

# EXPECT MOORE TODAY

TEXAS AGRILIFE EXTENSION MONTHLY NEWSLETTER

VOLUME 3 ISSUE 8

AUGUST 2011

## Osteoporosis

### What is osteoporosis?

Osteoporosis is a disease that causes very weak bones that break easily. Women are five times more likely to get osteoporosis than men. There is no way to stop or cure it, but there are things you can do to it slow down.

### What causes osteoporosis?

- It can run in families
- Not enough calcium and vitamin D in the diet
- Not getting enough exercise

Women who've gone through menopause are more likely to have it.

### Who is at risk for osteoporosis?

Anyone can get osteoporosis, but some people have a higher chance than others:

- Women
- People with a thin, small frame
- Others in your family that have had a lot of broken bones or a stooped posture
- Went through menopause before age 45.
- Have or had an eating disorder.
- People over age 50.
- People who have used certain medicines for a long time, like:
  - Some hormones.
  - Medicines for seizure.
  - Some medicines for asthma, arthritis, or cancer.



### How do I know if I have osteoporosis?

- There are tests that use either x-rays or sound waves to measure bone density.
- Ask your doctor about which test you might need.

### How can I lower my chances of getting osteoporosis?

- Get enough calcium. Women under 50 years old need at least 1,000 mg of calcium each day. Women over 50 need at least 1,200 mg of calcium.

#### THINGS TO REMEMBER

**Tax Free Weekend  
 In Texas—  
 August 19, 20,  
 and 21, 2011**



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- Get enough vitamin D. Women under 50 years old need at least 200 IU of vitamin D. Women over 50 need at least 400 IU of vitamin D.
- Get exercise everyday, like walking or biking.
- Don't smoke.

If you drink alcohol, don't drink more than one glass per day.

### How can I make sure I have the right diet?

Read the food label to make sure you are eating the right foods.

- Eat foods that have calcium
  - Low-fat dairy products like milk, cheese, and yogurt
  - Green, leafy vegetables like kale and turnip greens
  - Tofu
  - Canned fish (eaten with bones)

Orange juice, cereal, and other foods that have calcium added

### What else can I do?

- Talk to your doctor, nurse, or pharmacist about medicines you can take to build bones.

You might also need calcium or vitamin D pills

August 2008 FDA.gov



## Don't Spend to Clean Gems



Rings and other pieces worn close to the skin can lose their luster, so they need to be cleaned now and then. Plenty of products claim to help— at up to \$50 each. We tested how well three liquids and two ultrasonic cleaners worked on identical rings and diver's watches soiled with synthetic sebum, hand lotion and hair spray.

All product performed about the same: For hard-to-remove grunge, we needed to use a brush. In fact, we cleaned off all the soils just as effectively with nothing but warm water and a soft toothbrush and dried the jewelry with a facial tissue.

Bottom line. You don't need those products, so save the cost of a pair of earrings and follow these pearls of wisdom:

- Soak plain gold jewelry and pieces with diamonds, rubies, sapphires, emeralds, amethyst or amber in mild dish-washing liquid and warm water. (use a bowl, not a sink.) Clean dirt from settings with a soft toothbrush. Dry with a soft chamois cloth.
- Buff pearl, opals, or turquoise with a soft, dry chamois. Never use water, which can damage them. Clean settings around opals or turquoise with a soft, dry toothbrush. Apply any hair spray, makeup, or perfume before putting on pearls, whose color can be changed by those products.
- Clean silver with silver polish or a little non-gel toothpaste. Apply it gently with a damp sponge, rinse, then buff with a soft cloth.

Consumer Reports, Feb. 2011, pg. 9. [www.ConsumerReports.org](http://www.ConsumerReports.org)



## Nursing Homes: Making the Right Choice

### What Is a Nursing Home?

A nursing home, also known as a skilled nursing facility, is a place for people who don't need to be in a hospital but can no longer be cared for at home. Being admitted to a nursing home is based on medical need. Most nursing homes have aides and skilled nurses on hand 24 hours a day. Talk to the doctor to find out if a nursing home is the best choice.

Nursing homes can be:

**Hospital-like.** This type of nursing home is often set up like a hospital. Staff give medical care, as well as physical, speech, and occupational therapy. There can be a nurses' station on each floor. As a rule, one or two people live in a room. A number of nursing homes will let couples live together. Things that make a room special, like family photos, are often welcome.

