



# Family and Community Education Hi-lites

March – May 2018

[www.mdafce.org/mcfce.htm](http://www.mdafce.org/mcfce.htm)

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Montgomery County Association for Family and Community Education Newsletter

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## Happenings

“I’ve learned that you shouldn’t go through life with a catcher’s mitt on both hands; you need to be able to throw something back”. – Maya Angelou.

### March

- 2 FR FCE Blanket Making, 10 a.m. - 3 p.m. Extension Office Garage  
13 TU Is There a Cure for Rudeness? Presenters  
Kathie Mack and Jeanne Purich  
Association Meeting 9:45 a.m. Extension Office  
Refreshments: Olney-Sunshine  
20 TU Cookie Packing, 10 a.m., Laurel Methodist Church

### April

- 10 TU Senior Driving Safety – “Car Fit”, speakers from AAA  
and MDOT  
Association Meeting 9:45 a.m. Extension Office,  
Refreshments: Burtonsville  
13 FR FCE Blanket Making, 10 a.m. – 9 p.m. Extension Office Garage  
29 SU Women Walk the World (see details on page 2)



### May

- 1 MO *Hi-lites* Deadline  
*Look What's Happening* deadline  
4 FR Set-up for Spring Luncheon 10 a.m.  
5 SA Spring Luncheon Extension Office (\$15.00) 10:30 a.m. - 2 p.m.  
See page 2 & 8 for details. “You’ve Come A Long Way Baby!”  
8 TU FCE Blanket Making, 10 a.m. - 3 p.m. Extension Office Garage  
15 TU Cookie Packing, 10 a.m., Laurel Methodist Church  
16 WE Volunteer Recognition, 5:30 p.m., Extension Office, RSVP  
17 TH Set-up for Yard Sale at 10 a.m. at 15500 Gallaudet Ave, Silver Spring  
18 - 19 FR/SA Yard Sale 8 a.m. See page 2 for details.  
22 TU Executive Board Meeting, 10 a.m., Extension Office  
Hi-Lites folding  
28 MO Office Closed (Memorial Day)



### June

- 12 TU FCE Blanket Making, 10 a.m. – 9 p.m. Extension Office Garage  
21 TH Fun Day at Gettysburg – Registration required (\$10.00). See page 3 for details.

## President's Paragraphs

### Is There a Cure for Rudeness?

March 13

Cooperative Extension Office 9:45 AM

If you can't say something nice, don't say anything; say please, thank you and you're welcome; hold the door open; these are some of the things mother taught us. What happened in today's society and what can you do about it? Come and hear some suggestions and some ways maybe you can change the world.

### FCE Blanket Making

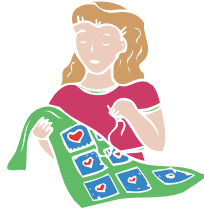
March 2 Friday 10 AM - 3 PM

April 13 Friday 10 AM - 9 PM

May 8 Tuesday 10 AM - 3 PM

June 12 10 AM - 9 PM

Ready for spring and ready to get out of the house? Come to blanket making – no skills needed to participate – to warm your heart and have a “warm” day. You will meet many interesting people and help a child as well. Bring a sandwich (and a friend); we provide a drink and dessert. We always are looking for yarn and washed kid's print fabric.



### Drive Safe

“Car Fit” - Senior Driving tips

April 10

Cooperative Extension Office 9:45 AM

Are you a safe driver? Could you be a safer driver? There will be tips to help you navigate the roads and your car. Program presented by AAA and MDOT speakers, Julie Maione and Mike Sobel

### WOMEN WALK THE WORLD FOR ACWW

April 29



On or around ACWW Day, April 29, 2018 friends throughout the world are joining in **Women Walk the World**, aiming to raise funds for ACWW's work. ACWW would like members to take part by arranging walks

locally. What can you do? Plan a walk and invite FCE members and friends to join you. Send your funds to Marilyn Simonds (MCAFCE) and she will forward them to ACWW.

### Spring Luncheon, May 5

“You've Come A Long Way Baby!”

Extension Office 10:30 AM

Plans are under way for the Spring Luncheon. The Lunch Bunch Club is organizing this wonderful day. How did FCE start and where have we gone and where are we going? These are some of the items that will be presented in the program – “You've Come A Long Way Baby!”

**Each club is to provide a minimum of 3 door prizes (more is appreciated) and a flat of annuals for The Ranch.** Individual members in the Lunch Bunch club should bring a 6-pack of flowers/vegetables. Everyone is to bring a “Book for a Newborn”. Registration form on page 8.

