

Mail relieves loneliness

Loneliness is a problem for many, particularly older people who are ill or otherwise unable to maintain contact with friends. Receiving mail from a friend or loved one can be the highlight of such a person's day.

If you have an older relative who is not able to write to family and friends, write a note to all the people you know who would want to be informed of your family member's situation. They would probably respond with notes, cards or even visits.

Your family member's address book and Christmas card list can

be a source for names and addresses.

You may choose to write personal notes. Or, duplicate a general letter about what has happened to your family member over the past few months. Include a little information about yourself, while stating that your relative would enjoy hearing from friends and family.

To keep the letters coming, ask a close family friend or family member to respond, letting the senders

know how much their letters mean. If the person you are writing for is able, have him or her dictate letters to be sent to friends and family.

The benefits are reciprocal. Not only will your family member benefit from the letters, but relatives and friends will also. They are able to be helpful at a time when the older family members needs to the most.

What about the caregiver?

A caregiver's first concern is the individual, often a family member, whose debilitated condition requires constant care, attention and assistance. But what about the caregiver? Seldom do caregivers evaluate how their own personal needs are being met and how they are coping with the daily stresses that accompany caregiving.

The demands of caregiving can exhaust the caregiver's physical and emotional resources. Some warning signals of caregiver exhaustion are fatigue, irritability, difficulty concentrating and illness. The stress caused by each one of these conditions builds up over time, usually without the caregiver realizing it.

Too often caregivers put their own needs on the back burner and forget they will not be able to help their loved one if they become sick or hospitalized.

Stress has been compared to electricity—it can light up your life, but if you aren't careful, you may get a fatal charge!

Suggestions for caregiver stress

management:

- *Take action! Recognize potentially harmful symptoms of stress in your life.
- *Know your limits. Identify what you can cut out. Prioritize.
- *Guilt is one of the greatest creators of stress. Do not let old promises guide current decisions. Look at the conditions under which you made those promises.
- *Take breaks in caregiving. They are beneficial for both the caregiver and the care receiver.
- *Talk out your feelings and let go of grudges. Holding grudges drains people of energy.
- *Go easy on criticism. Rather than trying to change people, think about what you can do to cope with them more effectively and positively.
- *Reach out for help and be specific and positive with your requests. Others cannot always know when you need help. To expect others to "read your mind" is unrealistic.
- *You can best help others if you take care of yourself.

Risks, failures lead to success

"A successful person fails twice as much as the ordinary person."

Taking risks—trying new things, taking chances, falling down and getting back up again—that's what life is all about!

Where can kids fail and not be afraid to try again? 4-H clubs. 4-H gives kids a chance to fail in a loving environment, and 4-H is a place for the experiences, not the answers. It's a special place where creativity, curiosity and ideas are nurtured. 4-H is also a place for kids to have input into their own learning and where they can evaluate themselves.

"4-H is a gifted program for all kids."

4-H is a youth development program. Youth-learned skills can take children into their adult year—skills like patience, creativity, persistence, organization and communication.

Successful people do fail! Let's find chances for kids to try new things. Let's be there to support them and help them try new approaches. And if they fail again, we'll still be there for support. Eventually there will be success.

"Risks Failures Success!"



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The Warm Springs Extension Service provides equal access to all its activities and programs.

Home maintenance tips

Some of the most irritating problems around the home are actually easy to remedy. Things that squeak and stick are two good examples.

Small lubrication jobs may include sliding doors, squeaky hinges, noisy friction catches, or locks that are hard to turn. In addition, some appliances require regular lubrication to extend their life.

The basic pointer to keep in mind when you tackle such jobs is to avoid excess lubrication.

Selecting the right oil or lubricant is important because the wrong oil will aggravate the problem rather than solve it. There are lubricating oils and penetrating oils. Use the

penetrating oil to remove rust or to aid in loosening a screw or movable part.

Other small repair jobs often involve hinged doors, double-hung windows, and drawers that stick. Before tackling the problem, pick up a copy of FS 193, "Simple Home Maintenance," from the OSU Extension office. Single copies are available at no charge.

Directions are given for repair of sticking doors, windows and drawers, and selection and use of lubricants. The fact sheet also explains how to fasten anything to any kind of wall, and the selection of proper hanging devices.

Cookie recipe for pregnant women

Pregnant women often have trouble getting enough nutrients, such as calcium and iron, from the foods they eat. Here's an easy recipe—no baking required!!

