

**Fall Prevention for Older Adults
Myth vs. Reality**

Part of education is exposing myths about a subject and making the reality of it known. Fall Prevention is no different—several myths exist that prevent older individuals from getting the help they need.

Myth: Using an assistive device will make me more dependent.

Reality: As assistive device may actually increase your independence—allowing you to be more active and still do the things you enjoy. Think of when you first got glasses—you really didn't want them, did you? Now, imagine your life without them. A walker or cane provide the same help.

Myth: I don't need to use my assistive device when I am in my own home.

Reality: Again, think about your glasses—do you function as well without your glasses as you do with them? Now, imagine your life without them. A walker or cane allow you to get around ANY environment safely.

Myth: If I stay seated most of the time, I reduce my risk of falling.

Reality: Inactivity leads to muscle and joint weakness which may lead to a fall.

Myth: Falling is just something normal that happens as I get older.

Reality: Problems in later life are not part of "normal" aging. Falling is no more "normal" than memory loss and may be prevented through things like strengthening exercises for the body or changes in your environment to eliminate fall risks, a fall may be prevented.

Myth: Taking just one medication cannot increase my risk of falling.

Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways. One of the common problems is that the initial dose of the medication is too high. Be very careful when starting a new medication and take extra care until you see what affect it is going to have on you.

Safety is NO Accident: Live Injury Free!

Safer Cleaning Alternatives: Reducing The Risk

One of the best means of avoiding exposure to house-hold hazardous materials is to use safer alternatives whenever possible. Included in this section are time-honored recipes and suggestions to help you make the switch toward safer household products. Ingredients followed by instructions will guide you through an array of easy-to-make, easy-to-use safer alternatives. Some ingredients recommended as alternatives are safer, but not nontoxic. These ingredients have been marked with an asterisk(*) to assist you in identifying their presence. Making your own simple and effective products is fun and economical. We think you will be happily surprised with the results. (SEE INSERT FOR MORE!)

All-Purpose Cleaner

Vinegar and Salt. Mix together for a good surface cleaner.

Baking Soda. Dissolve 4 tablespoons baking soda in 1 quart warm water for a general cleaner. Or use baking soda on a damp sponge. Baking soda will clean and deodorize all kitchen and bathroom surfaces.

Carpet And Rug Cleaner

IF YOU PLAN TO SHAMPOO YOUR CARPET, FIRST TRY A PRE-CLEANING TREATMENT. Sweep the carpet, which will make the nap stand up and loosen the imbedded dirt. Next vacuum. With this work alone, the rug should show a noticeable improvement, so much in fact that you may decide to delay the shampooing.

To neutralize odors: Borax* and cornmeal. Sprinkle the carpet with a mixture of 1 cup Borax and 2 cups cornmeal. Let this mixture stand for an hour before vacuuming.

Another alternative is Baking Soda. Making certain that the carpet is dry, sprinkle baking soda liberally over the entire carpet. Wait at least 15 minutes, or overnight if the odor is particularly bad, before vacuuming.

Disinfectant

Soap. Regular cleaning with plain soap and hot water will kill some bacteria. Keep things dry. Mold, mildew, and bacteria cannot live without moisture.

Borax has long been recognized for its disinfectant and deodorizing properties. Mix 1/2 cup Borax into 1 gallon hot water and clean with this solution.

Isopropyl Alcohol*. This is an excellent disinfectant. Sponge and allow to dry. (It must dry to do its job.) Use in a well-ventilated area and wear gloves.

