

## Alzheimer's Disease month creates awareness

November is National Alzheimer's Disease month—a time to focus on Alzheimer's disease and those afflicted. It's a devastating disease. It robs individuals of their mental, and eventually, physical capabilities.

Although researchers are making great strides in understanding the disease, there is still no known cure or prevention. And, the cause is still unknown.

During this month—and throughout the year—it's as important to focus on the family as it is to focus on the person who has Alzheimer's disease.

For the family, losing the person they have always known, although he or she is still physically present, can be particularly painful. Family members have said, "It's very, very hard to watch someone you love die—very, very slowly," and "It's like a funeral that never ends."

Alzheimer's disease also results in a gradual shift of tasks and responsibilities from the patient to the caregiver. These added responsibilities can be overwhelming.

Social and emotional isolation occurs for many caregivers. The

caregiver may not be able to leave the patient alone at home. Or, the person may become easily upset in public, may become unable to tolerate being around people, and/or lose social graces.

One caregiver said, "During the five years of caring for my husband, I only left home to get the necessities—food and his medications. I prayed nothing would happen while I was away." Another commented, "I feel like a prisoner in my own home."

Caregivers must be realistic about what they can do. Eventually, the patient may need round-the-clock supervision and care. No person can provide such total care without help. Those who try usually become physically and emotionally exhausted.

Healthy caregiving is when caregivers consider the consequences of caregiving decisions not just for the patient, but also for themselves and other family members. Ignoring one's own needs is not only potentially detrimental to the caregiver, but also can be harmful to the person who depends on the

caregiver.

The Warm Springs OSU Extension office has several publications to help understand Alzheimer's Disease and to make more effective caregiving decisions. *Helping Memory Impaired Elders* provides guidelines for dealing with a person who suffers from progressive

memory loss; *Coping with Caregiving* discusses the sources of caregiving stress and ways to reduce the conflict and stress caused by the demands of caregiving; and *Families and Aging: A Guide to Legal Concerns* addresses many of the legal and financial issues families experience.

## As they grow Children's desire to learn increases with age

The child's world is fresh and new. Faces, hands and bottles miraculously appear above the baby's crib, then go away. While being carried around the house, the infant discovers chairs, pictures and window panes. What are these things? Their names and purposes are a mystery.

It's easy to understand why children itch to touch every object they see.

Children become increasingly creative in the ways they explore the world around them. From the

start, they stare, taste and listen with all their might, but they can't get the things they see and hear. Gradually, they become more coordinated. They squeeze, shake and bang things. They try to make things happen. As they experiment, they try out every action they have learned on a new object.

Young children find problems to solve. We forget that simple things such as getting a rattle that is out of reach are tough problems for babies. Preschoolers tackle harder tasks, such as how to fit clothes on a doll,

paint stripes or make a road.

Often children solve problems in unusual ways, for they have few preconceived ideas about how things are supposed to be done. They will try anything. A three-year-old may shake, bang, and turn a jar upside down rather than use a spoon to get some cocoa.

Gradually, children learn to pause and plan ahead before plunging into action. They start to consider alternatives. They choose between tape and glue rather than trying the first thing they see.

Around their third birthday, children develop a bursting desire to recreate everything they have learned. They make replicas of things they know. They will use any means—words, paint, blocks or clay—to express things that are important to them.

In the process of recreating their experiences and ideas, children can create something new, unique and special.

**Please come!**  
**Join us for**  
**4-H Awards**  
**Sunday, November 12**  
**4 p.m.**  
**at the 4-H Center**  
**(Basement of the Old Boys Dorm)**  
**Those attending will build their own sundaes!**

## Teens' symptoms of depression differ

While the majority of youth today are not feeling depressed or suicidal, it is important to recognize it when it occurs.

Some teens suffering from depression will mope around, lifeless, discouraged and "down in the dumps." They may be lazy and not want to do anything. Other depressed teenagers may act out their depression through unusual impulsive or reckless behavior.

When the adolescent's self-esteem hits low levels, life may not seem worth living. For an increasing number of teens, despair sets in and thoughts of suicide are entertained.

The suicide rate for adolescents has tripled in the last twenty years. Traditionally, more girls than boys

attempted suicide but more boys succeeded. However, the suicide success rate for girls has increased because they are using more lethal weapons.

Recent statistics show that the suicide rate for teenagers has leveled off but the rate for middle school age youth is increasing. One in every 10 young persons is considered to be at risk for suicide. Each year, 500,000 young people attempt to take their lives and 6,000 are successful.

There are some signs that parents and others working with adolescents should be aware of. If these signs show up in a teen, you should consider the situation serious. It is better to over react and do something, rather than dismiss what he or she says or does because the young person is asking for help.

