

Care of elderly parents can be stressful

Providing care to a frail older parent can be stressful and rigorously demanding, regardless of family commitment. For many, it can be the equivalent of a full-time job or more. Your sleep patterns may change, outside activities you enjoy may be drastically reduced, and you may feel overwhelmed by tasks and responsibilities. The aging person may add to the stress because of care demands, a difficult personality or changes in personality due to illness, annoying personal habits, and in some cases, alcohol or drug abuse.

Previous ways of interacting with the frail person may change. An adult son or daughter, or the healthy spouse of the frail person, may need to become more assertive. This can be particularly difficult if the caregiver has been the passive person in the relationship. These role changes can cause fear, conflict, confusion for everyone. Frail older persons often resent the burden they create, feel anger and frustration in relinquishing roles, or become demanding in an attempt to regain the control they feel slipping away.

After weighing all the concerns, you may decide that it's best at this time to assume the role of caregiver for a frail parent. It may be a temporary arrangement or it may be longterm. Here are basic guidelines to help you guard against common caregiving pitfalls.

Balance your responsibilities. Caregivers can easily become overburdened in trying to meet obligations and responsibilities to the ill person, to other family members, and to themselves. Before assuming caregiving responsibilities, carefully assess the impact on everyone—children included.

Look at the sacrifices everyone will need to make—as well as the benefits. Consider the effect on your relationship with your spouse, your own physical and emotional health, or the welfare of your children. You need time and energy to maintain quality relationships with your spouse and children, whom may be unintentionally neglected.

Meet your own needs. People in a caregiving role frequently place their own needs "on the back burner." Don't ignore your own

needs; it's detrimental to yourself and to the person who needs your care. It will lead to "burnout—a depletion of your physical, emotional, and spiritual resources.

Set limits on what you can do. Most importantly, communicate your needs and what you can and cannot do to your parent and other family members. It's unrealistic and unfair to expect other people "to know" when you need help.

Avoid the "I can do it alone" attitude. It will place you at greater risk for physical and mental illness. Eliminate less critical tasks. Delegate tasks. Ask family members to pitch in, but be positive with your requests and use "I" messages. Ask friends, neighbors, and members of your church or other organizations for

help. Seek assistance from volunteer or public agencies that provide services to elders and their families.

Schedule some time for yourself everyday, if only for a half hour. Plan a longer time at least once every week. This isn't always easy to do, but it's important! Leisure time improves morale and energy. Without breaks in caregiving, you may jeopardize your own health, efficiency, and effectiveness. Your ability to provide loving care will diminish. If you become physically and/or emotionally exhausted, you will find your susceptibility to illness increasing, your problem solving ability decreasing, your frustrations mounting, and your emotions getting out of control—all warning signals of burnout.

Publication available

Modern technology is making it easier for farmers and their financial advisers to determine how a large investment in land, building, machinery or other capital assets will affect the producer's future cash flow.

That's the message in a new publication available from the Oregon State University Extension Service.

"Analyzing Agricultural Investments," WREP 0073, has two purposes. First it introduces the basic concepts and procedures farmers and their advisers can use to analyze proposed investments. Secondly, it introduces a microcomputer program that can assist in making the analysis.

One problem in the past in making detailed, careful analysis of proposed investments was the time and effort involved in trying to determine the effect of all possible variables which could affect the producer's ability to recapture the investment and make a profit.

The introduction of microcomputers and financial software packages has changed this. Analysis can be done quickly and accurately. The publication takes the reader through a financial software program developed by Washington State University to illustrate how such a program

can work. The Western Regional Extension publication was written by H.R. Hinman and G.S. Willett, WSU Extension farm management specialist, and M.E. Wirth, WSU professor of agricultural economics. Copies of "Analyzing Agricultural Investments" may be obtained from the Extension office.

Judging contest

October 11, 1986 is the date of the Livestock Judging Contests at Pacific International (P.I.), Portland.

The contest will include two classes each of beef, sheep and swine at the P.I. building. The classes will begin at 7:30 a.m. with the 4-H Awards Program scheduled to be held at 2:15 p.m.

There will also be a Wool Show but no 4-H Dairy or Horse Judging Contest.

Premium books are available at the Extension Office. Registration for participation will be before September 25, 1986.



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**Clay Penhollow
Mollie Marsh
Joan David**

Harvest spuds when vines die

If the tops of potato plants in the home garden have died down, grab your potato digging tools and get ready for action.

Dig home-grown potatoes when the vines are completely dead and the potato skin does not slip from pressure by the thumb. Try to avoid bruising or cutting the potatoes when digging and handling.

Clean the potatoes before storing them, if they were grown in sandy soil, brush the dirt off. If the potatoes are covered with sticky clay soil, it may be necessary to wash the dirt off. If so, be sure the potatoes are completely dry before placing them in storage.

Don't expose the spuds to sun or wind because freshly-dug potatoes are very susceptible to scald and sunburn.

Although not absolutely necessary placing the potatoes in a spot where the temperature is about 65 degrees F and the relative humidity ranges from 85 to 95 percent is recommended. Keep the potatoes under these conditions for a week to ten days to harden off and heal injuries caused during harvest.

