

What seniors should expect from their doctors

Quality health care depends on a good doctor-patient relationship and the patient's active participation in his or her health care. Being well-informed about your health condition and health needs is also a necessity.

Ideally, you are more knowledgeable about your particular health problem and better equipped to deal with it at the end of a visit to your doctor. Above all, avoid leaving

the office feeling dissatisfied, unsure or unclear about the information you were given.

There are several ways to avoid this feeling of uncertainty or dissatisfaction. The following is recommended:

- **Be clear about the reason for your visit and what you expect from the doctor before your appointment.**
- **Write down your questions and concerns in advance.** Take this

list with you and use it when you talk with your doctor.

□ **Expect your doctor to take time to listen to you.** Don't be afraid to ask questions. A doctor should give you honest, understandable answers or arrange for a staff person to answer your questions.

□ **Be honest.** Tell the doctor exactly how you feel, your symptoms, concerns and reactions to medications. Share any reservations

you have about prescribed treatments.

□ **Ask a family member or friend to accompany you to the doctor's office if this would make you feel more comfortable.** Having another person present can be particularly helpful if you have difficulty hearing or remembering details.

□ **Ask for written instructions if they will be useful to you.**

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

Easy homemaking hints offered

When it comes to cleaning the house, whether it's just a weekly pick-up or a thorough seasonal cleaning, one good rule to remember is that the best way is often the easiest way. Here are some hints to help you:

■ **Hate to defrost the refrigerator and freezer?** You may be surprised to learn that if you vacuum the back of the appliance, you'll have to do the job less often. Vents clogged with dust and dirt force the motor to work harder and build up more ice.

■ **Discolored aluminum pots, even those black with mineral deposits, can be cleaned** by filling the pot with hot water. Add a few teaspoons of cream of tartar, depending on the size of the pot. Boil. That's all!

■ **Grease build-up on painted walls and cabinets?** Start with a gallon of hot water and add 1/4 cup Lysol Pine Action cleaner. Apply with a sponge, starting at the bottom of the wall or cabinet. Cover an area of two to three feet and let the mixture soak on the surface for about 15 seconds, then rinse with a clean sponge. If you give the solution time to penetrate the surface, it will do most of the work for you.

■ **Use the same Lysol Pine Action solution to tackle another, yet often neglected chore—cleaning the garbage pail.** Wipe down the pail inside and out with the solution to help deodorize and kill household germs. Keeps those much used pails smelling pine fresh.

■ **Don't let ballpoint ink or newspaper ink stains on hard surfaces dismay you.** Whether it's vinyl, formica or no-wax surfaces, spray with a little hair spray. Then wash off with Lysol Pine Action cleanser and water.

■ **Wine stains on table linen?** Soak in boiling milk. When stain fades, launder as you usually would. If the stain is unusually stubborn, sprinkle with salt and rub with half

a lemon.

■ **To keep the plate on your iron shiny and efficient, clean and then rub on silver polish.** Rinse. Makes the iron faster and easier to use.

■ **If you are planning to spruce up kitchen cabinets, paint the inside areas first.** Save the doors and frames for last to avoid rubbing against wet surfaces.

■ **It's easy to clean water based paint from brushes with Lysol Pine Action.** Simply rinse off with a solution of Pine Action. For oil based paints, let brushes soak in a container with enough Pine Action (full strength) to cover bristles. Rinse with hot water before using again.

Include exercise in your winter schedule

Just because it's getting chilly, don't think you have to go into hibernation. Plan now for your winter exercise program. That means either making a commitment to an outdoor brisk-walking

program or shifting your program indoors. Remember, fitness is temporary. All of the gains you have made during the summer will disappear if you do not continue exercising.

Stress can affect teens negatively

"I'm stressed out." Teens often say this when pressures are getting to be too great.

"It's a trapped feeling. Things were getting worse and worse and I couldn't see a way out," said one teen who had become seriously depressed. These are the words of a young person in serious emotional trouble.