### Volunteer Recognition Day

May 16

Cooperative Extension Office 5:30 PM

Don't forget that May 16<sup>th</sup> (Wednesday) is volunteer recognition day at the Extension Office. All are invited but you **must RSVP acceptance to 301-590-9638.**

### Yard Sale

Supports Scholarship Fund

May 17 Thursday Set-up

May 18 & 19 Friday/Saturday Sale

15500 Gallaudet Avenue SS 20905

You can start dropping your items off on my porch in April for the yard sale. We will set-up on Thursday starting at 10 AM (come anytime, we will be working all day). Help is needed for Friday and Saturday starting at 8 AM. Your lunch and drink will be provided on all days. Thank you as this could not be done without many helping hands.

### FUN DAY

Thursday, June 21

Mark your calendars now for Fun Day, Thursday, June 21<sup>st</sup>. Come to Lake Heritage, Gettysburg, PA for shopping, antiques, sightseeing, boat rides (weather permitting), or just R and R. Details on page 3.

We hope that you'll be interested in many of the activities we have planned for 2018. If you have suggestions, please let me know. I hope to see all of you at many of these events.

*Jeanne Perich*

## FUN DAY

When: Thursday June 21<sup>st</sup> 10 AM for coffee until after dinner.

Where: 197 Longstreet Drive, Gettysburg, PA.

Food, fun, sightseeing, outlet shopping – only \$10.00 per person – all proceeds benefit the Mary Irene Waters Scholarship Fund.

Please give comments and or suggestions to:

Frann Peters at 301 253 2589 or

Jeanne Purich at 301 384 2805

## Notes from Frann Peters

### *The Ranch*

There are 24 young men at the ranch. They have finished the new unit which will house an additional 24 young men. They are awaiting the health department for final inspection. The Ranch has received a grant to enlarge the garden. They very much enjoyed our vegetable and flower plants last spring. Kory Shorb, the new director, is very appreciative of our monetary donations. (Note – they would appreciate snack foods – popcorn, chips, etc. and toothpaste, tooth brushes and deodorant.) The 12 chickens and 1 rooster are doing well and the eggs are enjoyed at mealtime.

### *Montgomery College Scholarship:*

Four nursing students were awarded \$800.00 each for the spring semester. Hopefully these recipients will be able to come to the luncheon. There were no candidates for the Next Step Program so we switched to the nursing program.

### *Laytonville Safe Havens*

The Havens has greatly appreciated the many FCE donations of clothing, due to health department restrictions, they can no longer accept clothing. If you have donations they can be taken to the Montgomery County Coalition for the Homeless at the Interfaith Works Clothing Center 751 Twinbrook Parkway Rockville 301-424-3796 (formally Broom Middle School). They also send many thanks for the cookies, personal care item, kitchenwares, books and magazines.

**Thanks for always doing great things!**

Frann Peters

## Delivery Scam



The newest virus scam circulating is the UPS/Fed Ex/USPS “Delivery Failure”. You will receive an e-mail purportedly from UPS, Fed Ex, or USPS along with a packet number. It will say that they were unable to deliver a package sent to you on such-and-such a date. It then asks you to print out the invoice copy attached.

**DON'T TRY TO PRINT THIS. IT LAUNCHES THE VIRUS!**

## Six Ways To Celebrate Spring

### 1. **Enjoy a picnic meal**

Whether you eat indoors at home or outdoors in the park, having a special picnic meal is a lovely activity. Part of the fun can be planning the menu with grandparents and grandchildren! Think about traditional picnic foods like sandwiches or wraps, coleslaw, macaroni or potato salad, cookies, and lemonade.

### 2. **Visit a farmers market**

Ah, fresh produce and flowers! Leisurely strolling around a farmers market is a perfect activity for seniors. Plus, they can take home some fresh veggies for a healthy meal.

### 3. **Take a nature walk**

Once the weather warms up, take a walk through the neighborhood, go to the park, or visit a garden center. For those who are less mobile, sitting in the back yard, on the porch, or near an open window.

### 4. **Bring nature indoors**

Spring means plants, flowers, and growth. Bring the beauty of nature inside by getting an **easy-to-care-for plant**, a fragrant potted herb like lavender, or some freshly cut flowers.

### 5. **Bird watch**

A sure sign of spring is the birds chirping outside. Attract even more wildlife to your window by making and putting up a simple bird feeder.

