



Family & Consumer Sciences

NEWSLETTER

Winter 2009



From the Agent...

Season's Greetings. The holiday season is upon us and my hope is that everyone will find enjoyment of family and friends. I know that it has been a difficult year for some, but there is certainly a reason to look forward to the coming year.

I have just *celebrated* my first year in Jefferson County. My thanks go out to all of you who have made this a wonderful year for me, and I hope that I have done something toward my goal of improving the quality of life for you and your family. Please continue to bring me your ideas about educational programs so that my time is productive and a true value to all of the citizens of the county.

Enjoy the holiday season, and I wish you all a happy and prosperous New Year.

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Urban Solutions Center
Dallas, Texas

What's for Dinner Tonight?

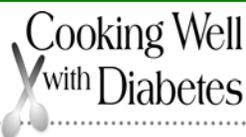
What's for dinner tonight is a question most of us ask all too often. If you have run out of ideas, or are just on the run and think you don't have time to prepare nutritious and delicious meals for your family, we have a solution for you. Family and Consumer Sciences agents have taken all of the guess work and worry away. Just visit our website at <http://healthyliving.tamu.edu> and watch agents demonstrate recipes that you can download and print. Most of the dishes take less than one-half hour to prepare.

Click on Dinner Tonight Videos and watch the latest video, or scroll down the page to see the list of recipes from past segments. On this website you will find:

- quick and nutritious meals,
- serving cost estimates,
- nutrition facts,
- safety tips (contamination),
- tips alter recipes (to reduce sodium or fat)



The bend in the road is not the end of the road...unless you fail to make the turn."



Holiday Cooking School



For people with diabetes, maintaining healthy blood glucose levels is a matter of life and death. One way for people to better control their glucose levels is to eat healthy meals and snacks at regular times each day. The Annual Holiday Cooking School will be held December 19, 2009, in the Extension office auditorium, located at 1225 Pearl St., Suite 200, from 10:00 a.m. - 12:00 p.m. Registration begins at 9:30 a.m. Class will include Healthy Eating cooking demonstrations, education exhibits, tastings, and a question and answer session. Please RSVP to (409) 835-8461.



Care giving: Caregiver Burnout and Stress Management (Part 4 of 4) **Andrew B. Crocker – Gerontology Health Specialist**

Caregivers invest so much time and effort into the lives of their care recipients that they often neglect themselves. Feelings of guilt and a sense of helplessness may cause significant stress in the life of a caregiver causing an inability to function properly. When caregiver burnout occurs, the caregiver is not the only person who suffers – the care recipient may also be affected. This article will provide some strategies to help identify and manage stress in an effort to prevent caregiver burnout. You cannot begin to resolve the stress in your life until you realize that you are affected by it. The following questions may help you identify some warning signs of stress.

- Do you feel lacking in energy?
 - Do you feel increasingly isolated?
 - Are you having increased health problems: high blood pressure or ulcers?
 - Are you having trouble sleeping?
- Are you having trouble concentrating?

In order to address your stress and find a coping strategy, you must be able to identify its cause. What creates stress for you may not create stress for another person. Some questions to help you identify the cause of your stress are listed below.

- Are there too many demands on your time, energy or money?
- Do you have difficulty meeting your care recipient's needs?
- Do you feel trapped?
- Do you feel that other members of your care team are not doing their part? Are your expectations for caregiving unrealistic?

As mentioned earlier, the coping strategy you choose may depend on what type stress is affecting your life. You may be able to find one coping strategy to manage your stress but more than likely it will take a combination of several ideas to help you. Whatever you do, do not get to the end of your rope. You owe it to yourself and to your care recipient to make an effort to provide the best care that you can.

- Share Concerns – Within reason, involve your care recipient in making decisions that affect him or her.
 - Rest – Lack of rest may lead to decreased patience and tolerance. It also negatively impacts your health.
 - Solve Problems – Some needs simply cannot be addressed. Change the things that you are able to change and try not to worry about the rest.
 - Use Common Sense – Be flexible and adapt to different situations. In the end, you know what is best for you.
- Ask For Help – Do not assume you have to do this alone. Rely on your care network to help you.

