



# Family and Community Education Hi-lites

September – November, 2020

([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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“It’s so easy and simple, but if you can express gratitude for all the good things in your life, you are priming yourself for positive emotions throughout the entire day”.

Matthew West, *Find Your Perfect Morning Routine*

### Happenings

#### September

- 4 10:00 am - Noon **COLLECT DUES** see page 2.  
**DROP OFF** only for FCE Blanket Making – Extension Office parking lot, Bring in school supplies
- 7 Office closed (Labor Day)
- 8 9 45 am **CANCELLED** Association Meeting, Extension Office, 9:45 AM
- 30 FCE Blanket Making **Cancelled** See October 1

#### 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.

- 1 10:00 am – Noon **DROP OFF** only for FCE Blanket Making – Extension Office parking lot,
- 2 10:00 am **CANCELLED** Set-up for Harvest Festival
- 3 10:00 am - 5 pm **CANCELLED** Harvest Festival
- 6–28 **CANCELLED** Close Encounters with Agriculture 4<sup>th</sup> grade program, Extension Office,
- 11 - 17 FCE Week – Celebrate with your family, spread the word about FCE
- 19 – 20 10:00 am **CANCELLED** Maryland FCE Annual Conference, Best Western Hotel Westminster, Maryland

#### November

- 1 *Hi-lites and Look What’s Happening* deadline
- 6 10:00 am – 9 pm **DROP OFF** only FCE Blanket Making – Extension Office parking lot
- 10 9:45 am **CANCELLED** Spain - International Day, Extension Office
- 24 10:00 am Executive Board Meeting, *Hi-lites* Folding, Extension Office
- 28 Office Closed (Thanksgiving)

#### December

- 8 9:45 am **CANCELLED** Cookie Exchange and Craft, Extension Office Garage,
- 15 Send yearly reports and outreach hours to President, Jeanne Purich

## President's Paragraphs

What a strange spring and summer we have all had. I hope every one of you has been well and safe. I'm sure, like me, you have been lonely at times. It's tough on everyone. As cooler weather comes and more time will be spent indoors, please don't despair. Remember you are a part of a very industrious, giving, helping and loving group that cares. Keep in touch with each other as I will keep sending monthly emails and quarterly newsletters. And if there are any updates on when we can actually meet, I will send an email.



### Fair Booths

Due to the cancellation of the fair, no fair booths were presented. However, there was a virtual Home Arts program on the Fair Facebook page and we posted some of our earlier fair booths and some of our handmade items. This way we were able to keep our name visible in the community. .



### School Supplies

If you were able to collect any school supplies (paper, pens, pencils, notebooks, notebook paper, composition books, glue, scissors, erasers, back packs etc.) bring them to the **DROP OFF** for FCE Blanket Making on Friday September 4 from 10 AM to noon in the dumpster parking lot.

Or you can order supplies for **Interfaith Works**: Interfaith Works is hosting their annual school supply drive for students in Montgomery County. This year you can purchase supplies directly through their [Amazon Wish List](#).

If you bring supplies to the drop off, we will distribute the supplies to the Interfaith Clothing Closet, 751 Twinbrook Parkway, Rockville.

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

Membership forms will be emailed or snail mailed to you. It will also be available on the web, in the state newsletter. All dues must be sent to: [Jeanne Gillis 101 Rolling Road, Gaithersburg 20877-2043](#) by September 30. Dues are \$33.50 for an individual, \$30.00 for seniors (80+) and \$54.00 for a

family **plus your local club dues**. Everyone must completely fill out a membership form with signature, middle initial, 9-digit zip and email address (used only for the newsletter). Since we have not been able to meet, you see how really important it is to fill in your email address so we can keep in touch. It is the best way for you to be informed.

If you can 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.

### Trampling the Serpent: American POWs in North Vietnam. September 8, 9:45 AM CANCELLED

We are very disappointed that we have had to cancel this presentation but we will do our best to have speaker John Fer rescheduled in 2021.

### FCE Blanket Making DROP OFF ONLY

Don't forget these dates for blanket drop off.

September 4 - Friday 10 AM – Noon

October 1 - Thursday 10 AM – Noon

(This is changed from our previous schedule.)

November 6 - Friday 10 AM – Noon

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.



### Yard Sale CANCELLED,

Due to social distancing rules, we have cancelled the yard sale for this year. Stay tuned for next year.

