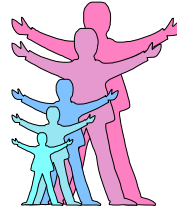


Helpline



June 2009

Are You Prepared For Hurricane Season?

GET A PLAN!

Hurricane Season



Starts: June 1st - Ends: November 30th

Key Steps to Developing A Hurricane Plan

Lack of awareness and lack of preparation are common threads among hurricane disasters. Knowing your vulnerability and actions you should take may reduce the effects of a hurricane disaster.

- Learn about your community's emergency plan, evacuation routes and locations of emergency shelters.
- Develop and review family evaluation plan.
- Check and replenish hurricane supplies.

- Shop for a 3-7 day supply of water and non-perishable food.
- Post emergency phone number at every phone.
- Review insurance policies and make copies.
- Prepare a "Family Document Kit."
- Take an itemized inventory of household goods.
- Take photos of your home inside and out.
- Videotaped documentation of all valuables in home.
- Purchase or prepare a "First Aid Kit."
- Trim trees early.
- Inspect shutters.
- Make plans for persons with special needs, and pets.



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Think Nutrition During the Hurricane Season



Buy early and stock up. Gathering hurricane supplies should be a family affair with input from each member. Everyone has different wants, needs and tastes, so all these need consideration during planning.

Set aside some time to design daily menus covering one or two weeks, and the amount of groceries needed for your plan. Think of how it will most likely be hot weather with no electricity, so food choices should require no refrigeration. Plan at least 2 quarts of water per person daily for drinking, and additional water for cooking. Filling the tub with water is for other uses.

Try putting food supplies in large brown grocery bags, staple them shut, label as hurricane supplies and put in large waterproof plastic bags. You could also use a large waterproof container with a lid. Store in your pantry so food supplies will be ready when needed. Avoid using your hurricane supplies before the storm, but use them up after the season is over or donate to a food pantry to avoid the food expiring.

The following sections will help you plan your daily 3-meal menus, and also include healthy snacks throughout the day. Just as important are the supplies that go along with your food preparation, remembering that you are trying to cover both the safety and cleanliness of preparing meals during this disaster time frame. Some people also need to think of elderly neighbors who probably couldn't fend for themselves or eat properly during this time, so perhaps include them in your planning process.

FOOD OVERVIEW

Have on hand:

- at least one portable cooler
- food for infants and the elderly
- food for pets
- order extra medication if necessary and
- remember to use proper hand washing at all times!



Bread Vegetable Fruit Milk Meat

MyPyramid.gov

*USDA's New
Food
Guidance
System*

Be sure to include balanced nutrition in your planning.

BREAD GROUP

• breakfast cereal · crackers · breakfast/nutrition bars
• rice cakes · whole wheat or multi-grain bread · dry pasta · Boston brown bread with raisins · melba toast · taco shells · chips · vanilla wafers · bread sticks · muffins · graham crackers · pretzels · *purchase just before storm: fresh bread, round flatbread for wraps*

VEGETABLE GROUP

• canned vegetables and soups · canned 3-bean salad · mushrooms · salsa · spaghetti sauce · *purchase just before storm: fresh carrots, broccoli, etc.*

FRUIT GROUP

• canned fruit in its own juice · dried fruit · 100% fruit juice · trail mix with fruit · packaged: raisins, apricots, cranberries, etc. · fruit cocktail · unsweetened applesauce

MILK GROUP

· non-fat milk (powdered, canned or shelf stable) · Ensure · puddings · nutritional drinks · processed cheese spread

MEAT GROUP

· meat soups · canned: tuna, ham, salmon, sardines, chili, corned beef hash, ravioli, beans (kidney, lima, black eyed peas, lentils, etc.) · peanut butter · bean spreads · packaged nuts (unsalted, dry roasted, peanuts, walnuts, almonds, etc.) · beef or turkey jerky · Vienna sausage

EXTRA

· bottled water, Gatorade, instant ice tea, instant coffee, tea bags, powdered drink mixes · cream soups · jelly · small packets of ketchup, mustard and mayonnaise · granola bars, fruit bars · infant food, formula · food for special diets

COOKING

· fondue pot with sterno (canned heat) · camping stove · with burners · extra propane or charcoal for the grill · heavy duty aluminum foil · disposable aluminum pans · hand operated can opener · bottle opener · fire extinguisher (ABC type) · matches in a water proof container · sunscreen to use when grilling outdoors · first aid kit · **NEVER USE CHARCOAL INSIDE YOUR HOUSE OR GARAGE** - the smoke and fumes are deadly. Gas grills need to be outside also for safety and fire hazards.