This list of coping strategies is certainly not exhaustive. Always remember that there are alternative solutions – they just have to be found. Sadly, caregiver burnout leads to many alternative housing placements, sometimes prematurely, simply because there are no other alternatives. Caregivers have quite an awesome responsibility to another person! Remember to keep realistic expectations about your abilities and about the condition of your care recipient. This will make large strides in helping you to cope with the stress that caregiving may bring.

Additional resources for caregiving may be found on the web, in print or in person.

- Texas Cooperative Extension
- <http://fcs.tamu.edu/aging/caregiversupport.htm>
- <http://tcebookstore.org> (Publication # B-6006)
- Area Agency on Aging (AAA)
- 1.800.252.9240 (In Texas)
- <http://www.tdoa.state.tx.us/Services/AAALocatorMap.htm>
- American Association of Retired Persons (AARP) <http://www.aarp.org/life/caregiving>

For more information on caregiver stress, burnout, coping strategies or caregiving information in general, contact your local County Extension Agent. Contact information may be found on the internet at <http://county-tx.tamu.edu/>



Ten Guidelines for Effective Discipline

One of the most challenging aspects of being a parent is deciding upon a style of discipline that's appropriate, effective, and in the best interest of the child. As frustrating as it may be, it's entirely normal for children to test limits. While it may not appear this way on the surface, addressing a child's misbehavior provides parents with a great opportunity to teach their children valuable life lessons. Although no one has all of the answers when it comes to disciplining children, the following guidelines can help parents discipline their children in a loving, fair, and effective manner.

1. Have Realistic Expectations. When it comes to discipline, there's not one particular technique that works effectively with all children in all circumstances; therefore, when considering how to deal with a child's negative behavior, parents need to think about that child's developmental capacities and consider how to use the misbehavior to teach an age-appropriate life lesson.

2. Communicate Expectations Clearly. Children will have a very difficult time following the limits established by their parents if they don't know what those limits are. Likewise, when children violate limits, it is critical to let them know that they have violated a limit. If some type of disciplinary action is taken, it is also helpful to let children know why they are being disciplined. Taking advantage of these "teachable moments" promotes positive behavior and helps prevent future misbehavior.

3. Establish Reasonable Consequences. Establishing reasonable consequences is an essential aspect of effective discipline. What constitutes reasonable versus unreasonable depends on the age and developmental stage of the child and the severity of the behavior. A child who clearly understands and is capable of following a rule established by a parent, yet fails to do so, should experience a consequence for this behavior. The consequence, however, should be in line with the offense. For example, a reasonable consequence for a 3-year-old child who takes a cookie from the kitchen just before dinner would be not letting the child have a dessert after dinner. An unreasonable consequence, on the other hand, would be not letting the child eat dinner at all.

4. Be Loving, Yet Firm. Researchers have discovered that the most effective style of discipline is an authoritative one, in which adults openly express their love for their children, yet expect them to behave in ways that are consistent with the guidelines they have set in the home. When rules and/or limits are violated, consequences are implemented that are intended to teach the importance of proper behavior.

5. Be Consistent. Consistency is another factor that is associated with effective discipline. Consistent parents do what they say they are going to do, when they say they are going to do it, without partiality. If a parent tells a child she is going to receive a consequence for violating a rule and the parent fails to enforce it, the parent is not being consistent. Children are very observant. They pick up on inconsistencies in parents' behavior, which can lead to further misbehavior. Children who are cared for in a consistent manner know what to expect from their parents. They are not surprised when they suffer consequences for misbehavior.

6. Discipline in a Positive Way. Parents who truly care about the well-being of their children discipline them because they want what is best for them. Discipline that is done to teach, guide, protect, and promote self-responsibility is positive discipline. In contrast, discipline that is done out of anger or revenge is negative and can be harmful to children.

7. Model Appropriate Behavior. Children tend to model behavior they see on a regular basis. Parents have a unique opportunity to model positive and socially acceptable behavior. Whether it is picking up after making a mess or settling differences with another family member in a respectful manner, parents demonstrate to their children the skills they want them to acquire. If a parent wants his child to treat him and others with respect, he must model respect for others in his daily interactions. If he wants his child to listen to what he has to say, he must be willing to listen to his child.

