

New resources available to help families

Thanks to a grant from the Fred Meyer Charitable Trust and some hard work by OSU Extension Gerontology Specialist Vicki Schmall, four new packaged programs are available from the Deschutes County Extension office on a free loan basis to families, community and church groups.

With the increase in life expectancy, more adults are facing concerns about aging relatives. These new programs can help families prepare for adjustments and decisions when an older relative experiences increased dependency.

Each program can be checked out and conducted by any individual after they review the written materials. Each program kit contains color slides, an audio cassette and overhead transparency masters. As an alternative to the slides, a videocassette is available for use with families or small groups. Resource materials that can be duplicated and distributed to participants are included, and a comprehensive users guide that takes you through the program step-by-step is available. Each program is

designed for a two hour presentation, but can be modified for shorter or longer time periods.

The programs have generated high audience interest because they provide real people stories, visual drama, audience participation and guidelines for action. If you would like to borrow any of the programs, contact the Warm Springs Extension office at 553-1161, ext. 238.

Following is a description of the programs.

When Dependency Increases is a series of multi-media programs based on the premise that the family, with the right knowledge and skills, can be an important support system for elders faced with decisions about life changes.

Best wishes Edith and Henry—Tough decisions are faced when Edith should no longer drive and Henry experiences a health crisis.

Viewers look at the impact of the decisions on all family members and explore different approaches to resolving concerns.

260 Primrose Lane—Through the

lives of Ethyl, Claire, Sara and Norman, viewers learn about the impact a change in living arrangements can have on the older person.

Discussion focuses on the factors to consider in making housing choices and different kinds of living arrangement options.

The Dollmaker—The caregiver's health is at stake when Alyce provides 24-hour care for Ernie and refuses help and respite. Alyce becomes isolated, loses her health, relationships and interest in life.

Guidelines are suggested for making caregiving decisions and reducing stress for the caregiver.

Due Upon Receipt!—Addresses the financial concerns of the elderly by looking at three families. Through Isabel, viewers learn about problems low-income elderly face and the resources that are available to them. Carlos has duplicate health insurance coverage and is a prime target for sales agents. Eventually, Carlos' children must get a conservatorship and face nursing home care costs. Fred and Maggie have a sizeable estate when Fred dies and Maggie knows nothing about their finances.

Guidelines are presented for making financial decisions.

Lack of winter light may hurt houseplants

Poor houseplant performance due to lack of light is a common houseplant problem during winter's short, cloudy days. In the winter months, the ideal positions for most houseplants, especially flowering ones, is a large window with a southern exposure.

Most foliage plants require less light than flowering varieties and grow well in all exposures. If needed, window light can be supplemented with artificial light.

If you don't know a certain plant's light requirements, inquire at a local garden or nursery store.

Another cause of indoor plant problems during the fall and winter is high temperatures. Houseplants do best in indoor temperatures between 60 and 74 degrees. And just as in nature, houseplants need a definite change in temperature. This means a five to ten degree drop at night so plants can build up new tissues from the food supply they manufactured during the day.

Plants tend to become spindly and less resistant to disease and insect attack when placed in a room that is too hot. Flowering varieties may produce poor quality flowers under such conditions.

Heavy burden on working parents

The "new family" these days is likely to have both parents working or is headed by one parent who has the compound responsibilities of working, running the home and rearing the children.

The current emphasis on children's needs for enriched experiences coupled with parental work roles is producing a lot of guilt feelings for parents. Some parents allow guilt to prevent them from giving their best at work and at home. They let it limit their productivity and use a great deal of energy in "worry time."

Guilt is especially prominent among working parents of young children. As women attempt to juggle the roles of homemaker, work and spouse, they worry about being a success in any of these jobs.

Very real conflicts exist if these persons believe they can't be a good parent or homemaker if they work. It's especially difficult if a parent worker's inner feelings or the standards of co-workers clash

with what is possible for the parent to achieve.

If you are a working parent who is giving home, family and job your best, you cannot judge yourself by another's standards of what a good parent should be. Above all else, good parents provide for their children in both finance and nurturance.

But it's better to say, "I'll be the best parent I can be while fulfilling several other jobs." When you accept that you are doing your best with your many tasks, you will feel better and more confident in yourself.

In American society, it is easy to feel guilty about having to work while raising a family. The traditional family style was built on mothers at home and fathers at work. Now, fewer families fit this pattern since many fathers take care of homes and children while mothers work or one parent heads a household, or both parents work

out of the home.

Guilt is the basis for much unhappiness that can be eliminated with a new frame of mind. When you decide that guilt stems from unrealistic expectations of yourself, you will make your lot easier.

Give your energies to being the best financial and nurturing parent possible. It's a more positive use of your energy and will make you feel more self-assured about your roles.

Energy questions answered

Q: We get a backpuffing of smoke into the room when we reload our wood stove. How can we stop this?

A: Insufficient draft in the chimney causes backpuffing. And it often becomes a problem in milder weather. People tend to run their wood stoves at lower temperatures during mild weather to avoid overheating the house. This practice significantly reduces draft.