General Internet Safety Tips

- Educate yourself, then your child.** Talk with them about posting personal information. Make sure they know that people online might not be who they say.
- Teach children the obvious rules.** Tell your children NOT to put their photos on the Internet or to give out their names, addresses, phone numbers, schools, or other personal information. Once a picture is on the Internet there is no way to know where that picture has gone. Pictures can be manipulated. Pictures can be saved by sex offenders.
- Install an internet filter or family safe software.** Software is an effective way to filter dangerous content. Check with your Internet Service Provider (ISP). Some ISP's have filters you can purchase or they may provide filters for free. Visit a local electronics or computer store to examine and purchase a filtering software program or research and order a filtering software package online. Choose one that is best for your family.
- Know the dangers associated with sites your children frequent.** Communication is the most important thing you can do. You may control your child's environment at home, but when they are away from home someone else might not have your same rules and concerns. Communicating and helping your child understand the dangers online is our most important message.
- Talk with your children about encountering pornography.** Teach your child that if they encounter pornography to quickly turn the power off and get an adult. This can prevent a child from attempting to stop the situation by clicking more buttons and thereby spreading the attack and being exposed to more pornography. Talk with your child about the dangers of pornography and how it can become an addiction. Many teenagers are now becoming addicted and obsessed with the viewing of pornography.
- Manage the time spent on computers.** Scheduling times when a child can be on the Internet and the amount

they can be online ensures that you know when they are on the Internet and for how long.

- Set internet guidelines and enforce consequences if they are not followed.** Providing guidelines will ensure they know where they stand when it comes to how they use the Internet as well as the consequences when they break the rules.
- Keep computers out of children's bedrooms.** With computers out in the open, children will be less inclined to view and access material that may not be acceptable.
- Create a relationship that fosters trust and open communication.** Open communication and trust is the key. By letting children know what is expected from them and that their safety is top priority, they will feel that if something happens—whether they are approached by a cyber stranger or bully or receive inappropriate email—they can approach a parent to resolve the issue without feeling they are in trouble.
- Compromise-Communication** Teenagers are attracted to MySpace and similar sites. Many parents do not allow their children to be on these sites. Keep in mind if a child is determined to be on a site, they WILL find a way. They can access these sites from friend's homes and other places. Parents should, keep in mind that some teenagers have two different accounts. They have one for mom and dad, and they have one for their friends. We suggest that children set their account settings to private and limit who can access those accounts. Be careful with the personal information (#2 tip) contained on the account. If you are communicating with someone online that you don't know in person, they could be anyone. In these situations, do not give out any personal information.

From: www.netnanny.com



Texting and Driving

We are all aware of how dangerous texting and driving is. So why do people still do it? Here are some statistics and some tips on what parents can do to prevent their children from becoming a victim of texting and driving.

- 2,600 traffic deaths are caused each year by drivers using cell phones
- 570,000 accidents leading to minor and serious injuries are caused by cell phone distractions
- 50% of Americans believe that texting behind the wheel should be punishable as harshly as drunk driving
- Texting while driving is about 6 times more likely to result in an accident than driving while intoxicated.
- Over one-third of all young drivers under the age of 24 are texting on the road

What Parents Can Do:

Talk to your teens NOW: Tell them the facts. Tell them that distracted driving is as dangerous as drinking and driving.

Set a good example: Throw your cell phone into the back seat. Don't check your email at stoplights. If you must talk on the phone, use a hands-free headset. And never, ever text while driving.

Establish harsh consequences: If your teens practice distracted driving, take away the car keys—Immediately!!

From: www.commonssensemedia.org/driving-distractions-dangers-car-electronics



Video Game Safety

Video games used to be so simple, but nowadays there's so much more you have to know. With over a thousand new video game titles hitting stores shelves each year, it's not easy for a parent to figure out which video games are right for their kids. As with any decision, information is key, and the following tips will help prepare you to make informed choices.

Check the Ratings. The ESRB video game ratings and content descriptors can be found on virtually every computer and video game sold, and they provide useful and reliable information to help you make educated decisions about the games you choose for your children. Rating symbols on the front of the package suggest what age the game is best suited for, and content descriptors on the back provide additional detail about what's in the game.

Go beyond the ratings. ESRB offers a supplementary source of information about game content called "rating summaries," which provide a brief, objective explanation of the context and relevant content that factored into a game's rating. Rating summaries are available when searching for games on the ESRB website, via the ESRB rating search widget, as well as right from the video game store by logging onto ESRB's mobile website at m.esrb.org. They're also available through the ESRB's free ParentTools newsletter, which provides subscribers with a bi-monthly list of recently rated titles complete with rating summaries and customized to their selected preference of rating categories and game platforms.

