

## Program Outline

- **Category** – Newsletters
- **Subject/issue** – Various subjects limited to food safety, human development, nutrition, health, and financial management.
- **Target Audience** – Older Adults
- **Where program has been used** – Family and Community Education (FCE) newsletter is written for FCE members on a quarterly basis to keep them informed on upcoming FCE events, general FCE information, The University of Tennessee Extension’s upcoming educational programs, and emerging issues that pertain to older adults. FCE is a volunteer organization that is focused on improving home and community life, strengthening adult education and promoting projects that enhance their community. FCE is an important link connecting individuals to the resources of the University of Tennessee through the Extension Service. Each issue also has a little motivation, sometime just a quote, other times information on how to become a better FCE member, or a congratulations on a job well done for a project. The format is usually written in second person and I try to make it as personal as possible, so each person reading feels like I’m writing directly to them. Each newsletter is mailed and emailed directly to each member.
- **Number of people reached** – approximately 1,400 people
- **Impact on clientele/audience** - The newsletters provide readers with the opportunity to gain research-based consumer information, to learn more about Family and Community Education Clubs, learn more about The University of Tennessee (UT) Extension, and to learn about specific educational programs offered by UT Extension. I often hear comments on the information in each newsletter when I meet with FCE clubs or officers,

and often I get requests to provide information about a certain emerging topic in the newsletter. When people talk about the information and make requests it lets me know they are reading it and getting something very valuable from it.

- **Resources used** – The only financial resource required is paper (for printing) stamps and envelopes (for mailing). Subject matter resources are obtained from UT Extension Healthy Housing Newsletter, National Institute of Health website, MyPlate website, Academy of Nutrition and Dietetics website, and numerous UT Extension publications.
- **Percentage of information written/prepared by applicant** - 100% of the newsletter is written by the applicant using the resources cited above.
- **Indicate information from university and/or USDA sources:** Sources of information for these newsletters were obtained online from UT Extension Healthy Housing Newsletter, National Institute of Health website, MyPlate website, Academy of Nutrition and Dietetics website, and UT Extension publications
- **Indicate how extension service is identified** – The newsletter is printed on a letterhead so it begins with the UT Extension logo, address, phone number, and fax number. The end of the first page has the UT Extension’s website and slogan. It also includes my signature and title within the newsletter.

Dear FCE and Special Interest:

I'm not sure about you, but I am a little tired of all this rain! I hope everyone is making it the best of all this rainy weather. I could definitely use some sunshine right now! Let's all think dry thoughts and hope the real thing comes soon!

With spring right around the corner, FCE has many wonderful things to look forward to and I hope everyone is excited about what your club is doing in the county. I am always anxious to see each club's goals and the 2020 goals are nothing short of inspiring. I was excited to see what each club wanted to accomplish and I know without a doubt each will be successful. I want to challenge you to help and inspire your own club each month to keep up that enthusiasm.

One of my goals for FCE this year is to encourage and challenge each club to keep your community service as local as possible. We all know there are tons of worthwhile organization that need help and there are plenty right in McNairy County and West Tennessee. Let's keep that in mind as we go forward with FCE.

**"Life's most persistent and urgent question is, what are you doing for others?" -Martin Luther King Jr.**

In February the County Project Reports were mailed to the state. Below is a summary of what YOU accomplished in 2019.

- \* A total of 1,114 FCE members participated in various things involving community action, education, and leadership.
- \* 10,467 hours were donated by FCE members.
- \* 55,007 non-members were reached.
- \* \$4,043 spent on these different areas of work.

Every number above more than doubled from 2018. Congratulations on a job well done!!!!

If you have any concerns or question please do not ever hesitate to contact me.

Sincerely,

Schancey Chapman  
Extension Agent



## Important Reminders:

**\*\*County Council meeting is April 21 at 1:00 p.m.** County Council only meets a few times a year so it's more important than ever to be present. If you are a council member or a club representative please mark your calendars. If you are not able to attend please do not forget to let your club president know so they can get someone in your place. Each club needs to be well represented.

