



# Beaver County

FAMILY AND CONSUMER SCIENCES

## Newsline

October 2005

\*Beaver County OSU Extension Office \* Box 339 Beaver OK 73932 \* Courthouse \* 580-625-3464



There are many ways you can help the hurricane evacuees: donate money or supplies, give blood, or volunteer. Find a way that is right within your heart and do it. I have volunteered and trained to help the Red Cross at a hurricane shelter. If the need arises, I will possibly be gone for up to 10 days. Some changes in the schedule may occur if this happens. Please keep the evacuees in your prayers.

*"May you have tolerance in your dealings with all persons, generosity in giving to those in need, and insight into the feelings of others."*

-From the Alpha Lambda Delta Rituals

## ELDER FAIR IS OCTOBER 6<sup>TH</sup>

**"Be Medicare Aware"**

8:30am to 1pm

Beaver County Fair Building

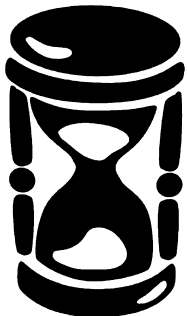
Free Will Donation Lunch



### Guest Speakers:

**Claire Dowers**, Aging Services Division  
**Sandra Alewine**, Social Security Admin.  
**Kerry Stafford**, Immunization Field Con.  
**Colleen Black**, SUMMIT

### Value of Life



If you had a bank that credited your account each morning with \$86,400, that carried over no balance from day to day, allowed you to keep no cash in your account, and every evening canceled whatever part of the amount you had failed to use during the day, what would you do? Draw out every cent, of course! Well, you do have such a bank, and it is called *time*. Every morning credits you with 86,400 seconds. Every night rules off as lost whatever of this you have failed to invest to good purposes. It carries over no balances. It allows no overdrafts. If you fail to use the day's deposit, the loss is YOURS.

## AVOID FRAUD WHEN HELP HURRICANE VICTIMS



When a disaster such as Hurricane Katrina strikes, many people rush to do whatever they can to help. Be it donating money or supplies, or helping out in person, disasters often bring out the best in people. Unfortunately, a disaster also can bring out the worst in some people, said Joyce Jones, OSU Extension Service personal finance specialist. "There are individuals out there who take advantage of the situation and the generosity of others," Jones said.

"Sadly, Americans may find themselves prey to con artists who solicit funds for fraudulent charities." Many well-known charitable organizations have developed special campaigns to collect donations for the victims of Hurricane Katrina. Other less-known, but legitimate organizations also have gotten involved. "It is very important that before making a donation, especially to an organization with which you are not familiar, check them out," Jones said.

Keep in mind that fraudulent charities may use names that are very similar to those of well-known, legitimate charities, so be cautious. Some may be using the charity's name without their approval. Before making a donation, check to make sure the organization is legitimate. The Better Business Bureau's Wise Giving Alliance at [www.give.org](http://www.give.org) is one source of information about charitable organizations, including what percentage of the funds collected actually goes to relief efforts. "As a donor, it is your right to ask how much of the donation goes

directly to program and victim services and how much goes to administrative costs," Jones said. Other sources of information include the National Database of Nonprofit Organizations at [www.guidestar.org](http://www.guidestar.org) and the American Institute of Philanthropy [www.charitywatch.org](http://www.charitywatch.org).

Most charitable organizations prefer monetary contributions when disasters strike, since it allows them to purchase what is needed locally or regionally. "If you decide to make a monetary contribution, it is best to write a check instead of giving cash," Jones said. "Be sure to make the check out to the organization, not the individual asking for the donation. Specify how you want the money used in the memo portion of the check so your donation is deposited into the relief effort fund and not the charity's general fund."

Don't give out your credit card number or bank account number to those soliciting donations by phone or email, or to organizations with which you are not familiar. Legitimate charitable organizations do not use email to get new contributors. "Ask those who contact you by phone to provide you with written information about the charity and check them out before making a donation," Jones said.

"Keep in mind that the need for donations will continue for months or even years. Don't be pressured into giving now or giving more than you can afford. If you're unable to help at this point or need some time to check out the charitable organization, you will have future opportunities to donate," Jones said. "Doing a little bit of research now will help ensure your donation goes exactly where you want it to."

## Fall 2005 Fashion Trends

The fall color designers are showcasing jewel tones in Prussian and peacock blue, copper and gold tones, golden burnt oranges, chestnuts, magenta deep grape, cranberry and wine reds, oyster, silvery steel and mauves through purples and of course black and creamy whites.

Luxurious rich fabrics and antique brocade fabrics, rich satins and the plushiest of velvets bring a new opulence to winter. Another big fabric this year is tweed with a less textural, flatter finish in Harris tweeds, plaids or old familiar hound's tooth checks. Watch for fur trim on everything. In addition to rich plush velvet there will be corduroy, suede, Shearling, leather reptilian skins, boiled wool, and suitings of many types all contrasted with fluffy fur, dull crepes, lace, satins and silk, graphic and abstract and paisley prints.

