



# *Family and Community Education Hi-lites*

*December – February 2022*  
[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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“Tell me and I’ll forget. Show, and I may not remember. Involve me, and I’ll understand”. – Tribe Unknown

## Happenings

### December 2021

#### No Blanket DROP OFF in December

- 8 9:30 am Cookie Exchange and Crafts, **CANCELLED**  
15 Send yearly reports and Outreach forms to Jeanne Purich

### January 2022

#### Note: NO Association Meeting This Month



- 6 10:00 am – 3 pm FCE Blanket Making Day, Extension Office (If the office is closed this will convert to drop-off only 10 am to noon.)

### February

Collect “Birthday Monies” (1 penny for each year of member’s age or a \$1 to keep your age anonymous!)

- 1 **Hi-Lites and Look What’s Happening Deadline**  
3 10:00 am – 8 pm FCE Blanket Making Day, Extension Office (If the office is closed this will convert to drop-off only 10 am to noon.)  
8 9:45 am **Association Meeting**, and Valentine Craft (garage)  
22 10:00 am **Executive Board Meeting** – (reference room)

### March

- 3 10:00 am – 3 pm FCE Blanket Making Day, Extension Office (If the office is closed this will convert to drop-off only 10 am to noon.)  
8 9:45 am **American Patterns for Home Sewing: A History**” by Helen DeRoo and Association Meeting

NOTE: MARK YOUR CALENDARS

Montgomery Historical Society will present the **History of Rockville Pike** on MONDAY April 11<sup>th</sup>. (NOTE day/date change.)

## PRESIDENT'S PARAGRAPHS

### Planning for 2022

We are planning all the 2022 programs and activities. We will start with our blanket day in January and add programs starting in February. Please mark your calendars as we have some very interesting programs planned for 2022. As before, things can change that we have no control over. We will send emails out as soon as we have been informed. But have no doubt, FCE is alive and well, working for you and the community and excited to meet in person again.

### Reports Very Important

In order to complete our State FCE reports by December 31<sup>st</sup>, we need your outreach hours. Outreach hour report forms for your outreach hours was included in the November Notes email. It should be returned to me by December 15<sup>th</sup> by either email or snail mail. If you have questions on how to obtain or fill out your Outreach Form, please contact me.

### FCE Blanket Making (Extension Office garage)

January 6, 2022 Thursday 10 AM – 3 PM  
February 3, 2022 Thursday 10 AM – 8 PM  
March 3, 2022 Thursday 10 AM – 3 PM



So far this year we have made 1562 blankets and 716 hats for children. Can you believe we are starting our 21<sup>st</sup> year? We have worked with MCPS to provide Student

Service Learning (SSL) hours to students for blanket, hat and scarf making. We have worked with over 250 students and awarded 7,280 SSL hours to 179 students as of October.

We are always looking for more yarn; if you know of anyone who is cleaning out their closet, keep us in mind.

### Handbooks

The Handbooks are being distributed with this newsletter. Since many of us are not meeting in person, it was decided to mail both the newsletter and the handbook together to save postage costs. The Handbook is a very useful, quick reference to

keep you updated and to enable you to contact your local and state officers. The handbook explains FCE programs (i.e. Pennies for Friendship, ACWW etc.) and most importantly keeps you informed of county and state events and programs.

### February is Birthday Month



Happy Birthday! Remember that February is birthday month. Clubs/individuals should collect a penny for each year of a member's life (or \$1.00 so no one will know your age) and send to

Jeanne Gillis. The fund goes to the state FCE treasury to help defray mailing costs for the newsletter.

### Valentines

February 8, 2022

(Extension Office garage)

9:45 AM

We will be making Valentine's for distribution to Sheppard Pratt. Enjoy a morning out and be a kid again cutting and pasting!



### "American Patterns for Home Sewing: A History"

Helen DeRoo

March 8, 2022 9:45 AM

Have you ever used a Deltor? Or a garment pattern with no marking? How about a pattern that was pre-cut when you acquired it? These are all steps in the development of the patterns that we now work with. Find out who was behind various innovations and how the patterns that we use today evolved during this illustrated PowerPoint® presentation.

