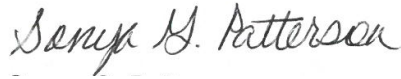


Caswell County Center
126 Court Square
PO Box 220
Yanceyville, NC 27379
(PHONE) 336-694-4158
(FAX) 336-694-5930
<http://caswell.ces.ncsu.edu>
sonya_patterson@ncsu.edu

To: Caswell ECA Club Members



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



Some Food for Thought Newsletter October 2014



Greetings!

The Fall season is here! Chilly nights and cool days makes for some great nights of sleep so that we feel rested and rejuvenated for what the next day brings. The county fairs are in full swing and the state fair will kick off in just a couple of weeks. I love the fresh aromas of the food cooking and everyone having a good time. I also love to see the pretty earth tones emerging from the trees. I'm not sure if it's because I was born in the fall, but it is one of my favorite seasons. Enjoy! If you have any questions please give me a call at (336) 694-4158, or visit our county Extension website at caswell.ces.ncsu.edu for upcoming events.

ECA County Council

The next ECA County Council meeting will be held on October 9th at 10:00 am in the kitchen of the Agriculture Building. This will be the last council meeting of 2014, as well as the last meeting prior to

Achievement Night and the annual holiday program. Please reserve the date and plan to attend.

ECA State Council Meeting

The 2014 State Council meeting will be held in Asheville on October 27th – 29th at the Double Tree hotel. The registration information was mailed out from the state office to all ECA members. If you did not receive the registration information, and you're interested in attending, please give me a call at the Extension Office.

ECA Achievement Night

The 2014 Achievement Night program will be held on November 13th at 6:00 pm at the Senior Center. Please save the date and plan to attend. The theme for this year's program will be "ECA: Living Green & Living Great." An invitation with registration information will be mailed to you in the near future when plans have been finalized.



Achievement Reports

Please be sure to complete your volunteer hours and bookworm reports and mail or drop them by the Extension Office as soon as possible.

Older Driver Safety

Families often worry about their loved ones driving as they age. Older adults are also concerned, and the decision to limit or give up driving is a difficult one for everyone involved. Families can help older drivers make safe driving decisions by focusing on their changing abilities and finding ways to keep them mobile.

Although accidents involving older drivers raise the issue of safe driving for older adults, statistics show that older drivers as a group are safe drivers. They demonstrate high seat belt use and get few citations for alcohol-related or moving violations. However, medical conditions, the use of medications, and reduced physical abilities can mean a greater individual risk of accidents and injuries.

Many older adults associate driving with independence, so driving retirement can be an emotional issue. Sensitive family conversations can make a difference. Although they might be uncomfortable, these conversations will help older adults make appropriate decisions, such as driving less, avoiding certain road conditions, or stopping driving altogether.

How Not Driving Affects Older Adults

Even if an older driver agrees that he needs to limit or stop driving, he will likely feel sad or depressed at the thought. He understands that this means leaving the house less often, becoming more

dependent on others, and having a more limited social life. Discuss these concerns and develop strategies, such as using local transportation, carpooling, developing a schedule of family and friends who can be called upon to provide transportation, or paying someone to provide transportation if local transportation isn't available. This is an opportunity to be creative as a family in finding ways to keep the older adult active and mobile when he or she can no longer drive themselves.

Starting Conversations About Driving

Having conversations early about safe driving will help establish a pattern of honest discussion and allow the older adult time to consider his driving skills and what changes he might need to make. This also makes it easier when driving situations occur later that indicate changes need to be made. To open the conversation, here are some ideas:

- Talk about health and safety first. Talk about driving in the context of other safety concerns and focus on keeping the older adult mobile in safe ways.
- Talk about how driving isn't what it used to be. Talk about road conditions, especially the faster, heavier traffic that makes driving more stressful.
- Reference media articles. Ask, "Did you hear about the car accident in the news today?" Accident reports are an opportunity to explore older adult's attitudes about unsafe drivers and who should help them decide when to retire from driving.
- Look for opportunities to discuss driving restrictions and the ability to drive defensively.

Older Driver Safety

Cont'd.

- Give positive support to decisions the older adult makes to modify his own driving. For example, don't dismiss the older adult as a worrier if he is leaving a family gathering before dark. Be supportive of the decision to limit night driving.
- Be aware of sedative effects of new medication that could affect driving ability. Getting lost in a familiar place should trigger a doctor's visit.

Before you ask an older family member to restrict driving or stop altogether, learn the warning signs of driving problems and observe them over time. If necessary, discuss your concerns with a doctor. Help the older adult find alternative transportation that works, and be supportive. It can be difficult to make the transition from driver to passenger.

How to Increase the Efficiency of Your Home Refrigerator

Even if you aren't able to replace your existing refrigerator with a new model, there are some things you can do that could help your refrigerator run more efficiently. Below are some energy saving ideas:

- **Check the temperature**
For energy savings and food safety, experts state that ideal home refrigerator/freezer temperature is 37-40 degrees for the refrigerator and 5 degrees for the freezer. If you have a separate freezer, it should be 0 degrees.
- **Allow for air circulation**
To allow air to circulate around the condenser coils, leave a space

between the wall or cabinets and the refrigerator or freezer and keep the coils clean. This is very important as dust accumulation blocks heat release and makes the compressor run longer.

