

Living Well Newsletter



Raising Kids, Eating Right,
Spending Smart, Living Well

Dear Friend of Extension,

Extension Moments Celebrating 100 Years of Extension

The national Cooperative Extension System celebrates a century of improving lives in 2014 with the 100-year anniversary of the Smith-Lever Act. Signed May 8, 1914, the Smith-Lever Act would “aid in diffusing among the people of the United States useful and practical information on subjects relating to agriculture, uses of solar energy with respect to agriculture, home economics, and rural energy, and to encourage the application of the same.”

This new model of funding from the United States Department of Agriculture and matched by state and county levels of government allowed land-grant universities to place professional educators in local communities and share their research and knowledge.

Today, Ohio State University Extension fulfills the land-grant mission by interpreting knowledge and research developed by faculty and staff at the Ohio Agricultural Research and Development Center, Ohio State University campuses and offices around the state, and land-grant universities across the country into information that betters the lives, businesses and communities of Ohioans. We invite you to celebrate Extension’s centennial with us as we highlight the past in 2014.

Sincerely,

Cindy Shuster, CFLE
Extension Educator,
Family and Consumer Sciences
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Winter 2014 Issue

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OSU MISSION STATEMENT

ENGAGING PEOPLE TO STRENGTHEN
THEIR LIVES AND COMMUNITIES
THROUGH RESEARCH-BASED
EDUCATIONAL PROGRAMMING.

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HUMORAEROBICS

Lighten Up...Spread A Little Laughter

Thought for the Day: “He’s turned his life around. He used to be depressed and miserable. Now he’s miserable and depressed.”- David Frost

New England Home

My husband and I purchased an old home in Northern New York State from two elderly sisters. Winter was fast approaching and I was concerned about the house’s lack of insulation. “If they lived here all those years, so can we!” my husband confidently declared.

One winter night the temperature plunged to below zero, and we woke up to find interior walls covered with frost. My husband called the sisters to ask how they had kept the house warm. After a rather brief conversation, he hung up.

“For the past 30 years,” he muttered, “they’ve gone to Florida for the winter.”

Ear Muffs

Winters are fierce in Minnesota where he lives, so the owner of a construction project felt he was doing a good deed when he bought earmuffs for his foreman.

Noticing, however, that the foreman wasn’t wearing the earmuffs even on the bitterest day, the project manager asked, “Didn’t you like the muffs?”

The foreman said, “They’re a thing of beauty.”

“Why don’t you wear them?” The Project Manager asked.

The Foreman explained, “I was wearing them the first day, and somebody offered to buy me lunch, but I didn’t hear him! Never again, never again!”

It was so cold that...

- ~Hitchikers were holding up pictures of thumbs!
- ~The optician was giving away free ice scrapers with every new pair of eyeglasses!
- ~Starbucks was serving coffee on a stick!
- ~We had to chop up the piano for firewood-but we only got two chords.
- ~When we milked the cows, we got ice cream! When we milked the brown cows- we got chocolate ice cream!

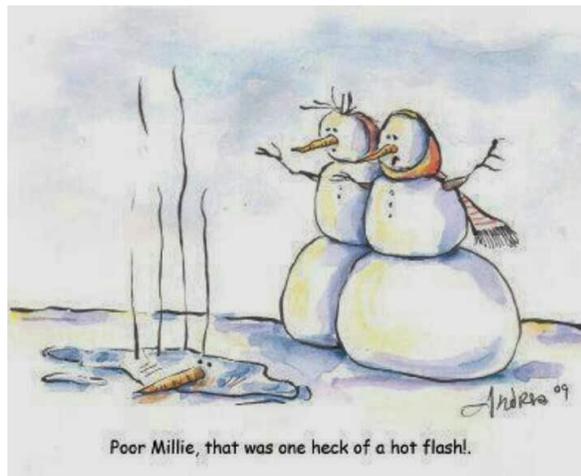
Q: What’s an ig?

A: A snow house without a loo!

Q: What kind of math do Snowy Owls like?

A: Owlgebra

www.jokes4us.com



Laughter is part of the human survival kit.



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SPENDING SMART

Build Wealth, Not Debt During America Saves Week



Set a Goal.
Make a Plan.
Save Automatically.

Ohio State University Extension is challenging all Ohioans to take action during America Saves Week, February 24 - March 1, 2014, by saving money and reducing debt. America Saves Week is an annual opportunity to build wealth, not debt and a chance for individuals to assess their own saving status.

Why Save?

Finances are named as the number one cause of stress by employees. 40 percent of Americans say they live beyond their means and half of Americans live paycheck to paycheck. Having a plan with specific goals and improving your savings status can improve your finances, studies show.

What Will You Save For?

Start by choosing one thing to save for during America Saves Week. Then set a goal and make a plan for how you will reach it.

Save for Emergencies.

How to do it? Save a portion of your tax refund.

Save to Pay Off High-Interest Debt.

How to do it? Find places to cut your spending.

Save for Retirement.

How to do it? Participate in a work-related program or open up a Roth IRA. Already saving? Increase the amount you save to-

ward retirement by 1% this year.

