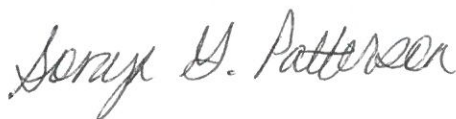


Caswell County Center
126 Court Square
PO Box 220
Yanceyville, NC 27379
(PHONE) 336-694-4158
(FAX) 336-694-5930
<http://caswell.ces.ncsu.edu>
sonya_patterson@ncsu.edu

To: Caswell ECA Club Members



From: Sonya G. Patterson
Associate Extension Agent
Family & Consumer Sciences



Some Food for Thought Newsletter July 2014

Greetings!

The most enjoyable time of year for me are the summer months. I love warm weather! The days are long and beautiful and the star studded nights are breath taking. However, keep in mind that fun-filled summer days can be harmful if you're not prepared. Remember to stay hydrated while enjoying these beautiful days and don't forget to apply sunscreen! If you have any questions give me a call at (336) 694-4158, and visit our county website at caswell.ces.ncsu.edu for updates and events.

Aging with Gusto!

Person County will be hosting the annual Aging with Gusto conference on August 21st at the Person County Office Building. An informational flier accompanies your newsletter if you are interested in attending. The registration fee is \$10.

Refrigerator Makeover

When you open the door of your refrigerator what do you see? Is it over stuffed? Is there currently a science experiment about to take place? Sometimes we neglect to give our refrigerators the attention it deserves. When it comes to staying healthy and eating right, the refrigerator is the mission control to our boides. It stores our desired foods in it to feed our families and fuel our bodies.

Are you concerned about ways to feed your family better options? Try these quick tips to make over your refrigerator and include foods that are quick healthy options.

- Low-fat cheese is a great option for a simple snack, making an omelet or a quesadilla. Low-fat cheese reduces saturated fat.



Refrigerator Makeover

cont'd.

- Fruits and vegetables, precut, fresh, canned or frozen are convenient for quick snacks, smoothies or an after dinner dessert. Incorporate green, red, yellow and orange vegetables into your diet. Pair vegetables with your favorite dips or hummus.
- Drinking water instead of sugary drinks is a healthy choice and beneficial in hydrating our bodies in the hot summer months.
- Nuts and seeds are a delicious snack choice and last longer in the fridge.
- Eggs are a quick and convenient snack. Add to salads, serve deviled or boiled.
- Greek yogurt can be filling and can be topped with fruit, cereal or nuts for an energizing breakfast. Add chocolate chips and cinnamon for a healthy dessert.
- Hummus can be paired with almost anything. Spread onto a sandwich or wrap. Use as a dip with your favorite vegetables.
- Fresh salsa with tomatoes, jalapenos, cilantro and onions is a fun way to incorporate veggies into your diet. Pair with a small serving of whole grain tortilla chips or serve with grilled chicken or fish to spice up dinner.

Remember to always use the Nutrition Facts Label to choose beverages and foods. The label contains information about total sugars, fats and calories. Reading the label can help you make better choices.

*For your safety always maintain a temperature of 40 degrees or below to keep your food safe.

Sunscreens: 5 Skin-saving Facts

Using products right can help prevent skin cancer and signs of aging. Here are the rules.

Sunscreen may be big business (sales topped \$1 billion last year), but not nearly enough of us seem to buy into its importance. More than half of the respondents in a new Consumer Reports survey say they usually skip sunscreen. Among those 60 and older, that figure jumps to 61 percent. It's not surprising, then, that the incidence of non-melanoma skin cancers, the most common types, has reached alarming proportions – up 77 percent in the past 14 years – and rates of melanoma, the most deadly form of skin cancer, have also increased. Caucasian men have a 1 in 35 lifetime chance of developing it; women, a 1 in 54 chance. Knowing the facts can save your birthday suit and possibly your life.

You're never too old to start wearing sunscreen

For years the experts wrongly believed that people got most of their sun exposure before age 18, leading older folks to reason that the damage was done – so there was no point in protecting against ultra-violet rays. Here's the reality: By age 40 you've racked up only half of your lifetime dose of UV rays; by age 60, just 74 percent. And for those older than 50, being in the sun without protection can be particularly dangerous. Over the years, your body begins to lose its ability to repair the cell damage created by the sun's rays, making you more susceptible to skin cancer. At the same time, your immune system, which plays a major role in halting the growth of skin cancers, weakens. That goes a long way toward explaining why most skin cancers are found on older people who have spent a lot of time in the sun. (Most melanomas are diagnosed in people

Sunscreens: 5 Skin-saving Facts

cont'd.

between 55-64). Taking certain medications – such as antibiotics, anti-depressants, diuretics, NSAIDS, and statins may boost your risk because they increase sun sensitivity.