You can correct the problem by building a short, hot fire. This will provide a burst of heat to take the edge off the morning and evening cold. It also will provide a strong draft while preventing overheating.

Other causes of poor draft include chimney height, wind direction, plugging of the chimney or depressurization in the house.

Increasing chimney height can increase draft, but if your backpuffing problem is a recent occurrence, chimney height isn't a likely culprit. Nor is wind direction, though this can be corrected by putting a cap on the chimney.

Have the chimney inspected for creosote buildup or other obstructions.

Creosote plugging reduces draft and frequently becomes a problem toward the end of the heating season.

Have you weatherized recently? Tightening the house may have affected the draft. With less air leaking in around windows, doors and cracks, the wood stove might not be getting enough combustion air. Exhaust fans in a kitchen, bathroom or utility room can compete with the wood stove for house air. So can a forced-air furnace. A separate source of air to the wood stove will help correct the problem. This can be ducted from a crawlspace or outside.

Q: My wife and I spend all our waking hours in the kitchen and family room. We have no need to heat the rest of the house. Is it reasonable to close 10 to 12 heating ducts with butterfly turnoffs to save the heat going through those ducts?

A: No, it's not a good idea to shut the heating ducts of your forced air furnace. There are a couple of reasons.

The furnace is designed for a

Information on this page provided by the
by the Warm Springs Office
of the Oregon State University
Extension Service
Phone: 553-1161, ext. 238 or 239

Sawmilling information service now available through OSU

A sawmilling information service is now available through the Forest Products Department of Oregon State University. The computerized database was recreated to aid in the retrieval of documents that are written about the many and diverse subjects associated with the primary breakdown of logs and the manufacture of lumber. At this time, the database contains citations of more than 1,600 magazines, professional journals, texts and government publications that are about bucking, main headrig saws, re-saws, trimmers and edgers. Included within these subjects in the data-

base are references dealing with both softwoods and hardwoods; sawing technology and theory; log and lumber handling; sawing patterns, yield and recovery; computers and computerized applications; safety; economics; management; etc.

For those interested in obtaining information and the references available on a subject dealing with some aspect of sawmilling, contact Stanley S. Niemiec (503) 754-2859, at Forest Resource Laboratory, College of Forestry, Oregon State University, Corvallis, OR 97331.

Dust—enemy of VCRs

If you encounter picture distortion, commonly called "funny lines," when you play back a video tape, your first step is to consult your VCR manual. You'll find a section illustrating the various kinds of picture and sound problems you're likely to run into and explaining how to deal with them using the VCR's own controls. (This section also stresses that you should not take the unit apart or even remove the screws holding down the cover. Obey this warning, or

you risk throwing out of whack complex alignment and other electronic mechanisms.)

There are two common picture problems you can cure without professional help: 1) clogged heads (sometimes caused by cheap tapes—the magnetic coating rubs off easily); and 2) tracking misalignment.

Start with the tracking knob on your VCR. Turn it to see if the tape you're playing might have been recorded on a VCR with misaligned recording heads. This knob will move the heads on your VCR to correct for a tracking error. If this doesn't work, the next step is to clean the heads. You do this with a headcleaning cassette; you can buy one at most stores that sell video tapes. These cassettes pop into the VCR just like the standard ones. The "wet" type requires that you use a liquid with the cassette. If this step works, you've cleared up clogged heads.

If this step doesn't work, check for loose or faulty cable connections on your VCR or monitor, and check to see if the tape itself is creased or mangled (release the catch next to the tape cover door and swing open the door to check for damage.) If the tape is damaged, you must then determine if your machine is at fault. If so, you'll want to call in a professional who'll open up your machine and adjust for tension error and other possible problems.

For the care and maintenance of your VCR and video tapes, consider dust your number one enemy. Keep dust away with appropriate covers. You can buy VCR covers and plastic cases for your tapes at most stores that sell video supplies. Avoid cardboard tape sleeves—they can shed abrasive paper dust. Tobacco smoke is also hazardous to the health of your VCRs and tapes. Temperature and humidity are important elements for both VCRs and tapes. Keep them out of the sun and in a constant temperature of about 70 degrees and relative humidity of around 50 percent.

If you follow these guidelines, it should be years before you have to worry about serious problems.

"Seasonless" clothes save \$\$\$

While you're looking at spring and summer clothes, think ahead to next fall and winter. If you select clothes that span as many seasons as possible, you can save money, get more wear from each item and expand your wardrobe.

A seasonless wardrobe is built on clothes made of fabrics appropriate for different climates.

Lightweight wool, for example, is comfortable in spring and early summer as well as fall. Linen fabrics that were once worn in the summer also can be used throughout the year.

One easy way to develop a seasonless wardrobe is to buy light-to-medium weight clothes that can be worn in layers. For example, when selecting new sleeveless turtlenecks or short sleeve camp shirts, think about colors you could wear under your fall and winter sweaters. Loose-knit sweaters also can be worn by themselves in the summer, and over or under other clothes during cool weather.

Also, when shopping for year-round clothes, avoid color, print and texture extremes. Try to choose basic clothing in medium color tones, print sizes, fabric weight and textures.