Save for a Large Purchase.

How to do it? Cut back on expenses and transfer the difference into savings.

Pledge to Save

You can also participate in America Saves Week by taking the **Ohio Saves Pledge**. Over 350,000 people have pledged to save with America Saves. Share your goal with someone to hold you accountable or enter it online at www.ohiosaves.org.

I, _____, pledge to save money, reduce debt, and build wealth over time. I will encourage my family and friends to do the same. I wish to reach my savings goal in order to _____. To reach my goal, I pledge to save \$ _____ for _____ months. At the end of this time I will have saved \$ _____ to reach my savings goal.



What is OHIO SAVES?

Ohio Saves is a part of the national America Saves campaign – an initiative to help all Ohioans focus on saving money, reducing debt, and building wealth over time.

Savers pledge to save regularly (as little as \$10 a month) towards their own savings goal (i.e. emergency fund, debt repayment, homeownership, retirement).

What are the BENEFITS?

- Savings strategies and tips to help you achieve your goals.
- Monthly e-mails from financial experts.
- Quarterly newsletter.
- Access to online member-only savings tools and calculators.

How do I LEARN MORE?

Contact your Family and Consumer Sciences educator, or visit the website at

www.ohiosaves.org



Ohio Saves



@MoneyMattersOH

Sources:

www.americasavesseek.org

www.ohiosaves.org



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RAISING KIDS

Winter safety tips while your kids are outside

Some common and fun activities kids engage in while playing outside may not be the safest ideas.

The winter season can be brutal in some parts of the United States, however, it can bring exciting outdoor activities that kids enjoy and helps them stay active. To ensure the safety of your kids during winter months, the National Institute of Health recommends the following:

- Check on children often and allow them to come inside for a warm drink, especially younger children.
- Check on them regularly to make sure they are warm and dry.
- Advise children to stay away from the roads, snowplows and snow blowers.
- Dress children in several layers. This way if they get too warm, they can take off a layer. For smaller children, the American Academy of Pediatrics (AAP) recommends dressing them in one more layer than an adult would wear.
- To avoid frostbites, have children wear ear warmers and waterproof mittens. Hats are also necessary since most of the body's heat can be lost through the head. Without wearing proper clothing, a child may suffer hypothermia; a condition in which the body's temperature falls below normal. Call 911 if you suspect hypothermia. Frostbites occur when the skin or outer tissues become frozen. To treat a

frost bite the AAP recommends applying a warm, not hot, washcloth on the area, dry and cover the child and offer them something warm to drink. If numbness continues in the area, call a physician.

- Have children wear waterproof snow boots. Make sure children have enough room to wiggle their toes.
- NIH also recommends removing all drawstrings from children's clothing to prevent strangulation and using Velcro instead.
- Children should avoid building tunnels or forts. These can collapse and cause suffocation especially if an adult is not around.
- As fun as snowball fighting may sound, the NIH warns that children should not throw snowballs at each other. Snowball fights can cause injuries if the snow is hard-packed or if it contains a rock or other hard objects.
- Children must be supervised at all times when ice-skating or snowboarding.
- It is recommended that if it gets below 20 degrees Fahrenheit, children stay inside.

Enjoy the fun winter brings you while keeping your children safe!

Source: [Diana Hassan](#), Michigan State University Extension, December 2013.



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RAISING KIDS

Help Your Child Cope With Disappointment

Everyone has heard the example of Mr. Goodyear, who tried to make rubber hundreds of times before he got it right. If Mr. Goodyear had let failure stop him, we might all be riding around in cars with metal wheels!

Making a mistake is not bad. Research has shown that the children who are good in math also tend to make more mistakes. These children are not stopped by failure. They continue to explore the problem and search for new solutions.

Eventually, they find the right answer. A math teacher once told a group of parents gathered to learn how to help their children, “No one ever learned anything by being right all of the time!”

One of our jobs as parents is to help children distinguish between mistakes that are OK because they are learning opportunities, and those that are not because they could be dangerous.

Acceptable mistakes are the result of:

- A child’s creativity and experimentation, or
- Conditions beyond the child’s control, or
- A child’s lack of knowledge

Help children learn to have a more relaxed attitude about acceptable mistakes while they figure out ways to improve the outcome in the future by:

- Laughing at ourselves when we make acceptable slip-ups.
- Providing enough materials and supplies so children always feel they can start over if they make a mistake.
- Reacting calmly when mistakes do happen. For example, “Oh, well. It didn’t turn out as you hoped. Too bad. We’ll try it again sometime.”
- Helping children learn from their mistakes by focusing on what they could do next time to avoid the problem, “What went wrong? Could you have done something differently?”

It is a heavy burden to feel you can never make a mistake.

Source: University of Georgia Cooperative Extension Service - Revised by

“It’s okay to fall down as long as it’s one fewer time than you get back up.”

-Author Unknown



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EATING RIGHT

Happy, Healthy Hearts

Improving Cardiovascular Health Through Million Hearts®

Heart attack and stroke are two of the leading causes of death and disability in the U. S., making cardiovascular disease responsible for 1 of every 3 deaths in the country. This is particularly tragic, because we know that most heart attacks and strokes can be prevented with simple, low-cost care.