**Household-like.** These facilities are designed to be more like homes, and the day-to-day routine isn't fixed. Teams of staff and residents try to create a neighborhood feel. Kitchens are often open to residents, decorations give a sense of home, and staff are encouraged to develop relationships with residents.

Some nursing homes have visiting doctors who see their patients on site. Other nursing homes have patients visit the doctor's office. Nursing homes sometimes have separate areas called Special Care Units for people with serious memory problems, like dementia. When looking for a nursing home, it's important for families to think about special needs.

### How Do You Choose?

If you are looking for a nursing home, here are some things to keep in mind:

**Look.** What choices are in your area? Is there a place close to family and friends? What's important to you—nursing care, meals, a religious connection, hospice care, or Special Care Units for dementia care?

**Ask.** Talk with friends, relatives, social workers, and religious groups to find out what places they suggest. Ask doctors which nursing homes they feel provide good care.

**Call.** Get in touch with each place on your list. Ask questions about how many people live there and what it costs. Find out about waiting lists.

**Visit.** Make plans to meet with the director and the nursing director. The Medicare Nursing Home Checklist (see Resources That Can Help) has a good list to use when visiting. Some things to look for:

- Medicare and Medicaid certification
- Handicap access
- Strong odors (either bad or good)
- Many food choices
- Residents who look well cared for
- Enough staff for the number of patients



**Talk.** Don't be afraid to ask questions. Ask how long the director and department heads (nursing, food, and social services) have worked at the nursing home. If key staff change a lot, that could mean there is a problem.

**Visit again.** Make a second visit without calling ahead. Try another day of the week or time of day so you will meet other staff members and see other activities. Stop by at mealtime. Do people seem to be enjoying their food?



**Understand.** Once you choose, carefully read the contract. Check with your State Ombudsman (see Resources That Can Help) for help making sense of the contract.

### **Do Nursing Homes Have To Meet Standards?**

The Centers for Medicare and Medicaid Services (CMS) asks each state to inspect any nursing home that gets money from the government. Homes that don't pass inspection are not certified. Ask to see the current inspection report and certification of homes you are thinking about. Visit [www.medicare.gov](http://www.medicare.gov) for more information.

### **Paying For Nursing Home Care**

People pay for nursing home care in many ways:

**Medicaid.** This is a state/federal program that provides health benefits to some people with low incomes. Contact your county family services department to see if you qualify. Once you have met the requirements of your state's Medicaid program, it can take up to 90 days to be approved.

**Private pay.** Some people pay for long-term care with their own savings for as long as possible. When that is no longer possible, they may get help from Medicaid. If you think you may need to apply for Medicaid at some point, make sure the nursing home accepts it. Not all homes do.

**Long-term care insurance.** Some people buy private long-term care insurance. It can pay part of the costs for a nursing home or other long-term care. This type of insurance is sold by many different companies and benefits vary widely. Look carefully at several policies before making a choice.

Many people believe Medicare will pay for long stays in a nursing home, but it doesn't. For example, Medicare will only cover the first 100 days in a skilled nursing home for someone who needs special care after leaving the hospital. State/Federal Medicaid programs may pay for long-term nursing home care, but there are many rules about qualifying. It is important to check with Medicare, Medicaid, and any private insurance company to find out the current rules.

When thinking about costs, keep in mind that there can be extra out-of-pocket charges for some supplies, personal care like hair appointments, laundry, and services that are outside routine care.

### **Resources That Can Help**

The rules about programs and benefits for nursing homes can change. Medicare has some helpful resources online. Visit [www.medicare.gov](http://www.medicare.gov) for information about different care options. To learn more about the Medicaid program, see [www.cms.hhs.gov/home/medicaid.asp](http://www.cms.hhs.gov/home/medicaid.asp).

You can find nursing homes in your area that are approved by the Centers for Medicare & Medicaid Services by visiting the Medicare website. You can also see summaries of recent inspection reports. Visit Nursing Home Compare at [www.medicare.gov/NHCompare](http://www.medicare.gov/NHCompare). The Nursing Home Checklist at the same website is a good guide to use when thinking about choosing a nursing home.

Many states have State Health Insurance Counseling and Assistance Programs (SHIP). These programs can help you choose the health insurance that is right for you and your family. Visit [www.medicare.gov/Nursing/Payment.asp](http://www.medicare.gov/Nursing/Payment.asp).

