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**Home
Economist**

HOME ECONOMICS

Concerns About Aging Explored

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

With the increase in life expectancy, more adults are facing concerns about aging relatives.

A grant from Fred Meyers Charitable Trust has made it possible for OSU Extension Gerontology Specialist Viki Schmall to develop new packaged programs which are available in every Oregon County Extension office on a free loan basis to families, community, and church groups. Dr. Schmall received national honor for the excellence of the Aging Series.

The new programs can help families prepare for adjustments and decisions when relatives experience health changes and increased dependency.

Three topics or programs are currently available from Morrow Extension Service. (Additional topics will be added later) "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 lies 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 refused help and respite. Alyce becomes isolated, loses her health, relationships and interest in life.

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

Each program can be conducted by an individual after reviewing the written material. Each kit contains color slides, an audio cassette and overhead transparency masters. A video cassette is included which may be used instead of slides. Resource materials may be duplicated for distribution to participants. Each program is designed for a two hour presentation but can be modified for shorter or longer presentations.

The programs have generated high audience interest throughout Oregon because they provide true to life people stories, drama, and audience participation.

Help Your Preteens Say "No"

1. Team Up with Parents - When parents join together in support groups, they can take steps that will reinforce the guidance they provide at home.

2. Be a Good Role Model or Example - Parents' drinking habits and attitudes may strongly influence their children's perceptions about alcohol.

3. Help your Child Feel Good About Himself - Self regard is enhanced when parents praise efforts, as well as accomplishments, and when they correct by criticizing the action rather than the child.

4. Help your Child Develop Strong Values - A strong value system can give children the courage to make decisions based on facts rather than pressure from friends.

Parenting Videos Developed



Kay Proctor, Heppner, and son "Roy" learn about Parenting Skills at "Footsteps" training. Proctor is now available to share her new knowledge with other parents of young children.

It's a typical early morning rushed atmosphere for a home with small children to get ready for school, and both parents off to work.

Things seem to be under control for everyone except Allison, age about seven years. She doesn't want to dress like her brother in jeans, nor does she want him getting into her books and other possessions. She can't seem to get her parent's attention, even in the car as they travel to their destinations. Finally at school, she isn't selected "Queen", an honor she desperately wanted.

What's happening to Allison and how will she react?

The above scenario is just a peek into one of the "Footsteps" video series presently being explored by parents of younger children, as well as agencies who deal with families.

The Footsteps series is designed to help parents understand children's feelings and their own doubts or ideas about rearing children.

The series was developed by the University of Maryland Child Study Institute. It is based on the premise that it takes more than instinct or good intentions to be parents today.

The videos are meant to help parents improve communication, recognize children's individual stages of development and temperaments, as well as deal with discipline, guilt, stress, or even food choices.

The parenting series was introduced to Morrow County in February with training continuing through March. In addition, a special newsletter, "Food for Tots", was mailed to parents of younger children in March. The Footsteps video series is available through the Extension office in Heppner. A number of volunteers have been trained to work with groups and individuals using the tapes and discussion.

Parenting was chosen for special emphasis by the local committee that determines programs to meet needs of the area.

4-H Foods Nutrition Projects Modernized

The Oregon 4-H foods and nutrition curriculum has undergone some exciting changes, under the leadership of Barbara Boltes, 4-H specialist and a committee of leaders, agents and other specialists.

The process has been underway for the past three years, with plans to introduce the changes in fall 1988.

The recently introduced "Fit it All Together" materials will be continued, with the addition of "Foods and the Pacific Northwest" and "Enrichment Guides".

Foods of Pacific Northwest will be incorporated into all nine phases of the curriculum. Potatoes, wheat, fruits, vegetables, nuts - all the marvelous products of our western states will be emphasized in the new materials.

To prepare leaders and staff for the many changes, special training events are planned for October.

In addition to the nine hours of intensive training planned for those who will be using the new material, foods judges will receive an additional six hours of instruction in preparation for judging the new exhibits and food preparation contests.

5. Talk with your Child About Alcohol - Parents can intervene to help change mistaken ideas their children may have obtained from peers and the media...such as "everybody drinks".

6. Help your Pre-teen Deal with Peer Pressure - Children who have been taught to be gentle and loving may need parental "permission" to assertively say "NO" to negative peer pressure.

7. Make Family Policies that Help your Child Say "NO" - It's helpful when parents verbalize specific family rules against alcohol use by minors and the consequences of breaking those rules.

8. Encourage Healthy, Creative Activities - Hobbies, school events and other activities may prevent children from experimenting with alcohol, tobacco, or other drugs out of boredom.

9. Learn to Really Listen to Your Child - Children are more likely to communicate when they receive positive verbal and non-verbal cues that show their parents are listening to them.

10. Know What to do if You Suspect a Problem - Parents can learn to recognize the tell-tale signs of alcohol abuse and even experimentation.

(National Institute on Alcohol Abuse and Alcoholism (NIAAA))