



# Family and Community Education Hi-lites

March – May 2015

[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

“Let us be grateful to people who make us happy;  
They are the charming gardeners who make us blossom”. (anon)

### March

- 6 FR FCE Blanket Making, 10 a.m. - 3 p.m.  
10 TU Scams – You could be a victim and not even know it!  
Association Meeting, 9:45 a.m. Extension Office  
Refreshments: Olney Sunshine  
17 TU Cookie Packing, 10 a.m., Laurel Methodist Church

### April

- 10 FR FCE Blanket Making, 10 a.m. – 9 p.m.  
14 TU “How to Kill a House Plant”, 9:45 a.m. Extension Office,  
program by a Master Gardner,  
Refreshments: Burtonsville  
21 TU Cookie Packing, 10 a.m., Laurel Methodist Church  
29 WE Women Walk the World



### May

- 1 TH *Hi-Lites* Deadline  
*Look What's Happening* deadline  
2 SA Spring Luncheon, “It’s Moo - licious” 10:30 a.m. – 2 p.m.  
7 TH FCE Blanket Making, 10 a.m. - 3 p.m.  
15 FR Bus trip to Hershey and Harrisburg PA. Leave at **6 AM** from Liberty  
Grove Church, Burtonsville MD. See page 2 for details.  
19 TU Cookie Packing, 10 a.m., Laurel Methodist Church  
20 WE Volunteer Recognition, 5:30 p.m., Extension Office RSVP  
25 MO Office Closed (Memorial Day)  
26 TU Executive Board Meeting, 10 a.m., Extension Office  
Hi-Lites folding

### June

- 8 MO FCE Blanket Making, 10 a.m. – 9 p.m.  
16 TU Cookie Packing, 10 a.m., Laurel Methodist Church  
25 TH Fun Day at Gettysburg – Registration required (\$10.00)



## President's Paragraphs

### Scams - You could be a victim and not know it March 10

#### Cooperative Extension Office 9:45 AM

This program will be given by fellow FCE members that have been scammed. Listen to how easily you can be fooled and then fight back.

#### FCE Blanket Making

March 6 Friday 10 AM - 3 PM

April 10 Friday 10 AM - 9 PM

May 7 Thursday 10 AM - 3 PM

Need to keep your hands busy and your mind in high gear? Come to blanket making – no skills needed to participate. You will meet many interesting people and help children as well. Bring a sandwich (and a friend); we provide a drink and dessert. We need yarn, if you know of any.

#### “How to Kill a House Plant” program by Master Gardener April 14

#### Cooperative Extension Office 9:45 AM

A Master Gardener will teach us how to treat our house plants. Bring your questions and a house plant for show and tell. Please come for an informative program.

### WOMEN WALK THE WORLD FOR ACWW

April 29

On or around ACWW Day, April 29, 2015 friends throughout the world are joining in **Women Walk the World**, aiming to raise funds for ACWW's work. ACWW hopes that members will take part by arranging walks locally. What will you do? Plan a walk and invite FCE members and friends to join you.



#### Volunteer Recognition Day May 20

#### Cooperative Extension Office 5:30 PM

Don't forget that May 13<sup>th</sup> (Wednesday) is volunteer recognition day at the Extension Office. All are invited but you **must RSVP either regrets or acceptances (301-590-9638)**.



### Spring Luncheon, May 2

“It's Moo - licious”

#### Cooperative Extension Office 10:30 AM

Cost \$15.00

Plans are well under way for the Spring Luncheon. The Olney-Sunshine Club is organizing this wonderful day. There will be a speaker from the Moo (Dairy) Museum. **Each club is to provide a minimum of 3 door prizes (more is appreciated) and a flat of annuals for The Boy's Ranch.** Look for the registration form on page 8.

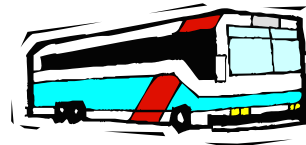
#### BUS TRIP May 15

Hershey and Harrisburg PA

Liberty Grove Church 6 AM

Cost \$110.00

Come and join us on a wonderful trip to the capitol of Pennsylvania, then to the Fire museum. Next have lunch at the Hershey Hotel. The afternoon brings us to a tour of the Hershey Gardens and then you will be let loose to peruse chocolate world or shop. We will leave Liberty Grove Church, 14507 Old Columbia Pike, Burtonsville MD at **6 AM** (return approximately 6 PM). Make check to Laurel Friendship Senior Club and send to Jean Purich 15500 Gallaudet Avenue Silver Spring, MD 20905.



