



Price County HCE Newsletter

**Wisconsin Association for
Home & Community Education**



Greetings,

Another month has come and gone, and with its passing, fall is definitely here. September started out so pleasant, but ended in a harsh manner.

The State conference was a wonderful success. The weather in Superior was beautiful, which was a blessing, since several of the sessions were held in a tent outside. We attended many wonderful breakout sessions and enjoyed visiting with members from throughout the state.

Remember our Fall District meeting will be on Thursday, October 22 at the Kennan Fire Hall. I hope to see many of you there. We are in need of nominees for the following Executive board officers Vice-President, Secretary and Treasurer. We also have two committee chair positions open International and Membership/Marketing. Please consider stepping up to fill one of these positions.

Best Wishes,

Donna Keck
President

Upcoming Events/Dates

October 12	Furlough day – Office closed
October 15	North District HCE meeting Spooner
October 17	Kids Against Hunger 8-Noon Park Falls High School. 3-7p.m. Prentice High School
October 22	Price County Fall HCE meeting 1p.m. Kennan Fire Hall
October 27	Price County Community Resource Fair 9 a.m. - 2 p.m. Armory Phillips.
October 29	Preserving Meat- Phillips High School (Call 339-2555) to register.
November 14	Holiday Tea- Municipal Building Phillips



UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please make such requests as early as possible by contacting the Price County Office at 715-339-2555 so that proper arrangements can be made. Requests are kept confidential.

Don't Ignore Chest Pain

Women who experience chest pain too often think, "It will go away" or "I am too young for the pain to be my heart," often at the expense of their heart.

Heart disease is the #1 killer of women in the United States, surpassing cancers of the breast and ovaries, and the symptoms of a heart attack or an impending heart attack may be different for women than for men. Trust your instincts.

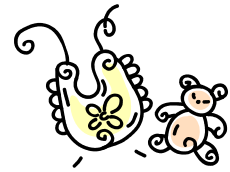
If you experience the following symptoms, seek treatment immediately:

- Chest pain or chest discomfort
- Pain in the neck, jaw or back
- Feeling weak or lightheaded
- Pain or discomfort in the arm or shoulders
- Shortness of breath
- Nausea and extreme fatigue

Provided by WWHF newsletter sponsor, St. Mary's Hospital, stmarysmadison.com.

Wisconsin Facts About Cardiovascular Disease

- About 93,000 hospitalizations (14% of all hospitalizations) were related to cardiac diagnoses (\$2.8 billion in hospital charges).
- In 2004 (most recent stats) 14% of heart disease and stroke deaths were attributed to smoking (32.5% of all smoking attributable deaths).
- One of four adults reported having been told by a health professional that they have high blood pressure.
- Stroke is the third leading cause of death, regardless of ethnic background.



Baby Basket

It's time to put our baby basket together for this year. Please remember to bring all of the wonderful goodies for it, to the Fall meeting. Families are very appreciative of our generosity.



Holiday Tea

Holiday Tea is right around the corner, November 14th. Let's start getting our favorite recipes out to bake for the Country Store and the Tea Table. Our theme this year is Tinsel, Tea and Timely Tips, so get those tips to Barb for a booklet we will be handing out. A silent auction will be held again this year, so if you have baskets or items to donate please bring them to the Fall meeting or the Extension office.

Take Control of Your Finances

Difficult times mean you have to work even harder to make your money do what you want it to do. Make this happen by attending Take Control of Your Finances. In this program you will develop a spending and savings plan to fit your needs, learn how to reduce credit card debt, examine your insurance needs. This program will be held October 21 at the Price County UW-Extension Office, Normal Building, Phillips and October 22 at the Park Falls Library. Both classes are held from 10:00-12:00 or 6:00-8:00p.m. There is no fee for this program, but pre-registration is required. Private consultations are also available by calling 339-2555.

Across Generations - Fall Prevention in the Home

Most falls do not result in serious injury. However, falls can have serious consequences for older persons. Falls are the leading cause of injury-related death among individuals over the age of 80. The U.S. Public Health Service estimates that two-thirds of those deaths are preventable. The key is to find the things or situations that may cause a fall and make changes to prevent an accident.

Here are some simple suggestions to reduce hazards that cause falls:

- Make sure lighting is plentiful, bright, and even. Place wall mirrors carefully to control reflection of light. Adjust window coverings to minimize glare.
- It is especially important to have bright, even light in stairways. Lights switches should be at both the top and bottom of the stairs. Both sides of the stairs need 1 ½ inch round handrails. Secure the handrails into wall studs, handrails need to support the user's full weight.
- Arrange furniture to provide open pathways. Minimize tripping by keeping loose items such as magazines, newspapers, and toys off the floor.
- Keep cords out of pathways.
- Push in chairs around tables and desks.
- Replace worn or wrinkled carpeting. Area rugs or bathmats can be tripping hazards. Tape them down or use rugs with nonskid backings. Do not wax floors. Wipe up water and spills immediately.

- Avoid storing items on high shelves. If you must use a step stool, make sure it is sturdy and has handrails.
- Serious falls are common in the bathroom. Install grab bars securely into wall studs around the tub and toilet. Consider a shower chair. Keep the bathroom well lighted.
- Wear proper fitting, supportive shoes with low heels and rubber soles to help maintain secure footing.

Source: University of Minnesota Extension

Canning Meat, Poultry and Game

In anticipation of you having a successful fall hunting season, learn how to can meat, poultry and game. You will learn the basic and safest preservation method, and discuss options for using the canned product. Preparing jerky will also be covered.

The class will be held October 29 from 5:30-9:30p.m at the Phillips High School Family and Consumer Science Room. Classes are hands on and participants take home samples. The cost is 10.00 covers all materials.

Advance registration is required call the UW-Extension Office at 339-2555. Class is limited to 15 participants.