Whether they are long and skinny, fat and wooly, lacy or satin, the scarf is a definite fashion must for this fall. They are out in a rainbow of various colors and many look playful and fun. Fitted jackets are a fashion must have this fall. Expect to see lots of styles of shrugs, tie front wraps and little cropped cardigans and boleros.

Other fashion must-haves for fall are long coats, big totes, chunky jewelry, 60's inspired wear, and triangular silhouettes (big on top and skinny on bottom or vice versa). Look for narrower trousers or skinny riding jodhpurs; they are needed to push into this year's boots to get the right look.

Sources:<http://www.fashion-era.com>, [bellaonline.com](http://bellaonline.com) and [style.com](http://style.com)



# Diabetes

## Are You at Risk for Diabetes?

Millions of Americans have diabetes—and do NOT even know it! Take this quiz to see if you are at risk for diabetes. Read the statements below and write the appropriate score for each statement. Add up your points to find out your total score.

		<b>My Score</b>
A health professional has told me that I am above the ideal weight for my age.	Yes = 5 No = 0	_____
I am under 65 years of age and I get little or no physical activity (like walking, biking, or gardening) during a usual day.	Yes = 5 No = 0	_____
I am between 45 and 64 years of age.	Yes = 5 No = 0	_____
I am age 65 or older.	Yes = 9 No = 0	_____
I had gestational diabetes or a baby weighing more than nine pounds at birth.	Yes = 1 No = 0	_____
I have a sister or a brother with diabetes.	Yes = 1 No = 0	_____
I have a parent with diabetes.	Yes = 1 No = 0	_____

### **If you scored 3 to 9 points:**

You are currently at low risk for diabetes. But don't just forget about it, especially if you are Hispanic, African American, American Indian, or Asian American. Your risk may increase in the future. As your age and weight increase, so does your risk.

### **If you scored 10 or more points:**

You are at high risk for diabetes. A doctor can determine if you do have diabetes. So see a doctor soon and find out for sure!

Source: FCS8573-Eng <http://edis.ifas.ufl.edu/pdf/files/FY/FY07600.pdf>

## A Daily Walk Helps Keep Diabetes Away

Too much sitting around increases the risk of type 2 diabetes—and of strokes, some cancers, high blood pressure and a host of other health problems. There's a long list of benefits from getting regular exercise at least five days a week. Exercise also aids weight loss without hunger, reduces insulin resistance and improves blood lipids. For those who have type 2 diabetes, physical activity lowers blood sugar levels and can even reduce the need for medication.

Aim to exercise 30 minutes a day, five days a week. You may want to find a walking buddy and head to the park or mall or school for a good stroll. If you can't get 30 minutes all at once, the benefits are still there if you break your walk into two 15-minute or even three 10-minute sessions.

It's important to find something you enjoy so you'll stick with it. Consistency, or getting into a daily routine, is more important than the type of activity you choose.

The typical American diet of high fat and refined carbohydrates combined with an inactive lifestyle really set the stage for developing type 2 diabetes for those of us who have the wrong genes. It is so easy to eat rich foods and to spend our free time in front of the television.

We can break this trend by taking small steps to change what we eat and our activity level. Take time to plan and set goals. Find a coach to help if you need to.

Several health maintenance organizations now have programs in place to guide you in making small, steady changes over time. Call member services at your HMO or insurance company and ask about classes or telephone coaching services for making lifestyle changes to deal with stress, weight, exercise and diet. And best wishes for a healthy change of pace!

By Marilyn Adams Maiser, University of Minnesota Extension Service at <http://www.extension.umn.edu/extensionnews/2003/ADailyWalk.html>

# OHCE NEWS

The 2005 Beaver County Fair is but a memory. Many “Thanks” go to each of you who exhibited, contributed, or otherwise helped to make the fair a success! Congratulations to all the HCE booth winners. They really showcased your efforts. Thanks to all who helped with the Country Store. It was a successful fund raiser. If you have any suggestions as to make next year even better, please contact the Extension Office.



**October 6<sup>th</sup>—Elder Fair.** Note the date correction. Each HCE is asked to provide 4 quick breads or breakfast sweets plus 1 worker to help as you have in the past.

**LIVING WITH DIABETES** Leader Training for the November lesson, “Living with Diabetes” will be on October 10<sup>th</sup> directly following the Council Meeting in the Church. This is to help you make good use of your time and gas dollars while someone from each group will already be in town.

**October 10<sup>th</sup>—County Council Meeting.** County Officers will be elected. Registration begins at 9:30am and the meeting starts at 10:00am. Each large group is asked to provide 2 door prizes. Please bring your favorite International dish for our “Melting Pot Luck” Dinner.



## 2006 HCE Lessons

January	Foil Cookery
February	Landscape Quilting
March	Low Maintenance Gardening
April	No Sew Window Treatments
May	Recycling—What Happens to It?
June	Cooking for 1 or 2
July	Computers 101
August	No Lesson (County Fair)
September	All About Walking
October	Rise and Shine Breakfasts
November	Cook Up the Holidays
December	No Lesson (Enjoy the Holidays)

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