#### FUN DAY

Thursday, June 25

Mark your calendars now for Fun Day, Thursday, June 25<sup>th</sup>. Come to Lake Heritage for shopping, antiquing, sightseeing, boat rides (weather permitting), or just R and R.

We have many activities planned for 2015. I hope to see all of you at many of these events.

*Jeanne Purich*

“Some luck lies in not getting what you thought you wanted but getting what you have, which once you have it you may be smart enough to see is what you would have wanted had you known.”

*Garrison Keillor, Lake Wobegon U.S.A.*

## Chatter from Extension

### *Introducing Lisa Gonzalez, FCS Educator and Extension Agent*

There is a new Family and Consumer Sciences Educator and Extension Agent in the Montgomery County Extension office. As of November 2014, Lisa Gonzalez serves the Central Maryland Cluster which includes Montgomery, Frederick and Howard Counties. Her focus is nutrition, food safety and wellness. Lisa has a Master's of Science degree in Nutrition and Integrative Health from Maryland University of Integrative Health where she also earned a graduate level certification in Medical Herbalism. She holds a Bachelor's degree in Environmental Studies from Warren Wilson College and earned her Elementary Teaching Certification from Antioch New England University Graduate School. She is also a certified Early Childhood Educator. Before joining the University of Maryland Extension, Ms. Gonzalez worked as an Elementary School Teacher for many years where her favorite subjects to teach were cooking and gardening.

For the past five years Lisa worked with the University of Maryland Extension's Food Supplement Nutrition Education (FSNE) Program in Baltimore City and Baltimore County. As a Gardening for Nutrition Educator with FSNE, Lisa worked directly with youth to teach nutrition and food gardening in schools and community centers and trained teachers and community educators on how to implement Gardening for Nutrition Programs. She also taught nutrition and gardening at senior centers and trained senior center staff. She hopes to continue to promote and teach Gardening for Nutrition with youth and adults here in the Central Maryland Cluster with a focus on food safety from garden to table.

Ms. Gonzalez will also be providing a wide variety of programs to the community on topics of nutrition, food safety and wellness. These include presentations on safe food preservation methods including water bath and pressure canning, pickling and freezing as well as testing pressure canning dial gauges in the Montgomery County office.

Furthermore, she is working with local

community organizations to support food entrepreneurs that want to sell their products at farmers markets and special events. Additionally, she will be developing and implementing nutrition education collaborations with community partners including the Montgomery County Public School System, The Department of Recreation and Parks, Community Center Clinics and the Crossroads Community Food Network.

### *Lisa's Winter Nutrition Tip:*

The cold winter months are a great time to do some baking, especially when your children, nieces, nephews or grandchildren are staying home with you on snow days. Lisa has two nieces that love to come over and bake cookies on snowy winter days. One niece has chosen to be vegan and therefore does not eat any animal products and the other niece has a serious allergy to gluten (a component of many grains including wheat and barley). Their Aunt Lisa likes to bake too but she always likes to incorporate healthy ingredients into her recipes like fruit, vegetables and healthful spices. So how do these three bake cookies together? Well, it was hard at first but eventually they created a great recipe for healthy, vegan and gluten free cookies they can share together.

## FUN DAY

When: Thursday June 25<sup>th</sup> 10 a.m. coffee  
Where: 197 Longstreet Drive, Gettysburg, PA  
Food, fun, sightseeing, outlet shopping \$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

### *Sheriffs Youth Boy's Ranch*

Thank you for generously giving 27 dozen cookies to the ranch for holiday treats – two shopping bags were filled. Pat Kenney's "Lifesaver Trains" were a big hit!

A beautifully decorated tree with gifts beneath began a festive holiday party on December 18<sup>th</sup>. The Sheriff of Frederick County welcomed youth, staff, and guests. Mr. Mark Grover thanked guests for their support of these youths.

Then Mr. Grover came to our table and asked me to thank our membership for sponsoring holiday gifts for one youth and for the many generous donations during the year. He called me by name and remembered that we had sponsored a youth for gifts.

Santa stayed home this year (busy packing, I am told) and everyone seemed great with this. "Thank you" to each of you for your donations.

