

Family & Consumer News



Surry County Center

May - July 2018

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Welcome to Medicare

Much like you anticipated turning 16 and getting your driver's license, you must anticipate and plan for becoming a Medicare beneficiary. Don't wait until you're 65 to start thinking about your Medicare choices! Start now and let SHIIP, the Seniors' Health Insurance Information Program, help you understand your options and get you on the road to Medicare. There will be a **Welcome to Medicare—65th Birthday Celebration** on Monday, May 7, 2018, 6:30 pm at the N.C. Cooperative Extension, Surry County Center in Dobson. There is no charge to attend, but please call 336-401-8025 to reserve your space. Refreshments and handouts will be provided.

The Seniors' Health Insurance Information Program (SHIIP) is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans and Medicare fraud and abuse.



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FREEZER PLEASERS Lunch and Learn

Love the idea of having some quick and easy meals ready to go in your freezer? Join us for the "third helping" of Freezer Pleasers on Thursday, July 12th, 11:30 am - 1:00 pm at the Extension office. Each participant will take home 5 meals in freezer bags ready to be frozen or cooked in a slow cooker. The cost of the class is \$10.00 which includes some of the staple ingredients, freezer bags and recipes. A supply list will be given when registering. Class size is limited. Call the Extension office at 336-401-8025 to reserve your space today!



Diabetes & You

Do you or someone you know have diabetes? Join us for Diabetes & You as we learn about ways to stay healthy, try new recipes and enjoy great fellowship and support. Our next class will be May 9th, 12:00 Noon at Reeves Community Center in Mt. Airy. The program will be "Better Sleep for Better Health." The June class will be held at the N.C. Cooperative Extension, Surry County Center in Dobson on Wednesday, June 6, 12:00 Noon. The topic will be "The Dangers of Vitamin D Deficiency."

There is no charge for either of these classes. To register or to request a copy of the fall 2018 schedule of classes, contact the Extension office at 336-401-8025.

NC State University and N.C. A&T State University are collectively committed to positive action to secure equal opportunity and prohibit discrimination and harassment regardless of race, color, national origin, religion, political beliefs, family and marital status, sex, age, veteran status, sexual identity, sexual orientation, genetic information, or disability. NC State, N.C. A&T, U.S. Department of Agriculture, and local governments cooperating.

NC COOPERATIVE EXTENSION



Choose MED instead of MEDS

Celebrate Mediterranean Diet Month during the month of May by bringing your lunch and joining us for a Med Instead of Meds Lunch and Learn on Monday, May 21st, 12:00 noon at the N.C. Cooperative Extension, Surry County Center. There is no charge to attend, but please call 336-401-8025 to pre-register.

N.C. Cooperative Extension has a new focus. For many years, Family and Consumer Science Extension agents have been promoting a low-fat diet for good health. Sad to say after teaching this method for a long time, we still have individuals who are consuming too much fat and not enough of the fruits and vegetables, whole grains, and low-fat items which were encouraged. May is a great time to try something different.

The Mediterranean-style eating pattern incorporates the basics of healthy eating that are traditionally practiced in countries that border the Mediterranean Sea. Eating and exercising like those who live in this region has been shown to promote health and decrease the risk of many chronic diseases. Foods which you once thought as being too high in fat or unhealthy, including nuts, olive oil, olives and whole grains can be part of your everyday diet.

Use the following tips to help you eat the Med way:

- Eat at least 5 cups of fruits and vegetables every day. The whole fruit or vegetable is a better choice than juice. An apple a day may keep the doctor away, but 5 apples a day would give you a stomach ache. Select an assortment of fruits and vegetables and eat a variety of different colors. There are so many produce items to try. No one should be bored from eating the same things every day. Dark green leafy vegetables are



especially good. Try collards, kale, turnips and spinach.