### Harvest Festival October 3, 10 AM to 5 PM Set-up October 2, 10 AM CANCELLED by Parks and Planning.

You can still donate old jewelry for sale (even broken pieces as we may be able to fix them or use them for other purposes).

## MD FCE ANNUAL CONFERENCE

October 21 and 22, 2019

**CANCELLED**

We are so disappointed that we have had to cancel our wonderful state conference. It is just a great time to see friends, make new ones, hear some really great speakers and be entertained.



But we have made reservations for 2021, October 18 and 19. So mark your calendars for next year!!

Although we cannot be physically together, we are together in spirit and friendship. Stay safe and well. We will be back together.

*Jeannie Purich*

## SUPPORT OUR TROOPS

We are not collecting anything at this time. I will let you know when we can offer our support again. Thank you for your interest in this project. If you have any questions, please contact me.



Maddi Klein  
maddik@comcast.net

301-774-8088

## NOTES FROM FRANN

### Laytonville Safe Havens

The veterans are doing fine but I haven't been able to visit for a while. However they are very appreciative of your previous donations of cards, videos (both VHS and DVD) and puzzles. They are also in need of men's underwear (any size), jeans new or gently used, t-shirts, and socks.

### The Ranch is an important outreach for FCE

They were VERY grateful for the \$200.00 unrestricted grant FCE provided. They deposited it in the general fund and purchased masks and extra cleaning supplies. There are presently 30 men on site.

They can use full size shampoo, toothpaste, bath soap, pods for doing laundry and male-type magazines.

## Montgomery College Scholarship Program

FCE donated two \$1,600

scholarships to the nursing program at MCC for the 2020-2021 school year.

Thank you for all you do to raise money to support the scholarship fund.

We do not know the names of our recipients at this time.



## Fun Day

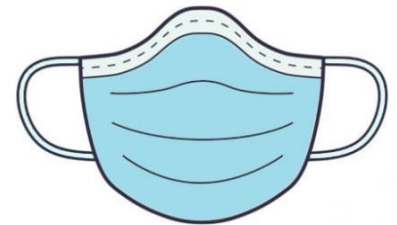
We really hated to cancel this wonderful and "FUN" day. But we will plan for 2021. Some of you went ahead and sent in your \$10.00 to support the scholarship fund even though you knew we could not hold the event. Thanks so much for your kind gesture. If any anyone else wants to contribute you can add the 10 dollars with your dues.

Frann Peters

301-253-2589

## MASK MAKERS

We have an amazing group of FCE members and friends that have been very busy making and distributing masks. By my count, we have provided over 2000 masks to the community, food banks, Extension, churches, friends, family, health care workers, first responders, veterinarian offices, and many others. **THANK YOU** so much for all your work and dedication. You show by your actions what FCE is all about.



In order to keep a count, please let me know how many you have made and to whom you have distributed the masks.

"Show respect even to people that don't deserve it; not as a reflection of their character but as a reflection of yours"

Dave Willis

## BE SURE YOUR VOTE COUNTS!

### Request your Ballot to Vote by Mail



Thank you, everyone, for helping to keep our democracy strong by voting in the election this fall. American women received the right to vote exactly 100 years ago this year, and we can best recognize this precious and hard-won privilege by exercising our rights at the ballot box.

#### How it Works!

Because of the pandemic, many people are wary of voting in person. However, anyone registered to vote in Maryland can vote by a mail-in ballot. However, a request for a paper ballot must be submitted ahead of time. A mail-in ballot will then be sent to you. After voting, the completed ballot must be returned so it can be scanned and counted.

**Important Note:** A recent change in the law Senate Bill 145, passed by the Maryland General Assembly and enacted on May 8, 2020 requires the State Board of Elections and each local board of elections to refer to absentee ballots as “mail-in ballots” and absentee voting as “mail-in voting.” **SEE - How should I send in my ballot?**

If you do not have a computer or are uncomfortable with the internet, the Montgomery County board of elections can be reached by telephone at 240-777-8550.

#### Are you registered to vote in Maryland?

If you are not yet registered to vote in Maryland, or if you would like to be sure the board of elections has your correct information, go to <https://voterservices.elections.maryland.gov/OnlineVoterRegistration/InstructionsStep1>

**How to ask for a mail-in ballot?**  
If you have a Maryland driver’s license or MVA-issued ID card, you can use the online system to request a ballot. Go to <https://voterservices.elections.maryland.gov/OnlineVoterRegistration/VoterType> then click on [Request a Ballot](#) and follow the instructions. (ed. note; I just requested mine, it worked perfectly. You do not have to state a reason for wanting a mail-in ballot.)