**\*\* YEARBOOKS ARE AVAILABLE!** Come to a meeting and pick yours up!

**\*\*DON'T FORGET TO KEEP UP WITH YOUR CVUS and LITERACY REPORT.** Information about each is in your yearbooks on pages 15-18.

**\*\* Now is a great time to start on your Cultural Arts and Fashion Review items.** Participation was up last year and we need to continue that. We need active participation to continue this endeavor. If you are a writer, I want to encourage you to enter in the creative writing, too. Information and rules about all can be found on pages 45 - 50 in your yearbook. Please look over those categories well and find a category you can participate in.

## Dates to Remember

- ◆ March 15: FCL Applications due to Western Region. For more info see page 11-12 in your yearbook.
- ◆ April 4: Sharing Hearts FCE potluck, cake walk, and silent auction at Enville Community Center from 5:00 p.m. - 7:00 p.m.
  - \$7.00 for adults and \$4.00 for children.
  - Need cakes for cake walk and silent auction items. Bring items to community center by 4:00 p.m. on April 6.
- ◆ April 16: County Council Meeting. 1:00 p.m. at Extension office.
- ◆ April 22: County Wide FCE Garden Party Hosted by Selmer FCE.
  - Selmer Community Center. 10:00 a.m. - 1:00 p.m.
  - **Bring a recipe with your name on it in an envelope, for a game.**
  - Bring a dish.
  - Bring money for the Silent Auction. All proceeds go toward a 4-H Scholarship.
- April 28 - 29: FCL training in Lebanon, TN
- ◆ May: Imagination Library Month
- ◆ May 15: Day of the Family Celebration - For information contact your UT Extension Agent.

## Take Charge of Your Diabetes

*McNairy County Health Department & UT Extension are partnering to offer you a program to help you improve your life - one step at a time! This program can be the turning point between enduring everyday life and enjoying everyday life with diabetes!*

### What is this program about?

- ✓ A fun, skill-building program designed for people with diabetes.
- ✓ Helps individuals take day-to-day responsibility for the care of their diabetes.
- ✓ Participants gain skills necessary to self-manage their condition and work effectively with their health care providers.

### Who can take part?

- ✓ Anyone living with diabetes.
- ✓ Family members, friends or caregivers of an individual with diabetes.

### Program Details:

- ✓ The program is **FREE**
- ✓ Dates: May 6, 13, 20, & 27
- ✓ Time: 9:30 a.m.
- ✓ Location: Selmer Senior Center
- ✓ **Registration is required**
- ✓ **Door prizes**
- ✓ **Complimentary (diabetic friendly) refreshments will be available**
- ✓ Facilitators: Beth Hamilton and Schancey Chapman
- ✓ For more information or to register, contact: UT Extension at 731-645-3598.

## March is National Nutrition Month®

National Nutrition Month®, celebrated each year during March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits. The theme for National Nutrition Month® 2020 is Eat Right, Bite by Bite. The theme and its accompanying graphic echo retro campaigns of the 1970s and '80s that are popular again. They are designed to be fun, accessible, positive and kid-friendly, and to include and be adaptable to all eating patterns and cultures.



## Eating Right on a Budget

*Adapted from eatright.org*

Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some budget-friendly tips for eating right.

