

Children become involved in parent's lives

Mother is becoming more forgetful and confused. She doesn't prepare nutritious meals, and forgets to turn off the stove. What can I do?

Should Dad be forbidden to drive? His vision is poor; he's had one minor accident. Still, he seems to drive to the store okay.

Mom needs 24-hour supervision. The only choices we have are for her to live with us or in a nursing home. Mom says she would rather die than live in a nursing home. But she and I just don't get along when we live together.

Situations like these are difficult for families. Yet, the decline of a parent's health or intellectual capacities often requires adult sons and daughters to become involved in decisions about a parent's life.

The older people are, the more likely they'll face increasing health problems, frailty, and the need for support and assistance from family and community services.

Many people never face major

concerns about aging parents. Their parents remain physically and mentally active until death and need little or no assistance. However, for some older persons, poor health, limited financial resources, or loneliness present serious problems.

Answers to difficult situations sometimes require a professional. A counselor, physician, financial advisor, lawyer or social worker may be helpful. Involvement in a family support group may also provide answers to problems of caregiving and reduce social and emotional isolation. Sharing with others who are living through the same experiences can promote a sense of "I am not alone" and provide both a source for learning practical skills and an opportunity to vent feelings with others who understand.

Resources: Many publications, available through bookstores and libraries, can help you deal with concerns about aging relatives. These include

the following:
Bumagin, Victoria and Kathryn F. Hirn, "Aging Is A Family Affair" New York, Thomas A. Crowell, 1979.

Mace, Nancy L. and Peter V. Robins, "The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease, Related Dementing Illnesses, and Memory Loss in Later Life" Baltimore John

Hopkins University, 1981.
Silverstone, Barbara and Helen Hyman, "You and Your Aging Parent" New York, Pantheon Books, 1982.

Aging Parents: "Helping When Health Fails" OSU Extension Publication PNW246.

Helping Memory-Impaired Elders: "A Guide for Caregivers" OSU Extension Publication 1211.

How to keep your cool

Keeping cool this summer need not waste a lot of energy if the following common-sense practices and habits are adhered to:

- * Keep windows and drapes or shades pulled when directly in the sun.
- * Install awning over windows with southern and western exposures.
- * Be sure house is tight by caulking and weatherstripping.
- * Utilize attic ventilation to remove trapped hot air.
- * Turn off lights when not in use or needed.
- * Set thermostat at 78 to 80 degrees during the day when the

house is occupied, higher when unoccupied.

- * Keep lamps and other heat sources away from thermostats.
- * Replace or clean filters monthly during cooling season.
- * Use ceiling fans or small electric fans to circulate air.
- * Never run whole-house fans or window fans with air-conditioner on.
- * Vent clothes dryer and cooking stove to outdoors.
- * Avoid using oven or dishwasher during hot part of day.
- * Turn off air conditioner when leaving house for the weekend or longer.

Substitutes used for salt

When cooking, salt can be used sparingly for numerous foods or can be eliminated entirely by using spices, herbs and other seasonings. Lemon, lime, basil, garlic, oregano and, of course, pepper are but a few of the seasonings that might be used in greater quantities or in place of salt.

In addition to the low- and reduced-sodium food products now available, shoppers can choose from a number of nonprescription medications with reduced sodium content.

A word about salt substitute products: They are high in potassium. Sodium and potassium work in delicate balance in the body. Salt substitutes can be safely used by most people, but not those with some kidney and other medical conditions.

In summary, here are some tips to help you cut down on your sodium consumption:

- * Use the saltshaker sparingly. Don't use it until you've tasted your food.
- * Read food labels. Look for the amount of sodium in a product. See where salt or sodium is on the ingredient list.
- * Look for low-salt, low-sodium or sodium-reduced products. These days, the low-sodium list runs literally from soup to nuts.
- * Try cooking with less salt. Use

spices and other seasonings.
* Remember: A teaspoon of salt contains almost 2,000 milligrams of sodium.

* Give yourself a little time to get adjusted to a diet lower in sodium. Most people make the adjustment and enjoy it.

These recipes can be placed in shakers and used instead of salt:

Saltless Surprise

- 2 tsp., garlic powder
- 1 tsp. basil
- 1 tsp. anise seed
- 1 tsp. oregano
- 1 tsp. powdered lemon rind or dry lemon juice

Put ingredients into blender and mix well. Store in glass container, label well and add rice to prevent caking.