Books, bedding, laundry detergent, towels, washcloths, greeting cards and clothing are always welcome. The youth love the many surprises that YOU donate!!

The donation of \$200.00 for holiday gifts to sponsor one boy was greatly appreciated. Twenty-five dollars of this money was donated, by that youth, to a needy family.

### ***Stamps***

Thank you for saving and donating used postage stamps and postal cards for our outreach project at Asbury Methodist Village and Rockville Village (formerly Lutheran Home). This year's collection will be taken to Asbury. The residents prepare the stamps for sale. The proceeds go into the Benevolent Fund for residents needing financial assistance. They very much appreciate our participation.

### ***Montgomery College Scholarship: Scholarship Excerpts***

Dear MCAFCE,

At the Montgomery College Foundation, we are thankful for our scholarship donors whose generosity impacts the lives of our students in so many wonderful ways. At dinner tables across Montgomery County, our students will be giving thanks to the donors who provided them with the gift of education, and I join them in expressing my personal gratitude for your generous support.

Carol D. Rognrud, Executive Director,  
Montgomery College Foundation

Dear Next Step Program Scholarship,

I would like to express my thanks for selecting me as a recipient of the scholarship. I am grateful for all the help given to me as I start my college experience.

I chose to start my college experience here at Montgomery College because I felt that it was the best way to ease myself into obtaining my Bachelor of Science in Nursing. I like the small class size as my professors will know who I am as a student and then be better in helping me.

This scholarship will greatly helped me in accomplishing my goals and I hope to one day give back to my community what they have given to me.

Maria Jaxa Claver

Dear MCAFCE Child Care/Early Education  
Scholarship,

I am Diana Matamoros and am 21 years old. Coming from a large family, we have always struggled to make ends meet.

Now I am in my fourth year at Montgomery College. I wish to continue my education and focus on being a licensed as Physical Therapist and possibly opening my own private practice. Thank you for the monetary aid that you are offering and for believing in my dreams and goals.

Sincerely, Diana Matamoros

**Thanks for always doing great things!**

**Frann**

### **Hearts and Flowers**

Augusta Mae Wayne was a dedicated and cherished member of 4-H and FCE for many years. She was active in the Goshen Homemakers Club and a life time member of Wesley Grove UM Church.

Augusta Mae was a member of the Woodfield Girls 4-H as a child and later chartered and led the Goshen Girls 4-H Club. She was a member of the 4-H All stars and a life member of the Montgomery County Agricultural Center. Her family was earlier honored as a 4-H Family of the year.

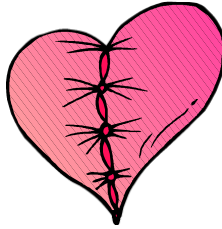
Her mother, Gladys King, was a charter member of the Goshen Homemakers Club. In recent years, Augusta Mae had helped Pat Kenney with children's games at the Fall Festival. Gladys' Sour Cream Pound Cake and Augusta Mae's Raisin

Spice Bars were delicious additions to the Montgomery County Homemakers' Cookbook.

She is survived by her husband, Donald, 3 daughters, 7 grandchildren and 2 brothers and their families.

The family continues to be involved in 4-H, Montgomery County Fair and community service.

## 10 Steps for a Healthier Heart



1. Take a 10 minute walk
2. Give yourself a lift - lifting a hard cover 2 pound book – often
3. Eat one extra fruit or vegetable per day
4. Make breakfast count
5. Stop drinking soda
6. Eat a handful of nuts, especially almonds or walnuts
7. Sample the fruits of the sea (not fried)
8. Breathe deeply
9. Wash your hands often
10. Count your blessings.

## It's the Law!

As of October 1, 2014, drivers in Maryland must consider **tow trucks** the same as emergency/police vehicles and pull over to the other lane or out of the way the best you can (considering the traffic around that is difficult at times) or you can be fined and/or get points on your license.

## Hungry for Better Health? Crack Open A Nut!

Not all salty snacks are created equal. Eating one and a half ounces per day of almonds, pecans, or walnuts might actually reduce your risk for heart disease, says the U.S. Food and Drug Administration.

Nuts boast heart-healthy fats, fiber, and key vitamins and minerals. BUT they do contain a fair number of CALORIES, too. Keep portions in check with this guide.