The Million Hearts® Campaign is a national effort to prevent 1 million heart attacks and strokes by 2017. The Ohio State University College of Nursing and OSU Extension are partnering with the U.S. Department of Health and Human Services, American Heart Association, CDC and American Stroke Association to provide health screenings and preventative education to Ohioans.

Anyone can become “One in a Million Hearts” and help America reach its goal. Take the following steps and encourage your loved ones to do the same:



PREVENT heart disease and stroke in your family by understanding the risks.

GET UP and **GET ACTIVE** by exercising for 30 minutes on most days of the week.

KNOW your **ABCS**:

Appropriate Aspirin Therapy

Blood Pressure Control

Cholesterol Management

Smoking Cessation

STAY STRONG by eating a heart-healthy diet that is high in fresh fruits and vegetables and low in sodium, saturated and trans fats, and cholesterol.

TAKE CONTROL of your heart health by following your health care professional's instructions for medication treatment.

Source: <http://millionhearts.hhs.gov>



Love Your Heart

Only you can love your heart. There are some risk factors for heart disease you can control:

- **High blood pressure.** This condition can increase your risk of heart attack and stroke.
- **Smoking.** If you smoke, your risk of developing coronary heart disease is two to four times that of nonsmokers. Smoking is also a major preventable cause of stroke.
- **High Cholesterol.** The higher your total blood cholesterol, the greater risk of coronary heart disease and stroke.
- **Physical Inactivity.** Lack of physical activity increases your risk of coronary heart disease and stroke.
- **Obesity and Overweight.** If you have excess body fat—especially at the waist—you're more likely to develop heart disease or have a stroke.
- **Diabetes.** Having diabetes increases your risk of heart disease and stroke, especially if your blood sugar is not controlled.

There are other risk factors to be aware of—talk to your doctor about how your age, race and heredity may affect your risk for heart disease.

10 Ways to Take Charge of Your Heart Health:

- Schedule a yearly check-up
- Get physical
- Drink more water
- Eat healthy
- Control cholesterol
- Cut down on salt
- Quit smoking
- Maintain a healthy weight
- Stay positive
- Give yourself credit

Source: American Heart Association



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LIVING WELL

Wellness in the Workplace

According to Occupational Safety and Health Administration (OSHA), employees who have not been adequately trained to recognize hazards or understand effective work practices designed to reduce these hazards are at a greater risk of harm.

By recognizing hazards and knowing effective work patterns it is possible to:

- Prevent more severe injuries.
- Reduce time away from work.
- Possibly reduce healthcare costs.
- Possibly increase productivity or reduce errors because workers are more focused.
- Foster a more positive outlook on work and the work environment.

Listen to your body and recognize the signs and symptoms of fatigue that may result in injury or illness.

These include:

- Burning, pain or fatigued feeling in muscles and joints.
- Headaches
- Dry eyes
- Sleepiness
- Unable to focus

When you feel these symptoms, you should:

1. Change your working posture by adjusting your workstation. Stand up to work.
2. Use the other hand to perform mouse tasks or use key strokes.
3. Take micro breaks– do stretches for arms, shoulders, wrists and hands, low-back, hamstrings, quads.
4. Close your eyes and do deep breathing while stretching.
5. Alternate tasks whenever possible, mixing non-computer tasks within computer time.
6. Maintain neutral body positions. A well-designed and appropriately-adjusted desk will provide adequate clearance for your legs, allow proper placement of computer components and accessories, and minimize awkward postures and exertions.

Source: Living Well in northeast Colorado Newsletter, Winter 2013



*The best and most
beautiful things in the world
cannot be seen or even
touched -they must be
felt with the
heart.*

*Helen
Keller*



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**YOU ASKED FOR IT...
Helpful Household Hints**



Ask Cindy—Your E-mail Connection.

If you have a Family & Consumer Sciences question, please feel free to contact me at shuster.24@osu.edu I look forward to hearing from you. Also visit the Perry County web page at <http://perry.osu.edu>

NOW YOU'RE COOKING: A RECIPE FOR THE BUSY HOMEMAKER

Chicken Enchilada Casserole

Ingredients

1 (16 oz.) container sour cream

1 (16 oz.) jar salsa

1 (10.75 oz.) can condensed cream of chicken soup

1/4 c. diced onion

1 (8 oz.) can chili beans, drained

6 (12 inch) flour tortillas, cut into strips

6 skinless, boneless chicken breast halves-cooked and shredded

4 cups shredded cheddar cheese

Directions:

Preheat oven to 350° F. In a large bowl, mix sour cream, salsa, cream of chicken soup, onion and chili beans. Layer the bottom of a 9x13 inch baking dish with 1/3 tortilla strips. Top with 1/3 chicken, 1/3 sour cream mixture and 1/3 cheddar cheese. Repeat layering with remaining ingredients. Bake in the preheated oven 20 to 30 minutes, or until golden and bubbly. Let stand about 10 minutes.

Source: www.allrecipes.com