HOW STRESS WORKS

Stress comes from threats to our safety and makes us feel afraid. That fear often is felt as a knotted-up stomach fast heartbeat, dry mouth or headache. Behavior changes, and young people may drop things, become confused, pace the floor or bite their lip.

Energy is produced by stress. The key to coping with it is using the energy to adapt and grow. Young people who block their fear and energy place themselves in a "pressure cooker" situation. This can lead to emotional "explosions" and other serious consequences.

PRESSURE BUILDERS

Five characteristics of life events are most likely to cause excessive stress in young people.

*The event is very intense. The

death of a parent is an example.

*The event lasts a long time. A chronic illness such as diabetes in an example.

*Stressors pile up. One event by itself might be okay, but when many stressful events occur at the same time, pressure builds quickly.

*The event is not normal for a person in the individual's age group. A simple example of this is the ability of most teens to shrug off an occasional bout with pimples, although a severe case of acne is highly stressful.

*The situation is beyond the control of the individual. For example, the divorce of parents can create a situation in which the young person wants to change things but can't do much about the problem.

HELPING KIDS COPE

Here are a few of the things you as an adult can do to help youngsters cope with stress:

*Help them plan their projects. Too often young people put things off until the last minute.

*Help them focus their efforts on things that they can change. Some young people use up too

much energy on things they do not have control over.

*Listen to youngsters when they talk.

*Help them understand that time often helps more than anything else when depression gets them down.

*Let them know you care about them.

*Let them know when they're doing well. Young people—just like anyone else—love to hear words like, "I'm proud of you."

Proper care keeps machine in stitches

Taking the time to care for your sewing machine will assure you that it will always be "ready to stitch." Probably the most important thing you can do is to keep it clean and oiled. When you finish sewing for the day, take a minute or two to clean the bobbin area. Lint collects, which contributes to stitching problems.

When cleaning your machine, use a lint brush (comes with the machine), a pipe cleaner or an air

canister. Don't blow into a sewing machine since your breath is also humid.

Canned air is a useful notion for most home sewers. One blast of compressed air from these aerosol cans removes lint that collects in the bobbin area of conventional machines or in the lopper and knife areas of overlock machines. Home sewers might clean machines more often if they knew about this handy product and used it.

After cleaning the bobbin area, add a drop of oil. Follow your machine guide which recommends the type of oil or how frequent to oil the machine. (At least twice a year.)

After oiling then stitch a few rows on a fabric scrap to run the oil through the sewing machine system.

A few minutes of "care" will result in a machine that is "always ready to stitch."

Early birds save gardens

The first frost often spells doom for your flowers and vegetables. But you can make them last a bit longer if you're willing to sacrifice an hour's sleep. How? By hosing the frost off the plants just before the sun comes up. According to a garden expert, it's not the cold that kills the plants, it's the sun hitting the layer of frost. The rapid drying action actually sizzles the leavings, burning them up. A few moments of sunlight is all it takes. So, if you know when the frost is coming, set your alarm and save those tomatoes!

Knowing when life is out of balance

Your mind and body have a way of telling you when your life is out of balance. If you are trying to work around the clock with little rest, hardly talking time out to eat, you may experience some of the symptoms.

- *Loss of energy
- *Loss of motivation
- *Loss of enthusiasm
- *Oversleeping or insomnia
- *Overeating or appetite loss
- *A good case of the "I don't

wannas and poor me's."

- *Inability to concentrate
 - *Lots of procrastination
 - *Lots of rationalization
 - *Low output of quality work
- These symptoms tell you that you

may be heading for burnout if you don't get your life back in balance. Add some of these symptoms along with the stress they produce can lead to health problems.

