



# Family and Community Education Hi-lites

March – May 2016

[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

**"When we do the best that we can,  
we never know what miracle is wrought in our life, or in the life of another."  
Helen Keller**

### March

- |    |    |  |
|----|----|--|
| 4  | FR | FCE Blanket Making, 10 a.m. - 3 p.m.   |
| 8  | TU | Popping Pills – Rx Drug Abuse Debra Rausch, PGCAFCE, speaker<br>Association Meeting 9:45 a.m. Extension Office<br>Refreshments: Olney-Sunshine |
| 15 | TU | Cookie Packing, 10 a.m., Laurel Methodist Church   |



### April

- |    |    |   |
|----|----|---|
| 8  | FR | FCE Blanket Making, 10 a.m. – 9 p.m.  |
| 12 | TU | The Latest on Immigration, Pricilla Leibowitz, retired Immigration lawyer, speaker<br>Association Meeting 9:45 a.m. Extension Office,<br>Refreshments: Burtonsville |
| 19 | TU | Cookie Packing, 10 a.m., Laurel Methodist Church  |
| 29 | FR | Women Walk the World  |
| 30 | SA | Spring Luncheon Extension Office (\$15.00) 10:30 a.m.- 2 p.m. See page 2 & 8 for details.   |

### May

- |    |    |  |
|----|----|--|
| 1  | SU | <i>Hi-Lites</i> Deadline<br><i>Look What's Happening</i> deadline      |
| 10 | TU | FCE Blanket Making, 10 a.m. - 3 p.m.                                   |
| 17 | TU | Cookie Packing, 10 a.m., Laurel Methodist Church                       |
| 18 | WE | Volunteer Recognition, 5:30 p.m., Extension Office RSVP                |
| 24 | TU | Executive Board Meeting, 10 a.m., Extension Office<br>Hi-Lites folding |
| 30 | MO | Office Closed (Memorial Day)   |



### June

- |     |       |   |
|-----|-------|---|
| 2   | TH    | Set-up for Yard Sale at 15500 Gallaudet Avenue, Silver Spring 20905             |
| 3-4 | FR/SA | Yard Sale   |
| 10  | FR    | FCE Blanket Making, 10 a.m. – 9 p.m.  |
| 21  | TU    | Cookie Packing, 10 a.m., Laurel Methodist Church                                |
| 23  | TH    | Fun Day at Gettysburg – Registration required (\$10.00) See page 4 for details. |

## President's Paragraphs

### Popping Pills – Rx Drug Abuse

March 8

**Cooperative Extension Office 9:45 AM**

Debra Rausch, from Prince George's County FCE, will present this program on the dangers of prescription drug abuse.

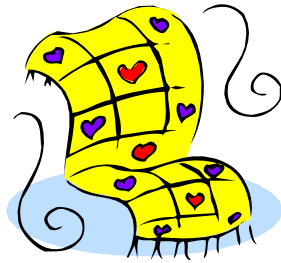
### FCE Blanket Making

March 4 Friday 10 AM - 3 PM

April 8 Friday 10 AM - 9 PM

May 10 Tuesday 10 AM - 3 PM

Tired of the winter weather? 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 children as well. Bring a sandwich (and a friend); we provide a drink and dessert. We always are looking for yarn and kid's print fabric.



### The Latest on Immigration

**Pricilla Leibowitz, Immigration Lawyer**

April 12

**Cooperative Extension Office 9:45 AM**

What is going on with immigration? What are the laws? What is the US position on immigration? These and many other questions will be answered with this very informational program. Please attend and bring a friend.

### WOMEN WALK THE WORLD FOR ACWW

April 29

On or around ACWW Day, April 29, 2016 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.



### Spring Luncheon, April 30

“A Garden Party”

**Cooperative Extension Office 10:30 AM**

**Cost \$15.00**

Plans are under way for the Spring Luncheon. The Derwood Club is organizing this wonderful day. There will be a speaker from Master Gardeners. **Each club is to provide a minimum of 3 door prizes (more is appreciated) and a flat of annuals for The Boy's Ranch.** Individual members in the Lunch Bunch should bring a 6-pack of flowers. Look for the registration form on page 8.