TABLE SETTING

· plastic utensils: knives, spoons and forks · paper plates and bowls, paper towels, napkins.

CLEAN UP

· kitchen gloves · garbage bags/ties · baby wipes · disinfecting wipes · sponges · bleach and medicine dropper · storage container or bucket with tight fitting lid · extra zip lock bags of all sizes · hand sanitizer

SUPPLIES

· assorted batteries, extra cell phone battery, extra bulbs, flash lights, lanterns, and candles · battery operated TV and radio · room fans (if on generator) · toilet paper · diapers and other infant non-food supplies · fill red gas cans with extra gas if you have a generator

OTHER CONSIDERATIONS

· cash to have on hand to cover expenses in the event the power goes out · fill your car with gas · several cans of “Fix a Flat” tire repair kit · hard soled shoes (in case of glass breakage) · insect repellent · medium sized heavy plastic bags for human waste disposal · consider a popup tent to sleep in · and place important papers in a waterproof carrier.

SAMPLE MENU

Breakfast

· orange juice · ready to eat cereal or instant oatmeal · small box of raisins · breakfast bar with fruit · skim milk · tea or coffee

Lunch

· chunky beef soup (ready to eat style that only needs heating) · crackers · carrot & celery sticks · nuts · fruit cup · vanilla wafers · tea or coffee

Dinner

· cheese or peanut butter sandwich · 3-bean salad (canned) · broccoli florets · apple · fat free pudding cup · skim milk · tea or coffee

Notes: Just before the storm buy bread, fresh broccoli, apples and other fruits and vegetables that do not require refrigeration.

This fact sheet was developed by the University of Florida Family & Consumer Sciences Extension Agents of South Florida - Chris Kilbride, Martin County · Jacquelyn Gibson and Monica Dawkins, Miami-Dade County · Brenda Marty Jimenez and Mary Peters, Broward County.

Preparing for Hurricanes: Your Water Supply

How Much Water Do I Need?



You should store at least one gallon of water per person per day. A normally active person needs at least one-half gallon of water daily just for drinking. Water is also needed for cooking.

In determining adequate quantities, take the following into account:

- ⚡ Individual needs vary, depending on age, physical condition, activity, diet and climate.
- ⚡ Children, nursing mothers and ill people need more water.
- ⚡ Very hot temperatures can double the amount of water needed.
- ⚡ A medical emergency might require additional water.

How Should I Store Water?

To prepare the safest and most reliable emergency supply of water, it is recommended you purchase commercially bottled water. Keep bottled water in its original container and do not open it until you need to use it. Observe the expiration or “use by” date.

If You Are Preparing Your Own Containers of Water—

It is recommended you purchase food-grade water containers from surplus or camping supply stores to use for water storage. They are available in a variety of sizes, from 4-10 gallons or more. Some are even collapsible to fold easily for storage.

Before filling with water, thoroughly clean the containers with dishwashing soap and water, and rinse completely so there is no residual soap, then fill it with fresh water from your tap. Don't fill your containers up in advance and store them. Wait until a hurricane warning has been posted for your area.

If you choose to use your own storage containers, choose two-liter plastic soft drink bottles—not plastic jugs or cardboard containers that have had milk or fruit juice in them. Milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment for bacterial growth when water is stored in them. Cardboard containers also leak easily and are not designed for long-term storage of liquids. Also, do not use glass containers, because they can break and are heavy.