8. Discover the Origins of Misbehavior. Children misbehave for a variety of different reasons. A child may "act out" because he's tired, hungry, frustrated, seeking after attention, or having difficulties at school. Parents should make an attempt to find the root cause of the behavior and deal with it. Doing so can prevent a situation from escalating out of control and bring a quick resolution to an otherwise potentially difficult situation.

9. Make a Distinction between the Child and the Child's Behavior. When a child misbehaves, it is helpful to distinguish between the child and the behavior. Label the behavior as unacceptable, but don't convey to the child that she is unacceptable. To illustrate, note the difference in the following statements: "Your behavior was disappointing," versus "You are a disappointment!"

10. Learn from Mistakes. No parent has all of the answers when it comes to dealing with children's problem behavior. All of us who have our own children, or who have cared for children, have made mistakes when attempting to set and enforce limits with them. Disciplining children is one of the most difficult aspects of being a parent; however, effective parents learn from their mistakes. As time wears on, they become more efficient at handling difficult behavior, and they are able to teach children valuable lessons that will last a lifetime.



Care for the H1N1 Flu

The 2009 H1N1 flu is considered a mild to moderate disease. Most healthy people with no underlying health conditions are able to treat themselves at home. Here are some home-health tips to help you care for yourself and your family:

For more information, visit <http://texashelp.tamu.edu/>.

Treat at Home

- Stay home and rest.
- Drink plenty of fluids. Good choices are water, electrolyte fluids (Gatorade, Pedialyte), tea, soup, and fruit juices.
- Take over-the-counter pain and fever reducers – acetaminophen (Tylenol), aspirin,* or ibuprofen (Advil, Motrin).
- Take over-the-counter cold and flu medications according to package instructions to treat your symptoms. Be sure to read warning labels.**
- Run a cool-mist humidifier; clean per manufacturer’s instructions.
- Check temperature often with a thermometer.
- Monitor symptoms for improvement or worsening.
- Do not smoke or allow others to smoke around you.



Created by Josefa B. Peña, MPH – Extension Health Program Specialist

Educational programs of the Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Care for Others

- Keep person sick with the flu away from others in a separate, well-ventilated “sick room” with a separate bathroom, if possible.
- Remind to cover cough, frequently wash hands with soap and warm water, and toss used tissue into garbage.
- Keep surfaces clean and disinfected.
- Have one caregiver, preferably; keep contact minimal.
- Consider a face or N-95 respirator mask if close contact is unavoidable.
- Have no visitors other than caregiver.
- Do not share towels, bed linens, eating utensils, cups, and other personal items; wash in hot, soapy water.
- Wash hands frequently with soap and warm water.

See a Doctor when:

- A young child, pregnant woman, or someone with a chronic health condition becomes infected with the 2009 H1N1 flu because they are at higher risk for complications.
- Someone develops a stiff neck with fever.
- Symptoms worsen each day.
- If any of the following symptoms occur:
 - Trouble breathing or fast breathing
 - Shortness of breath
 - High fever
 - Signs of dehydration – dizziness, confusion, unable to urinate, lack of tears in infants
 - Constant or severe vomiting
 - Bluish grey-colored lips or skin
 - Pressure or pain in chest or stomach
 - Convulsions/seizures
- A high-risk person needs an antiviral medication (Tamiflu, Relenza) prescription to reduce severity of symptoms.***

*Do not give aspirin to people under 20 years old.

**Do not give over-the-counter cold medicine to children under 4 without talking with their doctor.

***To be effective, antiviral medications are needed within 48 hours of symptoms starting.



Setting a Budget

How to have the money when bills are due:

- Find a way that works for you to plan wise use of your money. You might keep a list for each payday showing the amount of money you will have, dates bills are due, and the amounts owed. Or, use a calendar to plan when you are paid, the amount you will receive and the bills that have to be paid before the next payday. You might make a budget box with a card for each payday that lists the bills that must be paid.
- Pay bills due when you get paid --before spending for anything else.
- Avoid surprise expenses. List occasional and unexpected expenses (gifts, taxes, insurance). Set aside money from each paycheck for these expenses.
- Shop for lower cost insurance (auto, home, health).
- Learn to do simple home and auto repairs.
- Save even a small amount regularly as a cash reserve.
- Be sure you have a true emergency before using your savings.
- Keep health care costs down. Avoid taking risks. Exercise, eat healthy foods, and drive safely.
- Use free or low cost health screening services and be sure children get all their shots.