Stay well and safe. Remember to smile even under your mask because your eyes will tell that you are smiling. Have a good Holiday season, spend time with family and if you have a pet, give him an extra treat – it will make you feel better.

*Jeanne Purich*

Jeanne Purich, President  
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## Hugs from Frann

### The Ranch:

If you have sports or other male oriented magazines, (Men's health, Popular Mechanics, etc), please consider donating them to the ranch. Be sure to REMOVE your name label. They have a need for Flannel PJ's, paper shower shoes, under wear, t-shirts and socks\*.

### Laytonsville Veterans Home

They are doing well and do not need anything right now.

### Stamps:

Thank you for saving postage stamps and picture post cards. (Remember to leave a bit of the envelope showing around each stamp.) Asbury Village appreciates your caring about their worthwhile project.

### Scholarships

The scholarship committee really appreciates all the effort everyone has put in to raise money for these scholarships. MCC and I thank you very much.

Frann Peters 301-253-2589  
\*Items can be brought to blanket drop offs.



We held a craft sale October 22-24 to raise money for our scholarship fund. The weather was fantastic and the event was a success. We made \$817.00. The people we spoke to were very excited to come to a similar craft event next year. So, we are considering it. And those potato microwave cooking bags were a huge seller!!!!

## Tips for Driving through High-Water Montgomery County Police Department

Police Officer Katie Beard

With the impending weather this fall/winter, here are some safety tips when driving through high or standing water:

1. Turn on your headlights and windshield wipers
2. SLOW DOWN
3. Give other vehicles more space
4. Avoid hard braking and turning sharply
5. Drive in the tracks of the vehicle in front of you
6. Know how to handle hydroplaning
7. Avoid standing water

Another reminder: If the water is 6 inches or higher, it can wash away a vehicle. If you come upon standing water, turn around and **DO NOT DRIVE THROUGH IT! TURN AROUND, DON'T DROWN.** Stay safe everyone!



## As I Get Older, I Realize:

1. I talk to myself, because sometimes I need expert advice.
2. Sometimes I roll my eyes out loud.
3. I don't need anger management; I need people to stop making me mad.
4. My people skills are just fine. It's my tolerance of idiots that needs work.
5. When I was a child, I thought nap time was punishment. Now it's like a mini-vacation.
6. The day the world runs out of 'Ding-Dongs' - is just too terrible to think about.
7. Even duct tape can't fix stupid, but it can muffle the sound.
8. For me, "getting lucky" means - walking into a room, and remembering why I'm in there.



# The Therapeutic Power of Knitting

By Shellie Wilson

Over the last couple of years, it has become more evident than ever that knitting and meditation is a great tool to reduce stress and become more mindful. Today we would like to talk about the advantages of knitting and what great impact this hobby can have on our lives. We will also give you some tips on how to use knitting for stress relief. Read on to find out more.



## Can Knitting Be Therapeutic?

Yes, it certainly can. Knitting has positive effects on our mental health.

But there's more to it.

Knitting also reduces depression and anxiety

- lowers the blood pressure
- distracts from everyday problems and chronic pain
- reduces isolation and loneliness
- possibly slows the onset of dementia
- improves fine motor skills
- is as relaxing as yoga
- gives room for creativity
- and overall increases the sense of wellbeing.

## Mindful Meditation and Knitting

Slowing down is sometimes hard in our busy lives, especially in the current climate, where we may feel the need to 'get going' again.

Attending social events and a busy work schedule can be overwhelming. Finding mechanisms to cope with that pressure is vital to staying healthy, both physically and mentally.

Practicing meditation and mindfulness is therefore a great tool. This can be supported by our amazing hobby.

Knitting has been proven to be as effective as meditation and *is* actually a form of meditation itself.

Mindful Meditation requires 3 attributes.