### 6. **Do some spring cleaning**

Spring is a perfect time to clear out some of that clutter. It's also a perfect opportunity to go through keepsakes and share special memories.

# TROOP UPDATE



## OPERATION SHOEBOX

From November 2016 to November 2017, 13 boxes were shipped to Florida which included:

- 837 Christmas Stockings
- 113 Ditty Bags
- 265 Helmet Liners

Plus white socks, toiletries, dental products, hand and foot warmers, wipes, hand sanitizers, cotton balls, chap sticks, combs, tissues, razors, sunscreen, Q-tips, powder, puzzle books, and decks of cards.

From 2007 through 2017, a TOTAL of 337 boxes were shipped to OPERATION SHOEBOX:

- 12,112 Christmas Stockings
- 6,536 Ditty Bags
- 9,363 Helmet Liners
- 2,270 Plastic Canvas Ribbon Angels

## TREAT THE TROOPS

Nov 2016 to November 2017

Date	No. of Boxes	No. of Cookies
Nov-16	37	5,985
Jan-17	30	5,236
Feb-17	34	5,671
Mar-17	35	5,209
Apr-17	38	4,856
May-17	35	5,106
Jun-17	35	4,817
Jul-17	35	5,094
Aug-17	35	5,710
Sep-17	35	5,952
Oct-17	35	5,681
Nov-17	<u>36</u>	<u>7,102</u>
<b>TOTALS</b>	420	66,329

## TOTAL TREAT THE TROOPS

(Totals for 2007 through 2017)

- Total Cookies Baked 667,292
- Total Boxes Shipped 4,205
- Total Cookies Baked Nationwide 5,719,478

This December we were very blessed to receive a \$2,500.00 donation from Schreiber Translations, Inc., a Rockville company. This will

provide postage for approximately four shipments of cookies/goodies to the troops.

No words are adequate to express my appreciation to all of you for your loyal dedication and contributions to making this project the success it enjoys today. The letters of gratitude we receive should make you all proud of what you do — they certainly have motivated us to devote the time, energy and cost to bring these fine men and women a taste of home.

## SNACK AND OTHER ITEMS THAT WE CAN USE FOR TREAT THE TROOPS:

- Instant Individual Oatmeal Packages
- Instant Individual Hot Chocolate
- Individual Microwave Popcorn
- Individual Powdered Drinks
- Beef Jerky and Slim Jims
- Individual packets of Fruit Snacks
- Hard Wrapped Candy and non-chocolate throughout the year,
- Cheese and Peanut Butter Crackers
- Individual Packages of Nuts
- Individual Packages of Trail Mix
- Individual Granola Bars, Girl Scout Cookies
- Comics, crossword puzzles, Sudoku puzzles

## CARDS AND LETTERS OF GRATITUDE AND ENCOURAGEMENT.

Next to our boxes of goodies, these written notes from home give our troops a much needed lift. Other than orders to return home, this is the support they need most. Check with your local schools, Church Sunday School Classes and summer campers, friends, senior citizens, friends and family to see if they would take a few minutes to write notes. Take blank note cards to any meetings you attend.

### **For Ribbon Angels, we need:**

- #7 plastic canvas, multi colors and white (preferably not the clear plastic).
- 1/8" spools of ribbon
- 8 mm oval or round rhinestones
- 9 mm jewelry jump ring for the halo

As always **MONETARY DONATIONS** are needed to help offset high postage costs and supplies for the 40+ boxes we ship each month to our troops in Iraq and Afghanistan. The postage costs alone are running over \$700.00 per month.

Heart hugs to all for your continued support.

Maddi

301-774-8088



# ACWW NEWS

## ZERO HUNGER

**ZERO HUNGER** is my chosen Campaign for this triennium. At the Area Meeting, those in attendance received a small water bottle with a logo on it and fill with funds. Attached to the bottle was a poem that stated “Check your pockets every day for any dimes if you may. To help bring hunger to an end, Fill this little bottle to the Brim”. These are to be used as examples to promote and support this campaign.