The Importance of Saving Money

Good reasons for saving money:

- You will be able to pay cash for insurance, doctor's bills, gifts and other expenses that don't happen every payday but can wreck your spending plans.
- You will have cash for buying expensive items and won't have to buy on credit. This saves money.
- You will be prepared for emergencies.

Saving requires control.

- Pay yourself first from every paycheck. Saving even small amounts from each paycheck can make a difference.
- Be sure you have a true emergency before using your savings.
- Know what you are saving for. If you are tempted to use your savings for something else, ask yourself if you are willing to give up the item you had planned to buy.

Put savings in a savings account because . . .

- Your money will be safer.
- You will be less tempted to use it.
- Your money will earn money for you.
- Having money in a savings account can help you get loans at a lower rate interest when you need them.
- Shop for a savings account with low or no monthly service fees.
- A minimum deposit may be needed to open a savings account. Set a goal today to save the money needed to open your account.
- Keep copies of deposit and withdrawal slips to check against figures shown on the monthly statement for your account.
- Watch your savings grow!

Save money from your budget to put into your savings account.

- Add up the expenses that don't happen every week or month (gifts, taxes, doctor's bills, insurance).

Divide the total by the number of times you are paid during the year. The answer is the amount you should save from each paycheck to have cash for these expenses.

- Shop for lower cost insurance for auto, home or health and save the difference.
- Choose a higher deductible amount on insurance so you can pay lower premiums. Save the difference in the premium costs so you will be able to pay the higher deductible amount from your savings if you have an accident.
- Learn to do simple auto and home repairs.
- Be safety conscious. Drive carefully, eat wisely and exercise.
- Ask each family member to help save for something the family needs or wants. Ask each one to select what he or she is willing to give up once a week or month in order to save money.



Roasting Those "Other" Holiday Meats

No doubt about it, holiday time is turkey time. Of the 66 million turkeys produced in 2006, 30 percent are served during the holidays. Yet numerous other meats are also traditional at holiday gatherings. Some families choose a rib roast; others, a ham; and some will have the butcher arrange a crown roast of lamb. If a hunter's in the clan, that family may serve wild game such as duck, venison or pheasant.

Small families may opt for a bird smaller than a turkey — such as capon, duck, goose or Cornish hen — or a small cut of meat like a pork tenderloin or veal roast. Whatever the choice, have a food thermometer on hand to determine when the meat has reached a safe temperature. For special holiday meals, the cook wants everything perfect — and perfectly safe.

The Safety of Special Holiday Meats

When choosing your holiday meat, be assured that all beef, lamb, pork, veal and poultry sold at your supermarket have been inspected for wholesomeness by the USDA or State inspection systems. Once your purchase is at home, refrigerate it immediately. Cook or freeze fresh poultry within 1 or 2 days; fresh meats, 3 to 5 days.

There are two types of hams: fully cooked and those that need cooking. Fully cooked hams may be eaten cold or reheated to 140 °F. When storing these hams, observe "use-by" dates on hams sealed at the plant; use store-wrapped cooked ham portions within 3 to 5 days. "Cook-before-eating" hams must be cooked to 160 °F to destroy harmful bacteria that may be present. Use within 7 days. Wild game killed by hunters obviously has not been federally or state inspected so care must be taken to handle it safely. Parasites such as *Trichinella* and *Toxoplasma* may be present. Improper handling can cause bacterial contamination as well as off-flavors. Dress game in the field right after shooting. Dressed meat must be chilled as soon as possible. Keep the game cold — below 40 °F, until it can be cooked or frozen. *For more information about wild game, call State or county extension offices.*

About Roasting

Because holidays are special times, people tend to spend more money for a specialty meat. These fancy meats and poultry may cost more because they are exceptionally tender or special. Roasting is the recommended method for cooking tender meats. To roast, meat is placed on a rack in a shallow, uncovered pan and is cooked by the indirect dry heat of an oven. To keep the meat tender and minimize shrinkage due to the evaporation of moisture, a moderately low oven temperature of 325 °F should be used.