### Volunteer Recognition Day

May 18

**Cooperative Extension Office 5:30 PM**

Don't forget that May 18<sup>th</sup>

(Wednesday) is volunteer recognition day at the Extension Office. All are invited but you **must RSVP acceptances to 301-590-9638 so they know how many hamburgers to cook.**



### Yard Sale

**June 2 Thursday Set-up**

**June 3 -4 Friday/Saturday Sale**

You can start dropping your items off on my porch in May for the scholarship fund-raising 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 Friday and Saturday. Thank you in advance as this could not be done without many hands working on the project.

### FUN DAY

**Thursday, June 23**

Mark your calendars now for Fun Day, Thursday, June 23<sup>rd</sup>. Come to Lake Heritage, (Gettysburg) PA for shopping, antiques, sightseeing, boat rides (weather permitting), or just R and R.

We hope that you will find of interest many of the activities we have planned for 2016. If you have suggestions, please let me know. I hope to see all of you at many of these events.

*Jeanne Purich*

## **FUN DAY**

When: Thursday June 23<sup>rd</sup> 10 a.m. (coffee) until after dinner.

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***

The Boy's Ranch will reopen May 1<sup>st</sup> as drug and rehab private pay facility. Sixteen boys are initially scheduled to be admitted with up to 32 boys when fully operational. The Ranch has ask if we would be willing to provide support as in the past. We have agreed to offer initial support of bedding (no clothes needed as the boys will bring their own). The need is for NEW twin size sheets and pillows. These must be new as it is a health regulation. If you would like to contribute, please bring your items to the county meetings in March and April.

Mr. Mark Grover has left the ranch and is now a counselor in the Frederick County school system. He is very happy in his new position but may do some part-time counseling at the Ranch in the future.

### ***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 Rockville Village. They very much appreciate our participation.

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

No information at this time.

**Thanks for always doing great things!**

**Frann**

## **How To Survive A Heart Attack When Alone?**

Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

## **Old Fashion Sugar Cookies**

1 Cup Oleo (1/2 Butter)  
3/4 Cup Vegetable Oil  
1 Cup Granulated Sugar  
1 Cup Powdered Sugar  
1 Teaspoon Vanilla  
2 Eggs (room temperature)  
1 Teaspoon Baking Soda  
1 Teaspoon Cream of Tartar  
1 Teaspoon Salt  
4 Cups Flour

Cream well the first four ingredients.  
Add eggs one at a time and then the vanilla.  
Sift and slowly stir in dry ingredients.  
Chill dough.  
Roll into balls.  
Next roll in granulated sugar.  
Press down with a glass.  
Bake 12 minutes at 375°.  
Cool on rack.

## Kids' Messy Moments

As all second-time parents and grandparents know and first-time parents will soon learn, children under 5 grow quickly – and so do opportunities for “Messy Moments”.

Whether you have an infant, toddler or preschooler at home, it’s important to understand cleaning priorities and practices as kids crawl, toddle and run. Check out and share our tips with the parents and grandparents in your life.

### How to Wash Messy Hands

1. Wet hands with clean, running water (warm or cold) and apply soap, either in bar or liquid form.
2. Rub hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails. Do this away from running water, so the lather isn’t washed away.
3. Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under running water.
5. Dry your hands using a clean towel or air dry them.

### Emergencies

Did you know that the Poison Prevention Centers offer free, private, confidential medical advice 24 hours a day, 7 days a week? You can reach your local poison center by calling 1-800-222-1222. It is suggested that you program this number into your home and cell phones in case your messy moment turns into an emergency.

### Spots and Stains

Children get into all sorts of situations where stains can occur, from eating ice cream (protein), to playing in the yard (grass, mud and maybe a skinned knee from time to time), to finger painting. **The sooner you pretreat/soak the stain the better chance you have to having the stain fully removed.** A quick and easy reference on how to treat and remove stains can be found on [ACI's Stain Removal Chart](#) at

[www.cleaninginstitute.org/clean\\_living/stain\\_removal\\_chart.aspx](http://www.cleaninginstitute.org/clean_living/stain_removal_chart.aspx)

### Cleaning Product Storage Know How

- **Never** let children handle cleaning products.
- *Always* store cleaning products up and out of sight and reach of children. Put cabinet locks on lower cabinets.
- *Always* store cleaning products in their original container.
- *Always* keep product containers securely closed.

