

River Valley Healthy Living is a four-county effort focusing on nutrition, exercise, relationships and finance to help you and your family live healthy, well balanced lives.

“People try to recycle, but even well-intentioned efforts are not followed through.”  
— Ted Smith

## Also in this issue:

Keeping Germs at Bay

Healthy Pumpkin Pie

Quick & Healthy  
Recipes

Caregivers Need Care  
Too

Upcoming Events



UNIVERSITY OF ARKANSAS  
DIVISION OF AGRICULTURE

Cooperative Extension Service

University of Arkansas,  
United States Department of  
Agriculture and County  
Governments Cooperating

## \$ healthy finances

### Save Money ‘Going Green’

by Gayla Taylor

“Going green” is the catch phrase for anybody who is earth and environmentally conscious. Here are a few ways to save money while being green:

- Save up to 5 percent off your energy bill by turning off appliances (TV’s, DVD players, computers, etc). Plug these devices in only as needed.
- Filter your own water and use a reusable container. You will save landfill space and money.
- Fix your leaky faucet. A leak of one drop per second, wastes 2,700 gallons a year.
- Rechargeable batteries can be recharged hundreds of times. The higher price will pay for itself in the end.
- Recycle old electronics. Before trading up, figure out what you will do with the old one.
- Buy what you need at yard sales or thrift stores. Check out Freecycle Network ([www.freecycle.org](http://www.freecycle.org)), a worldwide network of thousands of grassroots groups dedicated to reusing and keeping "good stuff" out of landfills.

Plug in small appliances  
only as needed, to save  
energy and money.





## Mark Your Calendar

### Strong Women Classes

#### ONGOING:

##### Conway County

7:30 am, M/W/F • Downtown  
Church of Christ, Morrilton

##### Johnson County

9 am, M/Th • 5 pm, T/Th  
Extension office, Clarksville  
10 am, M/Th, Hagarville  
Community Bldg.

##### Yell County

8:30 am, M/Th, Plainview  
Plainview Baptist Church,  
5 pm, M/Th;

#### ONGOING:

##### Diabetes Support Groups

5 p.m, Third Tues. • Marvin  
Vinson Bldg, Clarksville  
1:30 pm First Monday, Yell Co.  
Senior Activity Center, Danville

For more information contact your county extension office. All of the programs listed in this newsletter are offered to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status.



## Keeping Germs at Bay

by Dora Dinnan

Hand washing is the single most important procedure for preventing the spread of germs. Some sources say proper hand washing can prevent 90 percent of germs from spreading.

### When to wash:

- After using the toilet or changing a diaper
- After touching animals or animal waste
- After handling garbage
- Before and after preparing food and eating
- After blowing your nose
- After coughing or sneezing into your hands
- Before and after touching a sick person
- Before inserting or removing contact lenses

### Steps of proper hand washing:

- Use soap and running water
- Scrub between fingers, back of hands and under nails
- Wash for 30 seconds
- Dry with a disposable towel
- Use towel to turn off faucet and open the door
- If water is unavailable, use hand sanitizer

Proper hand washing can prevent 90 percent of germs from spreading.

## Guilt-free Pumpkin Pie

By Jeri Vangilder

Pumpkin is rich in vitamin A and also provides fiber. Pumpkin seeds are high in polyunsaturated and monounsaturated fatty acids (the good fats). Pumpkin is quite low in calories and is a healthy holiday food.

Do consider including this healthy pumpkin pie in your holiday meal.

It's unlike regular pumpkin pie, which becomes a high-calorie food because it's made with eggs, sugar, evaporated milk and baked in a high-fat pie crust.

### Pumpkin Pie Facts:

Store-bought pumpkin pie has about 260-290 calories per slice. Using a traditional pie crust in place of ginger snaps, increases this pie from 165 to 220 calories per slice. Slice this pie into 10 wedges, which decreases the calories to 120 per slice.

## Family Caregivers Need Care Too

By Susan Pickle

Are you one of more than 44 million adults in the United States who provide care for a loved one? You are not alone. Family caregivers are most often women and work outside the home. Many are also in the sandwich generation, providing care for children and parents.

Family caregivers face many challenges but seldom take time for themselves. You will be a better caregiver if you take time to relax, rejuvenate AND not feel guilty. Getting away for a few hours, a day or even a weekend will help.

Ask for and accept help from others. Suggest specific things such as: preparing a meal, going to the store for you or visiting with your loved one while you go out or take a long hot bubble bath. Consider this: if you wear yourself out, who will step in to care for both of you?

Caring for yourself is not selfish. It's the greatest gift you can give your loved one.

### Best Light Pumpkin Pie

Try this healthier recipe, in your holiday meal and save about 100 calories per serving.

#### INGREDIENTS:

16 pieces ginger snap cookies  
1-16 oz. can pumpkin  
1/2 cup egg whites  
1/3 cup sugar or sugar substitute

#### DIRECTIONS:

Preheat oven to 350°. Grind ginger snaps in food processor or crush fine. Lightly spray a glass pie pan with cooking spray. Pat cookie crumbs into the bottom of the pan evenly. Mix the rest of the ingredients in a medium-sized bowl and pour into the crust. Bake until knife comes out clean from center, about 45 minutes. Refrigerate and slice in 8 wedges.

Cook Time: 45 minutes

Prep Time: 10 minutes

Makes 8-10 servings



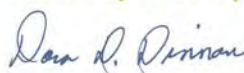
## Enjoy a Healthy Holiday

The holidays will be here soon. Why not think “green” when purchasing gifts? The front page article has several ideas to help you “Go Green” and save money. Inside you will also find a healthy recipe for a holiday favorite – pumpkin pie.

None of us enjoy being sick during the holidays. To keep you and your family healthy follow the tips for proper hand washing on page 2. This newsletter also has information to help you care for yourself if you are a caregiver to others.

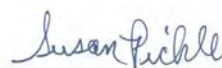
Don't forget to check the Mark Your Calendar section for information on days, times and locations of current Extension programs. To learn more, contact the local Extension office listed to the right.

### Conway County



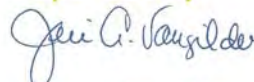
Dora D. Dinnan  
County Extension Agent -  
Staff Chair  
#1 Bruce St.  
Kirk Bldg., Rm. 134  
Morrilton, AR 72110  
(501) 354-9618  
ddinnan@uaex.edu

### Johnson County



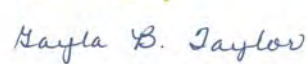
Susan Pickle  
County Extension Agent -  
Family and Consumer Sciences  
PO Box 590  
129 Sevier St.  
Clarksville, AR 72830  
(479) 754-2240  
spickle@uaex.edu

### Pope County



Jeri A. Vangilder  
County Extension Agent -  
Family and Consumer Sciences  
PO Box 579  
105 W. "B" St.  
Russellville, AR 72811  
(501) 968-7098  
pope@uaex.edu

### Yell County



Gayla B. Taylor  
County Extension Agent -  
Staff Chair  
PO Box 249  
USDA Bldg., Suite 2  
Danville, AR 72833  
(479) 495-2216  
gtaylor@uaex.edu