**Almonds:** 23 nuts. Rich in vitamin E and magnesium, almonds may help to control

cholesterol and blood sugar for hours.

**Pecans:** 19 halves. The antioxidants in their mellow, sweet flesh seem to reduce LDL or "bad" cholesterol

**Pistachios:** 49 nuts. These brightly colored nuts are bursting with potassium and vitamin K. The fact that they are served in shells makes them more difficult to overeat. Plus, they may lower your blood pressure.

**Walnuts:** 14 halves. Walnuts stand as an excellent source of alpha-linolenic acid. That's the plant-based version of the omega-3 fatty acids in fish.

AARP Winter 2015 VisitmyAARPMedicare.com

## Numbers to Know and Places to Go

Report a Rip-off?

[www.FTCcomplaintassistant.gov](http://www.FTCcomplaintassistant.gov) or call 877 FTC HELP

Sign up for the National Do Not Call Registry

[www.DoNotCall.gov](http://www.DoNotCall.gov) or call 888 382 1222

Get A Free Copy of Your Credit Report

[www.annualcreditreport.com](http://www.annualcreditreport.com) or call 877 322 8228

Report ID Theft

[www.ftc.gov/idtheft](http://www.ftc.gov/idtheft) or call 877 ID THEFT

Stay Safe on Line

[www.OnGuardOnLine.gov](http://www.OnGuardOnLine.gov)

Hang Up on Phone Fraud

[www.ftc.gov/phonefraud](http://www.ftc.gov/phonefraud)

Read Up on Saving Energy

[www.ftc.gov/energysavings](http://www.ftc.gov/energysavings)

Health and Fitness

[www.ftc.gov/health](http://www.ftc.gov/health)

Kids Eye View of Advertising

[www.ftc.gov/youarehere](http://www.ftc.gov/youarehere)

Get Consumer Tips before You Buy

[www.ftc.gov/consumer](http://www.ftc.gov/consumer)

Order Free Publications from the FTC

[www.ftc.gov/bulkorder](http://www.ftc.gov/bulkorder)

## MOBILITY

Mobility is defined as your ability to move purposefully around your environment. Limitations on mobility affect one third to one half of adults ages 65 and up.



At first, an impairment might not seem like a big deal...you learn to move slower and with more deliberation, or you work around the problem by relying on a cane or a walker.

However, this can lead to a spiral of poor health. As you move less, you may gain weight, stop exercising, and withdraw from social relationships and activities that challenge you mentally.

Not exercising can make many health conditions WORSE. The resulting physical, emotional, and mental declines are further restrict your mobility.

Mobility allows you to have a fulfilling social relationship and to fully engage with the world.

Most people would rather have the capacity to do all of the simple acts rather than rely on caretakers and assistive devices.

So the answer is WALK, WALK, and WALK as long as you can and as often as you can.

Harvard Medical School, Harvard Health Publications

## MAINTAINING INDEPENDENCE

### *Adopt a FALL-PROOF Home.*

- Clear your floors of clutter and any items that you could trip over, including loose wires, cords, and throw rugs. (The rule is throw out the throw rugs.)
- Keep stairways, entrances and walkways well lit. Install night lights in your bedroom and bathroom.
- Clean up spills immediately.
- Wear rubber soled shoes for better traction. Do not walk in socks.
- Avoid having to climb to reach for an item. Keep things you use often in and easy to reach cabinet. The purchase of a reaching tool is helpful. Add grab bars where needed, the kitchen and



- bathroom is first on the list.
- Be careful when pets are nearby. Tripping over a pet is a common cause of falls.
- Talk to your doctor about whether any medication you are taking can cause dizziness and thus affect your balance *making you more apt to fall*.
- Find physical activities, such as tai chi or yoga, which can improve your balance, coordination, and muscle strength.
- Have your vision checked regularly and keep your glasses and/or contact lens prescriptions up to date.

Harvard Medical School, Harvard Health Publications

## FOOD SAFETY

Here is a list of food that is still safe to eat after the sell by or use by date.