2015 American Cleaning Institute

## Free Exercise Video Clips! Watch Videos for Strength, Flexibility, Posture, Balance, and much more...

There is a good web site that shows how to do exercises that are very good for seniors. There are over 25 exercise video clips, each around 5 minutes, all designed especially for people over 60, and they're all FREE! The videos also explain why the exercises are important for maintaining your independence.



Please check out:  
[www.seniorexercisesonline.com](http://www.seniorexercisesonline.com)

# What is chronic kidney disease (CKD)?



National Kidney Foundation®

Chronic kidney disease includes conditions that damage your kidneys and decrease their ability to keep you healthy. You may develop complications like high blood pressure, anemia (low blood count), weak bones, poor nutritional health and nerve damage. Also, kidney disease increases your risk of having heart and blood vessel disease. Chronic kidney disease may be caused by diabetes, high blood pressure and other disorders. Early detection and treatment can often keep chronic kidney disease from getting worse. When kidney disease progresses, it may eventually lead to kidney failure, which requires dialysis or a kidney transplant to maintain life.

## The Facts about Chronic Kidney Disease (CKD)

- 26 million American adults have CKD and millions of others are at increased risk.
- Early detection can help prevent the progression of kidney disease to kidney failure.
- Heart disease is the major cause of death for all people with CKD.
- Glomerular filtration rate (GFR) is the best estimate of kidney function.
- Hypertension causes CKD and CKD causes hypertension.
- Persistent proteinuria (protein in the urine) means CKD is present.
- High risk groups include those with diabetes, hypertension and family history of kidney failure.
- African Americans, Hispanics, Pacific Islanders, American Indians and **Seniors** are at increased risk.
- Three simple tests can detect CKD: blood pressure, urine albumin and serum creatinine.

## What causes CKD?

The two main causes of chronic kidney disease are diabetes and high blood pressure, which are responsible for up to two-thirds of the cases. Diabetes causes damage to many organs in your body. High blood pressure, or hypertension, occurs

when the pressure of your blood against the walls of your blood vessels increases. If uncontrolled, or poorly controlled, high blood pressure can be a leading cause of heart attacks, strokes and chronic kidney disease.

## Other conditions that affect the kidneys are:

- Glomerulonephritis, a group of diseases that cause inflammation and damage to the kidney's filtering units.
- Inherited diseases, such as polycystic kidney disease, which causes large cysts to form in the kidneys and damage the surrounding tissue.
- Malformations that occur in the womb. For example, a narrowing may occur that prevents normal outflow of urine and causes urine to flow back up to the kidney. This causes infections and may damage the kidneys.
- Lupus and other immune system diseases.
- Obstructions caused by problems like kidney stones, tumors or an enlarged prostate gland in men.
- Repeated urinary infections.

## What are the symptoms of CKD?

Most people may not have any severe symptoms until their kidney disease is advanced. However, you may notice that you:

- feel more tired and have less energy
- have trouble concentrating
- have a poor appetite
- have trouble sleeping
- have muscle cramping at night
- have swollen feet and ankles
- have puffiness around your eyes, especially in the morning
- have dry, itchy skin
- need to urinate more often, especially at night.

## Keep these 5 foods out of your daily diet to keep your kidneys healthy:

- 1) **Soda:** Steer clear! Soda provides no nutritional benefit and is packed with sugars -- either natural or chemically manufactured.
- 2) **Processed deli meats:** Scrap cold cuts like bologna and ham from your diet! Processed meats can be significant sources of sodium and also nitrates, which have been linked to cancer.
- 3) **Butter:** Skimp on the spread! Butter is made from animal fat and contains cholesterol, calories and high levels of saturated fat. Margarine is made



from vegetable oil and is higher in the "good" fats, but may not be a better choice because it often contains trans fats. When possible, use canola or olive oil instead. If you opt for a spread, go for one that is lower in calories and saturated fat and contains no trans fats.

4) **Mayonnaise:** One tablespoon of mayonnaise contains a whopping 103 calories! Not only is it high in calories, it also contains high levels of saturated fat.

5) **Frozen meals:** Studies have shown that processed foods may contribute to the development of type 2 diabetes and frozen or pre-made meals like frozen pizza and microwaveable dinners are often heavily processed. Heavy processing can mean hidden sugar, sodium and fat; however, not all frozen meals are created equal! Read labels.