They are: –

- Intention
- Attention
- Attitude

As knitters we are used to all of them as we start our knitting project with an intention. We then practice attention by concentrating on our hand movement, feeling the texture of our yarn and needles and creating a fabric with our own hands. Last but not least we develop positive attitudes. We accept our creativity and indulge in this beautiful craft that we can call our hobby.

Here are some amazing tips for you if you want to slow down and enjoy mindful knitting:

- Pick knitting projects that you enjoy. Having projects on the needles that are not enjoyable will not give you the same reward. Spend your time wisely.
- There's nothing like 'selfish knitting'. Gift yourself a self-made knitted garment or accessory. You will be able to value it more than anybody as you know how much work you have put into it.
- Take time to enjoy the process. As nice as it is to post a picture of a finished object in your Instagram feed, you might find that the more you focus on the project, the more enjoyment you will get out of it. That's a real meditative loop!
- Feel the texture. Spend time choosing yarn that makes your heart sing. And use needles that work perfectly with it. Having the right tools will make the process much more enjoyable.
- Take a breath. Whether it is a deep breath at the end of every row or a little break to sip your favorite tea. Being mindful encompasses all of it

## Conclusion

Knitting is the hobby for everybody who wants to slow down and relieve stress. Planning a mindful knitting retreat for yourself can change your whole mindset, so why don't you take a minute and make a plan for yourself?

(editor's note: I think the same can be said of crocheting!)



*"You have to have confidence in your ability, and then be tough enough to follow through."* –

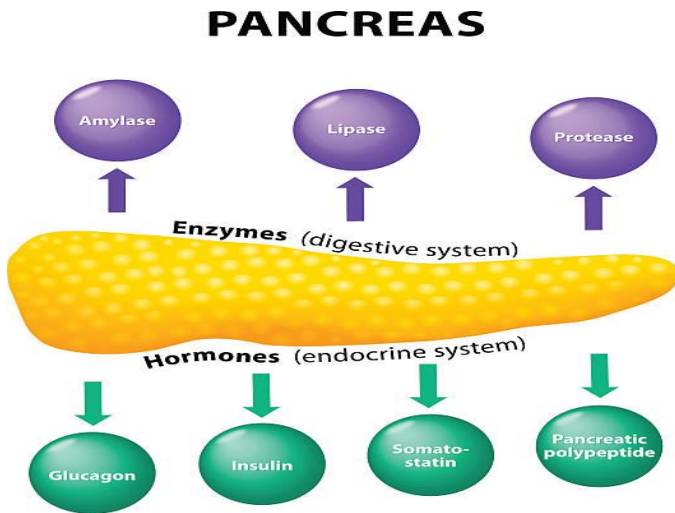
Rosalynn Carter

*"A woman with a voice is by definition a strong woman. But the search to find that voice can be remarkably difficult."* –

Melinda Gates

# Pancreatitis

By Mayo Clinic Staff



Pancreatitis is inflammation of the pancreas. The pancreas is a long, flat gland that sits tucked behind the stomach in the upper abdomen. The pancreas produces enzymes that help digestion and hormones that help regulate the way your body processes sugar (glucose).

## Causes

Pancreatitis occurs when digestive enzymes become activated while still in the pancreas, irritating the cells of your pancreas and causing inflammation.

With repeated bouts of acute pancreatitis, damage to the pancreas can occur and lead to chronic pancreatitis. Conditions that can lead to acute pancreatitis include:

- Gallstones
- Alcoholism
- Certain medications
- High triglyceride levels in the blood (hypertriglyceridemia)
- High calcium levels in the blood (hypercalcemia), which may be caused by an overactive parathyroid gland (hyperparathyroidism)
- Pancreatic cancer
- Abdominal surgery
- Cystic fibrosis
- Infection
- Injury to the abdomen
- Obesity
- Trauma

Endoscopic retrograde cholangiopancreatography (ERCP), a procedure used to treat gallstones, also can lead to pancreatitis. Sometimes, a cause for pancreatitis is never found. This is known as idiopathic pancreatitis.

