Down syndrome to complete an Ironman triathlon.

Nikic, from Matiland, competed in the Ironman Florida, which includes a 2.4 mile swim, 112 mile bike ride and a 26.2 mile marathon run, in 16:46:09, according to the Special Olympics of Florida.

Nikic worked out with trainer Dan Grieb for about a year to prepare for the race.

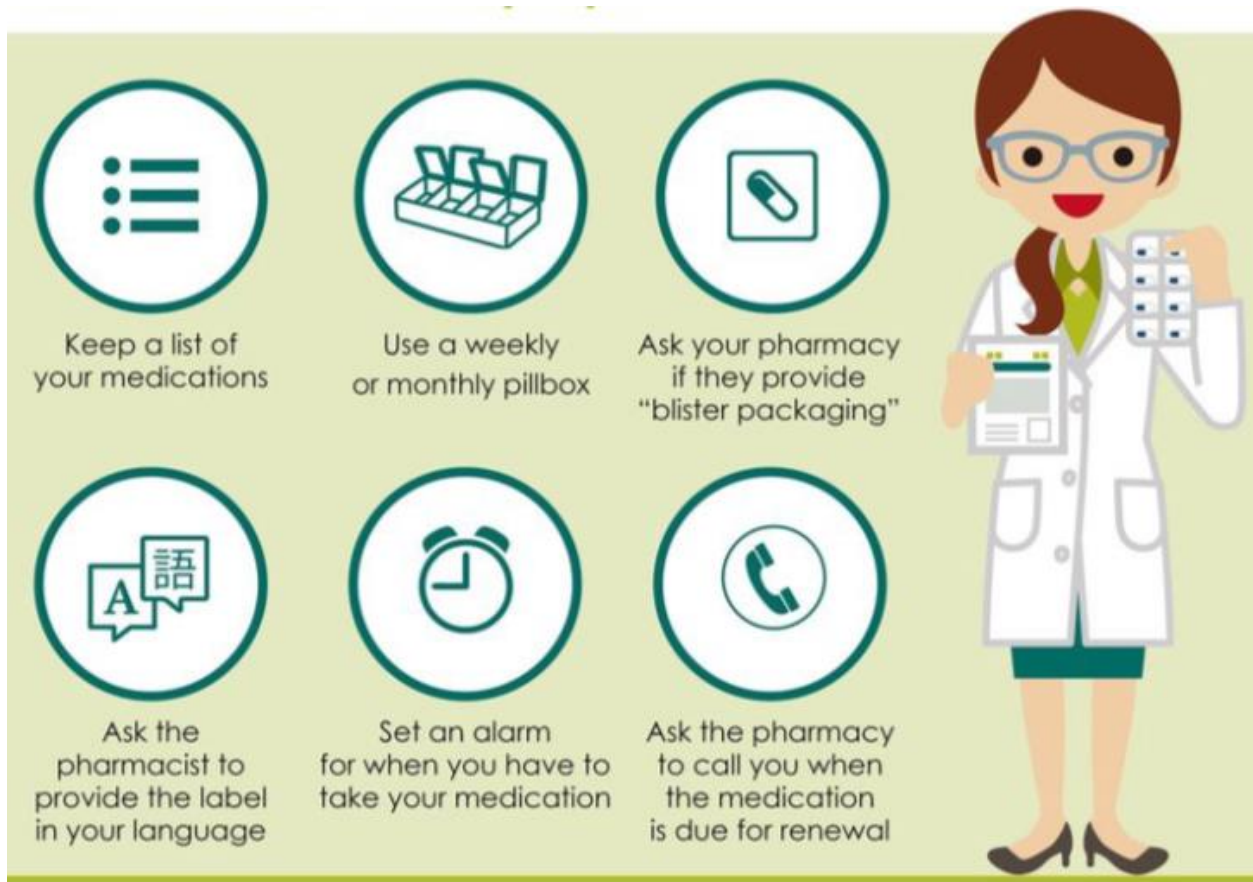
"One of the most magical things that has happened to me is that I've been able to be introduced into this world," Grieb told WEAR. "In this world, I've learned that a hug can solve a lot of problems and some of the greatest among us are labeled with words like disability."

His competitiveness is an inspiration to others.

"Congratulations Chris on becoming the first person with Down syndrome to finish an Ironman. You have shattered barriers while proving without a doubt that Anything is Possible," race officials said on social media. "We are beyond inspired, and your accomplishment is a defining moment in Ironman history that can never be taken away from you. You swam 2.4 miles, biked 112 miles and ran 26.2 miles and now you get to brag for the rest of your life."

One more push up, one more sit-up and one more lap. Triathlete Chris Nikic lives off this philosophy of getting 1% better every day, and this drive and work ethic has enabled him to make history. Two years ago, Nikic couldn't run a full mile. On Saturday, Nov. 7, he was the first person with Down syndrome to race in an Ironman triathlon.