If Storing Water in Plastic Soda Bottles, Follow These Steps:

- ☑ Thoroughly clean these bottles with dishwashing soap and water, and rinse completely so there is no residual soap.
- ☑ Sanitize the bottles by adding a solution of 1 teaspoon of non-scented liquid household chlorine bleach to a quart of water, swish the sanitizing solution in the bottle so that it touches all surfaces.
- ☑ After sanitizing the bottle, thoroughly rinse out the sanitizing solution with clean water.

Filling Water Containers

- ☑ Fill the bottle to the top with regular tap water. If the tap water has been commercially treated from a utility with chlorine, you do not need to add anything else to the water to keep it clean.



- ☑ If the water you are using comes from a well or water source that is not treated with chlorine, add two drops of non-scented liquid household chlorine bleach to the water.
- ☑ Tightly close the container using the original cap. Be careful not to contaminate the cap by touching the inside of it with your finger.
- ☑ Place a date on the outside of the container so that you know when you filled it.

- ☑ Store in a cool, dark place. Replace the water every six months if not using commercially bottled water.

Source: <http://www.fema.gov/are you ready>

Water Safety After A Hurricane

Local authorities will tell you if tap water is safe to drink or to use for cooking or bathing. If the water is not safe to use, follow local instructions to use bottled water or to boil or disinfect water for cooking, cleaning, brushing teeth or bathing.

Remember, use only disinfected or bottle water for food preparation, to brush teeth, and to give to pets.

In general the steps to disinfecting water are:

- Heat water at a rolling boil for 1 to 3 minutes. A rolling boil means that all of the water is moving and large bubbles continually rise and break the surface of the water.
- If you cannot boil water, add 1/8 tsp (about 8 drops) to 1/4 tsp (if cloudy) of unscented, liquid household bleach to the gallon of water; stir well, and let stand for thirty minutes. Listen to local announcements and authorities to learn the recommendations in your area.

Replacing Vital Documents

The U.S. Government's official web portal is www.usagov.gov. This website is an all-inclusive source of information related to our governments -- be it federal, state, local or tribal.

Included in the site is a page with a collection of links that can help you replace documents that have been lost or damaged: bank records; birth, marriage, and death certificates; damaged money; document restoration; drivers' licenses and vehicle registration; federal civilian personnel records; immigration documents;

medical information forms; Medicare card replacement; military records; passports; savings bonds; Social Security cards, and tax returns.

The exact web address for these links is:

www.usa.gov/Citizen/Topics/Family_Issues/Vital_Docs.shtml

Your Best Bet To Help Keep Your Brain Young

Here's what might--and might not--maintain your brain wiring as you get older.

EXERCISE



Want to boost your brain size? Go for a brisk walk ... every day.

"You can push yourself back two to three years with six months of aerobic exercise," says Arthur Kramer, professor of human perception and performance at the University of Illinois at Urbana-Champaign, "I'll take every month I can get."

His studies aren't the first clue. Other researchers have reported links between exercise and the risk of Alzheimer's or less serious memory loss. For example, women who reported walking for at least 1 1/2 hours a week did better on memory and other tests two years later than those who walked less than 40 minutes a week.

But it's always possible that something else about sedentary people led to their memory loss. So Kramer's research team looked for direct evidence. They assigned people aged 60 to 80 to do aerobic exercise mostly brisk walking--three days a week for 45 minutes a day or to do stretching and toning exercises three times a week.

After six months, "we found increases in the volume of gray matter in prefrontal, temporal, and parietal regions of the brain and the hippocampus" in the aerobic exercise group, says Kramer.

The hippocampus is key for relational memory. "That's remembering where you met somebody, where you read something," he explains. "That kind of memory goes as we get old."

Even before people were assigned to one of the two exercise groups, Kramer saw differences in their brains. "The more physically fit they were, the bigger their hippocampus and the better their relational memory."

Not all studies show the same brain boost. But Kramer and a colleague examined data from 18 trials to see if aerobic fitness training could improve thinking in older people. "The answer is an unequivocal yes," he says.

Researchers have even seen modest improvements when people who are at risk for Alzheimer's are put in an exercise program for six months.

