

# Living Well Newsletter

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**HAPPY NEW YEAR**

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## **Reshape Yourself**



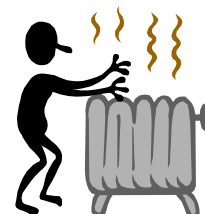
The 15-week *Reshape Yourself* class will begin on **Monday, January 7** at 12:15 p.m. in the clubroom of the courthouse.

*Reshape Yourself* is a successful weight-loss program which emphasizes a sensible and balanced diet, regular exercise, and making life-long behavioral changes. The group meets weekly for approximately 30 minutes. A fee of \$25 is charged, but individuals may “win” their money back by reaching their weight loss goal.

Please call the extension office at 460-6270, as soon as possible, to register.

## **Heater Safety Tips**

With the colder temperatures of winter and the expected high cost of home heating, many families are looking for ways to save money.



Turning your furnace's thermostat down by one degree will save 3% on your heating cost. However, when some families do this, they also run an electrical space heater when bathing or if they are sitting in a cool room in their home.

Approximately one-third of all home fires nationwide occur during December, January, and February. The major cause of these fires can be attributed to faulty and improper use and maintenance of supplemental heating equipment such as space heaters. Space heaters are very dangerous if used improperly.

Give space heaters at least 3 feet from anything that can burn. Purchase only heaters that are UL approved. Also look for a tip-over shut off feature and heating element guards.

If you already own a space heater, check to make sure it is clean and in good condition. Have any problem professionally repaired. Place the heater out of high traffic areas and on a level, hard, non-flammable floor surface.

Heaters should not be placed on carpets, furniture, or countertops. Do not overload your circuits. Never use an extension cord with a space heater. Also, never leave a space heater unattended.

*Another note:* Make sure you have fresh batteries in your smoke alarm. This will greatly improve your chances of surviving a fire.

### All Juices Are Not Equal



Healthful eating includes plenty of fruits and vegetables. What about juice? Check the label.

Fruit flavor in a juice doesn't mean fruit nutrition. The label "100% fruit juice" is the key to getting fruit nutrition. Beverages labeled fruit drink, fruit cocktail, or fruitade may contain added sugars which often replace fruit nutrition. These added sugars may also increase the calories.

Another healthful choice is beverages that have added nutrition. Often these beverages have the same amount of particular vitamins as juices. At the same time, these nutrition-enhanced fruit beverages may not contain other important vitamins and minerals, so include them as part of your fruit juice routine, not as a substitute. The key is to check the label to get the product you're looking for.

Yours truly,

Donna B. Francis  
County Extension Agent  
Family & Consumer Sciences

# EHC Page

## Board Meeting

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The Drew County EHC Board will meet on Tuesday, January 8 at 5 p.m. in the clubroom of the courthouse. The executive board will meet at 4:30 p.m.

## Leader Training

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*Estate Planning Basics* will be the topic of the next EHC leader training. The meeting will be held on Wednesday, January 23 at 9:30 a.m. in the clubroom of the courthouse. One member of each club should plan to attend.

## Club News

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Any club or committee with news to share with the membership can send the information to me. It will be included in the monthly newsletter.

*All meetings and activities announced in this newsletter are open to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.*