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Special points of interest:

- Strong women continues in Dufur, Maupin, Pine Hollow, The Dalles and Mosier.
- County Council meets March 4th at the Hood River Office.

Oregon State University
The Family Table

Living Well With Chronic Conditions

“Living Well With Chronic Conditions” is a program designed to help people to build confidence in their ability to manage their health and maintain active, fulfilling lives. The program is given in two and one half hour sessions once a week for 6 weeks. People with different health problems attend the program together. The workshop does not focus on a specific health problems, but rather on tools to help you while living with a chronic health condition.

Subjects covered in the workshop include:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Appropriate exercise for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Nutrition
- Making informed treatment decisions.

In connection with the American Agency on Aging, we will be leading this workshop beginning March 9. The program will be held at the Hood River County Extension office in the conference room from 1:00—3:30. For more information, or to sign up call the Hood River Extension office at 541-386-3343 or the Area Agency on Aging at 541-298-4114.
Fashion Zone

Have you ever stood in front of your closet full of clothing and thought you have nothing to wear? Friday, February 12 at Columbia Gorge Community College at the Dalles from 10:00 a.m. to noon we will talk about how you can take a few vertical measurements and use them to take you from frumpy to fabulous.

We will learn to use a basic art principle to make a few changes in your current wardrobe and take items from the back of your closet to wearable.

You will also save money by recycling what you already have into something that you like to wear.

Cost is $10 for the program and you will receive a book that has ideas for recycling your wardrobe. Come join the fun and look great for Valentines day.

Watch Out for Haiti Earthquake Scams

Oregon consumers are warned to be on the lookout for unfamiliar organizations soliciting funds for victims of the earthquake in Haiti. Scammers will seek to gain access to credit card numbers and bank accounts in order to commit identity theft.

There are many legitimate organizations seeking donations to aid the victims. To confirm that a charity is registered, visit the Oregon Department of Justice website: www.oregonattorneygeneral.gov. To help consumers distinguish worthy charities from con artists and unscrupulous non-profits, Attorney General Kroger offers the following tips:

- **Do not give out personal information such as credit card or bank account numbers over the phone.** Legitimate charities will accept contributions by check, which should always be made payable to the organization not the person collecting the donation.

- **Beware of callers who want your money fast.** When solicited by phone, always ask the caller to send you written materials about the charity. No legitimate organization will insist that you donate immediately. Watch out for solicitors who employ dramatic, emotional or heart-tugging stories.

- **Do not donate cash.** Legitimate charities will be pleased to receive a contribution by check. Don’t send contributions with a “runner,” by wire or overnight parcel pick up service.

- **Be sure you are contributing to a legitimate organization** registered with the Attorney General’s Office by searching the online database or by calling 971-673-1880. You can also visit www.guidestar.org, a national clearing house of information about charities and their performance.

  Last year, more than 150 Oregon consumers reported falling victim to some kind of scam. Anyone who thinks they may have been contacted by a scammer should call the Consumer Protection Hotline at 1-877-877-9392.

*Source: Oregon Department of Justice.*
Choose Foods to Chew

Foods that require more chewing typically provide more satiety per calorie than more processed foods. Two easy ways to promote calorie control include:

1. Choose foods that are high in fiber and low in calories that require more chewing. This means more salads, cooked whole grains, fresh fruits, cooked beans, baked potatoes—in other words foods high in fiber and low in fat.

These foods make it easier to enjoy a healthy diet lower in calories and higher in fiber and nutrients.

Examples of foods to avoid or limit include: processed baked goods, candies, cheese, fatty fried foods, desserts, processed meats, packaged snack foods and fatty entrees low in fiber.

2. Avoid beverages with calories. Studies show that beverages with calories go down quite easily and without your body registering them as calories. So you will consume a lot of calories quickly but you won’t feel like you consumed them so you are likely to consume too many calories during the day.

Examples of these include large shakes, smoothies, juice, punch, creamy coffee drinks, sweetened teas, alcoholic beverages and soda. Switch to water or unsweetened tea or coffee. Skip the sugar and cream. Add a little flavor with fresh lemon, lime or orange. Buy whole fruit instead of fruit juice. Experiment with herbal teas and brew them yourself so you can control what goes in them. These are better for your pocketbook too.

Here are a few common foods that are good sources of fiber and take time to chew:

- Apples
- Pears
- Oranges and grapefruit
- Grapes
- Brown rice
- Corn on the cob
- Baked potatoes
- Carrots
- Yams
- Cooked beans/legumes
- Broccoli
- Greens—collards, lettuce, spinach, kale, cabbage.

Use smaller plates and utensils so you take longer to chew and consume food more slowly.

*Source: Food and Health Communications*

Websites to Check

Miss Manners has gone high tech. You can find out when it is okay to tweet, twitter or what to put on your facebook and whose facebook it is okay to read. Peggy Post answers all you etiquette questions in the new advice column: aarpmagazine.org/modernmanners

You can learn to save on energy costs at the Home Energy Saver (hes.lbl.gov) You will input information about your home and a report will be generated to help you see where you can make changes that will save energy and money.

WebMD provides valuable health information, tools for managing your health and support to those that seek information. Their mission is to provide objective, trustworthy and timely information. http://www.webmd.com/
Angel Food Cake
Serves 4

3 Egg whites
1/2 Teaspoon cream of tartar
Pinch of salt
5 T. sugar
1/4 cup flour
Vegetable oil cooking spray

1. Preheat the oven to 350°F
2. Beat the egg whites until frothy, about 2 minutes. Add the cream of tartar and salt.
3. Continue beating until stiff, about 3 minutes. Add the sugar and beat for another 2 minutes.
4. Sift the flour over the egg whites and fold in gently with a spatula.
5. Coat 4 muffin tins with cooking spray. Pour the mixture into the muffin tins and cook until browned on top. 20 minutes. Cool before removing from pan.
6. Top with fruit.
Calories: 103, Protein: 4 g Carbohydrate: 22g Dietary Fiber: 0g, Sugars 16g

February

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<td>28</td>
<td>CGCC = Columbia Gorge Community College</td>
<td>TDSC = The Dalles Senior Center</td>
<td>SW = Strong women &amp; classes are each week</td>
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