- 💰 Cook more, eat out less. Eating out can be expensive, and many foods can be prepared for a lot less money (and healthier) at home. Pre-packaged foods, like frozen dinners and packaged pasta or rice mixes can also add up when you calculate the cost per serving. It's better to find a few simple and healthy recipes that you enjoy and save convenience items and eating out for special occasions.
- 💰 Plan what you're going to eat. Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed, then check to see what foods you already have and make a list for what you still need to buy. Plus, when shopping with a list you will be less likely to buy things that are not on it. To create a grocery game plan, visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).
- 💰 Decide how much to make or buy. Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or frozen as leftovers in individual containers for future use. Plus, purchasing ingredients in bulk is almost always cheaper.
- 💰 Determine where to shop. Check the local newspaper, online and at the store for sales and coupons, especially when it comes to more expensive ingredients, such as meat and seafood. While at the store, compare prices of different brands and different sizes of the same brand to see which has a lower unit price. The unit price is usually located on the shelf directly below the product.
- 💰 Shop for foods that are in season. Fresh fruits and vegetables that are in season are usually easier to get and may be a lot less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year. Look

for fruit that is canned in 100% juice or water and canned vegetables that are labeled "low in sodium" or "no salt added".

- 💰 Watch portion sizes. Eating too much of even lower cost foods and beverages can add up to extra dollars and calories. Use smaller plates, bowls and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with grains and lean meat, poultry, seafood or beans. This is an easy way to eat a balanced meal while controlling portions and cost. To complete the meal, add a glass of fat free or low-fat milk or a serving of fat-free yogurt for dessert.
- 💰 Focus on nutritious, low-cost foods. Certain foods tend to be less expensive, so you can make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna or crabmeat; grains such as oats, brown rice, barley or quinoa; and frozen or canned fruits and vegetables.
- 💰 Make your own healthy snacks. Convenience costs money, so many snacks, even healthy ones, usually cost more when sold individually. Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts, dried fruit and whole grain pretzels or cereal; store small portions in airtight containers. Air-popped popcorn and whole fresh fruits in season also tend to cost less compared to pre-packaged items.
- 💰 Start a garden or visit a Farmer's Market. A garden can be a lot of fun, especially for kids, and an affordable way to eat more fruits and vegetables. Plants can be started from seed or purchased at a low price. Another way to increase your family's variety of produce is to visit a farmer's market. If you buy locally grown fruits and vegetables that are in season you are usually buying them for less money than you would pay at the store.
- 💰 Quench your thirst with water. Water from the tap is a low-cost way to stay hydrated. Substituting plain water in place of sweetened beverages can not only save you money but also help you reduce extra calories from added sugars.

## Free Tax Return Preparation for Qualifying Taxpayers

The Volunteer Income Tax Assistance (VITA) program **TAX HELP** offers free tax help to people who generally make \$56,000 or less, persons with disabilities and limited English-speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals.

In addition to VITA, the Tax Counseling for the Elderly (TCE) program offers free tax help for all taxpayers, particularly those who are 60 years of age and older, specializing in questions about pensions and retirement-related issues unique to seniors. The IRS-certified volunteers who provide tax counseling are often retired individuals associated with non-profit organizations that receive grants from the IRS.

Before going to a VITA or TCE site, see [irs.gov](http://irs.gov) for services provided and check out what to bring to ensure you have all the required documents and information our volunteers will need to help you. \*Note: available services can vary at each site due to the availability of volunteers certified with the tax law expertise required for your return.

### Find a VITA or TCE Site Near You

VITA and TCE sites are generally located at community and neighborhood centers, libraries, schools, shopping malls and other convenient locations across the country. To locate the nearest VITA or TCE site near you, use the VITA Locator Tool below or call 800-906-9887.

When looking for a TCE site keep in mind that a majority of the TCE sites are operated by the AARP Foundation's Tax Aide program. To locate the nearest AARP TCE Tax-Aide site between January and April use the AARP Site Locator Tool below or call 888-227-7669.

At select tax sites, taxpayers also have an option to prepare their own basic federal and state tax return for free using Web-based tax preparation software with an IRS-certified volunteer to help guide you through the process. This option is only available at locations that list "Self-Prep" in the site listing.