*Mix together:

- 1 cup peanut butter
- 1/2 cup wheat germ
- 1/2 cup non-fat dry milk
- 1/4 cup honey
- 1 Tablespoon dark molasses

*Add, if desired, 1/4 cup of any of the following:

- Chopped prunes, raisins, sesame seeds, or sunflower seeds.

*Form cookies into balls and refrigerate.

Ice cream is good for you

Nutritionally speaking, ice cream really stacks up well against other dessert and snack foods. It has about the same or more protein as other snacks like chocolate chip cookies, and lots more calcium and riboflavin. And, two scoops of vanilla ice cream have much fewer calories than a piece of pie or cake!

But, here is the catch. Calorie counts can vary greatly among

brands, depending on how much butterfat each brand has. About half the calories in ice cream come from the butterfat (the rest come from the sugar). The less air and the more butterfat an ice cream has, the more fattening it is.

But, if you keep an eye on the calorie count, ice cream is a good-tasting snack that also has many important nutrients.

Protein a necessity

Studies show that we get more protein than we need—without protein supplements. Also, the key to strong muscles is a regular exercise program backed up by a balanced diet.

Pregnant, lactating women need more calcium

Pregnant and lactating women need 50 percent more calcium than non-pregnant women, according to the National Academy of Sciences: 1,200 milligrams per day. Moreover, new information is emerging about women's calcium needs, and it may soon be recommended that expectant mothers consume up to 1,500 mg per day. The extra calcium goes into the baby's bones. If the mother doesn't get enough, the baby may draw its needed calcium from the mother's bones, causing a loss of bone density that could later contribute to osteoporosis.

Expectant and lactating women need to be sure they get enough calcium. Here are some good sources of calcium:

- Yogurt, 1 cup — 300 mg
 - Milk, 8 oz. — 250 mg
 - Cheddar cheese, 1 oz — 200 mg
 - Am. cheese, 1 slice — 200 mg
 - Salmon, w/bones, 4 oz — 200 mg
 - Cottage cheese, 1 cup — 150 mg
 - Broccoli, 1 cup — 130 mg
 - Sardines, 1 oz. — 120 mg
 - Ice cream, 1/2 cup — 100 mg
- Although many different calcium supplements are available, some, such as bone meal and dolomite, may contain lead and are potentially harmful to both mother and baby.

A pregnant woman should check with her doctor before taking any supplement, to be sure that it is both necessary and safe for her and her baby.

National programs take citizens to Washington, D.C.

Experience an exciting and innovative approach to citizenship through two special programs at the National 4-H Center in Washington, DC next summer!

Citizenship: Washington Focus provides 15-19-year-olds a chance to see historic sites in and near the nation's capital, visit with their elected officials, learn how a bill becomes a law, gain new perspectives on international relations, and develop leadership skills through assemblies, committees and workshops.

These one-week programs begin June 1 and are offered through July. At present, there is no statewide group coordination for this program, but individuals or county groups are encouraged to participate. Registrations are on a first-come, first-served basis and won't

be accepted after January 31.

Citizenship: World Focus is an extra step for 4-Hers (grades 10-12) and adults who are seriously interested in international relations and global responsibility. This program focuses on such current issues as human rights, nuclear arms, global interdependence, and religious freedom. Through discussions with diplomats and international experts, as well as visits to embassies, the State department and other international agencies, participants will get a comprehensive introduction to current world affairs.

This program is offered next August 1-16 and registrations must be in at least 60 days before the program begins.

For more information on these once-in-a-lifetime experiences, stop by or call the Extension Office.

HOW ICE CREAM STACKS UP					
FOOD	SERV-ING	CALO-RIES	PROTEIN	CAL- CIUM	RIBO- FLAVIN
Vanilla ice cream	1/2 cup	140	3.0 g	97 mg	.14 mg
Whole milk	8 fluid ounces	159	8.5	288	.41
Yellow cake with chocolate icing	1/2 cake	365	4.2	68	.08
Apple pie	1/4 pie	302	2.6	9	.02
Chocolate chip cookies	4 medium	206	2.2	14	.04

USDA Agricultural Handbook No. 456, Nutritive Value of American Foods, 1975

Hot chocolate warmer

Mexican Hot Chocolate

- 1 quart milk
 - 2 tablespoons sugar
 - 6 tablespoons cocoa powder
 - 1/2 teaspoon ground cinnamon
- In a large saucepan combine milk, sugar, cocoa and cinnamon with a wire whisk. Cook and stir over moderate heat until mixture is hot. Serve hot.
- Yield: 4 cups**
Per cup: 304 mg calcium, 196

calories

Variations:

Hot Minted Chocolate:
 Omit cinnamon; stir in 1/4 teaspoon peppermint extract when mixture is hot.

