

Involve aging parents in life's decisions

Involve your parent in decision-making. When considering what is best for your mother or father, be sure to ask your parent's opinion. Too often the older person is not included in planning and decision-making. Family members may fail to tell the person what's happening or the decisions being considered. This contributes to feelings of isolation, helplessness, anxiety and perhaps despair. Change can cause anxiety, but not being involved in decisions about a change creates even more anxiety.

Shared decisions usually produce the best results. Aged parents have a legal and moral right to participate in plans affecting their lives and to make their own decisions whenever possible. You may not always agree with their choices.

Only if your parents experience reduced mental capacity and/or there is evidence they are endangering the lives of others, should you question their ability to make decisions. For example, if your father doesn't see well and has had several minor accidents but still insists on driving, then the family has a responsibility to take preventive action. In such cases, you may need to dictate or overrule a parent's decision. Do this with kindness and explain the situation honestly to your parent.

If you must set limits, involve your parent in decisions about how to implement these limits. For example, say to your father, "Dad, driving isn't a possibility any longer, so what are other ways you might be able to get around?" Work together to identify the

choices available to your parent.

To relieve stress between you and your parent, you may want your parent's physician to participate in the decisionmaking. Some people will accept their physician's suggestions more easily than they'd accept the same suggestions if given by a family member.

A parent who is excluded from decisionmaking is most likely to become angry, demanding, helpless or withdrawn. Plans are also more likely to backfire.

Involvement in decisionmaking provides greater assurance that a person will accept and adapt to a change, even if the change is not the individual's preferred choice. A person who feels railroaded into a new situation usually makes a poor adjustment. Regardless of age, feeling in control of one's life is important.

As a family member, you are likely to find the burden of decisionmaking easier if you've discussed plans earlier with the person for whom you must make decisions.

Explore options. Carefully explore various options before making a decision. It's important not to have preconceived ideas about what is "the best solution." Identify all implications of a change or decision under consideration. Consider the effect on your parent, yourself and other family members.

Evaluate your parent's economic situation. Talking about finances may make you feel uncomfortable and make your relative feel you're meddling; nevertheless,

such discussion is crucial to effective planning. Consider your parent's income sources--such as Social Security, pensions and benefits--in addition to current and potential expenses.

Inform yourself about possible financial support. It's helpful to know your laws and regulations concerning assistance in advance of need. Find out what your parent's health insurance policies--including Medicare--cover.

Contact your local public assistance or welfare office for eligibility requirements. The Internal Revenue Service can supply you with information about tax breaks available to older people and to families who provide care and support to older relatives.

Know the families resources. This will help you to evaluate alternatives. Talk with various family members to identify what each can contribute. In one family, for example, the adult children split their mother's chores three ways: one daughter shops; another daughter launders clothes; and a son keeps the accounts and business records up-to-date.


Avoid unrealistic expectations of family members, however. Remember, your brothers, sisters, children and spouse each have a unique relationship with your parents. Sometimes, individual family members are experiencing

stress in their own lives--a troubled marriage, problems with teenage children, uncertainty about a job or finances--which may limit the support they can give. Your perceptions of a family members situation or assets may not be accurate. Therefore encourage each family member to share concerns and explore the family resources together.

Don't criticize other family member's contributions; remember that your nonjudgmental attitude may help build family solidarity.

Try a family conference. A family conference can provide a forum for open communication among family members. Involve the elder, siblings, spouses and other relatives who are concerned or will be affected by decisions under consideration. Don't exclude concerned family members because of personality, limited resources or distance (use telephone calls or letters to inform and involve anyone who's absent).

It is just as important to include a brother or sister who is argumentative or "never visits or seems to care" in the family conference as the brother or sister who provides financial and/or emotional support. This helps to avoid later undermining of the decision by those not included.



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Hot weather hard on landscape, garden plants

Hot August weather increases the water needs of garden and landscape plants, especially ornamental plants in their first year of growth.

