



# Family and Community Education Hi-lites

September – November, 2018

(www.mdafce.org/mcfce.htm)

## Montgomery County Association for Family and Community Education Newsletter

### Happenings

**Back to School Picnic** Thursday August 23 (12:30 pm RSVP 301-330-5447) at Barbara Raab's home (10141 Brink Rd, Germantown). Collect School Supplies (paper, pens, pencils, notebooks, notebook paper, composition books, glue, scissors, erasers, etc., bring to the back to school picnic, blanket making, county or your club meeting. **BRING A DISH TO SHARE at the Picnic.**

#### September

- 3 Office closed (Labor Day)
- 6 10:00 am - 9 pm FCE Blanket Making – Extension Office, Bring in school supplies
- 9 - 12 CWC meeting, Dubuque Iowa
- 15 Noon Blue Grass Festival, Agricultural History Farm Park
- 17 **MONDAY** By-line, Ernie Pyle, Speaker portraying the great war correspondent Ernie Pyle.  
9 45 am Bring a guest and enjoy this program. EXTENSION Office  
If you didn't come to the back to school picnic, please bring in school supplies  
Pick up recipes for November's International Day  
Refreshments: Derwood
- 18 10:00 am Cookie Packing, Laurel Methodist Church

#### October

- Send Pennies for Friendship, Dollars for Leadership and Dues to County Treasurer. Send one check made out to Montgomery County FCE by October 1. Send names of new club officers to county president.
- 3 10:00 am – 3 pm FCE Blanket Making – Extension Office
- 5 10:00 am Set-up for Harvest Festival – Lunch provided
- 6 10:00 am - 5 pm Harvest Festival- Lunch provided
- 9 – 26 Close Encounters with Agriculture program, Extension Office,  
Call Jackie Marsh at the Extension office (301-590-2829) to sign up to help.
- 14 - 20 FCE Week – Celebrate with your family, spread the word about FCE
- 22 – 23 10:00 am Maryland FCE Annual Conference, Best Western Hotel Westminster, Maryland



#### November

- 1 *Hi-lites* and *Look What's Happening* deadline
- 9 10:00 am – 9 pm FCE Blanket Making – Extension Office
- 13 9:45 am The Philippines - International Day, EXTENSION Office
- 13 10:00 am Cookie Packing, Laurel Methodist Church
- 22 Office Closed (Thanksgiving)
- 27 10:00 am Executive Board Meeting, *Hi-lites* Folding, Extension Office

#### December

- 11 9:45 am Cookie Exchange and Craft, Extension Office Garage,  
Refreshments: Lunch Bunch
- 15 Send yearly reports to President, Jean Purich



## President's Paragraphs

### Fair Booths

Montgomery County FCE members prepared four booths for the Montgomery County Agricultural Fair, held August 10-18. Booths on Blanket Making, The Light on Lightbulbs, Exercise, and Save Our Earth were presented.

Thanks to everyone who participated in booth presentations and to those who manned the booths and spoke to the public about our FCE projects and programs. A special thanks to Kitty Cooley for being the FCE liaison with the Fair board.



### School Supplies

Collect school supplies (paper, pens, pencils, notebooks, notebook paper, composition books, glue, scissors, erasers, back packs etc.) and bring them to blanket making, the county or your club meeting. They will be distributed to a child welfare agency and a Title 1 school or to the **BACK to SCHOOL Picnic** on Thursday, August 23. See front page for information.

### It's Membership Time Again Get a new member!!!

For 2019, your challenge is **Everyone Get A New Member (EGANM)**. Now comes the easy part, invite someone to a club or county program, outreach project, cookie packing, or bus trip etc. (you get the point). If you don't ask, you will never know who will be interested. Show them the newsletter or blanket making calendar. Talk about how FCE helps individuals and the community. When you recruit a new member, put your name and address at the bottom of the membership form and you and your recruit will be entered into a drawing for a free registration at next year's state conference.

Membership forms are available at your county or club meetings, in your state newsletter (*Look What's Happening*), on the web, or at the Extension Office. All dues must be sent to Jeanne Gillis (101 Rolling Road, Gaithersburg 20877-2043) by September 30. Dues are \$25.50 for an individual, \$22.00 for seniors (80+) and \$41.00 for a family **plus your local club dues**. National FCE also asks for a donation of any amount to help allay the cost of

the \$21,000 insurance on FCE events. Everyone must completely fill out a membership form with signature, middle initial, 9-digit zip and email address. Refer to the state newsletter for the membership form, website or contact me at 301-384-2805.