For the VITA/TCE Locator Tool visit <https://irs.treasury.gov/freetaxprep/>

For the AARP Tax-Aide Site Locator Tool visit <https://secure.aarp.org/applications/VMISLocator/seArchTaxAideLocations.action>

## Orange Glazed Blueberry Scones

Total: 1 hr Prep: 10 min Cook: 50 min Yield: 10 to 12 scones

### Ingredients

2 cups unbleached flour, plus more for rolling berries  
1 tablespoon baking powder  
1 teaspoon salt  
1/3 cup sugar  
1/4 cup unsalted butter, chilled and cut in chunks  
3/4 cup buttermilk or cream  
1 egg  
1 pint fresh blueberries

### Orange Glaze:

2 tablespoons unsalted butter  
2 cups powdered sugar  
2 oranges, juiced and zested

### Directions

Preheat oven to 400 degrees F.

In a large bowl, sift together flour, baking powder, salt and sugar; mix thoroughly. Cut in butter using 2 forks or a pastry blender. The butter pieces should be coated with flour and resemble crumbs. In another bowl, mix buttermilk and egg together, and then add to the flour mixture. Mix just to incorporate, do no overwork the dough. Roll blueberries in flour to coat, this will help prevent the fruit from sinking to the bottom of the scone when baked. Fold the blueberries into batter, being careful not to bruise. Drop large tablespoons of batter on an ungreased cookie sheet. Bake for 15 to 20 minutes until brown. Cool before applying the orange glaze.

To prepare Orange Glaze: combine butter, sugar, orange zest, and juice over a double boiler. Cook until



butter and sugar are melted and mixture has thickened. Remove from heat and beat until smooth and slightly cool. Drizzle or brush on top of scones and let glaze get hazy and hardened.

Dear FCE and Special Interest:

None of us ever expected to have our daily activities severely changed! One blessing to all this change is that of all the groups, FCE is the most prepared for anything, because you are always staying abreast on topics and ready for emergencies. You are resilient because you are an FCE member. I know each of you are doing projects you never had time for, talking more on the phone, and enjoying the stillness of the everyday in ways you did not before. I also know you are wishing for a time when FCE can gather again to chat, catch up, and learn a little something. This newsletter will look a little different because life is not as busy within FCE right now. I do hope you are finding ways to help your community in a safe and healthy means. That could be making fabric masks, calling and checking on an older adult, delivering groceries to your neighbor, or just avoiding close contact with people. I also pray you are taking time for yourself. When times are tough mental health problems can peak. Make sure you are doing what you need to keep yourself as healthy as possible, too. Meanwhile, enjoy the new life and excitement of summer! Take a walk, watch the birds, sing a song, or read a book! Let me know if I can do anything to help.

Sincerely,

*Schancey Chapman*

Schancey Chapman  
Extension Agent

### *Look What You've Done!!!*

**1,464** - that's the amount of fabric facemasks FCE members have made in 8 weeks!

**5,856+** - that's the amount of hours spent washing fabric, cutting materials, and sewing the face masks.



Thank you to Ella Fay Bright, Pat Davison, Jo Ann Riley, Glenda Moore, Frances Willis, Vickie Rowland, and Nora Kelly for spending their time and materials on this project! UT Extension would not be the organization we are today without FCE members like this! If you'd like to get involved in this project please let me know.

### *Look What You've Done... Before the Pandemic*

- \* **SELMER FCE:** Members were working hard making handmade items for various projects. They have made numerous hats for Compassion Kits for Kirkland Cancer Center and Daryl Worley Cancer Center. They were also helping eagerly with quilts for veterans that retired Extension Agent, Rita Casey, is heading up.
- \* **SHARING HEARTS FCE:** Sharing Hearts didn't get to have workdays as planned, but members have accomplished a lot. Ten heart shape pillows, 10 seat belt covers, and a monetary donation was

\* made to Compassion Kits for Kirkland Cancer Center and Daryl Worley Cancer Center. They made 28 walker bags and bibs for nursing home patients. They were also able to donate to Loaves and Fishes twice and donate to the Blessing Box in Selmer a couple times.