The first sign to watch for is gloomy and spiritless talk. A depressed teen may make such comments as "I'd be better off dead," or "You'd be better off without me." Any talk about suicide, death or life after death by a teen in an extremely low or depressed state should be taken seriously.

Be alert for expressed feelings of worthlessness, hopelessness or helplessness and physical signs such as weight loss or dramatic changes in sleeping habits.

Marked changes in a teen's social life may indicate depression. Depressed individuals may exhibit near total withdrawal from friends and family and near total loss of interest in activities, school or sports.

Abuse of drugs or alcohol contributes to the risk of suicide because

these substances lower inhibitions and increase impulsive behaviors.

If any of these signs are present in a teen you know, do something. It is of utmost importance to get help for the individual or get the teen to seek help.

Professional help is available from hospital emergency rooms, physicians, counselors, pastors, psychiatrists or mental health clinics. The National Youth Emergency Line (Toll Free: 1-800-621-4000) also can help.

## 1989-1990 4-H Native American Poster and Logo Contest

Sponsored by OSU Warm Springs Extension

<b>Awards</b>	First Place—Full camp tuition to Round Lake Camp Challenge Camp, or be a Challenge Camp Counselor Second Place—½ tuition to each one of the camps Third Place—\$5 cash
<b>Theme</b>	The theme for 1989-1990 is "The Native American Relationship Between Warm Springs and 4-H Native American Youth through the Ages."
<b>Rules</b>	1. Contest is open to children in the fourth through 12th grades. You do not have to be in a 4-H club. 2. Posters must be 24" x 13" 3. Poster submitted must be neatly written. You may use colored pens or pencils, or an art medium of your choice. Art work should be on one side of the paper only. 4. Posters will be judged on a) accuracy; b) creativity; c) very short or limited number of words; and d) logical development of the subject. 5. The winning posters will be on display at all 4-H events. The local Extension staff will be responsible for selecting the winning poster. Deadline is February 28, 1990.

## Manage time during holiday season

The holidays can often be a very stressful time for families. Single-parent families and blended families often have to deal with complicated schedules, as well as complicated feelings.

Although some parents have holiday details in their legal agreement, others work out plans every year. It is important to be reasonable, flexible and to plan ahead.

The following are some practical suggestions for divorced or separ-

ated parents to consider.

1. Consider your hopes for this holiday season—the times with the children, the times without the children. Have several versions, all acceptable to you.

2. Present these alternatives to the other parent. (If you don't communicate well, use the mail.) Give the other parent time to think about your proposals and respond.

3. Try to plan your holiday times well ahead. Two months' notice is

not too much.

4. If you talk in person or by phone, follow up your understanding of the conversation with a brief and informal note of confirmation. When emotionally laden post-divorce holidays tangle with practical matters such as dates, plans, expenses and responsibilities, written confirmation is essential.

5. Be very specific when making plans. Which parent will have the children, which days? For how long? Who will do the transportation? What about transportation costs, etc.?

Remember the holiday season is the perfect time to fan the anger and resentments from the past, to reignite unfinished emotional business.

Each winter when the outside temperature drops, your home needs additional heating. That means your heating bill will go up. How much it goes up depends on a number of factors, some of which you can control.

You can't control the outside temperature, of course, or the chilly wind that makes it seem even colder. But here's a list of things you can do around your home to help make sure you get the most out of the heating dollars you pay and the electricity you use.

\* Check to see if your home is insulated in ceilings and outside walls. Proper insulation helps hold heat inside and keep the cold outside. (In summer, good insulation helps keep your home cooler by

## Plan expenditures

A spending plan will help your family capture the magic of the holidays without financial stress.

November and December mean dinners, parties and exchanging of gifts. There are good times, but higher than usual monthly expenses often go with the good times.

The first step in developing a holiday spending plan is to estimate holiday costs. Put it all on paper—travel, special family meals, parties, charitable donations and gifts, decorations, greeting cards, postage and gifts.

As you estimate the cost of gifts, list the people for whom you usually buy gifts, the gift ideas you have for this year, and the approximate cost.

The next step is to estimate the amount of money available for holiday spending. What money is available from November and December incomes. What money, if any, are you willing to withdraw from savings? How much, if any, can you comfortably put on credit

cards and charge accounts?

Remember when you use credit, you're spending 1990 income. If you are planning to pay some of the cost in 1990, look ahead to your January and February income and expenses to determine if December bills will cause excess financial stress.

If expense estimates are greater than income estimates, the alternatives to overspending are to increase income and/or decrease expenses. Before deciding to cut certain expenses think about the parts of your usual holiday celebration which are most special. A family discussion might reveal ways to expand or maintain the special events, while eliminating those with little meaning or those which have become a burden.

After the family has developed a holiday spending plan, keep track of your actual expenditures. If you overspend in one area, go back to the plan and make adjustments.