Each state also has a Long-Term Care Ombudsman office that helps people learn about long-term care. Your local office may be able to answer general questions about a specific nursing home. Also, once you are living in a nursing home, the Ombudsman can help solve problems you may have with a facility. The National Long-Term Care Ombudsman Resource Center has more information. Visit [www.ltombudsman.org](http://www.ltombudsman.org).

A veteran in need of long-term care might be able to get help through the Department of Veterans Affairs (VA). Visit [www.va.gov](http://www.va.gov) or call VA Health Care Benefits toll-free at 1-877-222-8387. You can also contact a VA medical center near you.

*National Institute on Aging: National Institutes of Health; U.S. Department of Health and Human*

**BIZARRE AUGUST HOLIDAYS**

**August 1 is . . . . Friendship Day and National Raspberry Cream Pie Day**

**August 2 is . . . . National Ice Cream Sandwich Day**

**August 3 is . . . . National Watermelon Day**

**August 4 is . . . . Twins Day Festival**

**August 5 is . . . . National Mustard Day**

**August 6 is . . . . Wiggle Your Toes Day**

**August 7 is . . . . Sea Serpent Day**

**August 8 is . . . . Sneak Some Zucchini Onto Your Neighbor's Porch Night**

**August 9 is . . . . National Polka Festival**

**August 10 is . . . . Lazy Day**

**August 11 is . . . . Presidential Joke Day**

**August 12 is . . . . Middle Child's Day**

**August 13 is . . . . Blame Someone Else Day**

**August 14 is . . . . National Creamsicle Day**

**August 15 is . . . . National Relaxation Day and National Failures Day**

**August 16 is . . . . Bratwurst Festival**

**August 17 is . . . . National Thriftshop Day**

**August 18 is . . . . Bad Poetry Day**

**August 19 is . . . . Potato Day**

**August 20 is . . . . National Radio Day**

**August 21 is . . . . National Spumoni Day**

**August 22 is . . . . Be An Angel Day**

**August 23 is . . . . National Spongecake Day**

**August 24 is . . . . Knife Day**

**August 25 is . . . . Kiss-And-Make-Up Day**

**August 26 is . . . . National Cherry Popsicle Day**

**August 27 is . . . . Petroleum Day**

**August 28 is . . . . World Sauntering Day**

**August 29 is . . . . More Herbs, Less Salt Day**

**August 30 is . . . . National Toasted Marshmallow Day**

**August 31 is . . . . National Trail Mix Day**

Source: <http://library.thinkquest.org>



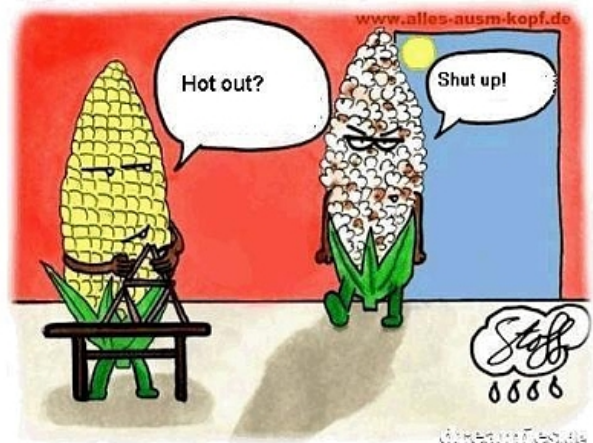
## Slow Cooking



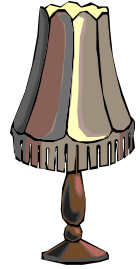
In today's multitasking world, there's nothing like having dinner cooked for you while you go about your day. That's the beauty of a slow cooker. As you take advantage of this time-saving wonder, here are tips for keeping your "crock o' dinner" safe.