When water isn't readily available to ornamental or vegetable plants on hot days, the plants become heat-stressed and may show signs of wilting.

In the garden this causes inferior quality in harvested garden vegetables. Pay particular attention to raised beds in the garden. They dry out quickly and should be watered frequently.

In the landscape heat stress can weaken plants or in some cases cause problems that won't be noticed until later.

For example, camellias that aren't watered adequately during hot spells will lose their flower

buds prematurely the following spring. The buds simply drop off the plant.

In blueberry plants, lack of water in late summer will cause a lack of bud development in the spring, which in effect means no blueberry production from the plant for that season.

Ornamentals in their first year of growth are especially vulnerable to lack of water in the late summer during hot spells. A young tree or shrub weakened by lack of water may not survive the winter in its retarded condition.

Container plants also need extra attention during hot periods. Soil in containers, whether large or small, can dry out quickly in hot weather. Water container plants when the soil is dry, but avoid getting the soil excessively soggy.

Exercisers need liquid intake in heat

Exercising in hot weather requires certain precautions. This is especially true for those exercising for long periods of time, exercising when the humidity is high and/or for the less-fit person.

When you begin to exercise, a series of reactions begins in the body to convert energy to work. Heat is one of the by-products of this conversion. If the body did not have a highly efficient heat regulating system, we would only be able to exercise for very short periods of time before heating the body core to dangerously high levels.

The body cools itself through radiation and evaporation of sweat. Both methods are effective until the surrounding air temperature is close to the same as the body temperature. Then, the body must rely totally on sweating to cool itself. This is effective as long as the air humidity is low, but if humidity is high, the body's ability to cool through sweat evaporation is also lessened. Therefore, the combination of heat and humidity created the worst possible environment for prolonged exercise.

Effective cooling through evaporation of sweat depends largely upon an adequate amount of fluid within the body--called "hydration." When fluids lost through sweating are not replaced, the exerciser becomes "dehydrated." It does not take very much fluid loss for a heart syndrome to occur. At a three per-cent loss of body fluid, there is generally impaired performance and someone who loses five per-cent is at risk for heat exhaustion.

Some warning signs that your body is overheating are: tiredness, mental fatigue or headache, confusion, lethargy, decreased muscle strength or coordination and chills. If you experience these symptoms during exercise, stop, rest and drink some fluids (preferably water). If the symptoms disappear, you may begin again, but if they return, stop exercising for the day. If you continue to exercise in the presence of the warning signs, you are risking heat exhaustion and possible circulatory collapse.

Thirst is not a good indicator of body fluids when exercising. Usually, by the time you feel thirsty, you are already behind on fluids. Exercisers should begin an exercise session well-hydrated and take small amounts of liquids at regular intervals--up to one quart per hour. This amount is about all the stomach is able to

handle efficiently. Continue to drink fluids at regular intervals for several hours after the workout. Exercisers should be drinking from 10-12 glasses of water per day--especially during the hot weather.

The best drink for adequate hydration and maximum performance is water. It is the most easily absorbed and the least likely to cause problems. When you sweat, it is true that you also lost electrolytes, but the typical American diet meets the sodium chloride (salt) and potassium needs of most exercisers. Therefore, special drinks, such as Gatorade are not necessary. Salt tablets are not only unnecessary, but potentially harmful. Persons exercising steadily for 1 1/2 to 2 hours or longer who may need electrolyte replacement, can do so by adding a little salt to their food at mealtime or drink something high in sodium and potassi-

um such as skim milk, orange juice, tomato juice or lemonade. A tasty sweat debt solution is: Blend until smooth, 1 cup orange juice, 1 cup fresh strawberries, 1/2 cup dry skim milk (optional) and 1/2 cup water.

Exercising safely in the heat this summer just requires a little common sense:

1. Drink lots of water before (about 15 minutes), during and after a workout session and at various times throughout the day.
2. Exercise during the cooler portions of the day.
3. Dress as cool as possible
4. Cool the body by spraying with water if necessary.
5. Pay attention to warning signs from the body.
6. Don't overdo.