When completely cured, sort the potatoes and store the best ones in bins and containers. Put the containers in a dry room that can be kept at a temperature of 35 to 40 degrees F and where the humidity is moderate.

Under such conditions, well-ma-

tured potatoes will stay in good shape for seven to eight months.

When storage temperatures exceed 40 degrees F, potatoes should keep for two to three months, but sprouting shriveling may occur.

Potatoes exposed too light will develop a green pigment under their skin. This will make potatoes unfit for table use. Potatoes with an excessive amount of greening should be thrown away.

If greening is only slight, peel away the affected area before use. To avoid greening in storage, keep the potatoes in total darkness.

If the storage temperature drops to 32 degrees F, potatoes often become sweet. Increasing the temperature for a few days will cause the sugar to revert to starch and good table quality will be restored.

Thank you!

A big thank-you to a couple of real special people who helped out with our field trips this summer.

Dan Brisbois can always be counted on to drive our bus or van. We the Extension Staff appreciate all the driving you've done. Thank you!

Myra Showaway agreed on short notice to help drive the 4-Hers to the Oregon State Fair this year. We appreciate the good job you did.

Annual resource tour scheduled for Sept. 19

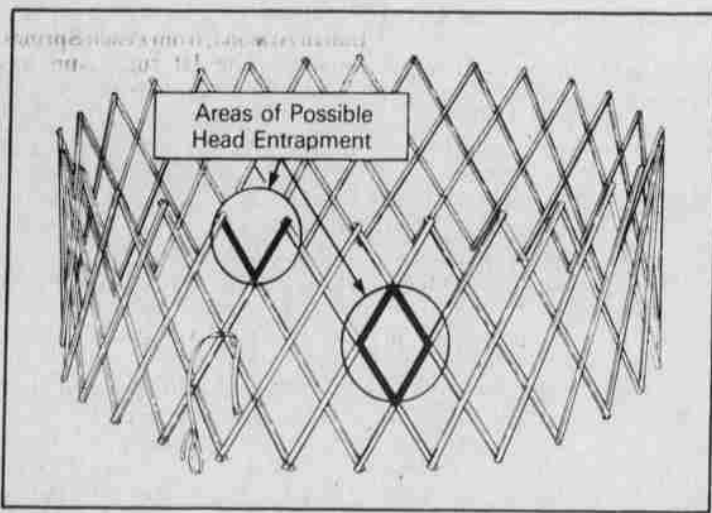
The Fourth Annual Central Oregon Cattle and Resource Tour will be held Friday, September 19, 1986. This year's tour will be of interest to ranchers, bankers, retailers and environmentalists as well as the general public.

The tour will show soil, moisture and sunshine interaction in ecologically sound livestock management plans. Registration will be at the Rainbow's End Polled Hereford Ranch in Terrebonne improvement, fish and wildlife habitat improvement, fire management on the Crooked River National Grasslands

and three progressive Central Oregon livestock ranches.

Preregistrations will be \$10.00 until Friday, September 12 and \$12.00 after. This fee includes bus transportation for the tour, lunch and dinner. Following the evening meal there will be an auction and dance. Registration forms can be obtained at the Warm Springs Extension Office in the Old Administration Building. If anyone needs transportation to and from Terrebonne, there will be a bus from the vehicle pool which will leave at 6:45 a.m. from the Extension office.

Enclosures recalled



Children's expandable enclosures have been associated with three deaths, one incident of severe brain damage and at least 11 incidents involving minor or no injuries.

The manufacturers of the enclosures are Memline Corporation (under the name of Nu-Line Industries); WBI, Inc. (formerly World's Best Industries, Inc.); Paris Manufacturing Corporation; North States Industries, Inc.; Maps Industries, Inc.; and Creative Playthings (Creative Playthings last sold these pro-

ducts in 1974). These firms are participating in an extensive public notice and recall program to warn the public of the potential for head-neck entrapment-strangulation hazards presented by the enclosures, and to remove them from the possession of consumers.

For more information, consumers may call the CPSC's toll-free hotline at 1-800-638-CPSC. A teletypewriter number for the hearing impaired is 1-800-638-8270. In Maryland only, 1-800-492-8104.

Cattle, hay price outlook

The latest market information indicates that late season cattle and hay prices should be quite different than last year's.

Average hay prices are less this year due to increased production, declining dairy numbers and continued beef cattle herd liquidation (less demand). This is a good time to purchase your hay needs for the upcoming winter. Remember that cattle need about two tons each to carry them through the winter months.

Beef cattle prices should be watched with caution. There has recently been a slight increase in prices paid for cattle. This is expected to continue for a short time due to a steady fed cattle market and a lower cost per pound of gain ratio. However the caution comes because of the thought that the feeding industry will be careful to evaluate the market conditions of early 1987

when the feeders they are purchasing now will be finished. Feedlot operators have had a hard time this last year accumulating any profit which will lead to cautious buying on their part.