## Risk factors

Factors that contribute to pancreatitis include:

- **Excessive alcohol consumption.** Research shows that heavy alcohol users (people who consume four to five drinks a day) are at increased risk of pancreatitis.
- **Cigarette smoking.** Smokers are on average three times more likely to develop chronic pancreatitis, compared with nonsmokers.
- **Obesity.**
- **Diabetes.** Increases your risk of pancreatitis.
- **Family history of pancreatitis.** The role of genetics is becoming increasingly recognized in chronic pancreatitis. If you have family members with the condition, your odds increase — especially when combined with other risk factors.

## Complications

- **Kidney failure.** Acute pancreatitis may cause kidney failure, which can be treated with dialysis if the kidney failure is severe and persistent.
- **Breathing problems.** Acute pancreatitis can cause chemical changes in your body that affect your lung function, causing the level of oxygen in your blood to fall to dangerously low levels.
- **Infection.** Acute pancreatitis can make your pancreas vulnerable to bacteria and infection.
- **Pseudocyst.** Acute pancreatitis can cause fluid and debris to collect in cyst like pockets in your pancreas.
- **Malnutrition.** Both acute and chronic pancreatitis can cause your pancreas to produce fewer of the enzymes that are needed to break down and process nutrients from the food you eat. This can lead to malnutrition, diarrhea and weight loss, even though you may be eating the same foods or the same amount of food.
- **Diabetes.** Damage to insulin-producing cells in your pancreas from chronic pancreatitis can lead to diabetes.
- **Pancreatic cancer.** Long-standing inflammation in your pancreas caused by chronic pancreatitis is a risk factor for developing pancreatic cancer.

# Eleven Tips for Helping Seniors Stay Healthy During the Holiday Season

Megan Horst-Hatch



According to Amy Fuchs, a licensed clinical social worker and owner of The Elder Expert, LLC in Saddle River, New Jersey, one of the difficulties of the holiday season is not knowing an elderly relative's limits. "You can anticipate that they might need help, but they might not express to you that they've slowed down," Fuchs says.

Robyn Golden, a licensed clinical social worker and director of the health and aging department at Rush University in Chicago, agrees. "Offer older relatives' options and ask them what they want to do, but don't assume their limitations," she advises.

## 1. Make Healthy Choices

From rich meals to tempting and tasty homemade snacks, the holidays are a time for many to indulge in food — or overindulge. Try to plan meals with other events in mind. For example, if a big dinner is planned for New Year's Eve, consider serving a lighter lunch of salad or soup.

## 2. Stay Hydrated

Drinking water is one way you can stay healthy during the holidays. "Everyone needs to drink plenty of fluids, as not drinking enough water could cause hospitalization," Fuchs says.

## 3. Follow Dietary Restrictions

Some people must follow special diets, such as one that is low in sodium. It can be difficult to adhere to a diet during busy, stressful times, especially if there aren't any healthy options available. "When people get stressed, they tend to overeat and don't stick to their diets," Golden says. Keep healthy options like fresh-cut vegetables and fruit on hand.

## 4. Drink in Moderation

"Drinking too much can impair functions, and for some senior citizens, drinking alcohol with certain medications can have adverse side effects,"

Golden says. Consider offering fun, alcohol-free drinks so everyone can celebrate the holidays.

## 5. Keep Exercising

In many parts of the country, the holidays are synonymous with cold weather and snow. To stick to an exercise schedule, bundle up and invite a friend for a walk around the block if the sidewalks are dry. If it's snowing or icy outside, drive to an indoor shopping mall and walk a few laps.

## 6. Shake up Traditions

Between cleaning the house and cooking for a crowd, hosting a big holiday meal can be a source of stress. If an older relative traditionally hosts a big holiday meal, consider passing the tradition on to the younger generation of family members. Fuchs recommends younger family members volunteer to clean or prepare part of the meal.

## 7. Decrease Gifts

For many people, especially those on a fixed income, the holidays can be a financial challenge due to purchasing gifts for many family members. To reduce stress from paying for gifts, consider having a family grab bag, where everyone contributes one gift.