Is strength building as good as aerobics? "It makes sense that strength training would have beneficial effects, but we know much less about it," says Kramer. However, he adds, "if you're stronger, you won't fall and break a hip and go to a nursing home and die, which is a real benefit, too."

Aerobic exercise may boost some thinking skills more than others. "For older adults, you get the biggest bang for your buck with executive control," says Kramer. "That includes planning, scheduling, multi-tasking, dealing with ambiguity, and working memory."

Short-term memory is being able to store information and retrieve it, he explains, while working memory is being able to store information and do something with it.

"The prototypical test of working memory is the backward digit span, where someone reads you a list of numbers, and you have to repeat them backwards, which means that you have to remember them and do the transfer," says Kramer.

Another example of working memory: "You go to a phone book to look up a number and somebody

comes into your office and you have to talk to them and still remember the number."

What's next on the agenda? "We're looking to see if these tests transfer to the real world--to driving or working in a busy office or filling out your taxes," says Kramer.

And you don't have to run a marathon to see a benefit. "Some of the participants in our study couldn't walk a block before they started," says Kramer. "They were all deconditioned, but after two or three months, they could all walk for 45 minutes without stopping, and some were jogging around the track."

Exercise might even help people who can't walk. "We're doing a study in Kansas with people aged 80 to over 100 and we have some of them exercising in their wheelchairs," says Kramer. "If you can't move your lower body, you can still move your upper body."

What's more, aerobic exercise can also protect your brain by cutting your risk of other illnesses that might diminish your memory.

"Exercise can decrease your risk of disease--diabetes, hypertension, stroke, coronary heart attack," says Kramer. "But in the short term, it can change the brain's structure and function. There's no downside."

TRIMMER WAIST

That spare tire around your stomach may spell trouble for your brain.



When researchers followed 6,500 members of the Kaiser Permanente managed health care organization for 36 years, the risk of dementia was triple for those who had larger middles in middle age.

"It's not overall obesity, but abdominal adiposity that's the problem," notes Mary Haan, professor of epidemiology at the University of Michigan School of Public Health.

Why does your middle-aged waistline matter? "If you measure in midlife, you are capturing more accurately what most of a person's life was like," she explains.

What's more, it's critical to look at waistlines before people start to lose memory. "Once people are cognitively impaired, you see changes in appetite that can lead to a decline in weight," says Haan.

"So when you're measuring body fat in a 75- or 80-year-old, you're measuring what may be part of the neurodegeneration."

How can a spare tire damage your brain? It's the deeper layer of visceral fat cells in the tire that are at fault. "Visceral fat is an active organ producing hormones that can cause higher insulin levels," says Haan.

Too much insulin in your blood can lead to type 2 diabetes, which is so closely linked to dementia that some researchers call dementia "type 3" diabetes.

(In type I diabetes, which often strikes in childhood, the pancreas stops making insulin. In type 2, which usually strikes the overweight, the pancreas produces more insulin than usual, because insulin receptors on the cells don't respond to the hormone. This article refers only to type 2 diabetes, which accounts for 90 to 95 percent of cases.)

"It's well established that type 2 diabetes increases the risk of cognitive decline," says Francine Grodstein, associate professor of epidemiology at the Harvard School of Public Health. When researchers tracked nearly 12,000 middle-aged and older men and women for two to four years, scores on memory and other tests dropped more in those with diabetes than in others.

"If you can avoid getting diabetes, that will help your memory," says Grodstein. "And there is increasing evidence that even people who don't have diabetes but have elevations in insulin levels are already at increased risk of cognitive decline."

Her research team found a steeper drop on verbal memory and other test scores in non-diabetic women and men who had higher insulin levels in midlife.

"It's clear that insulin is important because your brain has a lot of insulin receptors and they're concentrated in the hippocampus," notes Grodstein.

How does insulin impair memory?

"The most intriguing hypothesis is that the same enzyme that breaks down insulin also breaks down beta-amyloid, but it prefers to break down insulin," explains Grodstein. Beta-amyloid is the sticky protein that mucks up the brains in Alzheimer's patients.