\* **STANTONVILLE FCE:** Stantonville FCE members were very busy with a workday in March. They made 82 hats that day to donate to Kirkland Cancer Center. They also donated lots of prizes for the local nursing home to use during Bingo and nonperishables for Loaves and Fishes.

**It's amazing to see what all was accomplished in just 3 months. Hopefully we will be back together soon so the remaining goals can be accomplished!**



**June 20:** Cultural Arts Registration: CANCELED  
 ➤ Please keep all items for next year.

**June 21:** Cultural Arts Showcase CANCELED

**July 1:** Creative Writing  
 ➤ can still be submitted to region  
 ➤ Rules and categories for creative writing are in your yearbook on page 44-46

**July 1:** Fashion Revue CANCELED

**August 4:** Mini Conference CANCELLED

**August 10:** County FCE Summer Celebration at Stantonville Community Center  
 ➤ Will not know if this will occur until sometime in July. Keep it on your calendar until an announcement has been made.

**September 18:** Club membership list and dues sent to County Council Treasurer - Glenda Moore  
 ➤ list should include member name, address, phone number, and \$4.00 for each member

**October 20:** County Council Meeting at 1:00 p.m., Extension Office.

**Note:** Make sure you are still keeping up with your CVUs during this time especially if you are helping anyone who is not family. More info on CVUs can be found in your yearbook on page 15-16.

**There should be NO face-to-face FCE club meetings until after July 31. A decision on August – December will be made on a month-by-month basis by UT Extension and FCE leadership.**

### *Pressure Canning Dial Gauge Testing Time*

It is recommended that pressure canner dial gauges be tested each year for accuracy. Inaccurate gauges mean that you may not be processing the jars at temperatures adequate to destroy harmful bacteria. Gauges that test low may affect the quality of the food. If the gauge tests low or high by 2 pounds or less, you will be shown how to adjust to safely process your food. If the gauge tests off more than 2 pounds, it is recommended that the gauge be replaced. UT Extension offices offer free dial gauge testing. You only need the lid with the gauge for testing.



### **Homemade Hand Sanitizers**

I know a lot of people are having difficulty finding hand sanitizer so there is a lot of misinformation out there about making your own. This is what the FDA says about making your own sanitizer at home: FDA recommends that consumers do not make their own hand sanitizer. If made incorrectly, hand sanitizer can be ineffective, and there have been reports of skin burns from homemade hand sanitizer. The agency lacks verifiable information on the methods being used to prepare hand sanitizer at home and whether they are safe for use on human skin.

FDA regulates hand sanitizers as an over-the-counter drug. They are only recommending that pharmacists and companies make hand sanitizers even right now. Proper handwashing is still very effective in reducing the transmission of COVID-19. The advice is for consumers to use hand sanitizers when soap and water are not available.



## Homemade Disinfecting Wipes



Making your own disinfecting (Clorox) wipes is not something you should try. There are a few problems with this.

1. The solution should be changed each day because it breaks down and is less effective.
2. If there are any traces of detergent, food, or soil on the cloth, the bleach is not as effective.
3. You must let the solution stay on the surface at least 5 minutes to be effective.
4. You have to be sure the bleach you are using will disinfect. Splashless and any type with a fragrance will not work. If the label says it is for disinfection, you must follow the directions on the label for correct mixing.

Bottom line: You are much better off mixing in a spray bottle.

## COVID-19 Mental Health Tips During a Quarantine

*Adapted from NIH*

People react differently to stressful situations. The outbreak of COVID-19 may cause feelings ranging from concern or worry to anxiety or anger, among many other possible reactions. If you and your household are under quarantine - whether self-quarantine or otherwise - you may be feeling a number of emotions including feeling anxious, lonely, bored or frustrated. It's important to understand your feelings during this time and pay attention to your mental health. Here are some tips to help take care of your mental health during this time

1. Look for ways to relax. Find things that help you manage stress. Consider trying deep breathing, stretching or meditation. There are also apps that may help you deal with stress.
2. Set boundaries. While it's important to have up-to-date, reliable information, you should limit exposure to the ever-present media coverage.
3. Create regular routines. For example, consider

setting up a regular routine for physical activity, communicating and connecting with others and continuing other day-to-day habits.