Hot Mocha Warmer:
 Omit cinnamon and increase sugar to 1/4 cup. Dissolve 1 tablespoon instant decaffeinated coffee granules in 1/4 cup boiling water. Add to milk, sugar and cocoa mixture and heat until hot.

Six keys to motivation

When a supervisor says, "I wish I could motivate John," that usually means "I wish I could get John to do his job better." Here are six keys to doing exactly that.

1. Ask for performance. Describe how the job is being done now, and how you want it to be. Then ask the employee to do it that way.

2. Use lots of positive reinforcement—and personalize it. Don't take acceptable work for granted. Thank people for it. And praise them every time they improve. Remember, though, that while everyone likes to be recognized, what motivates one may leave another cold—or even irritated. So find out what works with each of your people, and use it.

3. Build relationships. This doesn't mean be buddy-buddy with your employees. But it does mean you should treat your people like real, live human beings. That's what they are, and they will respond best when your actions show you respect their individuality and trust their intentions.

Black and white pepper

Both black and white pepper grow on the same vine but are not two different species like nutmeg and mace. For centuries pepper has been one of the most important spices in the world. Pepper is the fruit or berry of the pepper vine. The berries grow in long clusters like currants. To get black pepper the berries are picked while they are green. They are spread out on mats where they are sun dried. As they dry they turn black and shrivel. If the berries are allowed to ripen on the vine, they turn red. These

4. Understand your employees' point of view. Make a habit of listening to your people and asking their opinion before you give directions or offer advice. If you listen first, and listen with an open mind, people are much more likely to cooperate when you decide something has to be done differently.

5. Model what you want.

Approach your own work with a sense of urgency, use your time efficiently, and meet the goals you set. Show employees, by your actions, that the job really does matter, that quality is important, and that deadlines are real.

6. Refuse to accept poor performance. Though textbooks on motivation seldom admit it, supervisors do have to tell employees

when their performance is not acceptable. Sometimes this means a reprimand. At other times you can handle it through coaching. But either way you're demonstrating that standards matter—and that, in itself, motivational. As the old saying has it, "It's better to aim for 'Excellence' and hit 'Good' than it is to aim for 'Good' and hit 'Average.'"

Inexpensive meal

Day-Before-Payday Stew

- 1 lb. ground beef
- 1 med. onion, chopped
- 2 bouillon cubes or 2 tsp. bouillon
- 16 oz. can (2 cups) stewed tomatoes
- 1 stalk celery (optional)
- 4 potatoes scrubbed and cubed
- 2 cups cooked leftover vegetables
- 1 can kidney beans
- 1 tsp salt
- dash pepper

- 1/4 cup water
- 2 Tbsp. flour

In large skillet or Dutch oven, brown hamburger with onions, drain off fat. Add stewed tomatoes, bouillon, 1 1/2 cups water, celery and potatoes. Bring to a boil and simmer until vegetables are tender. Add cooked vegetables, kidney beans, salt and pepper. Combine flour with 1/4 cup water, then add to stew mixture. Heat mixture until it thickens and boils, stirring constantly.

Layer clothes for warmth

Winter is just getting started and its going to get colder. For comfort, indoors and out, layer your clothes, and keep these tips in mind.

The layer closest to your skin needs to let air and perspiration move away from your body so the skin stays dry. Lightweight, porous fabrics like thermal kit underwear work well for this ventilating layer.

The next layer should have good insulating value. Consider thicker textured or fluffy fabrics that trap

a lot of still air, such as sweaters and flannel shirts.

For outdoors, coats need both a protective outer layer and insulative inner layers. The outer layers need to be closely woven to let little warm air out and little cold air in. Nylon, cotton/polyester poplin, or hard-surfaced wood gabarines are examples.

Inner layers can be quilted fiberfill, down or heavy wool flannel. Coats that have slick, smooth linings slip on easily.



Sheylene Boise participated in holiday baking and craft making classes sponsored by the OSU Extension service. Sheylene was preparing to make a doll dress.