Call the Wellness office (553-3205) if you would like additional information regarding exercise.

College bound students will test values

Sending a son or daughter off to college brings adjustments for parents as well as for the beginning freshman. Family stress researchers have found that having a family member move out of the home, even temporarily, may be a major stressful event for some families.

As a parent, you can expect that as your child experiences new independence, they may be testing their values away from parental authority, explains Ruth Harmelink, Oregon State University Extension family life specialist. This is a normal part of the separation process.

Both parents and children may experience feelings of loss. For the child, it may be loss of familiar surroundings, loss of the family support system, loss of old friends, or loss of the "old rules." It could also mean loss of status. The "A" student or football star will have to prove him or herself all over again.

Parents may also experience an unanticipated loss. While they may have looked forward to this event, they may find themselves missing their son or daughter and having more time available without their teenager in the home.

During the first few months of the separation, it is important for parents to allow their kids time to adjust and develop new relationships. Expect that some children will experience homesickness and

may phone home frequently or wish to come home often. Some may even want to drop out of school. Offer support and encouragement but try to limit visits and phone calls during this time.

Other children may not write or phone at all--except to ask for money. This, too, may be "normal" behavior. Parents of these students should also avoid frequent phone calls, as their sons or daughters will perceive they are being checked up on.

Patience, understanding and encouragement are called for on the part of all family members as the new school year begins. Within a short time this unsettled time will pass, and both parents and the new freshman will have adjusted to a new routine.

Diabetic summertime coolers

Champagne Fooler
 Bubble, bubble, no toil, no trouble!
 1 serving 1 serving: 1/4 cup
 1/3 cup chilled, unsweetened apple juice

1/4 teaspoon lemon juice
Club soda, chilled
 Chill a champagne glass or wine glass. Measure apple and lemon juices into a measuring cup. Add enough club soda to make a total of 3/4 cup mixture; stir gently to blend. Pour into chilled champagne or wine glass. Serve immediately.

Nutritive values:
 CHO 10 gm., PRO 0, FAT 0,
 Calories 40, Sodium trace.
 Food Exchange:
 1 Fruit Exchange
 Low-sodium diets:
 This recipe is suitable.

Lemon Fizz
 2 servings 1 serving: 1 large glass
 6 ice cubes
 1/3 cup lemon juice
 Artificial sweetener to substitute for 6 teaspoons of sugar
 1 bottle (10 ounces) club soda
 2 slices lemon

Crush ice cubes and divide between two 10-ounce glasses. Dissolve sweetener in lemon juice, then pour 2 1/2 tablespoons of mixture to top of crushed ice. Pour half bottle club soda into each glass; stir briskly. Cut lemon slices halfway through to core and garnish side of each glass with a lemon slice.

Nutritive values per serving:
 CHO 3 gm., PRO 0, FAT 0,
 Calories 10, Sodium 25 mg.
 Food Exchange per serving:
 One large glass may be considered "free."

Fundraising not major objective of 4-H clubs

Any individual or group soliciting funds, awards, merchandise, or selling materials, products (commercial or 4-H member-made), or service in the name of 4-H shall do so only with the full knowledge and consent of the county Extension

staff chairman or their designated representative(s). This representative may be another Extension agent, a county leader association representative or a fund raising chairman.

Every county needs to have a

planned approach to fund raising, the management of fund raising, and the utilization of funds received.

CLUB FUND RAISING:
 4-H club fund raising should be done for a specific educational program or activity. The fund raising activity should be developed as an educational experience for the members, not as a door-to-door solicitation which may not be appropriate for children. Through raising and spending funds, 4-H members can learn:
 --How to handle and account for funds.
 --How to plan and carry out a money-raising activity.
 --How to share with other club members and the community.
 --Teamwork and self-reliance.

