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“We Care for Elder Care”
March 24th
Donley County Activity Center
9:00 to Noon
Registration Fee \$10.00

Topics Include:

- ♦ Help! My Loved Ones Can No Longer Live Alone
- ♦ Cancer Support
- ♦ Diagnosing Dementia & Alzheimer’s
- ♦ Seniors & Exercise

Health assessments

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Armstrong County Extension Service
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Sincerely,

Leicia Redwine
County Extension Agent
Family & Consumer Sciences
Armstrong County

Caring for Those You Care About
Lunch & Learn Series
Activities Building
Noon to 1:00

Cooking for One or Two: February 16th
Is meal time boring?

Need new ideas for meal preparation for just 1 or 2 people?

Speaker: Leicia Redwine, CEA-FCS

Long Term Care: February 23

What are your options? What will Medicare pay for?
Developing a plan for care

Speaker: Janet Bilyeu & Jami Conrad

Scams & Frauds

Scams targeting older adults.
Investment Fraud

Speaker: Andy Crocker, Texas Agrilife Extension

Estate Planning

Advanced Directives; Power of Attorney;
Sheltering Your Assets

Speaker: Eric Pullen, Lawyer

Cost of Series: \$12.00

Call 226-3021 to RSVP

Noon meal Provided

Kitchen Short Cuts

Make the Most of Your Melon Baller

Melon ballers can save time in more ways than scooping out melon balls. Use for:



- Coring apples and pears.
- Scooping the inner membrane from peppers.
- Removing the seeds and surrounding pulp from vegetables like cucumbers, tomatoes, and winter squash.
- Scraping the last layer of pulp from your jack-o-lantern.
- Scooping out the insides of potatoes for twice-baked potatoes.

Give Spices & Herbs the “Sniff” Test



Depending on storage quality of the spice or herb, some may last longer than others. As a check to see if a GROUND SPICE is potent, smell it. If its aroma is immediate, strong and spicy, it should still add flavor to your foods. For a WHOLE spice, such as a clove or cinnamon stick -- break, crush, or scrape the spice before you smell it. DO NOT smell PEPPER or CHILI POWDER as they can irritate your nose.

For HERBS, crush a small amount in your hand and smell it. If the aroma is still fresh and pleasant, it can still flavor foods. If there's no smell or an off smell, toss it.

Get in the habit of smelling your spices and herbs periodically. You'll learn what fresh smells like so you can begin to detect if they are getting old.



Neater Cheese Grating



Use a clean plastic Zipper-Lock bag to hold both grater and cheese. By placing the bag around the grater and the cheese, grate cheese with clean hands and eliminate flyaway bits. Leftover grated cheese is ready for storage in a handy bag.



Kitchen Short Cuts Continued.....

Catching Oil Drips

- To prevent unsightly oil stains on pantry shelves, wrap a clean sweat-band around the middle of your bottle of oil to catch drips. When the band becomes too dirty, clean it in the washing machine.
- Alternatively, a band of folded paper towels can be fastened around the bottle with a rubber band and simply thrown away when dirty.



Speedy Dough Rising

Lynn McHugh of Roanoke, VA, was looking for an easy way to speed up the bread making process. She hit pay dirt with a microwavable neck wrap, the kind normally used to relieve stress. When wrapped around a bowl of dough, it provides just enough extra heat to gently nudge the dough into rising in about half the time.



1. Heat the neck warmer in the microwave for 1 to 2 minutes.
2. Fit the warmer snugly around the bowl of dough.

Long-Term Effects of Food Poisoning: Chronic Arthritis

Food poisoning sends more than 100,000 Americans to the hospital each year, and can also have health consequences that people may have to live with for the rest of their lives.

- A small percentage of people with Shigella or Salmonella infection develop pain in their joints, irritation of the eyes, and painful urination - This is called reactive arthritis.
- Reactive arthritis can last for months or years, and can lead to chronic arthritis, which is difficult to treat.

* Burn the candles, use the nice sheets, *
* wear the fancy lingerie. Don't save it *
* for a special occasion. Today is special! *

Baking Soda Surprises

What's it doing in your toothpaste, deodorant, antacid, and refrigerator?

Also known as sodium bicarbonate or bicarbonate of soda, baking soda is best known as a leavening agent, since it's involved in the chemical reaction that causes dough to rise. But this household staple has hundreds of uses.

Baking soda is somewhat alkaline that is, it has a pH above 7 and thus helps neutralize acids, including acidic scent molecules. That's why baking soda comes in handy, as follows:

- ✓ An open box of baking soda can help deodorize a refrigerator or room. You can make an air freshener by mixing baking soda and water in a spray bottle.
- ✓ It has various uses in cooking, not just baking. Adding a pinch to the soaking water of beans speeds the cooking process and helps reduce compounds that cause flatulence. A pinch added to tomato sauce while cooking, or coffee while brewing, reduces acidity. It's also an effective meat tenderizer, since it breaks down proteins.
- ✓ Because it's a mild abrasive and deodorizer, baking soda is a gentle, inexpensive cleanser for sinks, tiles, toilet bowls, and ovens. And it's a good ingredient in toothpastes, underarm deodorants, and denture soaks. Environmentally safe, baking soda can be used in place of potentially toxic products.
- ✓ When added to laundry water - about half a cup - it can improve the effectiveness of detergent. Added to the rinse cycle, it can neutralize odors.
- ✓ Added to bath water, it soothes dry skin, sunburn, and itching due to poison ivy or mosquito bites. Or it can be applied as a paste (one part water to three parts baking soda).
- ✓ Added to swimming pools, it can balance the pH and help keep water clear.
- ✓ Sodium bicarbonate is an effective antacid, but is not recommended because it's so high in sodium: 1,250 milligrams per teaspoon, and 1,100 milligrams in two tablets of Alka-Seltzer. And it may cause acid rebound effect, in which case you end up with worse heartburn.