Get help navigating the challenges of kidney disease, organ donation and transplantation. Toll-free 1.855.NKF.CARES (1-855-653-2273) [nkfcare@kidney.org](mailto:nkfcare@kidney.org)

All other questions: Call our Main NKf number 1-800-622-9010

2015 National Kidney Foundation, Inc., 30 East 33rd Street, New York, NY 10016

## Holidays to Display your Flag



The flag should be displayed, from sunrise to sunset, weather permitting, on these days during the next three months:

- Easter Sunday (Varies in early Spring)
- Mother's Day (2nd Sunday in May)
- Armed Forces Day (3rd Saturday in May)
- Memorial Day (Last Monday in May)
- Flag Day (June 14th)

On Memorial Day the flag is displayed at half-staff until noon and at full staff from noon to sunset.

To place the flag at half-staff, hoist it to the peak for an instant and lower it to a position half way between the top and bottom of the staff. The flag is to be raised again to the peak for a moment before it is lowered.

## How to Stock a Fridge

The smart way to store everything in your refrigerator.



Temperature and humidity levels inside a fridge can vary; while each individual fridge is unique, there are some general guidelines you can follow when stocking it to ensure that it operates at maximum efficiency and all your ingredients stay fresh for as long as possible.

1. The top shelves of the fridge tend to be the warmest; store things that won't perish as quickly here, like beverages and fruit.
2. The lower shelves, which are colder, are ideal for storing leftovers, dairy, eggs and other foods that can spoil quickly.
3. High humidity levels in the crisper drawers maintain the right levels of moisture to keep leafy greens and vegetables fresh and crisp. This is also the best place to store cheese (wrapped in cheese paper or parchment paper followed by plastic wrap).
4. The bottom drawer of the fridge is perfect for meats and seafood—it's coldest here, and there's no risk of drips contaminating fresh foods below.
5. Store butter in a closed compartment, since it readily absorbs other odors.
6. Herbs stay fresh when they're stored like flowers; place them in jars with a couple inches of water and cover them with an upturned plastic bag. Place them in the door, where it's slightly warmer and they won't be as easily knocked over.

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

Thirteen members were in attendance.

**Treasurer's report, Marilyn Simonds:**

Income:

Blanket Making \$75.00; Birthday Money \$10.83; Troop Boxes \$1,321.00; Interest only 43¢; Dues \$29.00  
Total \$1,436.26

Debit:

Blanket Making batting \$180.00; Troop Boxes \$1,321.00  
Scholarship Fund: \$4,127.36

**President's report, Jeanne Purich:**

Thank you for filling out and handing in your Outreach Forms. Please remember turn the forms in next December.

FCE volunteered 82,648 hours in 2015 and reached 100,580 people with FCE activities.

In other activities, FCE members gave 78,126 hours and 1,427,385 people were reached.

Spring Luncheon - The upcoming luncheon will be \$15.00 on April 30 at 10:30 a.m.

A garden theme will be presented with a speaker from master Gardeners.

On March 8 we will have informational program on Popping Pills by Debra Rausch from PG County.

On April 12 Pricilla Leibowitz will present a talk on Immigration.

On Tuesday at Blanket Making a photographer come from the Washington Post. She interviewed the participants and took pictures. We were told that this story will be in the Thursday issue of the Washington Post. (ed. note: and it was!)

**Marketing, Kathie Mack:**

Joan Schwartz at Shady Grove Genesis will be visited by Kathie to discuss blanket making activities. On February 19<sup>th</sup> Kathie and Jeanne will go to Ingleside to present the blanket making project.

**Scholarship, Frann Peters:**

The Ranch will reopen May 1st with 16 boys. They need bedding - Twin size sheets (NEW ONLY), pillows (NEW ONLY). No clothing at this time. They still will want us to do the cookies and the Valentines. Linda Clark is the director.

**No Old Business.**

**New Business:** The Veterinarian's tech who lives near Jeanne has a sister who was totally burned out. They lost everything. The husband is XL size, the child (boy) is 4 months old, and the woman is a size medium. They lost their dog too. Donations of clothes, baby clothes, diapers and or gift cards are being accepted.

Now we shall make Valentines for 16 Veterans and 40 for the staff at Casey House.

Respectfully submitted,  
Judy Armitage

Quote by 19th century writer Louisa May Alcott in living a life by ideals:

*"Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead."*

**Spring Luncheon April 30, 2016 “A Garden Party”**  
**Registration due by April 15, 2016**



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**

FIRST CLASS MAIL