**By-line; Ernie Pyle**  
**MONDAY, September 17, 9:45 AM**  
Steve LaRouque as war correspondent  
Ernie Pyle.



Bring a friend (husbands welcome) and hear this portrayal of Ernie Pyle, one of the first embedded war reporters. It's a great history lesson. Note change of day to a Monday!

### FCE Blanket Making

Don't forget these dates for blanket making.

September 6 - Thursday 10 AM – 9 PM

October 3 - Wednesday 10 AM – 3 PM

November 9 Friday 10 AM – 9 PM



Bring a sandwich; we will provide drink and dessert. Call Pat @ 301-460-5451 for more information. We are

always looking for more yarn and washed and ironed kids print fabric. If you know of anyone who has extra, please let us know.

### Harvest Festival

**October 6, 10 AM to 5 PM**

**Set-up October 5, 10 AM**

This is a BIG money maker for our Montgomery College Scholarships and only you can make it a success by helping with set-up on Friday and with kids' games and crafts, selling craft items, jewelry and baked goods on Saturday. Of course speaking with visitors and telling them about our projects and mission is so important. If the public is engaged, they will purchase something or participate with their children in the kids' games and activities. Most of these "jobs" can be done while you are seated. Frann needs lots of help in the kids' craft room and the children really love making the caterpillars and such.



Please consider donating old jewelry for sale (even broken pieces as we may be able to fix them or use them for other purposes). We need a large

amount of baked goods; small items like cookies and brownies. If you are baking for the troops, please bake an extra dozen cookies or some brownies for the Festival. Small breads – carrot, banana, and zucchini also go well. No PIEs or large cakes, please. Set-up is on Friday, October 5<sup>th</sup> at 10 AM with the festival on Saturday, October 6<sup>th</sup>. We need lots of “women” power (bring a friend, husband or “tween”) to make this a successful event. Your lunch will be provided both days.

### Close Encounters with Agriculture Program

The dates for Close Encounters are as follows:

- Week 1 October 9, 10, 11, 12
- Week 2 October 15, 16, 17, 18, 19
- Week 3 October 22, 23, 24, 25, 26

Call Jackie Marsh at the Extension office (301-590-2829) to let her know if you can volunteer to help the fourth graders in the nutrition track.

### MD FCE ANNUAL CONFERENCE October 22 and 23, 2018

Dr. Virginia Brown will be telling us “How to get the Most out of Your Health Care”; Dean Brewer, from the state Attorney General's office will speak on “scams”, there are so many out there; Nancy Hart, audiologist, will help us keep our balance, which most of us need help with as we age; Sameen Piracha will enlighten us about the Muslim culture; and there will be a speaker on Maryland History. Other program include an update on the opioid epidemic and our aging senses. Hear about the new programs and updates from the National FCE July Conference. The entertainment will be the band “Standard Delivery.” The registration form is in the Summer issue of Look What’s Happening or on line at [www.mdafce.org](http://www.mdafce.org). The 2-day conference takes place at the Best Western Hotel, which was recently updated, 451 WMC Drive, Westminster, MD. If you have never been to a conference, make this year your first. If you have attended, come again and bring a friend!!!



I hope everyone will attend at least one of these events. We would love to see you.

*Glennie Purich*

### SUPPORT OUR TROOPS

For the past 11+ years we have been sending boxes of “goodies” to the troops. We now send boxes bi-monthly. As troops come home, more troops are sent to replace them. As evidenced by the letters of appreciation we receive from the troops, the goodies, along with the letters we include in their boxes send a very loud and clear message of how much we care.



We can use unisex fabric for ditty bags (NO FLOWERS), Christmas fabric for the Christmas Stockings, and yarn for helmet liners - 4 ply acrylic (Colors - tan, brown, navy, medium green and medium to dark variegated colors.) If you enjoy working with plastic canvas, “angels” are the thing for you. All you need is the canvas, pattern and ¼ inch ribbon. I will provide the pattern.

For those of you who enjoy making small and easy to pack Christmas decorations, we would appreciate having them to send as well.

We always need **cards and letters of gratitude and encouragement** for our troops. 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, summer campers, friends, and family to see if they would take a few minutes to write notes. Put out blank cards at work and encourage your co-workers to jot down a short note. Take blank note cards to all meetings you attend.

As always **monetary donations** are needed to help offset high postage costs and supplies for the boxes we ship to our troops. The postage costs alone are running over \$650.00 bi-monthly.

With deep gratitude to all for your continued support and dedication. Our troops/civilians are so appreciative of being remembered by the folks back home and it is a huge morale booster for all of them.