4. Make a list. Gather a list of contacts, including friends, family, neighbors, health care providers, as well as any therapists or counselors, and other community resources. Place it somewhere prominent in your home, for example, on your refrigerator.
5. Check your medications. Make sure you have any prescription and/or over-the-counter medications you need. Take your prescriptions as recommended. If possible, the recommendation is to have a two-week supply on hand. Talk with your doctor or pharmacist to learn how you can obtain what you need.
6. Define how you'll stay connected. Establish how you'll communicate with friends and family through available methods - text, phone calls, over the internet or even through letters in the mail. Consider "face-to-face" time using apps that allow you to videochat with others.
7. Keep up with healthy habits. Your physical health is an important part of your mental health, during a quarantine and always. Get plenty of rest and physical activity.
8. Be aware of stress. A quarantine may cause additional stress. For example, you may experience financial stress if you are unable to work. Talk with your employer about why you may be missing work. If need be, contact the U.S. Department of Labor at 1-866-487-2365 about the Family and Medical Leave Act (FMLA). The FMLA offers employees up to 12 weeks of unpaid leave for dealing with a serious medical condition for yourself or to care for a loved one.



Dear FCE and Special Interest:



It is a time full of unknowns and disappointments. We all thought this virus would be gone by now. Unfortunately, the cases are increasing every day in our area. Schools are on

shaky ground, parents are worried, events are canceled, the news is scary, and the what-ifs are troubling. These are unprecedented times, but unprecedented times usually call for unprecedented kindness. How can you be kind and still protect yourself and your family? Here are some ideas:

#### **Ways to Be Kind to Your Community During COVID-19**

- Check in with your neighbors to make sure they have what they need and to let them know they have people that care.
- Support local businesses. Order takeout or buy gift cards for later use. Keep your memberships going.
- Remember the caretakers. Find a way to say thank you to health professionals and first responders. If you have to go to the doctor's office or hospital, practice grace and understanding if they are short on time, resources, or answers.
- Don't take more than you need when it comes to groceries and supplies.
- Help people. If you know them, think of what help could look like and reach out. If no one comes to mind, give to your local food bank; the needs these organizations will be addressing will be fierce.

#### **Ways to Be Kind to Your Friends and Family During COVID-19**

- Be goofy. Listen to music - loud. Sing along - in funny voices. Have a dance party - in costumes. Laugh and then laugh some more.

- Eat and drink well. Open the old cookbooks that just sit on your shelf. Cook a creative meal with the entire family.
- Have family time. Play the board games. Have a basketball goal? Play a family game of HORSE. Actually, use the fire pit you put in years ago.
- Reconnect. Write letters or emails to childhood friends that you haven't heard from in a long time.
- Pick up the phone. Call your favorite aunt, your long-lost best friend. Use FaceTime to see the face of someone you love or at least just call them to hear their voice. We are going to need to do better than merely texting right now.

#### **Ways to Be Kind to Yourself During COVID-19**

- View this extra time at home as an opportunity to finally declutter. Use this time to clear your house and mind - and smile, laugh, and cry at the memories that come up as you go through your home.
- Get outside. Take a hike, go fishing, breathe in the fresh air, enjoy our world.
- Stay calm. Meditate and take deep breaths, anything to practice some mindfulness, and reduce anxiety.
- Read! Go through your bookshelf and open up a book that you keep meaning to start but haven't gotten around to it.
- Feel your emotions. If the trip you have been saving for is canceled, it's ok to be disappointed. If social distancing gets you down, it's ok to be lonely. Feel the sadness. Cry and yell for a minute. Then intentionally find joy and be grateful for all that you have. Have faith that we will get through this. And then pass it on, because faith and joy are just as contagious as fear and panic. Stay well, and be kind, friends. We need it now more than ever.