- **How Slow Cookers Work:** As the name implies, the countertop "slow cooker" cooks foods slowly and at a low temperature — generally between 170 and 280 °F. The direct heat from the pot; lengthy cooking time; and steam created within the tightly, covered container work in combination to destroy bacteria and make the slow cooker a **safe process** for cooking foods. While food is cooking and once it's done, food will stay safe as long as the cooker is operating.
- **Preparation:** Since the slow cooker may take several hours to reach a safe bacteria-killing temperature, keep perishable ingredients refrigerated right up until preparation time. This keeps bacteria from getting a "head start."
  - Always defrost meat or poultry *before* putting it into a slow cooker.
  - If you cut up meat and vegetables in advance, store them separately in the refrigerator.
  - Keep the lid in place, removing only to stir the food or check for doneness.
- **Choose Appropriate Recipes:**
  - Prepare foods with a high moisture content such as chili, soup, stew, or spaghetti sauce.
  - If using a commercially frozen slow-cooker meal, prepare according to manufacturer's instructions.
  - Fill the cooker to between half full and two-thirds full.
- **Slow-Cooker Leftovers:** Store leftovers in shallow, covered containers and refrigerate within 2 hours after cooking is finished. Reheating leftovers in a slow cooker is **not recommended**. However, cooked food can be brought to steaming on the stove top or in a microwave oven and then put into a preheated slow cooker to keep hot for serving.
- **If the Power Goes Out:**
  - If you are not at home and the power goes out, throw away the food even if it looks done.
  - If you *are* at home, finish cooking the ingredients immediately by some other means: on a gas stove, on the outdoor grill, or at a house where the power is on. If the food was completely cooked before the power went out, the food should remain safe up to 2 hours in the cooker with the power off.

*Are you wondering  
how hot it is?*



# Cleaning Lamp Shades



Basic cleaning of shades: use a clean, soft cloth or a vacuum brush to dust the lampshade inside and outside. Take off any non-washable trim. If the cloth is glued to the frame, sew it on with thread of the same color. Then you will be able to wash it over and over again without any trouble.

Fill a deep washtub or bathtub with enough warm water to cover the shade. Add detergent and swish up thick suds. Use a mild detergent, as a hand dishwashing liquid.

## Fabric Shade

Use suds on a soft brush to rub any spots lightly. Then dip the shade up and down. When the water gets dirty, change to clean sudsy water. Wash the shade a second time. to rinse the shade, dip it up and down through two or three changes of clean water. Don't worry if the cloth stretches and sags while it is wet. It will tighten up for a snug fit when it gets dry.

To dry a fabric shade, tie a string to the middle of the frame. Then hang it over the bathtub or hang it from a clothesline outdoors to drip dry. Or you can wipe the shade with a bath towel until it is almost dry. Then put it back on the lamp and turn on the light so the heat from the bulb will help it to finish drying. If the lampshade has ruffles, "press" them with your finger.

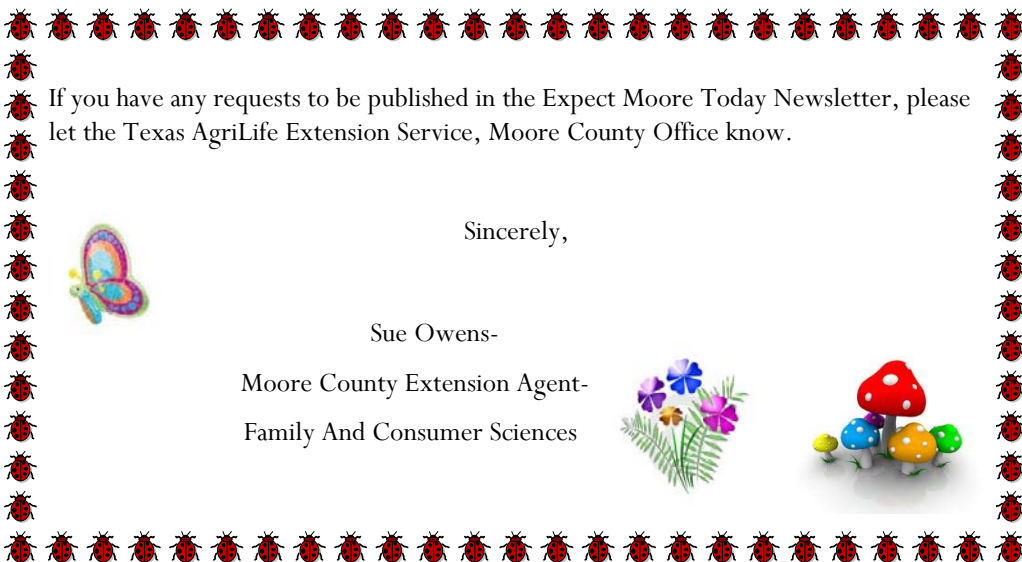
## Plastic, Plastic Coated, Laminated, Parchment, or Fiberglass shade

Put one fourth cup of mild detergent into a bowl. Add just enough warm water to make it wet. Whip this mixture with a whip or electric mixer to make stiff "dry" suds that look like whipped cream. Put some of the thick suds on a cloth or sponge. Use this to wash the shade, inside and outside. If the binding around the edge is glued on, don't rub it or let it get very wet. Rinse the shade right away by going over it with a clean damp cloth. Then wipe it dry.