Learn about and use parental controls. All of the new video game consoles (Xbox 360, Wii, PLAYSTATION3) as well as many handheld devices like the PSP offer parents the ability to limit what type of content their children can access by activating built-in parental control features. By activating these controls you can ensure that your kids only play games that carry ratings you deem appropriate for them.

Monitor your child's video game play, and play with them. Play games with your kids, and talk with them about the ones they. This is a good way to have fun together as well as get to know which

games your child finds to be interesting and exciting, and why.

Exercise caution with online-enabled games. Some games let users play with strangers over the Internet, and MMOGs (massively multiplayer online games) enable online gaming on a vast scale. It's important to realize that many of these games contain user-generated content that may not be part of the rating, such as character models ("skins"), settings ("maps"), live chat, customized weapons and more. If you are concerned about your child's exposure to user-generated content of this type, note that all online-enabled games carry a warning on the package next to the rating symbol that reads "Online Interactions Not Rated By The ESRB."

Be aware of mods. Some games offer players the ability to modify content that may be inconsistent with the ESRB rating. Players can post their "mod" (short for modification) on the Internet making it available for other players to freely download, or players can access mods using a special cheat device (e.g., GameShark, Action Replay Max). As with online-enabled games, player-created or modified content cannot be considered in ESRB ratings, so it's important for parents to be aware that some mods can alter a game in ways they deem inappropriate.

Consult reviews and experts. Additional information about the games your kids want can be found on numerous websites and in game enthusiast magazines, many of which provide extensive reviews and details about game content. The Parent Resources section of the ESRB website offers links to some of those websites including a few that recommend family-friendly and children's video games.

Look for retailers who support the ESRB ratings. Many local and national video game retailers support the ESRB ratings through education programs and enforcing their voluntary store policy not to sell or rent M (Mature)-rated games to children under 17 without permission from their parent.

From: <http://www.tweenparent.com/articles/view/175>

Prevent Identity Theft

- 1. Watch for shoulder-surfers.** Make sure nobody is trying to look over your shoulder at your credit card or watching you enter your PIN number.
- 2. Require photo ID verification.** Rather than signing the backs of your credit cards, you can write "See Photo ID". For the rare cases where they do actually verify the signature, you may get some added security by directing them to also make sure you match the picture on the photo ID.
- 3. Shred everything.** Buy a personal shredder and shred all papers with personal information on them before disposing of them.
- 4. Destroy digital data.** When you sell, trade or otherwise dispose of a computer system, hard drive or a recordable CD, you need to take extra steps to ensure data is completely destroyed. ShredXP makes sure that data on a hard drive is completely gone. Physically break or shred CDs or DVDs.
- 5. Be diligent about checking statements.** Make sure you are getting all your statements each month AND check to make sure all charges match up with your records.
- 6. Pay your bills at the post office.** Never leave your bills in the mailbox to be sent out. A thief can get all the information he needs off of them.
- 7. Limit information on your checks.** If your check falls into the wrong hands, it could reveal too much. Put as little on your checks as possible.
- 8. Analyze credit report annually.** You can do it for free! Make sure the information is accurate.
- 9. Protect your Social Security number.** Don't carry it with you. Don't use it as any part of a username or give it to telephone solicitors.
- 10. Only do business with companies that you know.** Make sure the online companies are legitimate and they take security seriously. Read the online privacy policies to ensure you agree.

From: <http://netsecurity.about.com/od/newsandeditorial1/a/aaidenttheft.htm>

Decal Remover

Vinegar. To remove no-slip decals from the bathtub, saturate a cloth or sponge and squeeze hot vinegar over decals. Vinegar also removes stick-on hooks from painted walls. Saturate a cloth or sponge with vinegar and squeeze the liquid behind the hook so that the vinegar comes in contact with the adhesive. In addition, vinegar can be used to remove price tags and other decals from glass, wood, and china. Paint the label or decal with several coats of white vinegar. Give the vinegar time to soak in and after several minutes the decal can be rubbed off.

Drain Cleaners and Drain Openers

Prevention. To avoid clogging drains, use a drain strainer to trap food particles and hair; collect grease in cans rather than pouring it down the drain; pour a kettle of boiling water down the drain weekly to melt fat that may be building up in the drain; or weekly put some vinegar and baking soda down your drain to break down fat and keep your drain smelling fresh.