- Choose whole grains often. When choosing bread and pasta, look for the word "whole" as the first ingredient on the ingredient list. Shopping for bread can be a challenge if you don't read the label. Many breads look like a whole grain, but are wheat bread with added color to make them brown. Look for recipes that include oatmeal, quinoa and brown rice. Popcorn is a whole grain and makes a great snack.
- Include lots of beans and legumes. There are some great recipes which use beans as a substitution for meat. Not only are these delicious, they are good for our health and our wallets. Quinoa Pinto Bean Burgers are one of my new favorites. They freeze well and make a great lunch option.
- Nuts and seeds are a nice addition to recipes and salads. The recommendation is three small handfuls of nuts and seeds a week. Measure out your nut servings so you don't get too much of a good thing. Sprinkling a few on the top of your food gives you the yummy flavor without adding too many calories.
- Choose olive oil to replace solid fats (butter and margarine) and other oils. You can use olive oil in homemade salad dressings and even on your toast. Just put a little olive oil in your pan and toast the whole-wheat bread on both sides. The increased consumption of olive oil, up to four tablespoons per day while keeping within your calorie budget, is probably the biggest change in the Mediterranean diet over previous low-fat diet recommendations. Olive oil has healthy fat and it makes our food taste great.
- Replace salt with herbs and spices to make food taste delicious. Try growing your own herbs in flower pots or around your home. It is a lot



of fun to go outside and cut fresh herbs when you need them for a recipe and they make a huge difference in flavor.

- Meat matters. Eat seafood at least three times a week and poultry at least twice. The recommendation for red meat is 2-3 times a month. This is probably a different way of thinking for some of us and explains why I tried the Quinoa Pinto Bean Burgers.
- Moderate amounts of red wine are an option. Consume up to 5 ounces per day for women of all ages and men over 65. Younger men can have 10 ounces a day.
- Physical activity is key. Go for a brisk walk or at least 30 minutes. 5 days a week.
- Limit sugar sweetened beverages and sweets to no more than 3 servings per week.
- Rarely choose fast foods or highly processed foods. By the time you eat all the foods which **ARE** recommended, you may not be hungry for the less healthy convenience foods and they won't taste nearly as delicious.

Purchase fresh fruits and vegetables, plan your meals and try out some new recipes. No time like the present to make some positive changes in your health. For more information, visit medinsteadofmeds.com.

Dial Gauge Pressure Canner Checks

Canning season will soon be here. Make sure all of your equipment is ready before it is time for canning to begin. Call the Extension Office, 336-401-8025 to make an appointment to have your dial gauge pressure canner checked at your convenience!



Surry County ECA Cultural Arts Winners

Surry County Extension and Community Association (ECA) members had their annual Cultural Arts Day on March 20 at Pilot Knob Park Golf Course in Pilot Mountain. The theme of the day was "So Blessed" and the members learned more about ways they could share their blessings with others. After their business meeting and viewing all of the many beautiful handcrafted items on display, they enjoyed a delicious lunch and fellowship. The winners in each category are as follows. All first place winners are eligible to compete at the North Central District Cultural Arts Competition in Vance County. Congratulations to each of our winners.