According to the U.S. Department of Agriculture, the storage life of unopened, properly stored food after the sell by or use by date:

Eggs	3 to 5 weeks
Canned food with High Acid, foods like peaches, tomatoes, juices,	1 to 2 years
Canned food with Low Acid, foods (meat-vegetables)	2 to 3 years
Uncooked rice	1 to 2 years
Uncooked pasta	1 to 2 years
Baking Mixes	8 months
Dry Beans and Nuts	12 months
Food in glass or plastic jars	2 to 3 years
Cereal and crackers	1 to 2 years

## Salt ! ! !

The average cup of Campbell's regular Condensed Soup has 760 mg of sodium (salt). But most people eat the entire can of soup, which contains 1,900 mg of sodium – more than most adults should consume in an entire day. Look instead for Campbell's Healthy Request, Progresso Reduced Sodium, or Healthy Choice soups with sodium in the 400s (still a lot if you eat the entire can). Better yet, choose reduced sodium soups by Amy's, Imagine Foods, Pacific Natural Foods, or Tabatchnick.

From: Nutrition Action Newsletter, Washington, D.C.

**Montgomery County Association for Family & Community Education**  
**February 11, 2014**

**Treasurer's report and Budget, Marilyn Simonds:** We have between eight and nine thousand dollars. (No exact account given.) Marilyn read a thank you card from the Boy's Ranch.

**President's report, Jean Purich:** Thanks to everyone who filled out the "outreach and program forms" We reached 381 members and 120,143 non-members, 1,234 blankets and 1928 hats were made, we gave 63 books to newborns. Further statistics are available. We are still collecting books for various projects. Jeanne managed to get quite a few for us to distribute at the Harvest Festival.

Everyone should have their new Handbook. February is Birthday Month. Please put one penny for each year of your age OR one dollar (then we will not know your age) in the container being circulated. The money goes toward postage. Spring Luncheon is May 2 at 10:30 a.m. with a cost of \$15.00. Our speaker will be from the Moo (Dairy) Museum.

Bus trip: Harrisburg/Hershey on May 15 (Friday) **DEADLINE** March 10, cost \$110.00 to see the State Capital + Fire Museum + Gardens + Chocolate World + Lunch.

March 10 meeting will be about Scams. You may be a victim and not even know it. The April 14<sup>th</sup> meeting will be How to Kill Your House plants by a Master Gardener. The next blanket making day is on March 6<sup>th</sup> at 10 am until 3 p.m. and Friday April 10<sup>th</sup> at 10 a. until 9 p.m.

The obituary for Victor Emanuel Bieber, Jr, (Libby Wade's father) was shown. Also note that Ginny Hagberg's sister was killed in Alabama yesterday. No further details are available at this time.

**Publicity, Judy Armitage:** Frederick County newspaper did a nice article on our blanket making. They did not include our time or dates in the article. Judy has no control over what they print, she can only request each month and hope for the best. Reminder: please post our Blanket Making calendar where ever allowed. Pat Kenny does Panera, and Karen Egerter suggested some other places.

**Scholarship, Frann Peters:** Thank you for savings stamps, and for the things for the ranch. The ranch loved the cookies and really appreciated our sponsoring a youth. Laytonville is having a "silly" night. Frann was honored for her 19 ½ years of service to Laytonville Home. They now have 10 residents with room for 2 more.

**Announcements:** Quilt show: April 24 - 26 at the Fair Grounds. The admission is \$8.00 for seniors but only \$7.00 with coupon. If you can go, please take a coupon.

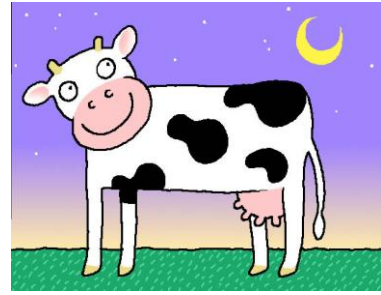
**New business:** The Spring Luncheon committee is Olney-Sunshine.

Respectfully submitted,  
Judy Armitage

**Thousands of Reasons**  
By Doe Zantanate

If every morning, you can find a reason to say, "Yes, it's going to be a beautiful day".  
And every day, you can find a reason to say, "Yes, it's going to be a beautiful day".  
And every night, you can find a reason to say, "Yes, it's going to be a beautiful day".  
Then one day, you'll look back and easily say, "Yes it was a beautiful life"

**Spring Luncheon May 2, 2015 “It’s Moo - licious”**  
**Registration due by April 20, 2015**



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 EXTENSION**  
**MONTGOMERY COUNTY OFFICE**  
**18410 MUNCASTER ROAD**  
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