Plunger. A time-honored drain opener is the plunger. This inexpensive tool will usually break up the clog and allow it to float away. It may take more than a few plunges to unclog the drain. **DO NOT USE THIS METHOD AFTER ANY COMMERCIAL DRAIN OPENER HAS BEEN USED OR IS STILL PRESENT IN THE STANDING WATER.**

Baking Soda and Vinegar. Pour 1/2 cup baking soda down the drain. Add 1/2 cup white vinegar and cover the drain if possible. Let set for a few minutes, then pour a kettle of boiling water down the drain to flush it. The combination of baking soda and vinegar can break down fatty acids into soap and glycerine, allowing the clog to wash down the drain. **DO NOT USE THIS METHOD AFTER ANY COMMERCIAL DRAIN OPENER HAS BEEN USED OR IS STILL PRESENT IN THE STANDING WATER.**

Salt and Baking Soda. Pour 1/2 cup salt and 1/2 cup baking soda down the drain. Follow with 6 cups boiling water. Let sit overnight and then flush with water. The hot water should help dissolve the clog and the baking soda and salt serve as an abrasive to break through the clog.

Mechanical Snake (and Garden Hose). A flexible metal snake can be purchased or rented. It is threaded down the clogged drain and manually pushes the clog away. If used in conjunction with a running garden hose, it can even clear a blockage in the main drain to the street. First crank the snake and feed it into the pipe. Next withdraw the snake and flush the pipe by inserting a garden hose with the water turned on full. With some luck, it may save you the expense of a plumber.

Floor Cleaners and Floor Polishes

Vinegar. A few drops in the cleaning water will help remove grease panicles. Dull, greasy film on no-wax linoleum can be washed away with 1/2 cup white vinegar mixed into 1/2 gallon water. Your floor will look sparkling clean.

For Linoleum: Mild Detergent. Damp mop using a mild detergent and water for day to day cleaning. Keep water away from seams and edges to prevent loosening of the tiles. To preserve the linoleum floor you may wish to add a capful of baby oil to

the mop water.

For Wood Floors: Vegetable Oil and Vinegar. Mix a 1 to 1 ratio of oil and vinegar into a solution and apply a thin coat. Rub in well.

For Painted Wooden Floors: Washing Soda*. Mix 1 teaspoon washing soda into 1 gallon hot water and wash the floor with a mop, sponge, or soft bristled brush. This solution can also be used to remove mildew.

For Rubber Tiles: Mild Detergent. Avoid oils, solvents, and strong alkalis as they will harm the surface. Wash with clear water, a mild detergent, and a clean mop.

For Brick and Stone Floors: Vinegar. Mix 1 cup white vinegar into 1 gallon water. Scrub the floor with a brush and the vinegar solution. Rinse with clean water.

For Ceramic Tile: Vinegar. Mix 1/4 cup white vinegar (more if very dirty) into 1 gallon water. This solution removes most dirt without scrubbing and doesn't leave a film. Washing ceramic tiles with soap does not work very well in hard water areas as it leaves an insoluble film.

Club Soda. Polishing your floor with Club Soda will make it sparkle.

Oil Soap. Use according to package directions.

Special Floor Problems

To remove black heel marks: Baking Soda. Rub the heel mark with a paste of baking soda and water. Don't use too much water or the baking soda will lose its abrasive quality.

To remove tar: Scrape up excess tar with the side of a dull knife. Rub again with your fingernail, a popsicle stick, or anything that won't scratch the floor. Finally, wipe up the tar with a dry cloth.

To remove crayon marks: Toothpaste. Crayon marks on the floor may be removed by rubbing them with a damp cloth containing toothpaste. Toothpaste will not work well on wallpaper or porous surfaces.

To remove grease from wood floors: Ice Cube or Cold Water. If you spill grease on a wood floor, immediately place an icecube or very cold water on the spot. The grease will harden and can then be scraped off with a knife. Then iron a piece of cloth over the grease spot.