### Zero Hunger Means

**Z** – Zoo’s feed their animals, why can’t we feed our people

**E** – Everyone is needed to solve world hunger

**R** – Raising money through DIMES and DOLLARS will greatly assist feeding the hungry

**O** – Optimism that world hunger can be conquered

**H** – Hunger pains are for no one

**U** – Understand that the less fortunate need FOOD

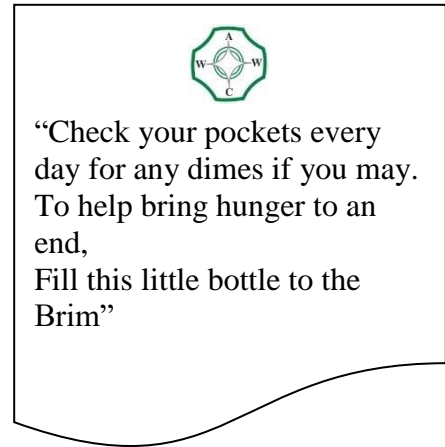
**N** – No child should go to bed hungry

**G** – Great ACWW Members want no one to go hungry

**E** – Everyone deserves to eat, not starve

**R** – Remember how fortunate we all are not to experience HUNGER or FAMINE

The proceeds from this campaign will be split between a United States hunger program and ACWW. Let’s see what kind of a dent we can put into eliminating hunger throughout the world. (The poem, logo’s and pocket directions for ZERO HUNGER can be found on the CWC website, [cwcusa.org](http://cwcusa.org).) If you have any questions about this campaign please contact me at [acwwusajo.com](mailto:acwwusajo.com).



Thank You,

Jo Almond  
Area President  
ACWW/USA

Ed. Note – Bottles will be available at county meetings. Clubs may obtain the bottle logo band by emailing Jeanne Purich [jcpurich@cs.com](mailto:jcpurich@cs.com). Funds should be collected in your clubs and sent to the county treasurer and then they will be sent to the CWC Treasurer.

## In Memorium

Following a short illness, Montgomery County FCE member, Nell Dempewolf died at the age of 95. Nell was a longtime member of the Randolph Hills Club. She served as Vice President on the county level and participated actively in the Montgomery County Fairs. She was a member of the homemaker Creative Sharers group and contributed her artistic talents in the production of the Montgomery County FCE newsletter. She designed the current Maryland FCE banner and regularly shared her many talents in her church. Throughout her life, she continued to learn as she remained a student at Montgomery College and always practiced being physically fit. As a career woman, she served in the United States Navy. She is survived by two daughters.

Our deepest sympathies go to Pat Hunt and family, Derwood club, on the loss of her husband.

## The 2018 Flu Season Is a Deadly One. Here's What You Can Still Do About It



The 2018 flu season is shaping up to be bad—potentially the worst one since 2014-2015, which was “the most severe season in recent years,” as the Centers for Disease Control (CDC) says in its latest [flu outbreak update](#).

“The number of jurisdictions experiencing high activity went from 21 states to 26 states and New York City and the number of states reporting widespread activity went from 36 to 46,” wrote the public health agency in a recent post. These indicators are similar to what was seen at the peak of the 2014-2015 season, which was the most severe season in recent years.” In some states, like California, emergency rooms have already been overwhelmed with people suffering from the flu.

### Common 2018 flu symptoms

Here are the [tell-tale signs of having the flu](#), according to the CDC: fever and/or chills, cough, sore throat, a runny and/or stuffed nose, body aches, headaches, and fatigue (flu symptoms may present in groups of two or three or all at once). Some flu patients also experience diarrhea and vomiting.

### Why the 2018 flu outbreak is especially deadly

There are a number of factors driving the current flu season, which is already being called “moderately severe” by health officials and has yet to peak (February is usually when flu season is worst). For one thing, it’s been a particularly cold winter in many parts of the U.S., which makes for a more resilient and longer-lingering influenza virus.

And then there’s the matter of the [current flu vaccine](#). It’s unclear if the flu shot will match last year’s effectiveness of about 39%; some estimates have pegged this year’s vaccine’s effectiveness at closer to 30%, although the final numbers will remain unknown until the end of flu season, which can last through May. The flu vaccine is typically somewhere between 40% and

60% effective since scientists have to use some guesswork as to the strains that will be floating around before mass producing the vaccine. Hundreds of thousands of people are hospitalized and tens of thousands die from the flu in any given year, and the young, old, and immune-compromised are at the highest risk.

Furthermore, getting vaccinated for certain strains won’t necessarily protect you from other flu types that are going around. And the [dominant strain this year](#), H3N2, is one that public health experts decry as a particularly nasty one. In fact, it’s a strain that’s likely to lead to more severe symptoms and more deaths among the young and the old.

### Is it too late to get a flu shot?

Now for the good news: It isn’t too late [to get the flu shot!](#) And, despite concerns about this year’s flu vaccine effectiveness, everyone is still recommended to get one.