Maddi Klein  
maddik@comcast.net

301-774-8088

## FTC Asking For Access to Your Computer? It's A Scam.

by Andrew Johnson and Amy Hebert, Consumer Education Specialist, FTC

Scammers pretending to be with the FTC or with FTC refund administrators are calling, asking for remote access to your computer. It's been reported that the scammers are calling specifically about the FTC's Advanced Tech Support refund program. Their goal is to make you think you are moments away from getting money that's owed to you and, to get the money, all you need to do is allow them to connect to your computer. It's a SCAM.

These kinds of scams, where imposters ask for remote access to your computer, are called tech support scams, and they exist in many forms. They may try to trick you into installing malware, sell you software that's worthless, or direct you to websites and ask you to enter your credit card number and other personal information. They may also ask you to pay them by buying gift cards or prepaid debit cards at local stores or online.

In the case of the FTC's Advanced Tech Support refund program, all checks have already been mailed to those affected. The FTC is no longer accepting any new claims. The scammers have told people to call if they have questions, but the number they give also is false. The only number to call for information about the real Advanced Tech Support Refund program is 877-793-0908.

The FTC and its refund administrators will **never** request remote access to your device, or ask you to pay to receive a refund. Any caller who does is a scammer. If you get a similar call, hang up immediately, report it to the FTC, and spread the word. It may help someone close to you avoid a scam.

Keep these things in mind:

- Companies like Microsoft don't call and ask for access to your computer. If you get a call like that, **it's a scam**.
- Real companies also won't ask for your account passwords. **Only scammers do**.
- Tech support scammers try to convince you they're legitimate. They'll pretend to know about a problem on your computer. They'll ask

you to open normal files that look alarming to make you think you need help.

- If you do need computer help, go directly to a person, business, or website you know you can trust. General online searches are risky because they might pull up another scam.

If you have already been scammed, here's what to do:

- If you paid with a *credit or debit card*, call your credit card company or bank immediately and tell them what happened.
- If you paid with a *gift card*, contact the gift card company (iTunes, Amazon, etc.) ASAP to see if the funds are still on the card and can be frozen before it's too late.
- A tech support scammer who has access to your computer can **install malware**. **Update your computer's security software**, scan your computer, and delete anything it identifies as a problem. Restart your computer to be sure the changes take effect. Going forward, download security updates as soon as they are available. Most operating systems have a setting to download and install security updates automatically. Use it. And install updates for your other software, including apps.
- If the scammer got your password for a financial account, or a site like Amazon, change the password immediately. Contact the company directly to make sure nobody has broken into your account.

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A quote from Charles Kuralt, "It does no harm just once in a while to acknowledge that the whole country isn't in flames, that there are people in the country besides politicians, entertainers and criminals".

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We have learned of the recent death of a former homemaker, Wilda Rush (age 95) of Rockville. Our condolences go to her family and friends.

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## NOTES FROM FRANN

### Fun Day

We learned about the origins of Polish Pottery. And we saw several examples of the pottery.

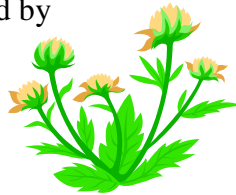
We had a lovely lunch then we learned about the benefits of essential oils. We got to smell some of the oils and we received some samples.

More good food, shopping and jokes finished the day off successfully! Thank you for being a part of a “fun day”.

### The Maryland Youth Ranch is an important outreach for FCE

The Ranch is doing well. Twenty-four men are enrolled in the drug and alcohol program and several have already graduated. There is a second dorm opened.

The flowers are being enjoyed by everyone. They were placed around the flag pole and by the main doors. The men appreciate our donation of the flowers and they help in the care of the flowers.



They are hoping for donations of NEW towels, washcloths, pillows, twin size blankets and sheets. Snacks are also very welcome.

### Laytonville Safe Havens

They were very pleased with the donation of yard sale items which included kitchen and household supplies as several clients were moving out in a few weeks.

### Montgomery College Scholarship Program

Our scholarship recipients for the Next Step program are Norah Nakijoba, and Sheilyn Ortiz Canales and for Early Childcare are Natasha Spencer and Ramatoulaye Ndiaye.

FCE donated \$1,600 to Child

Care/Early Childhood Education and \$1,600 to Next Step Program. Thank you for all you do to raise money to support the scholarship fund.