Thank  
you 

Normally, I would take this time to thank Stantonville FCE for hosting the Summer Picnic again this year. Unfortunately, I cannot do that since they weren't able to have it. I do want to thank them for their willingness year after year to come up with a theme, decorate, and host such a fun day. I hate that we couldn't come together for good food and fellowship in August, but am thankful the membership at Stantonville FCE are taking this virus serious enough to protect FCE members. I do want to encourage and challenge you though to do something in place of the annual Summer Picnic. Take the money you would have spent on that day (food, gas, etc) and donate it to a local nonprofit. If you would like to keep your donation within UT Extension or FCE, please contact me for options of where your donation could greatly benefit youth and adults in this county.

Sincerely,

Schancey Chapman  
Extension Agent



**Membership dues are due ASAP! If dues are not paid you will stop receiving this newsletter starting January 2021.**

If you are unsure if you have paid your dues please contact Chancey Chapman at the UT Extension office or the treasurer of your club.

Treasurers:

Selmer: Glenda Moore 731-645-7667

Sharing Hearts: Pat Cates 731-688-5125

Stantonville: Diane Uher 731-645-8254



### Dates to Remember:

***\*\*To date all FCE clubs have decided to cancel monthly meetings until further notice.\*\****

**September 18:** Club membership list and dues sent to County Council Treasurer – Glenda Moore (list should include member name, address, and phone number in alphabetical order, \$4.00 for each member)

**October:** 2021 club officers and county council representative should be selected and sent to Schancey. Your club can just choose to roll the current club officers and council representative over to 2021.

**October 1:** Club membership dues paid to the region

**October 15:** County Council Meeting at 1:00 p.m. at Extension office. **CANCELED**

**November 30:** CVUs and reading reports due to Schancey.

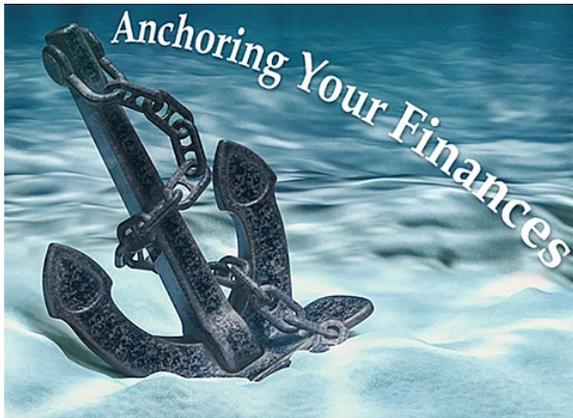
**December 10:** FCE County-Wide Christmas Party. Hosted by: Sharing Hearts FCE at Enville Community Center. More info to come.



### Cultural Arts Contest

If you had items you planned on entering in the cultural art contest this past June, please hold them. You will still be able to enter them in 2021.

## Anchoring Your Finances Facebook Series



Join Schancey Chapman and 7 others agents from across West TN for this 4-part educational series. This series will give you tips on how to “anchor” behavior to *improve your health and personal finances*. A new video will be posted every Monday. You will have opportunity to view the video and ask questions until Thursday. On Thursday, a live session will occur where all questions will be answered. Please join us for some fun and great tips for Real. Life. Solution. “Follow” the Facebook page to get all the up to date information at:

<https://www.facebook.com/anchoringyourfinances/>

### Examining the Relationship between Lead Poisoning and Osteoporosis

The health effects of lead poisoning are numerous, and many are well known. In children, of course, the most devastating result of lead exposure is the loss of IQ potential, as lead creates havoc in the synaptical process of brain development. Well documented in adults is the detrimental relationship between lead poisoning and hypertension, as well as lead’s negative impact on the kidneys and the reproductive system. A less familiar—and less investigated—health aspect of lead poisoning is its effect on bone mineral density (BMD), an important factor in later life and the development of osteoporosis. A review of existing literature on the topic readily points up the desirability of additional research into this aspect of lead poisoning. For most people, osteoporosis becomes a significant health issue only in the latter decades of life.