## Medication



### The importance of taking medications as prescribed

Taking your medicine as prescribed or medication adherence is important for controlling chronic conditions, treating temporary conditions, and overall long-term health and well-being. A personal connection with your health-care provider or pharmacist is an important part of medication adherence.

Each year in the United States, an estimated 125,000 people die from not taking their medications exactly as prescribed by their doctor. Using medications correctly at the right time

and in the right way can usually prevent health conditions from becoming worse while also reducing the risk of hospitalization and death.

### **Common side effects of medications**

- Constipation.
- Skin rash or dermatitis.
- Diarrhea.
- Dizziness.
- Drowsiness.
- Dry mouth.
- Headache.
- Insomnia.

## **The right to be treated with dignity and respect**

Respect and Dignity everyone has the right to be treated with consideration, respect, and dignity, acknowledging his/her individuality and the values that affect his/her response to care. Everyone must be treated with kindness, compassion and in a caring manner with honest and open answers.

### **Respect His Privacy, Physically and Emotionally.**

- Close the door when you help him dress or use the bathroom.
- Knock before opening a closed door.
- Don't discuss confidential information with other people, even family members, without his permission.

### **Respect His Right to Make Choices.**

- By making choices we have a sense of control over our life. Let him decide what and when to eat, for example, if he is able.

- If he has cognitive problems, offer choices of what to eat, when to eat, what to wear. If he insists on wearing the same shirt every day, use a protective towel when he eats, and wash clothes in the evening.
- If a choice seems silly or unimportant to you, try to see why it may be important to him.
- If he refuses to take medication or makes other choices that would be dangerous, try to negotiate possible solutions. Offer pills with a favorite snack (if the prescription allows), agree to give baths only as often as absolutely necessary, arrange for someone to take walks with him if he is unsafe by himself.

### Treat Him with Dignity.

- Listen to his concerns.
- Ask for his opinions and let him know they are important to you.
- Involve him in as many decisions as possible.
- Include him in the conversation. Don't talk about him as though he's not there.

Speak to him as an adult, even if you're not sure how much he understands.

## 8 Standards of Dignity and Respect



### Honesty

We will work openly and honest with everybody. If mistakes are made you will be able to discuss what went wrong, an apology will be given where appropriate and you will be informed of any action.



### Kindness

We will act professionally with everyone and treat you with courtesy, kindness and compassion.



### Compassion

We will welcome you and create a safe, calm and clean environment.



### Courtesy

We will ask the preferences of gender for your carer and this will be provided where possible.



### Understanding

You will be listened to and support to enable you to express your needs and wishes.



### Confidentiality

You will be asked before any of your information is shared with relatives, carers and friends.



### Privacy

Your privacy and dignity will be maintained at all times, including for example – whilst being transferred through the hospital, during discussions, when you are being examined and treated.



### Communication

We will ask you what you preferred to be called. We will introduce ourselves appropriately by name and job title/role both in person and on the telephone. If you experience delays, we will explain the reasons for delay in a polite manner.

## Spanish Rice for Christmas



### Ingredients

- 1 medium onion, finely chopped
- 2 small green bell pepper, chopped
- 1 tablespoons vegetable oil
- 1 cup uncooked regular long-grain white rice
- 2 ½ cups water
- 1 teaspoon salt
- ¾ teaspoon chili powder
- 1/8 teaspoon garlic powder
- 1 can (8 ounces) tomato sauce

### Steps

1- In 10-inch skillet, heat oil over medium heat 1 to 2 minutes. Cook onion and uncooked rice in the oil about 5 minutes, stirring frequently, until rice is golden brown.

2- Remove skillet from heat. Stir in bell pepper, water, salt, chili powder, garlic powder and tomato sauce. Heat to boiling over high heat, stirring occasionally. Reduce heat to low; cover and cook about 25 minutes, stirring occasionally, until rice is tender and tomato sauce is absorbed.





# Christmas Word Search



ANGELS  
BELLS  
ELVES  
FROSTY  
GIFTS  
HOLLY  
HOLY  
JOLLY  
LIGHTS  
NOEL  
SANTA  
SLEIGH  
SNOWFLAKES  
STAR  
WREATH

Q D H F S H F R O S T Y N V K  
J O A L G E V W W N T L O Y P  
V R M I B V K X H R J V E L D  
C Z E M C B A A L D E K L L U  
A L V A P S E V L E H A A O C  
S T G I F T S P D F X O T H H  
V E N S B T F S K M W Y L H J  
V Q D A A Z N L C L Z O U Y O  
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J A G T T M S K U C S A E S Z  
X N D S Y R X C Z D A L G Z W