Slacks and skirts in basic colors and medium weight fabrics are versatile. You can usually wear them from early spring through fall.

Calcium found in dairy foods

Dairy foods are the most abundant source of calcium in the American food supply. And, the calcium from dairy foods is readily available for absorption by the body—making dairy products the best food choice for calcium.

The recipes that follow can easily be made by children and are chock-full of important calcium. We hope you'll take this opportunity to teach them all about good eating habits and the importance of high-calcium dairy products.

Strawberry Nog

1 cup skim milk
½ cup sliced strawberries
1 egg
1 Tbsp. sugar
¼ tsp. pure vanilla extract

In the container of an electric blender place milk, strawberries, egg, sugar and vanilla extract. Cover and whirl until berries are pureed. Pour into a tall glass. Sprinkle with nutmeg if desired.
Yield: 1 portion

Frozen Yogurt Fruit Pops

1 cup plain lowfat yogurt
¼ cup instant nonfat dry milk
2 Tbsp. sugar
1 cup sliced fresh or drained canned fruit such as strawberries*, bananas, peaches, pineapple chunks, etc.
4 popsicle sticks

What you should know about fats

Saturated fats—Oils from animal products and some plants (e.g., coconut and palm) that are solid rather than liquid at room temperature. Examples: meat fat, butter, cream and shortening. These fats raise blood cholesterol and increase your risk of heart disease.

Polyunsaturated fats—Oils from vegetable products that are liquid at room temperature. Examples: safflower oil, sunflower oil and corn oil. These fats in moderation lower blood cholesterol and are helpful in removing cholesterol from the body. Substituting these fats for saturated fat in the diet can reduce your risk of heart disease.

Monounsaturated fats—Oils from other vegetable products that are liquid at room temperature. Examples: olive oil and peanut oil. Recent evidence shows that substituting these fats in moderation for saturated fats helps lower blood cholesterol and reduce the risk of heart disease.

In the container of an electric blender or food processor fitted with a steel blade place yogurt, dry milk and sugar. Cover and whirl until milk powder and sugar dissolve. Add fruit. Cover and whirl until smooth. Pour into four, four-ounce paper cups. Freeze until partially set. Place a popsicle stick in the center of each cup. Freeze until firm. To unmold roll cup between palms of hands to soften slightly. Pull out pop. For a calcium boost, serve with a glass of milk.

*Add three Tbsp. sugar or to taste.
Yield: 4 portions

Learn three Rs for effectively relieving stress

Remove, respond and revamp are the three Rs that can help you learn to offset the harmful effects of stress.

Remove the attitudes and emotions

that sometimes bog you down. Although you can never know yourself completely, the more self-awareness you have, the better equipped you are to avoid stress-

ful situations.

Respond by learning and using techniques that can help reduce the harmful effects of stress.

Then **revamp** your life and health

Healthy substitutes

Instead of...

Bacon Frying

Try

Canadian bacon
Baking, broiling or steaming

Sour cream on a baked potato

Low fat yogurt or cottage cheese

Buttering vegetables

Vegetables with herbs and lemon, lime or orange juice

A red meat main dish

Pasta or rice with a little meat, skinless white meat poultry or fish for seasoning

A fast food burger Lean ground beef

The salad bar
Lean trimmed round steak, white meat poultry without skin, or fish

Commercial baked goods

Home baked treats, using polyunsaturated oils and margarine

Cream or butter sauces

Sauces using low fat broth

Nondairy coffee creamer

Nonfat milk

Chocolate

Cocoa

Butter

Tub or soft margarine

Cooking with animal fats

Cooking with vegetable oils such as sunflower, olive or peanut oils

Whole milk

Skim or low fat milk

Where does all the money go?

Do you know where your money goes? Do you start the week with dollars, end the week with pennies and feel as though you haven't really bought anything?

Knowing where your money goes is the first step to gaining control of your finances. To find out where your money goes, have your family keep a strict and detailed record of every purchase for a two- or three-week period. Track down the money spent at the pop machines, at coffee break and for "odds and ends."

You may not want to eliminate all those "odds and ends," but you will know where your money is going and perhaps gain more control of it.

How to care for winter clothes

It pays to keep your winter wardrobe in mint condition. The Neighborhood Cleaners Association (NCA) offers these tips.

Save the hangtags that come with the clothes you buy—they include information your dry cleaner needs when cleaning.

Send stained garments to the dry cleaner as soon as possible—exposure to air, heat and light sets stains, making them impossible to remove. Tell your dry cleaner what caused the stain.

Have garments dry cleaned regularly, they'll last longer. If allowed to accumulate, grease, grit and dust particles can also ruin the

appearance of your clothes.

Brush your clothes regularly. Allow damp articles to dry in a cool, ventilated area before hanging them in your closet.

Don't use an underarm deodorant without using a shield to protect your clothes. Wait for the deodorant to dry before dressing.

Never hang knitted garments—that pulls them out of shape. Store them in a drawer or over a padded hanger.

Don't wear decorative pins, especially on knit garments. If the garment has a snag, use a crochet hook to pull the loop inside.