Furniture Polish

The idea behind furniture polish for wood products is to absorb oil into the wood. Many oils commonly found in our kitchens work very well.

Vegetable Oil or Olive Oil and Lemon Juice. Mix 2 parts oil and 1 part lemon juice. Apply and polish with a soft cloth. This leaves furniture looking and smelling good.

For Unfinished Wood: Mineral Oil*. Mineral oil is flammable. Apply sparingly with a soft cloth. For lemon oil polish, dissolve 1

teaspoon lemon oil into 1 pint mineral oil. CAUTION: Mineral spirits should never be substituted for mineral oil as it can be dangerous when inhaled or absorbed through the skin.

For Mahogany: Vinegar. Mix equal parts white vinegar and warm water. Wipe onto wood and then polish with a chamois cloth.

Special Furniture Problems

For Grease Spots: Salt. Immediately pour salt on the grease spot to absorb grease and prevent staining.

For Scratches: Lemon Juice and Vegetable Oil. Mix equal parts of lemon juice and salad oil. Rub into scratches with a soft cloth until scratches disappear.

For Water Spots: Toothpaste. To remove water marks, rub gently with toothpaste on a damp cloth.

For Washing Wood: Mild Soap. Dampen cloth with a solution of water and mild soap, such as Ivory or Murphy's Oil Soap. Wring the cloth almost dry and wipe the furniture section by section, drying with a clean dry cloth as you go so that no section stays wet.

For Refinishing Old Furniture: Commercial Oil Soap. Before you set to work on an old piece of furniture with chemical finish removers, try Vegetable Oil Soap. This simple, nontoxic solvent may be all the help an antique needs. Follow label directions.

Laundry Products

White Vinegar. Eliminate soap residue by adding 1 cup of white vinegar to the washer's final rinse. Vinegar is too mild to harm fabrics but strong enough to dissolve alkalies in soaps and detergents. Vinegar also breaks down uric acid, so adding 1 cup vinegar to the rinse water is especially good for babies' clothes. To get wool and cotton blankets soft and fluffy as new, add 2 cups white vinegar to a full tub of rinsewater. **DO NOT USE VINEGAR IF YOU ADD CHLORINE BLEACH TO YOUR RINSEWATER. IT WILL PRODUCE HARMFUL VAPORS.**

Baking Soda. 1/4 to 1/2 cup baking soda per wash load makes clothes feel soft and smell fresh.

Dry Bleach*. Dry bleaches containing sodium perborate are of low toxicity (unless in strong solution, then they can be irritating to the skin). Use according to package directions.

Baking Soda. You can cut the amount of chlorine bleach used in your wash by half when you add 1/2 cup baking soda to top loading machines or 1/4 cup to front loaders.

Vinegar. To remove smoky odor from clothes, fill your bathtub with hot water. Add 1 cup white vinegar. Hang garments above the steaming bath water.

Cornstarch. For homemade laundry starch, dissolve 1 tablespoon cornstarch in 1 pint cold water. Place in a spray bottle. Shake before using. Clearly label the contents of the spray bottle.

Lime And Mineral Deposit Remover

Vinegar and Paper Towels. Hard lime deposits around faucets can be softened for easy removal by covering the deposits with vinegar-soaked paper towels. Leave the paper towels on for about one hour before cleaning. Leaves chrome clean and shiny.

For Plastic and Metal Showerheads: Vinegar. To remove deposits which may be clogging your metal showerhead, combine 1/2 cup white vinegar and one quart water. Then completely submerge the showerhead and boil 15 minutes. If you have a plastic showerhead, combine 1 pint white vinegar and 1 pint hot water. Then completely submerge the showerhead and soak for about one hour.

Porcelain Cleaner

Cream of Tartar. To clean porcelain surfaces, rub with cream of tartar sprinkled on a damp cloth. Works well on light stains.

Rust Remover

Peeled Potatoes and Baking Soda or Salt. To remove rust from tinware, rub with a peeled potato dipped in a mild abrasive such as baking soda or salt.

Aluminum Foil. Briskly scrub rust spots on car bumpers with a piece of crumpled aluminum foil, shiny side up. Also works well on the chrome shafts of golf clubs.