Pungent Salt Substitute

- 3 tsp. basil
- 2 tsp. savory
- 2 tsp. celery seed
- 2 tsp. ground cumin seed
- 2 tsp. sage
- 1 tsp. lemon thyme
- 2 tsp. marjoram

Mix well and store in glass container.

4-H leader garden

Four rows of peas—1. prepared, 2. patience, 3. perseverance and 4. presence.

Three rows of squash—1. squash gossip, 2. squash indifference and 3. squash criticism.

Six rows of lettuce—1. Let us show love, 2. Let us be faithful, 3. Let us be loyal, 4. Let us be fair, 5. Let us be strong and 6. Let us be consistent.

No garden is complete without some turnips—1. Turn up for meetings 2. Turn up with new ideas and 3. Turn up with determination to make everything count for something good and worthwhile.

Fertilize your garden with lots of love and understanding and your garden will turn into a 4-H haven for today's kids.

Watch plants—they can communicate

Plants don't talk, but they can still communicate. For example, a home lawn that isn't getting enough water will let you know by breaking out in lots of ugly brown spots.

Watering becomes a very important lawn maintenance chore during late June and through July and August when temperatures are high and rainfall is sparse.

Areas of a lawn that don't receive adequate water during the summer are likely to turn a steelgray color first and then yellow or brown.

Dry spots in the lawn may be the fault of poor lawn-sprinkler coverage or the lawn soil might be so compacted that water can't penetrate to the grass-root zone. Thatch buildup can also keep water from penetrating the soil surface.

An aerator will solve lawn compaction problems. They are available at most rental outlets. Thatch buildup can be raked out of small areas by hand. After the problem is corrected be sure to water the lawn regularly.

Consider local weather and soil condition when deciding how often to water the lawn. An inch of water a week, except under very hot, windy conditions, is usually enough to wet the lawn to a depth of six to eight inches.

Too much water will simply run off the lawn and leach away soil nutrients faster than desired.

Apply enough moisture in one

Sugerless jam possible

Jams and jellies can be made without pectin or gelatin. Diet jams or jellies with added pectin or gelatin must be refrigerated or frozen. If they will be stored longer than three weeks, it is best to freeze them.

Those on diabetic diets need to be aware that the jams and jellies in the recipe below contain the carbohydrate that is naturally present in the fruit. The approximate calorie count per tablespoon is given for each recipe.

Berry Jam with Pectin

- 1 quart raspberries, strawberries or blackberries
- 3 to 4 teaspoons liquid artificial sweetener
- 1 1/2-ounce package powdered fruit pectin
- 1 tablespoon lemon juice

Crush berries in saucepan. Stir in artificial sweetener, powdered fruit pectin, and lemon juice. Bring to a boil; boil one minute. Remove from heat. Continue to stir two minutes. Pour into freezer containers, leaving 1/2-inch headspace. Cover. Store in refrigerator or freezer.

Aerospace camp

Warm Springs 4-Hers will be attending a weeklong 4-H Aerospace camp this summer. Any adult or 4-Her who would like to learn more about this camp may travel with us Wednesday, August 13. We will visit and observe various Aerospace activities. We will share lunch (cost \$3.50) with the 4-Hers.

If you are interested in attending please call 553-1161, ext. 238. Date Wednesday, August 13. Time 7 a.m. to 6 p.m. Location 4-H Center Salem. Transportation provided. Lunch cost-\$3.50.

Preserve foods with care

Have food preservation problems left you in a pickle or a jam?

The O.S.U. Extension Service has information to help you preserve safely. Copies of these and other publications are available free at the Extension office.

Making Berry Syrups; Drying Fruits and Vegetables; Making Dried Fruit Leather; How to make jams, jellies, and preserves; making pickles relishes at home; homing canning of meats and poultry; canning vegetables; canning fruits and tomatoes; freezing fruits and vegetables.

Forestry meeting

The next 4-H Forestry Club meeting is set for July 30 at 6:30 p.m. at the 4-H center. Doug Dunlap is leader. Interested boys and girls are invited to attend.

4-Hers counsel at camps

Warm Springs had three counselors at three different 4-H camps in June!

Deanne Smith counseled at Morrow/Wheeler County 4-H Camp, held near Heppner; Jamie McKinley counseled at Tri-County 4-H Camp, near Sisters; Sheldon Minnick counseled at two camps the Mid-Columbia Counties 4-H Camp, held near Wamic, and the Morrow/Wheeler County 4-H Camp.