#### How will I receive my ballot?

The best way to receive your ballot is to ask

for it to be mailed to you. Voting a ballot that you get in the mail helps to speed up the vote count and keeps election workers safe during the pandemic. They will send you an envelope with prepaid postage.

#### How soon should I request my ballot? NOW!

**Submit your request now!** If you wait, there is a risk that your local elections office may be overwhelmed by last minute requests and may not be able to process your request in time. If that should happen, you may have to vote in person. The deadline for requesting a mail-in ballot is Tuesday, October 20, 2020. **Please request your ballot ASAP to avoid any problems!** Ballots will be mailed starting 30-45 days before the election. **Note:** If you request a mail-in ballot and decide to vote in person, you will have to vote a provisional ballot.

#### How should I send in my ballot?

You can mail your voted ballot or take it to your local election office at any time. A list of designated drop off locations will be included with your ballot. **IT IS SUGGESTED THAT IF AT ALL POSSIBLE, TAKE YOUR BALLOT TO A DROP-OFF BOX INSTEAD OF TO THE POST OFFICE.**

The locations of all drop-off boxes have not been identified yet, but for sure there will be one at the Board of Elections, 18753 N Frederick Ave in Gaithersburg. It’ll be a drop box in the parking lot and you need not get out of your car, so it’ll be COVID-safe.

There will probably be lots of places closer to your home to drop off your ballot, but it is good to know that we have this option to make sure our mail-in ballots get to the Board of Elections safely.

Furthermore, one person can drop off ballots for an unlimited number of other people (“ballot carpooling?”). It’s only necessary that each envelope be fully sealed by the voter before it’s handed to someone to drop off for them.

#### THANK YOU FOR VOTING!

Kathie Mack, VP for Programs  
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Pat Myers Co-VP for Programs Burtonsville Club  
patmyers2@verizon.net

## HEALTHY HEART INFORMATION THAT CAN'T BE BEAT

If you've ever taken a trip by plane, you'll have heard the cabin attendant's advice, "In case of an emergency, put on your own oxygen mask before helping others".

That's good advice for most situations. You can't take care of others unless you're in good shape yourself. And yet so many of us keep trying.

It's well known that stress increases blood pressure and the risk of heart disease, but who here now is not under unimaginable stressors?

I'd like to share some information about heart disease, especially in women, that you might find helpful.

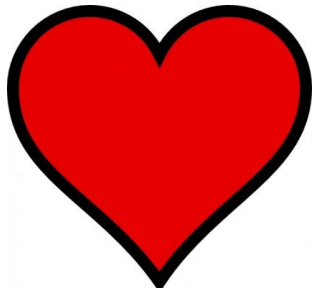
According to the American Heart Association, women are currently at about the same risk for a heart attack as men were in the 1950s. At least we're on equal footing in that regard.

It's understandable when you factor in work/home stress, an increase in single parenthood, and now the Coronavirus and quarantine.

According to Harvard Health Publishing (Feb. 2016) women are often liable to ignore or not recognize the symptoms of a heart attack. Part of the reason is that symptoms for men and women can be different, and men's symptoms are the ones we hear most often: crushing chest pain (the elephant sitting on the chest), pain that radiates to the jaw or left arm, shortness of breath, and symptoms appearing during or shortly after physical exertion.

Women might have these symptoms as well. They might also have pain in either or both arms, upper back pain, abdominal discomfort, lightheadedness, unusual fatigue, profuse sweating, and/or indigestion (with or without nausea and vomiting). You can understand how easily any or all of these symptoms can be dismissed, especially by yourself. One major difference for women is that some of these symptoms will persist or worsen while you're resting. And yes, they might be triggered by stress, physical or emotional.

The most telling symptom of all is if you feel 'off', can't identify exactly what's wrong, but



know that something *is* wrong and *it's something you've never felt before*.

Call 911 and unlock the front door, if you're able to. Please keep in mind that the #1 cause of death with a heart attack is DENIAL. You can see how easy it would be to dismiss these symptoms. Please don't.

And for goodness sake, please don't drive yourself to the hospital, or have a friend or family member drive. One cannot drive and perform CPR if your symptoms worsen. If you think your symptoms will be dismissed as 'stress' or nerves' because you're a woman, just say, "I think I'm having a heart attack" when you call 911. You won't be ignored.