Scouring Powder

The amount of chlorine in scouring powder is not significant enough to cause harm, but if you want to totally avoid chlorine or are sensitive to it follow these recipes.

Non-Chlorine Scouring Powder. Several commercially available products.

Baking Soda or Dry Table Salt. Both of these substances are mild abrasives and can be used as an alternative to chlorine scouring powders. Simply put either baking soda or salt on a sponge or the surface you wish to clean and then scour and rinse.

Toilet Bowl Cleaner

IF YOU DO USE BLEACH TO CLEAN YOUR TOILET BOWL, NEVER MIX BLEACH WITH VINEGAR, TOILET BOWL CLEANER, OR AMMONIA. The combination of bleach with any of these substances produces a toxic gas which can be hazardous.

Baking Soda and Vinegar. Sprinkle baking soda into the bowl, then drizzle with vinegar and scour with a toilet brush. This combination both cleans and deodorizes.

Borax* and Lemon Juice. For removing a stubborn stain, like toilet bowl ring, mix enough borax and lemon juice into a paste which can cover the entire ring. Flush toilet to wet the sides, then rub on paste. Let sit for 2 hours and scrub thoroughly. For less stubborn toilet bowl rings, sprinkle baking soda around the rim and scrub with a toilet brush.

Source: Michigan State University Extension, June 2008

Child Passenger Safety

1. **Rear-Facing Seat:** For the best possible protection keep infants in the back seat, in rear-facing child safety seats, as long as possible up to the height or weight limit of the particular seat. At a minimum, keep infants rear-facing until a minimum of age 1 and at least 20 pounds (most can stay rear-facing up to 35 pounds!).



2. **Forward-Facing Seat:** When children outgrow their rear-facing seats (at a minimum age 1 and at least 20 pounds) they should ride in forward-facing child safety seats, in the back seat, until they reach the upper weight or height limit of the particular seat (usually around age 4 and 40 pounds - some go to 65 lbs!).



3. **Booster Seats:** Once children outgrow their forward-facing seats (weight is more than 40 pounds), they should ride in booster seats, in the back seat, until the vehicle seat belts fit properly. A backless booster must be in a seat with a headrest that is taller than the top of the ears.



4. **Seat Belts:** When children outgrow their booster seats, (some boosters have upper weight limits of 100 lbs.) they can use the adult seat belt in the back seat, if it fits properly (lap belt lays across the upper thighs and the shoulder belt fits across the chest - not across neck).

REMEMBER: All children under 13 should ride in the back seat!!

<http://www.nhtsa.gov/Safety/CPS>

Firework Safety

- Use fireworks outdoors only.
- Obey local laws. If fireworks are not legal where you live, do not use them.
- Always have water handy. (A hose or bucket).
- Only use fireworks as intended. Don't try to alter them or combine them.
- Never relight a "dud" firework. Wait 20 minutes and then soak it in a bucket of water.
- Use common sense. Spectators should keep a safe distance from the shooter and the shooter should wear safety glasses.
- Alcohol and fireworks do not mix. Have a "designated shooter."
- Only persons over the age of 12 should be allowed to handle sparklers of any type.
- Do not ever use homemade fireworks of illegal explosives: They can kill you! Report illegal explosives to the fire or police department in your community.



Information from www.fireworksafety.com

WORDS OF WISDOM

*People whose hearts are full of gratitude and appreciation are truly beautiful. A humble heart is the well-spring of great growth and development.

*While it is important to win, it's even more important to remain undefeated no matter what happens.

*A person's true nature is revealed at times of the greatest adversity.

*No matter how wonderful our dreams, how noble our ideals, or how high our hopes, ultimately we need courage to make them a reality. Without action, it's as if they never existed.

Summer Safety Tips

From going to the river, sending your kids to summer camps, being out in the sun or popping fire-crackers, here are some tips to have a fun *and* safe summer!

River and Lake Water Safety

www.sacmetrofire.ca.gov

For every child who dies from drowning, another four receive emergency care for non-fatal injuries. Have a look at these drowning myths to keep from you or a loved one becoming a victim.