The USDA does not recommend cooking meat and poultry at oven temperatures lower than 325 °F because these foods could remain in the "Danger Zone" (temperatures of 40° to 140 °F) too long. Bacteria which may be present on these foods multiply rapidly at these temperatures. Boned and rolled meats require more cooking time per pound than bone-in cuts because it takes longer for the heat to penetrate through the solid meat.

Background Information about Holiday Meats

BEEF: Beef is leaner these days so roasting cuts from the rib, tenderloin, and eye round to medium rare (145 °F) keeps these roasts tender and juicy.

LAMB: Technically, "Spring lamb" is meat from lambs slaughtered from March to the first week in October. The term comes from olden times when lambs born in harsh winter weather would have little chance to survive until the next year. Today with more protected animal husbandry conditions, enjoying "lamb" — meat from sheep about one year old, is not confined to a particular season of the year. Some people may view lamb as a fatty meat. However, leg and loin lamb meat has a similar fat content to lean beef and pork loin when trimmed of visible fat.

The "fell" is a paper-like covering on lamb and is usually removed from steaks and chops at the retail market. Leave the fell on leg roasts to help retain shape. Cook lamb to 145 °F (medium rare), 160 °F (medium) or to 170 °F (well done), as measured with a food thermometer.



PORK: Because hogs are about 50 percent leaner than they were 25 years ago, today's pork cooks faster and can dry out when overcooked. Years ago when pork had more fat than it does today, the meat could be overcooked and still be fairly tender and flavorful. Cook fresh pork to 160 °F. Fresh pork cooked to medium doneness as measured with a food thermometer may still be pale pink inside but will be safe. Heating to 160 °F kills foodborne bacteria — such as *Salmonella* — as well as parasites that cause trichinosis and toxoplasmosis.

WILD GAME: To remove the "gamey" flavor, soak wild meat or poultry in a solution of either 1 tablespoon salt or 1 cup vinegar per quart of cold water. Use enough solution to cover the game completely and soak it overnight in the refrigerator. Discard the soaking solution before cooking. Wild game is leaner than its domestically raised counterpart. Trim any visible fat — that's where a gamey flavor can reside.

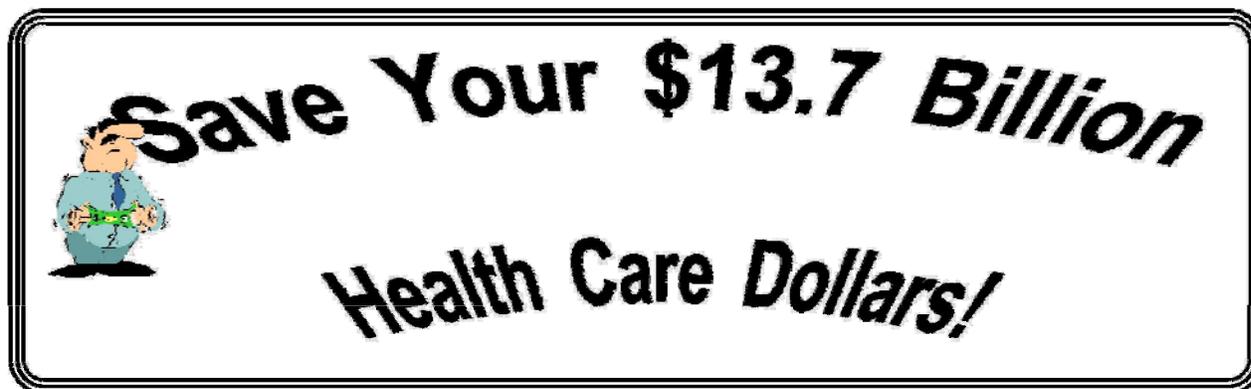
Then roast tender cuts of venison and game birds (if skinned) covered with oil-soaked cheesecloth or strips of bacon to prevent the meat from drying out. Set them on a rack in a shallow pan and roast in the oven at 325 °F. For tenderness and doneness, whole game birds should be cooked to a safe minimum internal temperature of 165 °F as measured in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer.

DUCK and GOOSE: Most domestic ducks are the breed called White Pekin. The term "Long Island" duck is a trade name. Domestic ducklings have a great deal of fat. While it helps them float when swimming, fat is undesirable in a cooked duck. Therefore, it's recommended to prick or score the skin of a whole duck before cooking so much of the fat will render out. Although domestic geese are larger than ducks, they are cooked in the same manner. Oven cooking bags are helpful for cooking these birds because they hold the fat for easy disposal and keep the oven spatter-free.