Covering up should be your first priority

Research shows that people who rely on sunscreen alone tend to burn more than those who stay in the shade and wear long sleeves. Avoid the sun or stay in the shade when the sun is strongest (10 am to 4 pm), and dress right for the occasion. Wear a hat and clothing that's made from tightly woven fabric. (Dark colors are better at blocking UV rays). Hold clothing up to the light; if you can see through it, the UV rays can get through too. Specially made fashions with built-in sun protection (you'll see them labeled as UPF, for "ultraviolet protection factor") might be more light weight and comfortable than regular clothing. And although it's no replacement for a sun-protection strategy, a diet rich in foods and beverages that contain antioxidants and essential fatty acids may help bolster your skin's resistance to UV damage. Those include extra virgin olive oil, citrus fruits, dark leafy greens, eggs, and green tea.

Sunscreen can give you a false sense of security

It's a common misconception that if you're wearing sunscreen, you can stay in the sun for as long as you like. Reapplying is important because activity, contact, sweating and other factors decrease the amount of sunscreen on the skin. Sunscreen is protective, but it's not a magic bullet. There is evidence that it helps prevent squamous cell carcinoma and actinic keratosis.

A little dab won't do ya

You should apply about 2 tablespoons for face and body. In Consumer Reports' tests of sunscreens, it was determined that applying half of that amount means you get about half of a product's SPF (sun protection factor). And, you can't just slather it on once in the morning and think you're done. It's important to reapply every 2 hours when you're out in the sun; even very high SPF sunscreens lose their effectiveness after that. Think of it this way: You should use half of an 8-ounce bottle in a weekend if you spend 4 hours outdoors on both days.

There are sunscreen safety rules

The sunscreens in sprays can protect your skins as well as lotions. But they are not right for everyone. Sprays are flammable, so you shouldn't use them if you'll be near an open flame, such as a grill. The product can be inhaled, so don't apply it directly to your face; spray into your hand first, then rub in the sunscreen. Because of those concerns, Consumer Reports recommends not using sprays on kids.

In addition, there are concerns about sunscreen ingredients. Tiny nanoparticles of titanium dioxide and zinc oxide may penetrate skin and cause DNA damage. As a precaution, pregnant women may want to avoid products with retinyl palmitate. Nevertheless, the proven benefits of sunscreen outweigh any potential risk of using them.

Source: Consumer Reports on Health, July 2014



Food Safety: Summertime Grilling

Grilling is one of the healthiest forms of cooking and a summertime staple. Backyard burgers, tasty T-bones, and crispy corn on the cob are just a few of the delicious things that can be cooked on the grill. But research has shown that if done improperly, the food can become charred. And that char can be chock full of cancer-causing compounds called carcinogens. But have no fear! Here are six strategies for grilling the healthier way:

Timely Flipping. Too much flipping can tear the meat and make it dry. Don't force it! When the food gives with a gentle tug, it's ready to flip.

Proper portions. Cubing or slicing the meat into smaller portions can speed up cook time. Or try quick cooking options such as shrimp or fish.

Less is more. Foods that cook faster are less likely to char. Also, keep track of internal temperature. Avoid cooking meats past their temperature goal: 165 degrees F for poultry, 155 degrees F for pork and ground red meats, 145 degrees F for steaks and chops.

Avoid flare-ups. Never put water on a grease fire. If you have a flare-up, simply move the food to a cooler part of the grill or set it aside while the fire dies down.

Try something different. Grilling isn't just for meat. A variety of foods including fruits, vegetables, and breads can also be deliciously grilled.

Keep it clean. Cleaning the grill rack regularly can prevent burned bits of food from causing future flare-ups.



Recipe Corner

Pasta with No-Cook Tomato Sauce

Ingredients

2 pounds ripe tomatoes, cored, chopped
2 tablespoons extra-virgin olive oil
2 tablespoons minced fresh basil
1 tablespoon minced fresh oregano
1 clove garlic, minced
1 teaspoon kosher salt
10 ounce short pasta noodles such as cavatelli, penne or rigatoni
¼ cup grated Parmesan, optional
Freshly ground black pepper

Preparation

1. In a bowl, toss tomatoes, olive oil, basil, oregano, garlic and salt. Cover and let stand for 30 minutes.
2. Bring a large pot of salted water to a boil. Cook pasta until al dente, about 10 minutes or as package label directs. Drain pasta and place in bowl with tomatoes. Add Parmesan, if desired, and stir to combine. Season with additional salt and pepper. Serve immediately.