Myth: Drowning victims call for help....*WRONG*

Fact: Drowning is suffocation in water, it's a silent death.

Myth: Drowning victims are alone when they go under...*WRONG*

Fact: Drowning occurs in the middle of crowds. They are often mistaken for play.

Myth: Drowning doesn't occur quickly....*WRONG*

Fact: Drowning can occur in as little as 20 seconds.

Myth: Victims are usually swimmers who went too far...*WRONG*

Fact: Drowning victims are usually poor swimmers or non-swimmers who never intended to enter the water.

Myth: Children are safe if they know how to swim and wear a personal flotation device...*WRONG*

Fact: Children can easily panic and forget what they've learned. No one is "drown-proof".

So what can you do to prevent a drowning:

1. Always supervise your children in AND around the water. Don't leave them alone, even for an instant!
2. Always wear a life jacket.
3. Make sure your whole family learns to swim.
4. Never swim alone.
5. Learn CPR.
6. Look before you leap.



Summer Camp Safety

Before sending your kids off to summer camp, here are a few tips you might want to consider:

- *Get your kids vaccinated
- *Encourage safe physical activities
- *Teach your kids to stay hydrated
- *Teach your kids to avoid wild animals
- *Pack protection
- *Be proactive
- *Prepare your kids

For a more complete list, packing tips, and questions you should ask before sending them off, go to <http://www.cdc.gov/Features/SummerCamp/>

Sun Safety

Many people love the warm sun. The sun's rays make us feel good, and in the short term, make us look good. But our love affair isn't a two way street: Exposure to sun causes many of the wrinkles and age spots on our faces and is the number one cause of skin cancer.



How Does the Sun Change Skin?

Exposure to the sun causes:

- Pre-cancerous and cancerous lesions
- Benign tumors
- Fine and coarse wrinkles
- Discolored areas of the skin
- A yellow discoloration of the skin
- Dilation of small blood vessels under the skin

How Can I Protect My Skin From the Sun?

Follow these tips to help prevent sun-related skin problems:

- Apply sunscreen with a SPF of 30 or greater at least 30 minutes before sun exposure and then every few hours thereafter.
- Select cosmetics and contact lenses that offer UV protection
- Wear sunglasses with UV protection
- Wear wide-brimmed hats, long sleeved shirts and pants
- Avoid direct sun exposure as much as possible during peak UV radiation hours (10 a.m.-3 p.m.)
- Perform skin self-exams to become familiar with existing growths and notice any new growths.
- Avoid tanning beds

Information from <http://www.webmd.com/skin-problems-and-treatments/guide/sun-safety-tips>

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The Texas AgriLife Extension Service in Crosby County needs your help in identifying educational needs that are relevant to you.

Developing educational programs based on community needs is the foundation of the Texas AgriLife Extension Service's success. The process of identifying relevant issues that can be addressed through educational efforts is fundamental to the program development model for Extension. Our ability to meet educational needs depends on knowing what you, as a local resident, see as important issues that impact your livelihood.

What we need from you is your input in identifying the relevant issues that can be addressed through educational methods. Please take a few minutes (less than 5, in fact) to complete the online issue identification survey at: <http://extensionissues.tamu.edu>.

Click on the link in the middle of the web page given above that says ISSUE IDENTIFICATION FORUM. The survey will ask for demographic information (seven quick questions, and you are NOT required to enter your email address) and then you'll have the opportunity to identify issues in the areas of agriculture and natural resources, families and health, community and economic development and youth development that you feel are important to you and your community. After you submit one issue, the next screen will give you the option to submit more issues if you wish. All demographic information will be confidential and remain anonymous. **Please complete the online survey by May 5, 2011.**

After survey responses are collected, the Texas AgriLife Extension Service will involve the Leadership Advisory Board, a volunteer group comprised of community leaders that help guide Extension programming in Crosby County, to help identify and prioritize the issues that are identified by local citizens collected through the survey. The top issues will be addressed through educational programs over the next several years by AgriLife Extension staff and volunteers in Crosby County.

Please contact the Crosby County AgriLife Extension Office, 675.2347 or crosby@ag.tamu.edu you have any questions.



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