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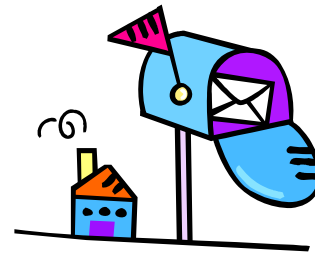
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**February 2009**

## **MAILBOX GREETINGS**

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### HOME EXERCISE EQUIPMENT

## **Before you make an expensive purchase, think about these things**

- ◆ ***Are you already committed to getting at least 30 minutes of exercise every day?*** You may think buying a machine will motivate you to get in shape, but it doesn't work for most people.
- ◆ ***Start by buying inexpensive things like dumbbells, exercise bands, a stability ball, or an exercise video.*** If you regularly use these things, then consider more expensive items.
- ◆ ***Avoid purchasing sight unseen.*** Visit different gyms and stores to "test drive" and compare products. Look for machines that will allow you to work harder as you become more fit. Equipment should be easy to learn and adjust to various body sizes if more than one person will be using it.
- ◆ ***Make sure you have enough room.*** If the only place you can put it is in your garage, will you really use it during the winter?
- ◆ ***Think about your goals.*** Treadmills, stationary bicycles, rowing machines, and stair climbers will give you a good cardiovascular workout, build endurance, and help you lose weight. Free weights and multistation machines (sometimes called home gyms) build strength. Stability balls are good for balance



## PACE YOURSELF

### **Know when to slow down**

*If you're starting a walking program, don't push yourself too hard at the start. Slow down if you can't carry on a conversation or if it takes longer than five minutes for your pulse to slow down after a walk.*

- \* Feeling faint, having a hard time breathing, or prolonged weakness are other signs that you're working too hard.
- \* See your doctor first if you've never been physically active or have physical conditions that may affect your ability to exercise.



*Source: American Heart Association, Walking for a Healthy Heart*

## **StrongWomen™ Program**

No group in our society can benefit more from regularly performed exercise than middle-aged and older adults. Scientific research has demonstrated that exercise with weights (strength training) will increase strength, muscle mass, and bone density in middle-aged and older women.

StrongWomen™ is a program through Tufts University. The program is based upon years of research on how strength training and proper nutrition improve the health of women of all ages. The research shows that a program of strength training not only improves bone density but reduces falls, improves arthritis symptoms, and increases flexibility and strength. The program is appropriate for both sedentary and very active women.



The program uses free weights, which will be provided during class. The class will be offered twice a week beginning February 24 thru April 30, this is Tuesday and Thursday evening from 5:30 to 6:30 PM. The class is advertised through Havre Community Education. The fee is \$30 and you need to register through Havre Community Education their phone number is 265-4356 Ext. 331. Class is limited to 15 participants.

## Safety Tips for Adults

### Cooking with Care

- Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- Keep anything that can catch fire - potholders, oven mitts, wooden utensils, paper or plastic bags - away from your stovetop.
- Wear short, close fitting or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and catch fire.
- Always keep an oven mitt and lid handy. If a small fire starts in a pan on the stove, put on the oven mitt and smother the flames by carefully sliding the lid over the pan. Turn off the burner. Don't remove the lid until it is completely cool.

### Everyday Electrical Safety

- Keep lamps, light fixtures, and light bulbs away from anything that can burn, such as lamp shades, bedding, curtains, and clothing.
- Replace cracked and damaged electrical cords.
- Use extension cords for temporary wiring only. Consider having additional circuits or receptacles added by a qualified electrician.
- Homes with young children should have tamper resistant electrical receptacles.
- Call a qualified electrician or landlord if you have recurring problems with blowing fuses or tripping circuit breakers, discolored or warm wall outlets, flickering lights or a burning or rubbery smell coming from an appliance.

### Healthy Heating

- Install and maintain carbon monoxide alarms to avoid risk of carbon monoxide poisoning.
- Maintain heating equipment and chimneys by having them cleaned and inspected every year by qualified professional.
- Keep all things that can burn, such as paper, bedding or furniture, at least 3 feet away from heating equipment.
- Turn portable space heaters off when you go to bed or leave the room.
- An oven should not be used to heat a home.

## Safety Tips for Adults

### Strike Out Smoking-materials Fires

- If you smoke, choose fire-safe cigarettes if they are available in your area.
- If you smoke, smoke outside.
- Wherever you smoke, use deep, sturdy ash trays.
- Never smoke in a home where oxygen is used.
- Keep matches and lighters up high in a locked cabinet, out of reach of children.

### Candle with Caution

- Keep candles at least 12 inches from anything that can burn.
- Use sturdy, safe candleholders.
- Never leave a burning candle unattended. Blow out candles when you leave a room.
- Avoid using candles in bedrooms and sleeping areas.
- Use flashlights for emergency lighting.

### Safety 101

- Install smoke alarms in every bedroom, outside each sleeping area and on every level of the home. For the best protection, interconnect all smoke alarms throughout the home. When one sounds, they all sound.
- Test smoke alarms at least once a month using the test button.
- Replace smoke alarms every 10 years.
- Make sure everyone can hear the sound of the smoke alarm(s).
- Have a home fire escape plan. Know at least two ways out of every room, if possible, and a meeting place outside. Practice your escape plan twice a year.
- When the smoke alarm sounds, get out and stay out.
- If you are building or remodeling your home, consider a residential fire sprinkler system.

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## Did you know:

### Fire Prevention Quiz

**1. The leading causes of home fire deaths are:**

- a. Cooking and heating.
- b. Cooking and electrical.
- c. Smoking and electrical.
- d. Smoking and heating.

**2. Most heating fire deaths are caused by:**

- a. Chimneys.
- b. Furnaces.
- c. Space heaters.
- d. Wood stoves.