- **Inspect the door seals**
Loose seals allow for air leakage. Refrigerators without magnetic seals can be checked for tightness using a dollar bill. Close the refrigerator door on a dollar bill so that it is between the seal and the unit. If the bill slides out easily, or falls out, your seal isn't tight. Be certain to check at the top, sides and bottom of the door. Door seals can be replaced.
- **Consider the unit's location**
Position your refrigerator away from heat sources such as a heating vent, an oven, a range, a dishwasher, or direct sunlight from a window. The extra heat will make the compressor work harder. More importantly, there must be adequate circulation around the compressor and condensing coil so that heat can escape.
- **Defrost regularly**
Manual defrost models use less energy than automatic defrost; however, in order to keep them running at maximum efficiency they should be defrosted regularly. When ice builds up inside the unit, it causes the compressor to run longer in order to keep the unit cool. This increases energy use.

- **Minimize openings**

Opening and closing the refrigerator and freezer door allows cool air to escape. Know what you are going to get out of the refrigerator/freezer before opening. Help children make decisions as well.

- **Consider food storage**

A full freezer operates more efficiently than one that isn't. When storing foods, make certain they are in tightly covered containers and allow foods and liquids to cool before putting in the refrigerator/freezer.

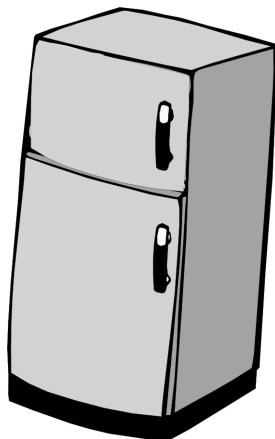
- **Drinking Water**

Use your water feature instead of drinking bottled water. It will save you money and help the environment at the same time.

- **Rethink the second refrigerator**

Many families have a second refrigerator, usually located in a utility room, basement, or garage. While a second refrigerator may come in handy on occasion, it can be expensive to run – especially if it is an older model. Think carefully about what you store in this refrigerator and determine if the extra storage for the items is worth the additional yearly cost (\$100 or more) of running the unit.

Source: www.extension.org



Leaves Can Present Hazards on Roads and Walkways

As the fall season arrives and the weather becomes cooler, the leaves on the trees will begin to change colors and will soon begin falling to the ground. As they fall and begin covering roads and walkways, they can become extremely hazardous. Please slow down and take caution when driving or walking on leaves, it can be surprisingly dangerous.

Driving

Wet leaves on the roads can often be as dangerous as snow and ice, and make braking, steering and stopping difficult. You may lose traction, which is particularly dangerous at intersections and downhill stop signs or red lights. Acceleration can also be effected. Drivers should be particularly cautious on leaf-covered ramps and merge lanes. You should continue to be cautious even with dry leaves, which in piles may hide potholes and other road hazards and often are a magnet for playing children.

Walkways

Keep walkways clear of leaves and debris. Wet leaves can be very slippery and cause falls. To help prevent slipping or falling, slow down and watch where you walk.

Home

When it is safe to do so, residents should clear leaves from storm drains, gutters and other areas around their home.





Recipe Corner

Roasted Butternut Squash Soup

Ingredients

(original recipe makes 4 cups)

Roasted Winter Squash:

2 tablespoons butter
2 cups raw winter squash (butternut, hubbard, acorn)
Salt and pepper

Soup:

2 tablespoons extra-virgin olive oil
½ cup diced onion (1/4 inch)
¼ cup diced celery (1/4 inch)
¼ cup diced carrot (1/4 inch)
1 cinnamon stick
Sea salt and freshly ground pepper
1 (32 ounce) carton of chicken broth
½ teaspoon ground toasted coriander (optional)
Roasted winter squash (above)
½ cup half-and-half, if desired
2 tablespoons toasted pumpkin seeds
½ cup plain Panko crispy bread crumbs, toasted light brown in sauté pan over medium heat

Directions

1. To make roasted winter squash: Heat oven to 375 degrees F. Heat butter over medium-high heat in an ovenproof sauté pan; add diced squash, salt and pepper. When squash begins to brown, place pan in oven. Roast for 15 minutes or until medium-brown on all sides. Remove from oven and let cool slightly. Puree in food processor, or mash with potato masher or ricer. Measure 1½ cups squash; reserve.
2. To make soup: Heat the olive oil in a large saucepan over medium heat until hot. Add the onion, celery, carrot and cinnamon stick; sauté until soft but not brown, about 10 minutes. Season with salt and pepper. Add the broth and the coriander; bring to a boil. Simmer for several minutes. Stir in reserved squash until smooth; simmer gently to let the flavors meld, about 10 minutes. Discard the cinnamon stick.
3. Puree the soup in a blender until smooth. (The soup can be made ahead to this point, cooled, covered, and refrigerated for several days or frozen for about 1 month). It will thicken as it cools and may need thinning with broth or water when reheating.
4. Return the soup to the pan and reheat gently. Add the half-and-half. Adjust the seasoning with salt and pepper. Top each serving with pumpkin seeds and toasted bread crumbs.

Source: allrecipes.com

SGP/tjw