"If you have excess insulin around, the enzyme is going to break down insulin and won't have time to break down beta-amyloid," she adds. "So beta-amyloid may accumulate as a result of excess insulin." It's also possible that insulin plays an indirect role. "People who have diabetes get cardiovascular disease more than others," says Grodstein. "A secondary theory is that the cardiovascular disease affects their memory."

Soft drinks, refined grains, and several other foods may raise the risk of diabetes. But keeping your weight in check is the top priority. "It's a tremendous predictor of diabetes," says Grodstein. "It's the easiest target."

LOWER BLOOD PRESSURE

Like an oversized waist, high blood pressure might do most of its damage in your middle years.

"Hypertension in midlife is almost certainly a risk factor for dementia, but hypertension in late life may not be," says David Knopman, professor of neurology at the Mayo Clinic College of Medicine in Rochester, Minnesota.



"There are good reasons why it would flip," he explains. It's common for older people to have a temporary drop in blood pressure when they stand up, so "the measurement of hypertension becomes much more muddled in old age."

How might high blood pressure harm the brain? The simplest explanation is that it causes strokes--blocked or burst blood vessels that kill brain cells by cutting off their supply of oxygen.

"But a lot of people have dementia without having large strokes," Knopman explains. Instead, they might have tiny strokes--what doctors sometimes call small infarcts in the brain.

"If you look microscopically, you can see the infarcts during an autopsy," says Knopman. And on some brain scans, they might show up as "white matter hyperintensities." (The brain's white matter is made up of the axons that send messages from one nerve cell to another. If the nervous system were a computer network, the white matter would be the cables and the gray matter, which contains nerve cells and capillaries, would be the computers.)

Scientists believe that ultra-white patches, or hyperintensities, in the white matter are a sign that the axons are injured, which slows the flow of information on the brain's superhighway. Brain scans show white matter hyperintensities in people at risk for stroke, Alzheimer's, and other neurological illnesses.

But you wouldn't necessarily know if you've had a mini-stroke. "Many infarcts are silent," says Knopman.

Another theory: high blood pressure may weaken the barrier that separates the brain from the rest of the body. "The blood-brain barrier could become more permeable to proteins that could be toxic in the brain," he suggests.

Knopman draws an analogy with kidney disease. "Hypertension is a huge risk factor for kidney disease, but it doesn't cause strokes in the kidney," he says. Instead, it damages the lining of tiny blood vessels in

the kidney, which causes proteins in the blood to leak into the urine.

And there's another possible explanation: high blood pressure may somehow accelerate Alzheimer's disease. "In the Honolulu Heart Program study, people who had untreated midlife hypertension had more evidence of Alzheimer's on autopsy," notes Knopman.

That would offer a chance to curb the disease. If treating high blood pressure could prevent those tiny, silent strokes, that could delay Alzheimer's by preserving the brain.

Source: Nutrition Action Health Letter, 04/09

SunWise

It's fun to play in the sun, but did you know that too much sun can be bad for you? If you ever had sunburn, you have felt some of the bad effects of too much sun and ultraviolet (UV) radiation. Too many UV rays can cause more serious health effects too, such as skin cancer; older looking skin, and other skin problems; cataracts and other eye damage; and weakening of the immune system. (The immune system is what keeps us from getting sick.) Children need sun protection education since too much sun when you are young may lead to skin cancer later in life.



The good news is that you can prevent UV radiation from hurting you. You need to practice good sun safe habits while you are young. You should stay sun-safe all of your life.

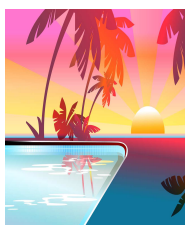
SunWise Action Steps

- Limit Time in the Midday Sun (between 10 am and 4 pm)

- **Always Use Sunscreen**
Apply a broad spectrum sunscreen with a Sun Protection Factor (SPF) of at least 15 or higher and use a lot wherever your skin is showing. Reapply every 2 hours when working or playing outdoors. Even waterproof sunscreen can come off when you towel off, sweat, or spend extended periods of time in the water.
- **Wear a Hat**
- **Cover Up with loose Clothing to Protect skin**
- **Wear Sunglasses that Block 99-100% of UV Radiation**
- **Avoid Sunlamps and Tanning Parlors**

For More Information go to
<http://www.epa.gov/SunWise/kids.html>

SUMMER SAFETY



Be Sun Wise

Avoid Dehydration



The effects of dehydration, or loss of body water, are progressive: thirst, then fatigue, next weakness, followed by delirium.