Sellers must realize that the market is quite fragile and has the potential of being volatile. Therefore, this is a time when producers will do well to: (1) know their costs and thus what price is needed to at least break even; (2) have a realistic and flexible marketing plan and goal; and (3) to stock to that plan. The planning may include something like market projection hedging or forward contracting to reduce risk factors.

Remember that the odds of a bullish market are likely to be very small, while the downward price risk is generally thought to be quite high during the fourth quarter of 1986 and on into the first quarter of 1987.

How to file an insurance form

Sustaining a loss is frustrating enough, but the problem can be compounded if care isn't taken to secure the proper information about a loss prior to filing the claim.

The Insurance Information Institute advises all individuals to review their policies (both auto and homeowner) before a loss to ensure proper coverage and clarify any uncertainties.

General Tips:

Maintain receipts on all purchases. Providing receipts will help the insurance company fairly reimburse the policyholder for a loss. Receipts leave no doubt as to the value of a piece of property.

Contact the police after a loss and obtain a written report, if possible, following an auto mishap. Take notes about what happened

and include the names of persons to contact.

In the case of an auto accident, get names of all parties involved including witness, along with addresses, phone numbers, driver's license numbers and license plate numbers.

In the case of a homeowner's claim, list all damaged and/or stolen property. Locate original receipts whenever possible, including repair

receipts. Gather estimates for repair and/or approximate value of property.

Contact the insurance company or agent as soon as possible.

Additional information is available free to students and educators in a pamphlet titled "How to File an Insurance Claim" published by the Insurance Information Institute. Individuals can call toll-free at 1-800-221-4954.

Muscle is muscle

Myth: unused muscle gradually turns to fat, but exercise can turn it back into muscle again.

Fact: Muscle and fat are composed of distinctly different, highly specialized tissue that are not capable of "turning into" anything else. But exercise and its opposite, inactivity, can alter the distribution and mass of muscle and fat, often in complementary ways, so that such transformation often appear to be taking place.

For example, arm and leg muscles that are exercised regularly have a tendency to grow and expand in thickness. To maintain that increased body tone, your body uses more calories, eventually drawing on fat stored in the layers of adipose tissue located just under the skin and over the muscles as well as on other fat. As the deposits of fat gradually decline, the contours of arm and leg muscles that were there all along become increasingly visible.

The reverse, unfortunately, is also true. Muscles that are unused gradually shrink in mass. Meanwhile, any calories consumed in excess of your body's calorie expenditure are banked as fat, with a fair share of them being deposited directly over muscles.

Incidentally, don't depend on your bathroom scale to alert you to small shifts in your fat-to-muscle ratio. The way your clothes fit may be a better early warning system. The reason is that fat tissue weighs less per unit than lean muscle tissue, so your body can displace a small amount of well-toned muscle tissue with an unattractive amount of fat. While you will know by the seat of your pants that something has

changed, you may continue to weigh the same. By the same token, don't be discouraged if you don't experience weight loss soon after going on an exercise regime. Developing muscle tissue is not to be taken lightly.

Work with children, not against them

Young children learn through all of their five senses. They need to touch, taste and smell as well as see and hear. Babies spend time in their early months looking at things about the house. As soon as they are able to move about, it is natural for them to want to handle and look at these things more closely. The old idea of working with the grain of wood or fabric applies to children as well. Working with the needs of children means giving them freedom to use their senses to find out what things are like.

Many parents think that a child's need to mouth and handle things is troublesome. You help children grow by working with their natural need. One way to do this is to move breakable or unbreakable things from their reach. Put things within reach that a small child can touch or mouth such as blocks, balls, or stuffed toys. They like playing with kettles, wooden spoons, or other kitchen utensils that are not sharp or breakable. As children get older they will no longer need to mouth and handle everything.

Children need to have new experiences. If youngsters spill milk on the table, you can help them learn to handle the cup carefully. Mark a small glass with fingernail polish. Give them a small pitcher to pour their own milk up to that line. Three-year-olds can learn to carefully pour their own milk.

If you forbid, scold, and punish children for taking things apart or emptying cupboards or drawers, you are working against their natural curiosity. You work with your child by providing things that can be taken apart or a box or drawer they can empty and put things into. Pieces of pipe that screw together easily or puzzles help satisfy the need to take things apart and put back together. Be sure to provide

Freezer facts about food

Raw foods which have a high water content including lettuce and other salad greens, celery, watermelon, canteloupe, and similar products are not recommended for freezing. Clams, other items that do not

freeze well are hard cooked eggs, luncheon meats, salad dressing, mayonnaise mixtures made with these ingredients, sour and heavy cream, custards and meringues, cake batter, jellies and jams, and gelatin desserts.

CPSC Urges Caution for Three- and Four-Wheeled All-Terrain Vehicles



There has been a dramatic increase in injuries and deaths associated with three- and four-wheeled all-terrain vehicles (ATVs). Users of ATVs should always wear a helmet, never carry passengers, and keep speeds low enough to permit safe traveling for the terrain. The majority of accidents occur when the ATV collides with an object and overturns sideways, backward, or forward.