This Recipe Is: Meatless, low in cholesterol and low in saturated fat

Source: www.health.com



\$10.00 Registration Fee

Name: _____

Address: _____

Telephone: _____

Workshops will be offered during two time slots on a first-come, first-serve basis: 10:10-10:55 am and 11:05 - 11:50 am. Please select a FIRST and SECOND choice in each time frame.

10:10-10:55 am

Understanding Good Nutrition _____

Silver Sneakers _____

Emergency Preparedness _____

11:05 am -11:50 am

RiteAid Wellness _____

Weatherization Program _____

Crime of the 21st Century _____

Make checks payable to Person County. Registration can be brought to the Person County Extension Center, by August 15, or mailed to:

Jennifer Grable, FCS Agent
304 South Morgan St., Room 123
Roxboro, NC 27573

Celebrate the glory of the aging process and learn how to share the wisdom of your years with others.

Sponsored by

*NC Cooperative Extension Service
Person County Center*

*Person County (ECA)
Extension and Community Association*

Person County Senior Center

For More Information Contact:

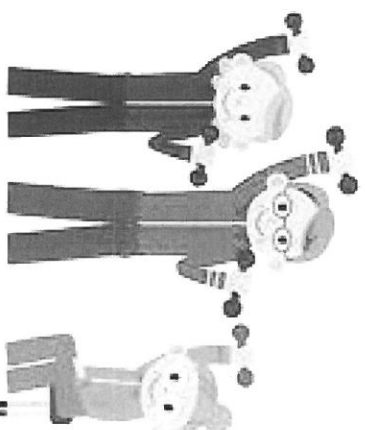
Jennifer Grable or Marion Jay
NC Cooperative Extension
Person County
(336) 599-1195

Maynell Harper
Person County Senior Center
(336) 599-7484



Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Kim Woods, Interim County Extension Director, at 336-599-1195, or email, kim_woods@ncsu.edu or in person at the County Extension Office at least 10 days prior to the event.

Aging With Gusto!



August 21, 2014

Person County Office Building
304 S. Morgan St.
Roxboro, North Carolina 27573
(336) 599-1195

"Aging With Gusto"

August 21, 2014

"Aging With Gusto" is a program that will help you be the best you can be. You will learn about health trends that can help you live your life to the fullest, financial information that will enable you to make educated choices and other topics that will keep you up to date on what is happening in the world around you.

AGENDA

- 9:00am Registration
- 9:45am Morning Welcome
- 10:10am Workshop Session I
- 11:05am Workshop Session II
- 12:00pm Lunch – Golden Corral

Entertainment

Guest Speaker
Ronnie Dunevant

Roots & Wings
Family Advocate

- 1:30pm Door Prizes & Evaluation
- 2:00pm Adjourn

Workshops offered from
10:10-10:55 include:

Good Nutrition

Heather Miranda, RD, LDN, Director of Health Support, Piedmont Health Services

Join this session to learn about good nutrition, gain a better understanding of today's "jargon" and take home tips that can help you create healthier meals and snacks for yourself and your family.

Silver Sneakers

**Susan Naylor
Silver Sneakers Instructor/Participant**

Make sure you have comfortable clothing and rubber soled shoes as you learn more about this physical activity program designed for the more mature body! Silver sneakers meets twice a week at the local Senior Center and you might want to learn more about how you might join in the fun!

Be Prepared, Not Scared!

Michelle White

**Emergency Preparedness Coordinator,
Person County Health Department**

Wonder what items are often left out of an emergency preparedness kit? Come and learn how to be prepared for an emergency, how to build your emergency kit, and find out more about CodeRed, the county emergency alert notification system.

Please mark your registration form with your first choice and second choice from the above 10:10 – 10:55 workshops.

Workshops offered from
11:05-11:50 include:

Get Rite & Get Well

**Millicent Shaw & Laura Cannette-Hanes,
Rite Aid Wellness Ambassadors**

Come and learn about all of the wellness services that your local RiteAid store has available. They will be discussing immunizations, skin care, and conducting a little memory test.

Weatherize Your Home

Thomasina Jefferson, Director

Franklin, Vance, Warren Opportunity, Inc
If you are elderly, handicapped, a low-income individual or have minors in the household, you may be able to "weatherize" your home at no cost to you. Learn how this works from the Franklin-Vance-Warren Opportunity, Inc. as either a homeowner or tenant might be able to take advantage of either this or the heating air repair and replacement program.

Crime of the 21st Century

Barbara Bennett, Investor Education Specialist, NC Secretary of State's Office

Protect yourself & others from being victims of elder financial abuse/exploitation! Learn warning signs & types of fraud, who commits them, psychological tactics used, resources available to you & also general information about Reverse Mortgages. Free, unbiased literature!

Please mark your registration form with your first choice and second choice from the above 11:05 – 11:50 workshops.