Fund raising should not be a 4-H group's major objective. Individual 4-H clubs do not have a need for a large treasury. Funds should be raised for specific purposes including community service projects and assisting youth who do not have resources to participate without financial help. Fund raising by a club should be confined to

the county or community and any fund raising activity should be reported to the county Extension office before it is undertaken.

Clubs should raise their funds through their own efforts. Appropriate fund raising activities include recycling of paper, cans, bottles; car washes; bake sales; or agreed-upon assessment of dues. Other methods used to solicit funds and/or awards must have the approval of the county Extension staff chairman or their representative(s).

GENERAL POLICIES:
 Fund raising (material or monetary) must be directed so the contributions are to 4-H and 4-H controls the disbursement of funds. Solicitation of funds for an individual (for example, an auction sale) is not a contribution to 4-H.

Fund raising in the form of raffles or bingo is legal in Oregon. Fund raising must be done within all aspects of the law including obtaining permits where needed. (See the insert entitled "Oregon Laws on Bingo and Raffles").

Challenge Camp
August 12-16, 1990
at Trout Lake
for grades 6 to 8
 Cost is \$30.00
 Open to all Jefferson County students
 If interested call 553-3238 or drop in at the OSU Extension office to register.
Hurry, Hurry, Hurry!

Magnets may erase program

Magnetic devices to catch and hold pins may play havoc with the memory in some computer sewing machines. With some machines the memory can completely be erased. Check with sewing machine dealers before using magnetic pin holding devices near machines. This is only a concern with newer computerized and programmable sewing machines and does not effect conventional machines.

Exercise now!

Exercise now more than ever. Every little bit will help burn calories and give you a stress break.

Dingy garment prevention

Dingy gray garments are caused by improper washing procedures. The frequent cause is overloading the washing machine, improper sorting and incorrect use of laundry

Make a quiche for breakfast

Zucchini Quiche
 4 C. Grated unpeeled zucchini
 1 C. coarsely chopped onion
 1/2 C. butter
 2 tsp parsley flakes
 1/2 tsp salt
 1/2 tsp black pepper
 1/4 tsp sweet basil
 1/4 tsp oregano leaves
 2 eggs, well beaten
 8 oz. mozzarella cheese
 8 oz. can Quick Crescent Dinner Rolls

Heat oven to 375° F in 10 inch skillet, cook zucchini and onion in butter until tender, about 10 min. Stir in parsley and seasonings, in large bowl, blend eggs and cheese. Separate dough into 8 triangle place in ungreased 11 inch quiche

pan & press over bottom and up sides to form crust. Mix zucchini and cheese together then pour into pan.

Bake at 375° F for 18 to 20 minutes or until knife inserted near center comes out clean.
 Let stand 10 minutes.
 6 servings.

Antiperspirants can damage clothes

Antiperspirants, which are usually based on aluminum chloride, are acidic. They can damage clothing if they are left on the fabric, especially cotton and other natural fibers. Antiperspirants in liquid or cream form have the highest fabric-damaging potential.

Recipes can be altered

Some recipes can be altered as follows:

- Sugar can be reduced by 1/3. Example: If a recipe says 1 cup, use 2/3 cup. This works best in canned and frozen fruits and in making puddings and custards. It may be less desirable for cookies and cakes.
- Fat can be reduced by 1/3. Example: If recipe has 6 table-

spoons, use 4 tablespoons. This works best in gravies, sauces, puddings, quick breads.

- Salt may be omitted or reduced by 1/2. Example: If recipe says 1 tablespoon, use 1/2 teaspoons.
- Whole grain flour can be substituted for 1/4 to 1/2 of the refined flour. Example: If recipe has 3 cups all purpose flour, use 3/4 cup whole grain flour and 2 1/4 cups all-purpose flour
- Yogurt or cottage cheese may be substituted for sour cream in some recipes for sauces and dips.
- Skim milk may be substituted for whole milk in most recipes.
- Evaporated milk may be substituted for cream in some recipes calling for whipped cream.