And by the way: Some websites recommend taking sodium bicarbonate to bolster or restore you body's acid/alkaline (pH) balance. This is nonsensical advise.

Put Some Fizz in Your Game?

Some athletes consume sodium bicarbonate hoping to neutralize the lactic acid that builds up in blood and muscles during intense exercise and thus causes fatigue and impairs performance.

Researchers have studied this proposed benefit of sodium bicarbonate for decades, for sprints as well as endurance events, with conflicting results. A 2008 review, for instance, noted performance benefits in both a 1,500-meter race and intermittent-sprint cycling, but not in a 600-meter run. A 2010 study found no benefit in elite rugby players in New Zealand - and in fact the side effects (notably bloating, cramps, diarrhea, and nausea) may have impaired performance. Most recently, a small study of competitive college tennis players in Taiwan found that sodium bicarbonate did improve performance.

If sodium bicarbonate has any beneficial effect on performance, it's minimal. Besides being high in sodium, it can cause gastrointestinal distress. If you have kidney problems, it can be dangerous. In rare cases, swallowing large amounts of sodium bicarbonate on a very full stomach could even result in stomach rupture.

7 Easy Ways to Cut Your Energy Bills

Driving Sensibly – Speeding up and quick braking wastes fuel. By avoiding erratic driving habits, you can improve your fuel efficiency by as much as 33% on the highway and 5% around town.

Yearly savings \$200

Programming the Thermostat – Heating and cooling bills can be reduced up to 20% when temperatures are adjusted down 5 to 10 degrees at night or when you're not home. A programmable thermostat, costing less than \$100, can do this for you.

Yearly savings \$180

Fixing Leaky Ducts – It might just pay to hire a qualified heating and cooling pro to seal and insulate heating and cooling ducts that run through your home. It might improve your system's efficiency by 20%.

Yearly savings \$400

Adjusting Modes – Check to see that your television is set for “home mode” versus “retail mode” viewing which is used in display rooms. “Home mode” is more efficient and fine for most types of viewing.

Yearly savings \$30-\$60

Avoiding Pre-Rinsing – When washing dishes before putting them in the dishwasher, up to 6500 gallons of water per year and the cost to heat the water is wasted.

Yearly savings \$75

Minimize Unused Energy – Appliances and devices like video games can draw between 5 and 10 percent of residential electricity when in the standby or off mode.

Yearly savings \$125

Washing with Cold Water – Although in the habit of thinking only hot water can clean clothes, consider using detergents suited for cold water washing. Consumer Reports found that some brands performed better for removing grass, wine and other tough stains. Yearly savings \$60

Get the Jump on Spring Stains

Warmer weather presents new laundry challenges

As the weather warms, activities move outdoors. There are garages to clean, fences to paint, gardens to weed and sports to be rediscovered. A whole new group of stains seems to appear! When these stains come out of hibernation, here's how to send them packing.

- **Bicycle Grease:** Pretreat using a prewash stain remover, then launder using the hottest water that's safe for the fabric. If the stain remains, apply a concentrated heavy-duty cleaner (one that's labeled for use on grease stains) directly on the grease spot. Scrub gently, using a small brush or old toothbrush, and then launder again.
- **Grass:** Pretreat using a prewash stain remover. Launder, using the hottest water that is safe for the fabric. If any stain remains, launder again with detergent and chlorine bleach, if safe for the fabric, or oxygen bleach.
- **Mud:** Let the mud dry, then brush off any excess. Pretreat using a prewash stain remover. Launder, using the hottest water that is safe for the fabric. If any stain remains, launder again with detergent and chlorine bleach, if safe for the fabric, or oxygen bleach.
- **Perspiration:** Check to see if the stain has changed the color of the fabric. If so, apply ammonia to fresh stains and white vinegar to old ones. Then, treat with a prewash stain remover or rub the stain with a bar of soap. Launder using the hottest water that is safe for the fabric. If the stain remains, launder again with detergent and oxygen bleach.
- **Rust:** Use a commercial rust remover, which is available in most supermarkets and hardware stores. These products contain toxic acids, so be sure to read and follow the label directions carefully. Never use a product containing bleach on a rust stain, as it will permanently set the stain.
- **Water-Based Paint:** Scrape off the excess paint. Working from the back of the fabric, flush the stain with warm running water. Mix a solution of one part liquid hand-dishwashing detergent to one part warm water and sponge the solution onto the stain. Using a brush with equal-length bristles, gently pound the stain with an up-and-down motion (called "tamping") to break up the paint residue. Rinse. Repeat sponging, tamping and rinsing the stain until the paint is gone. Launder, using the hottest water that's safe for the fabric.

