

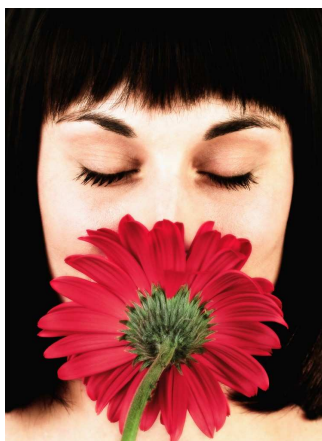


Beaver County Extension Office * Courthouse * Box 339 * Beaver OK 73932 * (580)625-3464

Sharpen Your Sense of Smell and Taste

Strategies to protect your senses as you get older

Did you know that our sense of smell and taste naturally declines as we age? Often the change is so gradual you barely notice it. That wouldn't be a problem, except that it can affect your health -- studies find people with impaired ability to smell and taste tend to follow less healthful diets. It also puts you in danger: Your sense of smell serves as an early warning system for things like rotten food and gas leaks.



Here's how to sustain smell and taste so that every bite (and sniff) tells you what you need to know:

- 1. Serve food that looks like itself.** Forget fancy presentation. If you're serving fish, keep it looking like a fish. Your sense of taste is stronger if your brain can connect what you're eating with how it looks.
- 2. Put on your seat belt.** A common cause of loss of smell (which then directly affects taste) is automobile accidents, even low-speed crashes, says Alan Hirsch, M.D., neurological director of the Smell and Taste Treatment and Research Foundation in Chicago. Any impact can shift the brain within your skull, tearing delicate nerve fibers that connect your nose to your brain.
- 3. Go for a brisk, 10-minute walk or run.** Our sense of smell is higher after exercise. Researchers suspect it might be related to additional moisture in the nose.
- 4. Drink a glass of water every hour or so.** Dry mouth -- whether due to medication or simply dehydration -- can adversely affect your sense of taste, says Evan Reiter, M.D., an otolaryngologist at Virginia Commonwealth University's Eye & Ear Specialty Center in Richmond.
- 5. Avoid very hot foods and fluids.** They can damage your taste buds.
- 6. Stub out that cigarette and make it your last.** Nothing screws up the smell receptors in your nose and the taste receptors on your tongue like cigarettes. Long-term smoking can even permanently

damage the olfactory (a.k.a., sniffing) nerves in the back of your nose.

- 7. Eat only when you are hungry.** Our sense of smell (and thus taste) is strongest when we're hungriest.
- 8. Make a list of any medicines you're taking** and ask your doctor about their effect on smell and taste. Hundreds of medications affect taste and smell, including statins, antidepressants, high blood pressure medications, and chemotherapy drugs like methotrexate, also used to treat rheumatoid arthritis. If your meds are on the list, talk to your doctor about possible alternatives or lower doses. Don't, however, stop taking your medication or cut your dosage on your own.
- 9. Humidify your air in the winter.** Our sense of smell is strongest in the summer and spring, says Dr. Hirsch, most likely because of the higher moisture content in the air.
- 10. Eat in a restaurant or with other people.** Dr. Hirsch calls this the "herd response." He cites studies that find that eating in the presence of other people makes food taste better than eating alone.
- 11. Stay away from the diaper pail and other stinky smells.** Prolonged exposure to bad smells (like the sewer plant up the road) tends to wipe out your ability to smell, says Dr. Hirsch. So if you must be exposed to such odors on a prolonged basis, wear a mask over your nose and mouth that filters out some of the bad smells.
- 12. Add spices to your food.** Even if your sense of smell and taste has plummeted, you should still retain full function in your "irritant" nerve, which is the nerve that makes you cry when you cut an onion, or makes your eyes water when you taste peppermint or smell ammonia. So use spices like hot chili powder to spice up your food.
- 13. Blow your nose and clean it out with saline spray.** A simple thing, but it can help, because a blocked nose means blocked nerve receptors.
- 14. Chew thoroughly and slowly.** This releases more flavor and extends the time that the food lingers in your mouth so it spends more time in contact with your taste buds. Even before you start chewing, stir your food around. This has the effect of aerating the molecules in the food, releasing more of their scent.

For more tips, see the complete article at: <http://www.rd.com/content/openContent.do?contentId=16097>

1-Dish Chicken Enchilada

Serve 6 folks who will happily shout "ole" when they taste the baked dough that surrounds the tasty ingredients.