Frann Peters

301-253-2589

## Preparing for Flu Season 2018/2019

The flu season 2018/2019 will be here before you know it. Proper vaccination is important. The flu can have similar symptoms as the common cold, but can have deadly consequences, especially for senior citizens. Those at the greatest risk of developing the flu are children, pregnant women, the elderly and those with weakened immune this risk systems. Vaccination provides a greater chance of avoiding and helps protect those around you.



### High-Dose Flu Shots

Seniors need a higher dose of the flu vaccine because of their weakened immune systems. The shot also features higher levels of antigens—antibodies that activate an immune response—to help your body combat the flu should it enter your system.

### Flu Shots with Adjuvant

Adjuvant, according to the [CDC](#), is “an ingredient added to a vaccine that helps create a stronger immune response to vaccination.” These type of flu shots were found to be far more effective with helping seniors create an immune response to the flu than shots without adjuvant.

Getting vaccinated helps, too. The [CDC](#) found in 2016 that seniors getting the flu vaccine which covers most strains of influenza A and B reduced the likelihood they’d be hospitalized because of the flu by more than 50 percent. Vaccinated people over the age of 50 were found to be 57% percent less likely to be hospitalized from the flu than non-vaccinated people. The hospitalization rates were similar for people over the age of 75, as well.

Despite how effective the flu vaccine can be, about one-third of seniors still don’t get vaccinated. Rates have hovered around this number for the last 15 years, and the government aims to increase senior flu vaccination rates to 90 percent by 2020. “It’s amazing how once people see the disease up close, getting the vaccine suddenly raises up on their list of priorities,” said Dr. Robert Wergin, a Nebraska physician and president of the American Academy of Family Physicians. This is why it’s important to get ahead of the flu with a vaccination. It’s not worth the risk.

## 2017 American Cleaning Institute (ACI) Survey Reveals Need for Further Education around Liquid Laundry Packet Safety

As a parent, grandparent or care giver you play an essential role in the safety of your children. You have probably thought about car seat safety, cords on window coverings, and how to prevent drowning or burns. But what about laundry safety?



Children act fast and accidents can happen in an instant. Accidents involving liquid laundry packets can easily be prevented with safe use and storage. You can make a difference by ensuring you and your friends and family are properly using and storing liquid laundry packets by keeping them up high and out of reach of young children.

While there has been improvement in how parents are storing household cleaning products, exposure to liquid laundry packets among young children remains an issue.

ACI recently conducted a national survey among 1,000 parents and caregivers, half with children under the age of 4, which gathered insights about current laundry safety habits among parents with young children. While highlighting positive behaviors to prevent accidental exposures, the findings also point to a need for further education.



- Below are the results from the survey:
- 43% of families with children under the age of four reported that their children can see liquid laundry packets when not in use.
  - 19% of families with children under the age of four reported storing liquid laundry packets on an open shelf.
  - 15% of families with children under the age of four allow their children to take part in loading liquid laundry packets into the washing machine drum.

All household cleaning products, including liquid laundry packets and dishwasher packets must always be stored up and out of reach of children and kept in their original containers to avoid confusion.

## Wash, Wash, Wash Your Hands



### When should you wash your hands?

- Before, during, and after preparing food.
- Before eating food.
- Before and after caring for someone who is sick.
- Before and after treating a cut or wound.
- After using the toilet.
- After changing diapers or cleaning up a child who has used the toilet.
- After blowing your nose, coughing, or sneezing.
- After touching an animal or animal waste.  
After touching garbage.

### What is the right way to wash your hands?

1. Wet your hands with clean, running water (warm or cold) and apply soap.
2. Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, including your wrists and under your nails.
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.

### What if I don't have soap, clean, running water?

Washing hands with soap and water is the best way to reduce the number of germs on them. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs.

Hand sanitizers are not as effective when hands are visibly dirty or greasy.

### How do I use hand sanitizers?

1. Apply the product to the palm of one hand.
2. Rub your hands together.
3. Rub the product over all surfaces of your hands and fingers until your hands are dry.

# September is Prostate Cancer Month

## What Is Prostate Cancer?

Prostate cancer begins when cells in the prostate gland start to grow uncontrollably. The prostate is a gland found only in males. It makes some of the fluid that is part of semen.

The prostate is below the bladder and in front of the rectum. The size of the prostate changes with age. In younger men, it is about the size of a walnut, but it can be much larger in older men.

Just behind the prostate are glands called *seminal vesicles* that make most of the fluid for semen. The *urethra*, which is the tube that carries urine and semen out of the body through the penis, goes through the center of the prostate.

## Types of prostate cancer

Almost all prostate cancers are **adenocarcinomas**. These cancers develop from the gland cells (the cells that make the prostate fluid that is added to the semen).