### PREVENTION:

There's not much you can do about your family history, except to be mindful of it and take extra precautions if you have one. There might be family stories about great-aunt So-and-So who just dropped dead one day and no one ever knew why. In bygone days, heart disease was thought to be a man's disease, brought on by physical labor or workplace stress.

Women of all ages are at risk – there's no such thing as 'too young' to have a heart attack, especially if one experienced diabetes or high blood pressure during pregnancy.

Menopause is also a risk factor. Estrogen is essential for heart health, and as hormone production decreases, heart attack risk increases. Other risk factors are similar to men's: High cholesterol, high blood pressure, diabetes, smoking, obesity, and chronic inflammatory health conditions.

However, there are some things we can do to minimize our risks and improve our overall health. A thoughtful lifestyle can increase our odds of survival if we do wind up with a cardiac event.

I won't use the word "diet". To me, it's a four-letter word, a set-up for failure. If you can go on a diet, you can go off it, and feel bad about yourself, you shameful, no-willpower, undisciplined person! Personally, I don't want folks standing around at my funeral shaking their heads and saying, "But she took such good care of herself! Watched every bite she ate!" The most successful eating plans allow for any food in moderation. The medical community seems to agree that the Mediterranean style of eating, with emphasis on whole grains,

fresh vegetables and fruit and small amounts of meat and fish is the healthiest way to eat. Also there is an emphasis on olive oil and healthy fats with little or no saturated or trans fats (read the labels). That doesn't mean you can never have dessert again! Balance is fundamental to success.

You can Google Portion Control Dinner Plates (remember we had a program last September on "Portion Distortion") that will help you judge how much protein, grains, and vegetables are recommended for your meals.

If you think your eating habits are within healthy guidelines, calculate your BMI (Body Mass Index, based on height, weight, and gender) to be sure. Again, Google is helpful.

Although exercise is extremely valuable, it's also a dirty word to some people (see: Diet). The trick is to find an activity you really enjoy, or at least don't hate – dancing, marching in place during TV commercials, YouTube yoga or chair Pilates. If Ruth Bader Ginsburg is still planking and lifting weights, surely you can find something to do.

Of course I'm going to suggest not smoking. Now might not be the best time to test the limits of your stress outlets, but please start reading and thinking about the benefits quitting will have on every major organ and system of your body. Think about the possibility in the future. Your doctor will be only too happy to help you.

Please take the time for self-care, even if it's only 10 minutes twice a day. These are stressful times, and we all need a pocket of peace. Step outside into the sunshine. Read empowering quotes. (There are lots of word-for-the-day books and calendars available to help with positive thinking). Keep a gratitude journal. Buy fresh flowers. Knit/Crochet/Sew. Listen to some calming music. Meditate. Give yourself a manicure even if no one will see it but you. Do something for yourself every day. You're worth it.

Susan M Goldberg      harmony51480@aol.com



"Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens".  
**Khalil Gibran**

## AMID THE COVID-19 PANDEMIC, A FLU SHOT IT IS MORE IMPORTANT THAN EVER



Karen Weintraub, USA TODAY

We should push for massive uptake of the vaccine this year," said John Brownstein, who tracks outbreaks around the world as chief innovation officer at Boston Children's Hospital. "Everyone who is eligible should get it."

Vaccine maker Sanofi plans to announce that it will produce 15% more vaccine than in a normal year.

"Flu vaccines work, and they can take a big burden off our medical infrastructure," John Shiver, global head of vaccines research and development for the company, said last week. "Let's keep people out of the hospital with flu while we deal with a likely upswing in COVID infections." The U.S. Centers for Disease Control and Prevention recommends that everyone 6 months and older get a flu vaccine every year.

The CDC recommends people get a flu vaccine by the end of October – because it takes a few weeks for the vaccine to become fully protective – but encourages people to get vaccinated later rather than not at all. It's hard to know how the flu will interact with COVID-19. The flu season has been mild in the Southern Hemisphere, which is usually six months ahead of the USA. It isn't clear whether that's because of the flu strains circulating this year or because the same public health measures that prevent COVID-19 – masks, social distancing and frequent hand washing – also stop flu outbreaks.

Anthony Fauci, MD, director of the National Institute of Allergy and Infectious Diseases, told Cardiology Magazine it's hard to predict what this flu season will look like. "The worst-case scenario is we have a very active flu season that overlaps with the respiratory infection of COVID-19," he said. "Worst-case because that would really complicate matters from a diagnostic standpoint, from a therapeutic standpoint and the standpoint of putting a lot of stress on the health care system."