Sewing: home furnishings

Marion Venable - 1st

Needlework

Ann Davis - 1st

Susan Johnson - 2nd

Knitting

Mary Chapman - 1st

Crocheting

Ann Davis - 1st

Judy Davis - 2nd

Embroidery

Ann Davis - 1st

Craft Re-cycling

Joy Hemmings - 1st

Carolyn Martin - 2nd

Marion Venable - 3rd

Heritage Skills

Deborah Wagoner - 1st

Judy Davis - 2nd

Terri Ratliff - 3rd

Christmas Decorations

Ann Davis - 1st

Deborah Wagoner - 2nd

Margaret Rakes - 3rd

Jewelry

Judy Davis - 1st

Jean Ingram - 2nd

Jamie Childress - 3rd

Watercolors

Mary Chapman - 1st

Oils

Mary Chapman - 1st

Acrylics

Lisa Royal - 1st

Quilts: Pieced, machine quilted

Deborah Wagoner - 1st

Gloria Bryant - 2nd

Quilts: pieced, hand quilted

Gloria Bryant - 1st

Wreath: artificial or dried

Carolyn Martin - 1st

Camilla Cook - 2nd

Photography

Marilyn Geiger - 1st

Jamie Childress - 2nd

Judy Davis - 3rd

Margaret Rakes - 3rd

Miscellaneous

Jean Hardy - 1st

Shirley Grubbs - 2nd

Short Story

Marilyn Geiger - 1st

Joy Hemmings - 2nd

ECA

Leader Lesson Training

Join us at the Elkin Center of Surry Community College on Friday, May 11th for the Mid-Year ECA Area Leader Lesson Training. We will gather at 10:00 am with the program starting at 10:15 am. Our speaker will be Karen Owens, Education & Family Services Manager with the Alzheimer's Association. Karen will speak on Healthy Living for Your Mind and Body. Breakout sessions will follow:

- Dinner is Ready but is it Safe?
- Fun and Healthy Picnic Foods
- 4 Reasons Adults are Coloring
- Fraud Alert

Leader Lesson Training is a wonderful opportunity to gain information and meet ECA members from surrounding counties. Please join us for the fun and fellowship. If you would like more information about Extension and Community Association, please call the Extension Office at 336-401-8025.

Chocolate Celebration

Surry County Extension and Community Association is hosting a chocolate class on Friday, June 15th from 12:30 - 1:30 pm at the N.C. Cooperative Extension, Surry County Center in Dobson. Participants will have the chance to sample a variety of chocolate treats to make the end of the week a lot more fun and delicious. Make plans to enjoy the "fun and yum" and reserve your space today by calling 336-401-8025.

ECA

County Council Meeting

Extension and Community Association will have their summer County Council meeting at 1:30 pm on Friday, June 15th. Make plans to come to the chocolate class and stay for the County Council meeting. We need you and your ideas!



Pictured are some of the winning entries in the Surry County ECA Cultural Arts competition. Top left: seed corn pillow by Marion Venable. Top right: tobacco stick wreath by Carolyn Martin. Bottom: chair by Joy Hemmings which will go on to compete in the District Cultural Arts competition in Vance County.

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210 N. Main St.
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CALENDAR OF EVENTS

Welcome to Medicare

May 7, 2018 / 6:30 pm
N.C. Cooperative Extension, Dobson

Diabetes & You: "Better Sleep for Better Health"

May 9, 2018 / 12:00 Noon
Reeves Community Center, Mt. Airy
*Free to the public. Seats are limited.
Please call 336-401-8025 to register.*

ECA Leader Lesson Training

May 11, 2018 / 10:00 am
Elkin Center of SCC, Elkin

Med Instead of Meds Lunch & Learn

May 21, 2018 / 12:00 Noon
N.C. Cooperative Extension, Dobson
Bring your own lunch.

Diabetes & You: "Dangers of Vitamin D Deficiency"

June 6, 2018 / 12:00 Noon
N.C. Cooperative Extension, Dobson
*Free to the public. Seats are limited.
Please call 336-401-8025 to register.*

Basic Food Preservation

June 8, 2018 / 11:30 am - 1:00 pm
N.C. Cooperative Extension, Dobson
*We will also be testing dial gauge canner lids
for accuracy! Free to the public. Please
register by calling 336-401-8025.*

Chocolate Celebration Class

June 15, 2018 / 12:30 - 1:30 pm
N.C. Cooperative Extension, Dobson
*Free to the public. Please register by calling
336-401-8025.*

ECA County Council Meeting

June 15, 2018 / 1:30 pm
N.C. Cooperative Extension, Dobson

Freezer Pleasers Lunch & Learn

July 12, 2018 / 11:30 am - 1:00 pm
N.C. Cooperative Extension, Dobson
*Cost: \$10. Seats are limited. Call 336-401-
8025 for more information.*

4-H Summer Explosion

Want to get your kids involved in some fun and educational activities this summer?

We are offering online registration for our 4-H Summer Explosion programs! Online registration will be available on May 7th! More information is available on our website: www.surry.ces.ncsu.edu!



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Accommodation Statement: For accommodations for persons with disabilities, contact the Surry County Center at (336) 401-8025, no later than five business days before the event.

Special Note: Registration for events listed in this calendar are required unless otherwise noted. Register by calling (336-401-8025)