## VACCINES FOR SENIORS

### Influenza vaccine

Experts recommend an annual flu vaccination for most adults, and any patient with underlying high-risk conditions such as heart disease or diabetes.

### Pneumococcal vaccine

Pneumonia causes significant illness in seniors and is 60,000 deaths each year. Seniors who are high risk for developing pneumonia should receive the vaccine (there are 2 different pneumonia shots).

### Zoster vaccine

Shingles is a very painful, contagious blistering rash. The vaccine may decrease your risk of having shingles by about 50 percent or at least minimize its severity and may reduce the post-neuropathy that some patients develop.

### Tetanus-Diphtheria-Pertussis (Tdap)

It contains the tetanus-diphtheria vaccine and pertussis. More and more seniors are getting pertussis or whooping cough and passing it on to their grandchildren.

Discussing which vaccinations are right for you with your doctor, and making sure to have the needed vaccines on schedule, will help you prevent disease and maintain a healthy active lifestyle.

## Social Media – Friend or Foe

Think on:  
“All the  
lonely people,  
where do they  
all belong?”  
PAUL  
MCCARTNEY  
Eleanor Rigby,  
1966



Something I'm sure we can all agree upon is how dominant social media platforms like Facebook, Twitter, Instagram, and Google+ have become within many cultures around the world. The tools of connecting people with one another are helpful in our society. Today, our lifestyle is geared around social media. No longer is it just the younger generation who is leading the pack. According to a study done by statista.com, as of 2015, 73 percent of the U.S. population has at least one social media profile compared 2010 when it was only 48 percent. With the percentage growing every year, the problem of our social media dependency will only increase.

Facebook allows us to stay connected with friends and family that we may not physically be able to interact with on a regular basis. It has become a large platform for sharing news articles and widespread movements. Google+ is quite similar to Facebook in the sense that we are able to share thoughts, ideas, and news with people all over the world.

The benefits of social media are endless when it comes to connecting ends of the world together through a medium that allows complete independent expression of one's self. Looking at social media through a subjective filter, we can see that there are some negative impacts that social media has on us. I will be the first person to admit that if I'm working on any sort of work on my computer, it is very hard for me not to click on Facebook or Twitter to see what's the latest news or happenings on my newsfeed. Why does this happen? I know that I shouldn't be on Facebook when I've got an assignment I'm working on that's due soon. Seeking engagement through social

media instead of completing the task at hand is something that is learned.

As in any situation, knowing the problem exists is the first battle in the war. How do we combat our urge to stay logged in and tuned into what's being shared on Facebook? Well, easier said than done, we could close the browser window and forget about it. But is that truly something that we can do without opening up Facebook five minutes later? I think it is much more complex than that. Some of us have let social media become a necessary part of our daily activities. Checking Facebook periodically through the day when we have nothing else to do at the moment becomes normal. Swiping through our Twitter feed while waiting in line to get food passes the time. As a society, we have let social media go beyond its objective purpose of keeping us connected with others. If social media has become a necessity in your life, then it is going to be almost impossible for you to do any work on a computer without checking Facebook first, and then checking it again 10 minutes later.

How do we win the war against social media? It's about winning the small battles. While waiting for your food, keep your phone in your pocket and take in your surroundings. Make observations about the world around. Maybe even strike up a conversation. Rather than thinking of it as another chance to check Facebook or Twitter, we should focus on the task at hand at each point of our day. Disassociating social media as an escape from a task we are doing during the day is the key. If we are able to stop using social media as a crutch for our boredom, then we are making the necessary progress.

Your success depends on you being able to draw the line where social media cannot cross. If one allows their time on social media to bleed into their work or social time, then their success and enjoyment will falter. In order to achieve success in life, we have to break away our unconscious dependency on social media.

Cody Bourque, University of Louisiana at Lafayette  
Online Programs



**Spring Luncheon May 5, 2018**  
**“You’ve Come A Long Way Baby”**

**Registration due by April 25, 2018**

**Registration and get together 10:30 AM**

**Program 11:00 AM**

**Lunch 12:30 PM**

**Announcements/Door Prizes 1:30 PM**

Make check for \$15.00 per person payable to MCAFCE and send to:

Marilyn Simonds

13708 Lionel Lane

Rockville MD 20853



Name

email (if no email use phone number)

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**University of Maryland**  
**Montgomery County Extension**  
**18410 Muncaster Road**  
**Derwood, MD 20855**

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