

Living Well Newsletter

Drew County
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Reshape Yourself

The “Reshape Yourself” weight loss program will begin on Monday, August 11 at 12:15 p.m. The program will last for 15 weeks, and we’ll meet in the clubroom of the courthouse.

A fee of \$25 is charged. The fee covers notebooks for participants, prizes and any other expenses. The balance of the account is shared by those who reach their weight loss goal.

Pre-registration is required. Call 460-6270 by noon on Friday, August 1, to sign up.

Eyesight, Age, and Nutrition

Good eyesight is important to everyone, regardless of their age. However, eyesight problems are more common as we grow older. Poor eyesight can influence nutritional status in a number of ways:

- Food purchasing and selection
- Cooking
- Feeding ourselves
- Food storage

Reading Food Packages

If reading is difficult, try relying on the pictures on the packages. The graphics will often tell you the number of servings per container, how the food needs to be prepared and sometimes the proper method of storage. Unit pricing is usually in large bold letters, but if you can’t easily read the price, feel free to ask someone. Remember people do generally like to help others.

Placement of Food on Plate for Blind or Near-Blind Persons

For those who are blind or near-blind, placing the food in a clockwise manner on the plate can help a lot. People can be told the potato is at 2 o'clock, the peas are at 4 o'clock, and the chicken is at 8 o'clock. Knowing where your food is on your plate can greatly increase pleasure in eating and the ability to feed oneself!

Do certain foods improve eyesight? We all have heard that carrots make brighter eyes. It is true that carrots contain beta-carotene, and that beta-carotene is broken down into vitamin A. Vitamin A is required for eyesight, especially adaptation to the dark and helping to avoid night-blindness. However, additional beta-carotene or vitamin A will only improve eyesight if the body's reserves have been depleted. It is a good idea to eat a good source of vitamin A every other day. Good sources are apricots, pumpkin, sweet potato, spinach and carrots.

If your eyesight is getting worse, be sure to talk to your doctor. Changes in eyesight can be due to cataracts or other degenerative changes, but may also indicate high blood sugars in diabetics or high blood pressures in those with hypertension. Be safe, not sorry!

Eat a diet balanced in foods with variety from each food group.

Each day...Try to get...

2 cups fruits
2 ½ cups vegetables
6 oz. grains
3 cups milk
5 ½ oz meat/or protein

Smoke Detectors: Be Alarmed



In a typical home fire, families have two minutes or less to get out safely. Having a working smoke detector cuts the chance of dying in a home fire by nearly 50 percent.

The National Fire Protection Agency estimates that 96 percent of U.S. homes have at least one smoke detector. But, there are more homes with non-working smoke detectors or alarms than homes with functioning ones. Dead or missing batteries are the reasons that many smoke detectors don't work. When operating properly, smoke detectors can save lives, reduce injuries and decrease property damages.

There are different types of detectors, but they all sense rising smoke and sound a piercing alarm. Dual-detection alarms that have both ionization and photoelectric features provide the best coverage. Make sure hardwired detectors, which operate on household electrical current, have a rechargeable battery backup.

Battery-operated smoke detectors should be tested once a month, and batteries should be replaced once a year. To help you remember to change the batteries, use a special day such as your birthday or the change to daylight savings time.

Smoke detectors should be placed on the ceiling, at least 4 inches from the nearest wall. Multi-level homes should have detectors on each floor.

Smoke detectors last about 8 – 10 years and need to be replaced by the time the detectors are 10 years old. Newer models have a date stamped on the detector.

Yours truly,

Donna B. Francis
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EHC Page

Board Meeting

The next EHC board meeting will be held on Tuesday, September 2 at 5 p.m. in the clubroom of the courthouse. The executive board will meet at 4:30 p.m.

Leader Training

The next EHC leader training will be held on Tuesday, July 29 at 1:30 p.m. in the clubroom of the courthouse. The topic is *Digital Photography Basics*. Antjuan Tucker, a Drew County 4-H member and an excellent photographer, will be the teacher.

Fair Booths

It is time to begin planning your educational fair booth for the Drew County Fair. Two clubs have already reserved their space! Please call the office at 460-6270 to reserve your place now.

“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.”