Two ways to cook a cake

Wheaty Carrot Cake

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 1/3 cup nonfat dry milk powder
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 2 tablespoons butter
- 3 cups shredded carrots
- 1/2 cup chopped pecans
- 1 cup cooking oil
- 1 cup granulated sugar
- 1 cup packed brown sugar
- 1 teaspoon vanilla
- 4 eggs

MICROWAVE DIRECTIONS

1. Stir together flours, milk powder, baking soda, baking powder and cinnamon. Set aside.
2. In a 12-cup microwave-safe fluted tube pan combine 2 tablespoons butter and 1/2 cup of the carrots. Microwave on high power for 2 minutes, stirring once.
3. Sprinkle pecans evenly over carrots in pan. Set pan aside.
4. Blend oil and sugars with mixer. Add vanilla. Add eggs, one at a time, beating well after each.
5. Add flour mixture, beating well till blended. By hand, stir in remaining carrots.
6. Spread batter in prepared pan. Microwave uncovered on medium power 16 minutes. (if you do not

have a carousel inside the oven you will need to turn the dish a quarter turn every 4 minutes.) Surface of cake will appear wet, but cake will have risen to top of pan.

7. Cook, uncovered, on high power for 1 1/2 minutes. Give dish a half-turn. Continue cooking 30 seconds to 1 1/2 minutes or till surface appears almost dry and a wooden pick comes out clean.

8. Place cake on rack. Cool 10 minutes. Invert cake onto plate.

CONVENTIONAL DIRECTIONS

1. In saucepan cook 1/2 cup carrots and 2 tablespoons butter till carrots are tender. Spoon cooked carrots into the bottom of a 12-cup fluted tube pan.
2. Prepare cake batter as directed.
3. Pour batter into pan.
4. Bake in a 325 degree oven about 60 minutes or till cake tests done.
5. Place cake on rack. Cool 10 minutes. Invert cake onto plate.

Each day you should...

Every day select some raw fruits and vegetables, some whole grain breads and cereals, and drink plenty of water. Adequate amounts of fiber and fluid are necessary for digestion and elimination.

All I Wanted Was To Sing

When I was in first grade I loved to sing. When it was my turn I'd stand up clearly and happily, thoroughly enjoying myself. My teacher declared me singing champion... Why did something as innocent and joyful as the music of small children have to be turned into a contest? The voice should have been sour-

ces of joy, not pride or shame. But my first grade teacher thought that my talent should be brandished in front of my peers... My joy became a mixture of pride and shame and as time when on shame overshadowed pride... My teacher was the one who wanted a champion; All I wanted was to sing. Unknown

Most of what you need to know you learned in kindergarten!

1. Say "please" and "thank you."
2. Be nice.
3. Play fair.
4. Don't tell lies.
5. If you can't say something nice about someone, don't say it at all.
6. Don't hit people.
7. Say you're sorry if you hurt someone.
8. Clean up after your own mess.
9. Don't take things that aren't yours.
10. Wait your turn.
11. Don't touch something if you don't know where it's been.
12. Go outside to play.
13. It's OK to cry.
14. If you don't get it the first time, try again.
15. Eat your vegetables, drink your milk and go to bed early.
16. You're special and there's no one else like you in the whole world.

4-H builds character in youth

4-H's mission is to help young people become self-directing, productive and contributing members of society. More specifically, its objectives are to help young people to:

1. Develop inquiring minds, an eagerness to learn and the ability to apply science and technology.
2. Learn practical skills, develop competencies and acquire knowledge.
3. Strengthen abilities to make intelligent decisions, solve problems and manage their own affairs in a fast-changing world.
4. Acquire positive attitudes toward self and a feeling of self-worth.
5. Develop their potential by seeking and acquiring educational and vocational experiences.
6. Improve skills in communication and self-expression.
7. Develop effective interpersonal relationships with adults and other youths.
8. Maintain optimum physical and mental health.
9. Develop concern for involvement in community and public affairs.

10. Increase leadership capabilities.
11. Develop socially acceptable behavior, personal standards and values for living.
12. Develop abilities to perform as productive, contributing citizens.
13. Use time wisely in attaining a balance in life (work, leisure, family, community and self).

Remember!
National 4-H Week is October 1-7
Watch for 4-H Sign-up and list of clubs