Don't forget to clean the reflector bowl if the lamp has one before replacing the shade. Never use any abrasive cleaner like common scouring powders or abrasive pads.

## References:

This article was written by Anne Field, Extension Specialist, Emeritus.



If you have any requests to be published in the Expect Moore Today Newsletter, please let the Texas AgriLife Extension Service, Moore County Office know.

Sincerely,



Sue Owens-

Moore County Extension Agent-  
Family And Consumer Sciences





**Tax Free Weekend in Texas ———**  
**August 19, 20 and 21, 2011**



Texas shoppers get a break from state and local sales taxes on August 19, 20 and 21—the state’s annual tax holiday. Lay-away plans can be used again this year to take advantage of the sales tax holiday.

The 81st Texas Legislature passed HB 1801 (2009) expanding the list of items qualifying for exemption from Texas state and local sales and use taxes during the annual sales tax holiday in August. In addition to clothes, footwear and some backpacks, Texas families also get a sales tax break on most school supplies priced at less than \$100 purchased for use by a student in an elementary or secondary school.

The following is an all-inclusive list of qualifying school supplies (if priced less than \$100):



- Binders
- Book Bags
- Calculators
- Cellophane tape
- Blackboard chalk
- Compasses
- Composition books
- Crayons
- Erasers
- Folder; expandable, pocket, plastic and manila
- Glue, paste and paste sticks
- Highlighters
- Index cards
- Index card boxes
- Legal pads
- Lunch boxes
- Markers
- Notebooks
- Paper; loose leaf rules notebook paper, copy paper, graph paper, tracing paper, manila paper, colored paper, poster board, and construction paper
- Pencil boxes and other school supply boxes
- Pencil sharpeners
- Pencils
- Pens
- Protractors
- Rulers
- Scissors
- Writing tablets





Account maintained at the retailer; or is using a business membership at a retailer that is membership based.

**List of Clothing, Footwear and Backpacks, and Their Exemption Status**



**Tax—Free**

- Baby clothes
- Backpacks for use by elementary and secondary students
- Belts with attached buckles
- Boots—cowboy, hiking
- Caps/hats—baseball, fishing, golf, knitted
- Diapers—adult and baby
- Dresses
- Gloves (generally)
- Gym suits and uniforms
- Hooded shirts and hooded sweatshirts
- Hosiery
- Jackets
- Jeans
- Jerseys—baseball and football
- Jogging apparel
- Neckwear and ties
- Pajamas
- Pants and trousers
- Raincoats and ponchos
- Robes
- Shirts
- Shoes—sandals, slippers, sneakers, tennis, walking
- Socks (including athletic)
- Shorts
- Suits, slacks, and jackets
- Sweatshirts
- Sweat Suits
- Sweaters
- Swimsuits
- Underclothes
- Work clothes and uniforms



**Taxed**

- Accessories (generally) - barrettes, elastic ponytail holders, wallets, watches
- Backpacks—unless for use by elementary and secondary students
- Baseball cleats and pants
- Belt buckles (without belt)
- Boots—climbing, fishing, rubber work boots, ski, waders
- Buttons and zippers
- Cloth and lace, knitting yarns and other fabrics
- Dry cleaning services
- Football pants
- Golf gloves
- Handbags and purses
- Handkerchiefs
- Hard hats
- Helmets—bike, baseball, football, hockey, motorcycles, sports
- Ice skates
- Jewelry
- Laundering services
- Leather good—except belts with buckles and wearing apparel
- Pads—football, hockey, soccer, elbow, knee shoulder
- Personal flotation devices
- Rented clothing (including uniforms, formal wear and costumes)
- Roller blades and skates
- Safety clothing, glasses
- Shoes, bicycle (cleated), bowling, golf





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Texas A&M System

**AgriLIFE EXTENSION**

## Banana Milkshake



- 2 bananas
- ¼ tsp. vanilla extract
- 1 cup milk
- 1 cup vanilla ice cream

Blend ingredients together in a blender.

Pour into a glass and serve.



## Lime Sherbet Freeze

- ¼ cup milk
- 1 scoop lime sherbet
- 1 scoop vanilla ice cream
- Handful of ice cubes

Blend together for one minute in blender.

Serves 1.

[www.easy-kids-recipes.com/milkshake-](http://www.easy-kids-recipes.com/milkshake-)