Each was responsible for a cabin of 4-Hers, assisting with classes, planning evening activities, establishing a camp theme and promoting camp morale. These three young adults represented Warm Springs well and were excellent role models. Perhaps a seed has been planted and other Warm Springs 4-Hers will want to give camp counseling a try.

A total of 20 Warm Springs youngsters attended these three 4-H camps. Camp has been and will continue to be a local program emphasis. Through these experiences we hope the 4-Hers can learn about themselves, explore different skills and most importantly, meet other 4-Hers their own age and make new friends.

The Morrow/Wheeler County Camp is the first part of an ongoing 4-H exchange program. This fall the camp counselors will visit Warm Springs and stay with host families.



Windsurfing was one of the classes taught to 4-H camp participants at Mid-Columbia Counties 4-H camp.

Design concepts for future kitchens

Changes in the way we live will cause the major impact in kitchen planning, said Ellen Chever, renowned kitchen planner and interior designer, at the February meeting of the National Kitchen and Bath Association. Here are the changes that will shape the kitchen of the future.

1. Homes will be smaller and family space more compact. Kitchen designers will create large multipurpose "great rooms" that include the kitchen, laundry, dining and family room. Space will expand or shrink as necessary for each activity with fold-out, drop-down and swing-around furniture. Items in the room will provide double-duty service, such as an entertainment bar that also serves as a laundry sink.

Appliances are apt to be full size, vertically oriented, and built into the room, and partial walls or removable barriers will shield work areas from full view of guests. Moveable centers with less frequent-

ly used equipment or work centers will raise up from the floor or drop down from the ceiling.

Interiors will be contemporary and light-colored to further visually expand space. Walkways and hallways will be put to use, perhaps with recessed shallow cabinetry, or eliminated. Every inch of potential storage space will be used.

2. Today's career oriented woman will force changes in the kitchens of the future. They'll be designed for people who don't like to cook but must. Kitchens will include... a wrapping station and increased



Dental hygiene important

There's no truth to the old saying that you lose a tooth for every baby. But, there's a lot to be said for practicing good dental habits during pregnancy—both to protect the mother's oral health and to get the baby off to a good start on a lifetime of healthy teeth.

Good dental hygiene is important for the pregnant woman, who may be more susceptible to gum infection during pregnancy. While the infection is caused by bacteria, it may be exaggerated by the expectant mother's altered hormone balance.

Two factors influence the soundness of a baby's teeth—genes and environment. The genetic instruc-

tions inherited from both parents help determine the size, shape and texture of the baby's teeth.

The environment of the womb before birth affects the growth of the teeth and jaws. A mother's health habits can affect the unborn child's future dental health.

One of the most important things to remember is that the mother's nutritional intake contributes to the health of her unborn baby. A well-balanced diet allows adequate development of all fetal tissues, including the cells that make up gums, jaws and teeth.

Source: American Dental Association.

freezer space for Sunday's all-week meal preparation sessions... a centrally located microwave oven for daily defrosting... perhaps a future appliance—a microwave/freezer combination where defrosting and cooking can be programmed to take place before the cook arrives home.

Cheever predicts that the demand for dishwashers, food waste disposers and effective means of disposing of trash will be high on the buyer's shopping list in coming years.

Also, kitchens will be designed to accommodate junior cooks who share the kitchen tasks with their working mothers. Expect to see more base or tall storage units replacing hard-to-reach wall cabinets... pull-out step stools, built-in steps or adjustable counter surfaces to make the worktop reachable... microwave and induction cooktops to provide greater cooking safety.

3. Home interiors will provide a welcome, relaxing environment as a relief from our high-tech, busy-paced society. Kitchens will be designed for more than one cook, so family members can cook and socialize together. At least one seating area for socializing with family and friends will be incorporated into the kitchen, along with a television and communications center to allow the harried cook(s) to watch news and entertainment programs.

4. New design concepts will emerge to serve the needs of the elderly population. For example, small efficiency kitchens may be planned into cluster home communities which feature communal dining facilities, or living quarters may have shared living areas with separate bedroom zones.



(From left to right) Deanne Smith, Jamie McKinley and Sheldon Minnick served as counselors at two 4-H camps this summer.