To keep your body well hydrated, consume enough water - to 12 cups – throughout the day. Try new ways to make plain water interesting, by adding lemon, orange juice, pineapple, herbal tea or carbonation.

Keeping Track of Children

Crowded places can elicit panic for families trying to keep track of each other, but there are things you can do to prepare your children and yourself.



You'll make crowds a safer and more enjoyable experience for your entire family.

• Preparing Crowd Essentials

First, prepare before you leave by having a bag packed with all you will need, like water, snacks, sunscreen, and a small first aid kit. I find that a backpack works better than a diaper bag or purse in these situations because it leaves my arms and hands free to help my kids. I also make sure I have pockets in my outfit to hold spending money. Before we leave, I tuck a slip of paper with the child's name, address, and phone number into their pocket just in case.

• Dressing for Crowds

Dress your kids in bright or distinctive clothing. Fun hats are an easy way to do this. And remember everyone should wear comfortable shoes for walking.

• Establishing a Meeting Spot

When you get to the event, establish a meeting place, in case you do get separated. Make sure it is not only a safe place, but a visible one too. Have your child repeat where to meet to you before you leave the spot.

• Identify Safe Contacts

If there are security guards or police officers at the event, point them out to the kids. Have your child describe the police officer's clothing and explain to them that the police will always help them if they need it.

• Safe Crowd Practices

Do not send children to the bathroom unattended. Even if they are old enough not to need help, they should be escorted to and from the facilities.

The best crowd tip that I have mastered is to keep your child in view at all times. To ensure that I can

always see my kids, I have taught them that they must always be able to see me.

In large crowds, we form a human chain, or what my son calls our train.

• Crowd Backup

And, if all else fails, use a stroller. Though maneuvering a stroller in a crowd can be a challenge, it is safer than having small children wander off. Luckily, my kids still enjoy the ride.

Whether you are going to the circus, the mall, or a big outdoor event, keeping your kids safe and close will help everyone enjoy the adventure.

Summer 4-H Plans

Florida 4-H turned 100 years old in 2009. The county centennial celebration began at the Miami-Dade County Fair and Exposition in March. The 4-H department showcased over 2,000 exhibits made by the membership of over 9,000 in this county. The Fair “on stage” activities included illustrated talks, talent and a fashion show of garments constructed by the 4-H members.

The official county celebration will be Saturday, October 3, 2009 at the 4-H office at the Miami international Mall. This day long event will include free fun and educational activities for all children.

Operation Military Kids Camp will be held June 12 and 13 in Homestead. This free camp is open to all children of military parents.

4-H Camp CloverLeaf is a week long environmental camp held in Lake Placid, Florida.



For more information on 4-H activities or membership visit, www.miami-dade.ifas.ufl.edu

Earned Opportunity

These money management sites can help tweens and teens become fiscally savvy.
—Krista Meyerhoff



Youngmoney.com:

Find out how to choose a credit card and the key to lowering your cell phone bill.

Smartypig.com:

Loved ones can contribute to a specific account - like one for college or a new car - via an online piggy-bank.

Giveme20.com:

Features a weekly allowance calculator and tools to help reduce debt or achieve a savings goal.

Financialliteracyquiz.com:

What does APR mean? Which 3-digit number represents the best credit score? This 52-question quiz has the answers.

Themint.org:

Track a checking account, get the lowdown on budgeting basics and understand spending habits through interactive games.

Ftc.gov/youarehere:

Kidscruise virtual shopping malls—reading suspicious ads and sneaky sales pitches—and learn what to look out for.

FC Fact

Teens and tweens want to make better financial decisions down the road—76% of kids ages 11 to 17 say they'd like to learn the fundamentals of spending and saving.

Source: Capital One Back-to-School Study, July 2008