Nevertheless, the role that osteoporosis plays in both quality and length of life in an individual 50 or older is enormous. Declining bone health resulting in osteoporosis is particularly common in women, but men are victimized by this condition as well, albeit generally at a later age than their female counterparts. Thus, anything that causes, accelerates, or intensifies osteoporosis imperils the victim’s golden years. It is difficult to pinpoint the relative impact of lead poisoning on bone health, as so many variables are at play. Bone mass density, the key to bone health, reaches its peak in an individual’s late 20s, thereafter remaining fairly stable until natural aging processes result in some bone mass loss after the age of fifty. A myriad of other medical conditions (cancers, endocrine disorders, and chronic diseases), as well as behaviors, such as smoking and alcohol, are implicated in osteoporosis, as are certain prescription drugs.



How, exactly, does lead affect the bones? A simplified explanation: The body’s long bones serve as the storage site for 95 percent of lead. During bones’ formative years in early childhood, high lead levels decrease the levels of certain peptides and proteins associated with bone growth. Conversely, this deficiency results in increased and premature bone mass density in childhood. When BMD should reach its natural apex at age 25- 29, it is thwarted by the early head start in childhood, meaning that the onset of BMD decline can be anticipated at earlier ages. Lead affects, as well, the body’s absorption of calcium and Vitamin D, vital in bone health, and the development of osteoblasts, which are responsible for bone growth. Adult lead poisoning, in most cases, is the result of occupational exposure. Accordingly, research on osteoporosis in this domain is more prevalent among males working in affected industries.

One such study, involving middle-aged men exposed to lead in automotive manufacturing, showed lower BMD in lumbar (spinal) bones of lead-exposed workers, compared to the BMD in the lumbar on non-lead-exposed workers. On the other hand, there were no significant differences in the BMD levels in femur or femoral neck (hip) bones. This research team, like others, concluded that lead poisoning poses risks for osteoporosis and that further studies are warranted. For more information on osteoporosis you can visit The National Osteoporosis Foundation at [nof.org](http://nof.org) or request information at 1(800) 231-4222 and at [info@nof.org](mailto:info@nof.org)

## FALL PUMPKIN DIP



Total time: 15 minutes

### Ingredients

- 8 oz. cream cheese (I use fat free or reduced fat)
- 1 cup light brown sugar
- 3/4 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 2 teaspoon cinnamon
- 15 oz. canned pumpkin puree

### Instructions

1. In a food processor (or in a bowl by hand) pulse the cream cheese until smooth.
  2. Add next 4 ingredients (light brown sugar, ground ginger, ground nutmeg, ground cinnamon) to food processor (or hand mixer) and blend well.
  3. Transfer cream cheese mixture into a bowl, add the pumpkin puree and mix well.
  4. Refrigerate covered until ready to serve.
- From [shewearsmanyhats.com](http://shewearsmanyhats.com)



## Meet the new 4-H Agent in McNairy County

Please give a big welcome to our new 4-H Agent, Oakley Perry. Oakley is from a small town in Georgia called Hazlehurst



where he was raised on a cotton farm. He was a nine-year member of 4-H who continued his service to the organization after high school through volunteering and serving in national roles. Oakley graduated from the University of Tennessee Knoxville in 2018 with a B.S. of Agricultural Leadership, Education, and Communications with a concentration in Extension Education. He has recently completed his Master's Degree at Utah State University in Agricultural Extension and Education. He is interested in all areas of 4-H, but especially loves leadership, citizenship, agriculture, and health. When Oakley is not working to make the best better he can be found working on his French language skills, reading about far off places, or traveling there to see them. Oakley is super excited to work with the youth of our community and their families. He can be reached at [operry@utk.edu](mailto:operry@utk.edu).

## The Health Benefits of APPLES

