

Logan County Extension Homemaker News

Logan County Extension Office
#15 Courthouse, 25 W. Walnut
Paris, AR 72855

November 14, 2008



Christmas Council Meeting

Monday, December 8

Registration – 11:00 Lunch – 11:30

1st National Bank Community Center – Paris

Program: Bill Mainer, local humorist, will provide mega doses of vit. H (humor)! You'll want to hear his delightful program filled with down-home country fun.

Silent Auction: New or handmade Christmas decorations or ornaments.

Table Decorations: Each club should provide one.

Memorials: Clubs should honor their deceased members with a memorial.

Member of the Year: Each club is invited to select a member of the year to be recognized at the meeting. Please submit names to the office prior to the meeting.

Community Service: Please bring canned food for the food pantries. Donations are down at the pantry, and the need for help is high.

Duties:

Nametags and Registration – Sew Sensational
Insp. Thought/Blessing – Sugar Grove
Program Covers – Prairie View
Co-Hostess – Shoal Creek

Entertainment/Fundraiser - Subiaco
Hostess – Blue Mountain
Paper Goods/Set Up – Cane Creek

**MedWise
Arkansas**



“Be MedWise” Program

10:30 Thursday, November 20

1st National Bank Community Center

Caregivers, seniors, parents, families, individuals & health professionals

Consumers can now choose from 100,000 nonprescription products and should know these serious medicines need to be taken with care, how to read the label, and how to use them properly. The program will be taught by Dr. Margaret Harris, Assistant Professor of Health, University of Arkansas.

Note: Thanks for doing refreshments. Please bring them ready to serve.

Club Bank Accounts

Social Security numbers should not be used on EH club bank accounts. If a SSN is used for the club's bank account, the money in it belongs to that person. Money can be tied up in the event of litigation or death. If the account earns interest, it will be reported to the IRS using the SSN. Clubs can apply for an Employer I.D. Number (EIN) – a unique number that identifies the organization to the IRS. Call for more information.

Logan County EHC Quilt

Linda Hamilton was the lucky winner of the EHC basket quilt. There were 1203 tickets sold! Congratulations to all of you for an outstanding job making such a beautiful quilt, then selling so many chances.



Aging adults should eat more - calcium, vitamins D, B-12

Once the middle-age spread begins, aging adults are told to eat less. However, aging adults should eat more - more foods with calcium and vitamins D and B-12. The key to having a good balance of nutrients is to find more nutrient-dense foods with lower amounts of fat and sugar.

As we age, blood levels of vitamin B-12 usually decrease. Vitamin B-12 is needed to make red blood cells and maintain the central nervous system. Meat and fish are good sources of vitamin B-12 and proteins needed to maintain cell and organ functions.

Adequate protein intake and protein reserves are important for older adults, especially during periods of emotional and physical stress. Protein helps to prevent muscle loss, which accelerates through middle age and beyond.

Calcium and vitamin D are essential to maintain strong bones and teeth. After age 50, more calcium is needed to prevent osteoporosis. Vitamin D is required for the absorption of calcium. It is found in fluid milk, dried milk and fortified cereals. The body can make its own vitamin D when skin is exposed to the sunshine. Several times a week try to take a walk or sit in the sun for 20-30 minutes.

As you age, minerals in your bones are lost, and bones may get thinner. Protect your bones by choosing calcium-rich foods, such as milk, cheese, yogurt, greens, broccoli, sardines, canned salmon with bones, dried beans and peas, tofu and calcium-fortified foods. Supplements are also available.

Staying hydrated, limiting caffeine and eating high-fiber foods are also important. Eat at least one high-fiber food every day to help you get 20-35 grams of fiber each day. High fiber foods include pears, dried beans and peas, corn, dates, 100 percent bran cereals or potatoes with skins.

Always consult a doctor or other health care professional when you have specific health problems, changes or concerns.

Sincerely,

Sheila Brandt
County Extension Agent –
Staff Chair

Invitation to Activities

All of the activities mentioned in the newsletter are open to everyone regardless of race, color, national origin, age, religion, gender, disability, 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

Strong Women...Lifting Women to Better Health

Strong Women is a 12-week strength training class that targets middle-aged and older adults. Scientific research has demonstrated that exercise with weights (strength training) will increase bone density, strength, muscle mass and energy level.

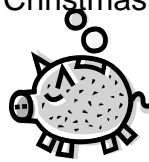
Strengthening exercise also reduces the risk for many chronic diseases such as heart disease, osteoporosis, arthritis and diabetes. Strength training has also shown to reduce depression, improve sleep and contribute to a sense of well being.



Strong Women will be taught in Logan County starting in January. Cost for the 12-week course is \$12.00. Classes last one hour and meet twice a week. Scranton will be the site for one workshop. Other classes will be held according to enrollment. For more information, contact the Ext. office.

Mountain View Tour

Rave reviews have been shared by the participants just returning from the Arkansas Extension Homemaker Clubs' annual tour to the Ozark Folk Center. Workshops were: Wire Tie Jewelry, Old World Santa, Brooms, Christmas Nature Decorations, Decorative Painting, Basket Making, Cooking with Herbs, etc. We should see some samples at the Christmas council meeting.



Save Money by Using Leftovers

Even when grocery prices aren't skyrocketing, leftovers are an easy way to save time and money in the kitchen. By simply putting it away to use later, you are not throwing away good food. However, how the leftovers are handled will determine whether the food is safe, appetizing and used within a few days.

Never leave perishable food out of the refrigerator for more than two hours. Bacteria that cause food-borne illnesses grow rapidly at room temperature. Here are a few steps for safe leftovers:

- **Divide.** Be sure to divide large amounts into small, shallow containers, no deeper than two inches. If you place a large bowl of hot stew in the refrigerator, there is a chance that up to eight hours later, the center part of the stew could still be warm - 140 degrees or higher. That would place the food in the danger zone for too long a period.
- **Don't overstuff the fridge.** Cool air must circulate freely to safely cool foods. Make sure there are no foods or containers blocking air vents in the refrigerator compartment.
- **It's all gravy.** Despite what you may have heard, you can safely save gravies and broths, as long as you cool them rapidly. They should be stored no longer than two days and should be reheated to boiling and boiled for several minutes before serving.
- **Err on the side of caution.** If you are ever in doubt about whether a food is safe or not, throw it out! It is cheaper to discard food than it is to pay a doctor bill to find out that you have a food-borne illness.
- **Freeze it.** Before placing leftovers in the freezer, take time to properly package them for the freezer. Use freezer containers, moisture-proof paper, plastic bags or other wraps. Traditional plastic wraps aren't suitable. Use freezer tape to help keep the package airtight and free of freezer burn. When ready to use the frozen leftovers, re-warm them quickly.

Don't defrost on the counter. Bacteria thrive at room temperature. Use the defrost setting on the microwave, and then cook it right away.