Prep Time: 20 min

Cook Time: 30 min

Fleischmann's 1-Dish Bake & Rise Batter

Mazola Pure™ Cooking Spray

3/4 cup all-purpose flour

1/2 cup masa corn flour OR corn meal

2 envelopes Fleischmann's RapidRise Yeast

1 tablespoon sugar

1/2 teaspoon salt

3/4 cup very warm milk (120° to 130°F)

3 tablespoons corn oil

1 egg

Chicken Filling

1-1/2 cups diced, cooked chicken

1/2 cup sour cream

1/2 cup (2 ounces) shredded Mexican style cheese

1 can (4 ounces) chopped green chilies, drained

1-1/2 teaspoons ground cumin

Toppings

1/2 cup (4 ounces) salsa verde (tomatillo salsa)

1 cup (4 ounces) shredded Mexican style cheese

Directions

MIX batter ingredients together in a pre-sprayed 8 X 8-inch baking dish. Combine chicken filling ingredients in a bowl.

TOP batter evenly with chicken filling. Pour salsa verde over chicken; sprinkle with 1 cup shredded cheese

BAKE by placing in a COLD oven; set temperature to 350°F. Bake for 30 minutes or until done.



“OHCE Celebrates Oklahoma’s Centennial!”

...is the theme for our 2007 NW District OHCE Meeting, scheduled for Saturday, March 24th at Alva Middle School (800 W. Flynn, Alva, OK). Day of meeting, Registration will open at 8:15AM (15 minutes earlier than usual). Coffee and refreshments will be available at 8:30 AM and the Call to Order will be at 9:00 AM.

- Eating Oklahoma Grown
- Financial & Fiscal Options as we Age
- State & County Presidents’ Session
- Managing Challenging Situations & People
- Empowering Women, Empowering Others
- Marketing OHCE
- Computers (Hands on!—or you can watch)
- Ties with Our Past—Aprons over the Decades
- Alva Mural Society
- Antiques—e-bay
- Preserving Photos/Scrapbooking
- Gentle Exercise & Flexibility Activities
- Easy Gourmet! (Cooking)
- Quilting

The entire meeting site is on ONE LEVEL!
There will be live music during part of the luncheon for everyone’s enjoyment!

Registration is \$12 per person due by **March 2nd**. Make Checks to Beaver Co. OHCE and send to: Charlene Marshall, Treasurer
Box 862
Buffalo, OK 73834

Goody bags, door prizes, OHCE promotional items, displays and more will be available! Walk-ins are welcome but registration will be \$15.

Source:<http://www.breadworld.com/recipes/index.asp>

Past newsletters can be found on our web site at
<http://countyext.okstate.edu/beaver>.

Kindness Builds Strong Marriages



What do you think is the most important ingredient in a good marriage? Many people would probably say that communication is most important. If communication is defined as talking about problems in the marriage then that idea is surely mistaken. Today many scholars

would say that the most important element in a successful marriage is kindness!

Kindness includes looking for the good in all the ordinary dealings with a partner. Rather than thinking about problems and annoyances, we can dwell on the good times and good qualities. In the gallery of our minds we can choose to hang memories of unhappiness and gloom or we can hang pictures of peaceful, caring times. Choosing to remember and cherish the good makes a big difference in the quality of the relationship.

Kindness includes actively building positive experiences into the relationship. People with strong relationships have learned that it is important to continue building the relationship over the years. John Gottman's research on marriage shows that healthy marriages have five positives for each negative. Think about it! Something kind is said or done five times as often as something negative or corrective. Emphasizing the positive builds strong relationships.

Some people believe that it is important to tell your partner everything that you feel but kindness means that some things simply don't need to be said. Daniel Wile, a marriage counselor, has observed that there are some differences, even annoying differences, in all relationships - even the very best. Some differences and disappointments can be quietly accepted as part of a relationship.

We can also appreciate and acknowledge kindness from our partner. When we notice and express gratitude for the kindnesses shown us, it strengthens the relationship - and makes additional kindness likely to happen.

Kindness also involves helping each other out. For example, in some relationships one partner finds decision-making to be easier than the other. When the less decisive person is wrestling with a decision and asks for help, the partner who is more decisive may be tempted to be angry and impatient. (When we are mad we tend to forget our own areas of weakness!) If we are wise we will patiently help examine the factors and help our partner make a decision.