CAPONS and CORNISH HENS: These specialty birds are chickens. Cornish hens are small broiler-fryers weighing 1 to 2 pounds. Capons are male chickens which are surgically unsexed; weighing about 4 to 7 pounds, they have generous quantities of tender, light meat. Roast them as you would any chicken.

HOLIDAY MEAT ROASTING CHART IS AVAILABLE FROM THE EXTENSION OFFICE





Avoid buying remedies, books, etc. if they:

- \$ Claim a “secret ingredient”**
- \$ Talk about “magical powers”**
- \$ Claim to be a cure for aging or incurable diseases like arthritis**
- \$ Are advertised by testimonials instead of research**
- \$ Are available only by mail**
- \$ Claim that hard things like losing weight or stopping smoking are easy**
- \$ Make claims that seem too good to be true**
- \$ Emphasize that natural is better**
- \$ Frequently claim their treatment is simple or easy**
- \$ Pressure with limited time offers**
- \$ Claim to be a revolutionary idea**
- \$ Refer to the author’s own case history, but without details**
- \$ Claim persecution by the medical profession**

T'was The Day After Christmas

T'was the day after Christmas, and all through the house,
Every creature was hurting—even the mouse.

The toys were all broken, their batteries dead; Santa passed out, with
some ice on his head.

Wrapping and ribbons just covered the floor, While upstairs the family
continued to snore.

And I in my T-shirt, new Reeboks and jeans. Went into the kitchen and
started to clean.

When out on the lawn there arose such a clatter,
I sprang from the sink to see what was the matter..

Away to the window I flew like a flash,
Tore open the curtains, and threw up the sash.

When what to my wondering eyes should appear, But a little white truck, with
an oversized mirror.

The driver was smiling, so lively and grand;
The patch on his jacket said "U.S. POSTMAN."

With a handful of bills, he grinned like a fox
Then quickly he stuffed them into our mailbox.

Bill after bill, after bill, they still came..
Whistling and shouting he called them by name:

"Now Dillard's, now Macy's, now Penny's and Sears
Here's Kohl's and Target's and Best Buy--all here!

To the tip or your limit, every store, every mall, Now chargeaway-chargeaway-
chargeaway all!"

He whooped and he whistled as he finished his work.
He filled up the box, and then turned with a jerk.

He sprang to his truck and he drove down the road,
Driving much faster with just half a load.

Then I heard him exclaim with great holiday cheer

"ENJOY WHAT YOU GOT ... YOU'LL BE PAYING ALL YEAR!!!





Check out our Website:
<http://Jefferson-tx.tamu.edu>

Barbara A. Evans

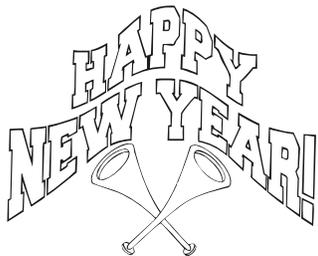
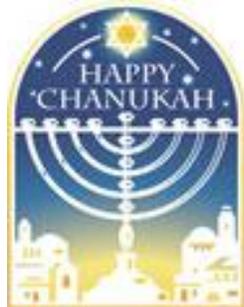
Barbara A. Evans, CEA/FCS
1225 Pearl Street, Suite 200
Beaumont, Texas 77701
409-835-8461 or toll free 727-2191 ext.
8461

UPCOMING Events

Wishing you...

MERRY
Christmas

Feliz Navidad
* * * * *



December 7, 2009
Parenting class at Hope Women's Resource Center 5:00p - 6:00p.

December 16 & 17, 2009
Twogether in Texas Marriage Education.

December 17, 2010
Diabetes Support Group

January 12, 2010
Do Well, Be Well with Diabetes begins (6-week series) in Beaumont

January 14, 2010
Do Well, Be Well with Diabetes begins (6-week series) in Port Arthur

January 16, 2010
Sewing class

February 10 & 11, 2010
Twogether in Texas Marriage Education

February 20, 2010
Sewing class

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