

# Lincoln County Homemakers' News and Clues

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There are many programs and services to benefit citizens 50 and older.

Unfortunately, many times seniors are not aware of these benefits.

On **Wednesday, July 30,**  
the

Lincoln County Extension Homemakers,  
in collaboration with the  
Star City Civic Center,  
will host a

## Senior Fair

from **10:00 a.m. to 2:00 p.m.**  
at the Civic Center.

*This event is open to all persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally-protected status.*

During this Fair, businesses, agencies, and organizations will be in one location to provide information concerning services and benefits for people 50 and older.

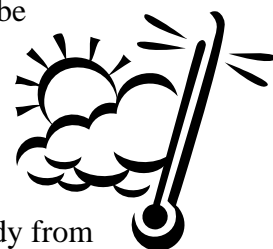
Come and go as you please  
and while there be sure to  
register for a door prize!

This month's *News and Clues* newsletter is dedicated to what affects us all ~ aging!

## Beware Summer's Heat!

Summers in Arkansas can be brutal – even lethal.

Extreme heat and high humidity cause sweat—our body's coolant—to not evaporate as quickly, thus preventing the body from releasing heat quickly. Other conditions that can limit the body's ability to regulate temperature include aging, youth (ages zero to four), obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn and prescription drug and alcohol use.



Senior adults are at particular risk of heat-related illness. To enjoy the joys of summer, remember to balance your activities with measures that aid the body's cooling mechanisms.

Your best defense from the heat is prevention!

- **Avoid** very cold drinks – they can cause stomach cramps.
- **Electric fans** will not prevent heat-related illness when temperatures are in the high 90s. Go to an air-conditioned place!
- **Don't wait** until you are thirsty to drink. **Drink** more non-alcoholic fluids. **Do not** drink liquids that contain caffeine, alcohol or large amounts of sugar. If your doctor has limited your fluid intake or has you on water pills, ask him/her how much you should drink while the weather is hot.
- **Stay** indoors and, if at all possible, stay in an air-conditioned place. Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.



## Laughing for Life!



Humor and laughter have many therapeutic effects on the body. Laughing not only improves your mood and emotional state, it also has many social and physical health benefits.

### Physical Benefits of Laughter

- Improved cardiovascular health
- Improved respiration
- Lowered blood pressure
- Reduced pain
- Enhanced immune system
- Decreased “stress” hormones
- Muscle relaxation

### Mental Benefits of Laughter

- Improves brain functions
- Improves disposition
- Releases pent-up feelings of anger and frustration
- Reduces tension
- Lowers anxiety
- Increases energy
- Enhances creativity

### Social Benefits of Laughter

- Makes us feel good
- Helps avoid loneliness
- Changes behavior
- Enhances ability to affiliate or connect with others

### Adding Humor to Your Life

- Remind yourself to have fun!
- Hang around with people who make you laugh!
- Look for humor everyday!
- Put humor into your surroundings!
- Take a “fun break” every day to laugh!
- Figure out what makes you laugh, then do it!

Remember ~ *“He who laughs, lasts.”*  
(Anonymous)



## Boosting the Flavor!

Did you know that malnutrition affects an estimated 1 out of 4 senior citizens? A decrease in the senses of taste and smell, declining health, less physical activity, chemotherapy, surgery and medications are typical as we age, and all of these can make ordinarily-seasoned foods taste bland and unappetizing.



Malnutrition is often overlooked and ignored by many healthcare professionals when treating older adults – and it is completely treatable. Recent studies at Duke University indicate that the addition of flavor intensifiers to ordinary meals can significantly increase the pleasure of eating! Result—an increase in weight and an improvement in overall health.

To add a boost of flavor to your food and increase your enjoyment and interest in eating again, try the following:

- Add texture by using more foods with crunch, such as raw fruits and vegetables.
- Use flavor additives, such as bacon, cheese or butter flavors to enhance food's flavor.
- When using almond, vanilla or other extracts, double the amount called for to bring up more flavor.
- Use nectars and jams to make flavored sauces. For example, boil peach nectar until reduced by about half, mix with flour to thicken, and use as a sauce for chicken or pork.
- Vary your foods when eating to avoid taste fatigue – eat a bite of meat, then a bite of vegetable, a bite of bread, etc.
- Combine foods with different temperatures to add a variety of taste sensations.
- Add more of your favorite herbs and spices (salt is not an herb or spice!) to dishes to increase the flavor.

Don't let aging leave a bitter taste in your mouth!

## Eating Healthy ~ Alone

Part of the pleasure of eating comes from enjoying someone's company during a meal. Food just seems to taste better when there's someone to share it with!

Many times, though, people who live alone don't eat nutritious meals because there's less incentive to cook. They often select foods that are lacking recommended nutrients. They might simply 'graze' through the day—eating a little here and there—or they might indulge at one meal and skip the rest of the meals during the day because they have no one to eat with.



In honor of July being *National Ice Cream Month* and *Peach Month*, invite your friends, neighbors and family over to enjoy this summer-time favorite. Yum!

### Homemade Peach Ice Cream

2-1/2 pounds fresh peaches  
- peeled, pitted and chopped

1/2 cup white sugar  
1 pint half-and-half cream  
1 (14 ounce) can sweetened condensed milk

1 (12 fluid ounce) can evaporated milk  
1 teaspoon vanilla extract  
2 cups milk, or as needed



Puree peaches with the sugar and half-and-half in batches in a blender or food processor.

In a gallon ice cream freezer container, mix together the peach mixture, sweetened condensed milk, evaporated milk and vanilla. Pour in enough milk to fill the container to the fill line, about 2 cups.

Follow the manufacturer's instructions to freeze the ice cream.

Enjoy!

If this sounds like you, perk up your meals!

- Add pizzazz to your dining by dressing up the table with a placemat, flowers, candles and special touches!

- Eat colorful meals! A plate containing sliced *red* tomatoes, *green* peas and *orange* carrot sticks with browned meat just looks more appetizing than a plate with browned meat, white rice, and steamed cauliflower!

- Include different textures in your meals – soft, chewy, crisp and firm. Adapt the textures to your chewing ability. Even those who need a softer diet can try soft vegetables or fruits.

- Invite a friend over for dinner, eat out once a week with friends, plan lunches with others or visit a senior center at lunchtime. Prepare a new recipe each week and invite friends over for a tasting party or potluck meal.

- Buy pre-packaged salad greens and chopped vegetables for ease and convenience. Combine a pre-packaged frozen entree with fresh or frozen vegetables and fresh fruits. When you cook, make a larger batch of food and freeze leftovers in small portions for later.

- Even if you are in a hurry or don't feel hungry, take time for breakfast.

- Eat your meals near a window and watch the birds and squirrels play in the trees.

- Occasionally, use your best dishes and feel special—because you are!



*Sincerely,*

**JANE NEWTON**

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## *For all us 'Girls'!*

When I was in my younger days,  
I weighed a few pounds less;  
I needn't hold my tummy in  
to wear a belted dress.

But now that I am older,  
I've set my body free;  
there's comfort of elastic  
where once my waist would be.

Inventor of those high-heeled shoes  
my feet have not forgiven;  
I have to wear a nine now,  
but used to wear a seven.



And how about those pantyhose—  
They're sized by weight, you see?  
So how come when I put them on  
the crotch is at my knees?

I need to wear these glasses  
as the prints were getting smaller,  
and it wasn't very long ago  
I know that I was taller.

Though my hair has turned to gray  
and my skin no longer fits,  
on the inside, I'm the same old me,  
just the outside's changed a bit.

*Author Unknown*