It is easier to be kind if we are feeling good and if we manage conflict well. There are additional units in this series about those topics.

No one is kind all the time; but when we work to bring more kindness to our relationship it can make a big difference - in the relationship and in our own peace of mind.

Pack Survival Kit for Winter Driving

Just as important as preparing your home for winter is being prepared for winter driving. Snow and ice can make driving dangerous.

When traveling during winter months it is important to be prepared for an emergency. Roads can quickly become icy or snowy during winter storms, causing automobile accidents and leaving some motorists stranded. It's important to prepare for such situations by packing a survival kit with plenty of supplies for each passenger.

Many motorists carry mobile phones, which can be helpful, but are not a substitute for survival kits. Phone batteries may die or there may not be adequate reception to call authorities. Keep a charger in the car, just in case.

Keep automobiles well-stocked with items to prevent heat loss, such as winter caps, extra socks, blankets and insulated gloves and coveralls.



Be sure to pack high energy foods like candy bars, power bars, dried foods, and canned, ready-to-eat soups or fruit and a can opener. Keep drinking water inside the car to prevent freezing.

Also include a can, a candle, and waterproof matches or butane lighter. A large candle can provide light and some heat, as well as melt snow for water. A flashlight with extra batteries also is helpful.

Drivers also should consider packing paper towels, waterless hand cleaner, and toilet paper. Other items to carry include: a heavy-duty ice scraper, jumper cables, a portable jump starter, tow strap, cat litter, collapsible or folding shovel. In addition, a highly visible fluorescent orange or green flag can help authorities locate stranded travelers.

You can avoid many dangerous winter travel problems by planning ahead. Check the latest weather reports to avoid the storm! About 70% of injuries due to ice and snow result from vehicle accidents. Try not to travel alone. Let someone know your timetable and primary and alternate routes. During winter, keep the gas tank near full to help avoid ice in the tank and fuel lines.

Sources: <http://lanaster.unl.edu>;
<http://www.nws.noaa.gov/om/brochures.shtml#winter>;
www.bt.cdc.gov/disasters/winter/guide.asp#car;

OHCE—Beaver County



Stock Show Concession Schedule

Groups are once again asked to supply just 2 dozen home-made cookies or brownies; prepackaged 3 average sized cookies or one (1) 3 inch x 3 inch brownie or rice crispy treat in a plastic bag. Cookies may be brought to the concession stand on Monday morning.

Workers are needed as follows:

Monday, Feb 19

10-2 Clearlake

2-6 Anthony

Tuesday, Feb 20

10-2 Logan and Balko

Leaders Lesson for February is: *101 Things to Do with a Cake Mix.*

It will be held as a Lunch-and-Learn on February 27th at the Beaver County Fair Building at Noon. Bring a light lunch, tea and samples of cake mix creations will be provided. Bring a friend or two. Please RSVP to the Extension Office by Feb.21st at 580-625-3464.

State OHCE Plans Trip

A one-day trip, costing \$89.00, has been set up for OHCE to celebrate the Centennial Year. It will be September 11, 2007, and repeated on Sept. 12th. Early departure is from the OSU Ext. Center in Oklahoma City to Ponca City's Marland Mansion, and then to the original sod house in Aline and culminating with a tour of the Railroad Museum in Enid. Seating is on a first-come basis. For more information, or if wanting to sign up now, please contact: **Skeeter Hall, 6621 NW 130th St, Oklahoma, City, OK 73142, (405) 721-3453**

Thank You. I extend my sincere gratitude to OHCE—Beaver County for helping with the Child Care Providers Seminar. You helped to make the day more enjoyable for the participants with the delicious meal you provided as well as with your donations of refreshments and beverages. Many drove over an hour (a few came 150+ miles) through snowy conditions to attend this adult education and they truly appreciated your efforts. One wrote, "Thanks to all the ladies" and another wrote "Good lunch today, loved the baked potatoes". Thank you again for all you do.

This newsletter is published monthly by the Beaver County OSU Extension Office, PO Box 339, Courthouse, Beaver, OK 73932 (580) 625-3464, and is one way of communicating educational information. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement is implied.



Liz Gardner-McBee
Extension Educator,
Family & Consumer Sciences/4-H Youth Dev.



Beaver County Cooperative Extension Service
Oklahoma State University
111 W 2nd ST
PO Box 339
Beaver OK 73932