**3. When you leave a room in which there is a candle burning you should?**

- a. Blow out the candle.
- b. Move the candle away from anything that can burn.
- c. Take children and pets with you.
- d. Check the candle frequently.

**4. Smoke alarms should be replaced every?**

- a. 5 years
- b. 10 years
- c. 15 years
- d. 20 years

**5. Smoke alarms should be placed in?**

- a. Bedrooms, outside sleeping areas and kitchens.
- b. Bedrooms, outside sleeping areas and on every level of the home.
- c. Kitchens, outside sleeping areas and on every level of the home.

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## Food Shopping tips that won't break your budget

- ◆ *Special dietetic or diabetic foods are more costly* and usually not necessary.
- ◆ *Boneless cuts of meat may be a better buy*—since you're not paying for the bone.
- ◆ *White eggs have the same nutritional value as brown eggs*—which are more expensive
- ◆ *Buy plain frozen vegetables* instead of those packed in butter or other sauces.
- ◆ *Buy a large container of nonfat yogurt* and separate it into single servings.
- ◆ *Consider the cost per serving* when you buy fresh produce. If you're paying by the pound, you'll be paying for the weight of inedible seeds and rinds.
- ◆ *Make your own cooking spray* by putting vegetable oil in a spray bottle.
- ◆ *Use nonfat powdered milk* for cooking and baking.
- ◆ *Regular or quick-cooking oats* are less expensive than instant oats.
- ◆ *Make your own small bags of snacks* instead of paying the high cost for small single-serving bags.
- ◆ *When buying fresh greens by weight*, shake them well before you put them in the grocery bag. Leaves can store a lot of excess water and weight.

Source: American Diabetes Association

## Declutter and Organize Finances



As spring approaches we often think of decluttering and organizing our home. When was the last time you decluttered and organized your finances?

Do you have savings bonds? It is important to check savings bonds periodically to determine if they are still earning interest, and if they are not, they need to be redeemed. You may not have savings bonds, but I encourage you to check with your parents. Several years ago I did check my parents' savings bonds. They had matured and quit earning interest two years previous to that time. If they have matured, they need to be cashed in or reinvested so that your money starts working again.

Listed below is the savings bonds that no longer earn interest. This is based on the original issue date.

SERIES	ISSUE DATE
E	May 1941 through February 1979
H	1952 through February 1979
HH	January 1980 through February 1989
Savings Notes	May 1967 through October 1970
A, B, C, D, F, G, J, K	All issues

If you would like more information about savings bonds or if you would like to determine the value of the bonds you have, go to [www.treasurydirect.gov](http://www.treasurydirect.gov). On this website you can input the date the bond was issued and it will tell you the value.

**Do you know where to file financial information and how long to keep it?** This is a common question.

If you are ready to declutter and organize, call the MSU Hill County Extension office and ask for the publication, “Your Important Papers: What to keep and Where.” The publication will help you sift through these papers and get them organized. The publication is free.



Lastly, are you prepared for an emergency? We never know when an emergency will arise and you will need to evacuate your home. There will not be time to gather items that you feel you will need.

A suggestion is pack a “Grab-n-Go” Emergency Bucket or Tote/ Backpack. This emergency pack can contain copies of important papers to quickly take without thinking: credit and banking information, driver’s license, birth certificate, insurance information including auto, health, medical and home, any important medical information such as medication and immunization records, household inventory list, extra set of keys to auto, home, safety deposit or safe, and enough cash to purchase Fuel for vehicle, food, and lodging for several days.

As you declutter and organize you will feel as if you carry a lighter load and will reduce your stress.

### **Answers to Fire Prevention Quiz:**

1.d.; 2, c.; 3.a.; 4. b.;5.b,

# Delightful Waldorf Salad

## Ingredients:

- 2 medium Granny Smith apples, cored and medium diced
- 1 large crisp red apple, Montana-grown if possible, cored and medium diced
- 3/4 cup chopped celery
- 3/4 cup dried fruit (Montana cherries, raisins, blueberries, etc.)
- 1/2 cup plain yogurt, low-fat or nonfat
- 1 tablespoon lemon juice
- 1/2 cup chopped nuts (walnuts, almonds, pecans, pistachios, etc.) Plus 1/4 cup for garnish

## Instructions:

- 1.) Combine the apples, celery, dried fruit, and lemon juice in a bowl.
- 2.) Stir in the yogurt and nuts.
- 3.) Serve in individual bowls or on small plates with a lettuce leaf.

Yield: 6 servings (3/4 cup)

## Ideas/Substitutions

- Substitute chopped red pear - or some red grapes (cut in half) - for the red apple.
- Sweeten the dressing by using low-fat vanilla yogurt instead of plain yogurt.
- Use sunflower seeds rather than nuts - as a garnish and mixed into the salad.

## Nutrition Analysis

Serving Size: 3/4 cup; Calories: 181; Total Fat: 7 g; Calories from Fat: 35%; Saturated Fat: 1.0 g; Trans Fat: 0.0 g; Total Carb: 28 g; Dietary Fiber: 3 g; Sodium: 26 mg; Protein: 3.3 g; Calcium: 65 mg; Iron: 0.7 mg

## Recipe Source

Adapted from **Today's Diet and Nutrition**  
<http://www.todaysdietandnutrition.com/>

## Gardening

Gardening season is just around the corner. MSU Hill County Extension has several MontGuides to assist you with your gardening questions. Some of the topics include: *Can I Grow It here?*, *Growing Tomatoes in Montana*, *Planting a Successful Home Vegetable Garden* and *Strawberries in the Home Garden*. Please call (406) 265-5481 ext. 233 if you have questions or would like to pick up a MontGuide.



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EXTENSION

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