Other types of prostate cancer include:

- Sarcomas
- Small cell carcinomas
- Neuroendocrine tumors (other than small cell carcinomas)
- Transitional cell carcinomas

These other types of prostate cancer are rare.

Some prostate cancers can grow and spread quickly, but most grow slowly. In fact, autopsy studies show that many older men (and even some younger men) who died of other causes also had prostate cancer that never affected them during their lives.

## Prostate Cancer Risk Factors

Researchers have found several factors that might affect a man's risk of getting prostate cancer.

### Age

Prostate cancer is rare in men younger than 40 but the chance of having prostate cancer rises rapidly after age 50. About 6 in 10 cases of prostate cancer are found in men older than 65.

### Race/ethnicity

Prostate cancer occurs more often in African-American men and in Caribbean men of African ancestry than in men of other races. African-American men are also more than twice as likely to die of prostate cancer as white men. Prostate cancer occurs less often in Asian-American

and Hispanic/Latino men than in non-Hispanic whites.

### Geography

Prostate cancer is most common in North America, northwestern Europe, Australia, and on Caribbean islands. It is less common in Asia, Africa, Central America, and South America.

### Family history

Prostate cancer seems to run in some families, which suggests that in some cases there may be an inherited or **genetic factor**. Most prostate cancers occur in men without a family history of it.

The risk is higher for men who have a brother with the disease than for those who have a father with it. The risk is much higher for men with several affected relatives, particularly if their relatives were young when the cancer was found.

### Gene changes

Several **inherited gene changes** seem to raise prostate cancer risk, but they probably account for only a small percentage of cases overall. For example:

- Inherited mutations of the *BRCA1* or *BRCA2* genes raise the risk of breast and ovarian cancers in some families. Mutations in these genes (especially in *BRCA2*) may also increase prostate cancer risk in some men.
- Men with Lynch syndrome (also known as *hereditary non-polyposis colorectal cancer*, or HNPCC), a condition caused by inherited gene changes, have an increased risk for a number of cancers, including prostate cancer.

## Treating Prostate Cancer

Once your prostate cancer has been **diagnosed** and **staged**, you have a lot to think about before you and your doctor choose a treatment plan. You will want to weigh the benefits of each treatment option against the risks and side effects.

### **Which treatments are used for prostate cancer?**

Depending on each case, treatment options for men with prostate cancer might include:

- Watchful waiting or active surveillance
- Surgery
- Radiation therapy
- Cryotherapy (cryosurgery)
- Hormone therapy
- Chemotherapy
- Vaccine treatment
- Bone-directed treatment

These treatments are generally used one at a time, although in some cases they may be combined.

## Cheesy Pumpkin Lasagna



### Ingredients

1/2 c. (1 stick) butter  
4 cloves garlic  
1 onion, chopped  
1 tsp. cider vinegar  
1 tsp. dried sage  
3 (15-oz.) cans pumpkin purée  
2 tbsp. maple syrup  
1 tsp. freshly grated nutmeg  
Kosher salt  
Freshly ground black pepper  
1 (15-oz.) container ricotta cheese  
3 c. shredded mozzarella, divided  
3 c. shredded Fontina, divided  
1 egg, beaten  
Cooking spray, for baking dish  
1 box no-boil lasagna noodles

### Directions

1. Preheat oven to 375°. In a saucepan over medium heat, melt butter. Add garlic and onion and cook until fragrant and soft, about 5 minutes.

Deglaze pan with vinegar and cook until mostly evaporated, about 4 minutes. Stir in sage.

2. Add pumpkin, maple syrup, and nutmeg and season with salt and pepper. Heat until warmed through, about 5 minutes.

3. In a medium bowl, stir together ricotta, 2 cups mozzarella, 2 cups Fontina, and egg until combined.

4. Grease a 9"-x-13" baking dish, lasagna pan or similarly sized dish with cooking spray. Smear a thin layer of pumpkin mixture on bottom of baking dish and cover mixture with noodles.

Add a third of pumpkin mixture, followed by a third of cheese mixture. Repeat two more times, using all pumpkin and cheese. Top with a layer of noodles, then sprinkle with remaining 1 cup mozzarella and 1 cup Fontina.

5. Bake lasagna, covered, 35 minutes. Uncover, heat oven to 400°, and cook until cheese on top has melted, about 15 minutes more.

6. Let rest for 5 minutes, then slice and serve.

Yields: 8 servings prep time: 0 hours 20 mins  
total time: 1 hour 40 mins

## FIRST CLASS MAIL

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