## Cut the fat from holiday meals



take care if you're considering one of the self-basting turkeys. Self-basters are injected with vegetable oils or butter before arriving at the grocery.

Turkey, especially the white meat, is relatively low in cholesterol when compared to beef or pork. However, the turkey neck and giblets are higher in fat and cholesterol. There are several ways to trim that fat without sacrificing the traditional holiday meal.

Before you begin roasting the turkey, trim fat in the neck and back area. Trimming prior to cooking ensures that the turkey doesn't simmer in those cholesterol-laden juices.

When roasting, you can avoid basting juicy birds with butter or oil. Using a meat thermometer to determine doneness will prevent overcooking, a major cause of dry meat. Roasting with a "tent" of foil loosely covering the bird also will retain moisture in the meat. Turkey may also be roasted in plastic "oven bags."

Keep fat and cholesterol low in

turkey "trimmings." Gravy or stuffing made with turkey giblets can be a big cholesterol culprit. Because turkey liver is highest in cholesterol, leave it out of when making broth.

If you're going to use broth, with out without liver, put it in the refrigerator or freezer after cooking to allow the fat to come to the surface. Skimming off this fat will reduce cholesterol as well.

Use moderation when holiday recipes call for bacon, lard, butter, cream and eggs. Of these, egg yolks are the highest in cholesterol. In most recipes, from the stuffing to the pies, two egg whites can substitute for one whole egg. For butter, substitute margarine or vegetable oil to saute vegetables or make sauces. And don't forget to consider lemon juice and herbs when seasoning salads and vegetables.

As a final reminder, don't forget about pastries and other desserts. Cholesterol counts can easily mount when egg yolks and butter are included. Fresh fruit might be a welcome ending to a big meal.

keeping the heat out.)

\* Keep your thermostat at one comfortable temperature setting all day long. At night, lower the thermostat setting. But not too low, because it will take longer to warm the house in the morning.

\* If you have a fireplace, keep the damper closed when the fireplace is not in use. Dampers let open allow heat to escape up your chimney. Also, cover the opening of the fireplace into the room when not in use or warmth can be lost up through the chimney.

\* Keep drapes and blinds drawn at night. Heat can escape right

through a window glass. Install storm windows or cover outside of windows with heavy plastic for added insulation.

\* Fix leaky faucets. You can waste gallons of hot water every day if faucets are left to drip.

\* Set the thermostats in your water heater for 150 degrees. This temperature is best for your washer and dishwasher. Also, wrap water heaters with insulation to help keep warmth from escaping.

\* Do full loads in your washer and dryer. Small loads waste electricity and hot water.

\* Keep your refrigerator and

freezer defrosted. This reduces running time and saves electricity. Avoid prolonged opening of frost-free refrigerators. This causes them to run more and use more electricity.

\* Turn out lights behind you when leaving a room not being used. Train your family to do the same.

\* Dress in layers of clothing inside and outside the home so that clothing is easy to put on and off as you go from inside to outside. If you dress warmer inside the thermostat can be set lower, thus using less heat.

## Nutritious recipes offered

My family's Thanksgiving is not complete unless we have Cranberry Nut Bread

### Cranberry Nut Bread

2 cups flour  
½ tsp. salt  
1½ tsp. baking powder  
½ tsp. baking soda  
1 cup sugar  
Juice and grated rind of one orange  
2 Tbsp. salad oil  
Boiling water  
1 egg, beaten  
1 cup chopped raw cranberries  
1 cup chopped nuts

Sift the flour, salt, baking powder, baking soda and sugar two times. Add the orange juice and grated rind. To the salad oil, add enough boiling water to make ¾ cup liquid and add to the dry ingredients. Add the egg, mix well. Stir in the cranberries and nuts. Pour batter into a greased loaf pan. Bake at 325 degrees for 1 hour. Store 24 hours before serving.

Suggestion: This bread makes delicious tea sandwiches when sliced and spread with butter and cream cheese. It is also good toasted for breakfast.

### Year 'Round Pumpkin Bran Muffins

2 eggs, slightly beaten  
1 16 oz. can pumpkin  
¼ cup vegetable oil  
1 cup lowfat milk  
½ cup sugar  
1 cup All-Bran cereal  
1 cup whole wheat flour  
1 cup enriched flour  
2 tsp. baking powder  
1 tsp. baking soda  
½ tsp. salt  
1½ tsp. cinnamon

1½ tsp. cloves  
¼ tsp. allspice  
¼ tsp. ginger

Optional: 1 cup any combination of chocolate chips, raisins, nuts

Preheat oven to 350 degrees. In large bowl combine eggs, pumpkin, oil, milk, sugar and bran. Mix well. In small bowl, stir together remaining ingredients and add to pumpkin mixture, being careful not to over-stir. Fill lined or greased muffin tins almost full. Bake 30 minutes. Cool on wire rack. Yields 1½ dozen.