There are at least three reasons to get the flu vaccine this year, Doron said: for yourself, for others and to reduce fear. If the surge in COVID-19

cases continues into flu season, it will be very hard to tell the two apart, she said, "because they look the same."

Anyone who shows up at a hospital with flu-like symptoms will be treated as a COVID-19 patient. "People tend not to come near you" if they think you have COVID-19, she said, so a patient sick with the flu might be denied visitors and treated at a distance, at least at first.

Hospitals are at risk of being overwhelmed by COVID-19 patients. Adding flu patients will risk everyone's health, said Shira Doron, an infectious disease physician and hospital epidemiologist at Tufts Medical Center in Boston. "If we don't have beds or ventilators, you're going to wish you didn't have the flu," she said.

Dr. Steven Abelowitz, medical director of Coastal Kids, a five-office pediatric practice in Southern California, added another concern: getting students back to school. Reducing cases of flu should make it easier to reopen schools and keep them open, he said.

Contact Weintraub at [kweintraub@usatoday](mailto:kweintraub@usatoday).

## BOOK ENDS

Some of us might have too much time on our hands these days, while others are looking for a temporary escape from what daily life has become.



With libraries closed and household projects overwhelming me, I needed to avoid my own life right now, and distract myself with other worlds, other peoples' problems.

Right away, I had to re-read "**Year of Wonders**", by Geraldine Brooks. '*A Novel of the Plague*' is not the cheeriest sub-title. Plagues and epidemics have come and gone since Biblical times, and it's a comfort to know they are finite.

This novel recounts the true story of a small mining town in England, Eyam, during the Bubonic plague in 1666. They received an infected shipment of cloth from London, earmarked for the local tailor. When the tailor dies and the townspeople realize what has happened, they make the unique and (almost) unanimous

decision to quarantine the entire village until new cases no longer arise.

"**It All Comes Back to You**" was the favorite of the books I've read since March. Written by Beth Duke, chapters alternate between Violet, resident of a senior care facility and Ronni, her caregiver.

Violet knows Ronni's secret ambition is to write, and when she passes away, Ronni is stunned to learn that Violet has left her an extraordinary inheritance. All of Violet's considerable assets will belong to Ronni - IF Ronni writes the story of Violet's life and submits it for publication within one year.

And what a story it is! Pieced together with help from Violet's diaries and correspondence, we follow her from high school in the 1940's to today.

We also join Ronni's journey through Violet's life and stand with her during her own self-doubts about her abilities as an author.

Although I dislike descriptions of books as, "I couldn't put it down" (I have visions of readers unable to remove the books from their hands while working, cooking, driving, etc.), I must say, my sleep schedule was severely impacted by this novel. Just one more chapter, then I'll go to bed.

I'd be so happy to hear from readers who tried one or more of the suggested books. I'd also welcome suggestions of other good reads for future columns. And/or topics you'd like to read about.

We're all in this together, and any way we can help each other out is appreciated.

Susan Goldberg

[harmony51480@aol.com](mailto:harmony51480@aol.com)

(Ed. Note – If you have a read a book and I am sure many of you have over the last few months, please write a synopsis and email it to me so it can be included it in the next newsletter.)

**Everyday Covid Check:  
At 5PM open a bottle of  
wine, smell it, then pour it  
in a glass. If you can smell  
it and taste it, you are  
good. Celebrate by  
finishing the bottle. You  
are welcome!**



## MAPLE APPLE COOKIES



**YIELD:** 3 dozen.

### Ingredients

- 1 package Yellow cake mix
- 1 egg (large) or ¼ cup egg substitute
- 3 tablespoon brown sugar
- ¼ cup apple sauce
- 2 tablespoon melted butter
- 2 tablespoon water
- 1 teaspoon Maple extract
- ½ cup chopped nuts

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### Directions

1. Preheat oven to 375°F.
  2. In a sauce pan melt butter. Add dry cake mix, egg, brown sugar, applesauce and water. Mix with a wooden spoon.
  3. Add maple extract and nuts. Stir well.
  4. Drop by teaspoonful 2 inches apart on ungreased cookie sheets. Lightly grease with cooking spray is recommended.
  5. Bake for 10 minutes. Cool form 1minute, then remove from cookie sheet to finish cooling.
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## FIRST CLASS MAIL

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