## 8. Rest after Traveling

For some, the holidays are a time to travel long distances to visit family and friends. Whether they travel by car, rail or plane, keep in mind that an one might want to rest upon arrival.

## 9. Make Homes Accessible

If older relatives are visiting your home for the holidays, ensure your home is safe and accessible. "Be mindful of hazards in your home. For instance, someone with a cane could trip over area rugs," Fuchs advises. Use nightlights in the hallway so they don't stumble in the dark.

## 10. Take Breaks

Between parties and shopping, the holidays often involve busy days and late nights. If you are planning an all-day outing, carve some time for a nap or a way to relax for a bit, even if it is just to sip tea in a cafe. Little kids, seniors and everyone in between will appreciate it.

## 11. Stay Involved

Recognize that seniors still want to feel that they are part of the holidays. "It's fine to reduce senior citizens' stress by offering to hold the holiday event at your home instead of theirs, but still keep them involved by having them cook a favorite dish or maybe help decorate the home," Golden says.

## Dimes for Donation

If we have seen you in the last month, you received an 8-ounce water bottle with the instruction to drink the water (a lifesaving liquid) and then fill the bottle with **DIMES**. Why? It is a fund raiser for our national organization (NAFCE.org). **For those who did not get a bottle, use any bottle (or other container) you may have.** Cut apart the labels below for yours and a friend's bottle. Ask your friends, neighbors, relatives, etc if they have any dimes in their pocket and if they would contribute. This is also a good project for children and grandchildren.

The bottle is to be returned to any county officer in **MAY 2022** so you have 7 months to fill your bottle!



## Dimes for Donation



National FCE needs your help though your donations. One way is collecting "A Dime at a Time". Please collect your extra dimes from yourself, meetings, and all of the activities you may attend. Collect the dimes in your empty water bottle, turn it in to National FCE Headquarters.



**RETURN FILLED**

**"A Dime at a Time"**

**BOTTLES MAY 2022**

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**BOTTLES MAY 2022**

## Holiday Seven Layer Bars

Prep time: 10 MINUTES, cook time: 25 MINUTES

Soft, ultra-chewy, and loaded with chocolate chips, shredded coconut, sprinkles!!

### INGREDIENTS

- one 5.5-ounce bag Cashew Softer Than Brittle, ground into fine crumbs
- ¼ cup butter, melted (I use unsalted, but salted tames some of the sweetness)
- 6 tablespoons all-purpose flour
- ½ cup semi-sweet chocolate chips
- ½ cup white chocolate chips
- 1 cup sweetened shredded coconut flakes, measured loosely and not packed
- about two-thirds can (14-ounce) sweetened condensed milk (eyeball it)
- holiday sprinkles, to taste



**INSTRUCTIONS** Preheat oven to 350°F. Line an 8-by-8-inch baking pan with aluminum foil, spray with cooking spray; set aside.

1. To the canister of a high-speed blender or food processor, add the Softer Than Brittle, and process on high speed until you have fine crumbs, about 15 seconds.
2. Transfer the crumbs to a medium bowl; set aside.
3. To a small, microwave-safe bowl add the butter and heat on high power to melt, about 1 minute.
4. Add the butter to the crumbs, add the flour, and stir to combine.
5. Turn mixture out into prepared pan, forming an even, smooth, flat crust layer by smoothing the mixture into place with a spatula.
6. Evenly sprinkle with the chocolate chips, white chocolate chips, and coconut (in that order).
7. Evenly drizzle the sweetened condensed milk over the top.
8. Bake for about 25 minutes, or until lightly golden brown around edges and the center is mostly set. Keep an extremely close eye on bars in the final minutes of baking because coconut can go from raw-looking to burnt in one minute.
9. Place pan on a wire rack, evenly sprinkle with the sprinkles, and allow bars to cool in pan for at least 90 minutes before slicing and serving. Bars firm up as they cool.

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**FIRST CLASS MAIL**

