

Living Well in Baker County

Dear Extension Friend:

January 2009

I don't know about you, but I thought it was supposed to be cold this time of the year! Who would ever know it was January when it's 80 degrees outside? I hope you all had a wonderful holiday season and did exactly what it was that you wanted to do. Hopefully you were all able to spend time with your loved ones and had the ability to relax and unwind. Happy New Year to everybody as well and I hope 2009 is very prosperous for you all.



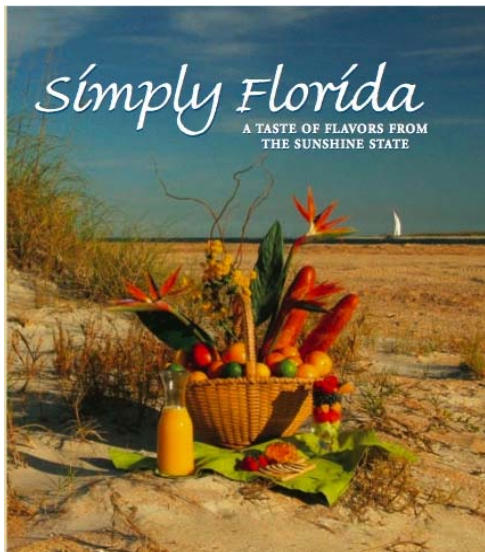
This month's Newsletter includes an announcement regarding the 2009 Master Food and Nutrition Education classes that will begin in February. Check out the article in the *Food Safety* section on page 2 for more information. Also included are topics on *Aging* and *Family*.

Hope you all enjoy the Newsletter, and as always if you have any questions, concerns or suggestions please give me a call.

Melanie Thomas

Melanie Thomas
FCS Agent
Baker County
Phone: (904) 259-3520
Email: mlthomas@ufl.edu

**Inside this
issue:**



**Simply Florida:
A Taste of Flavors from
the Sunshine State**

Looking for a great gift idea for that gourmet cook in your life? The new *Simply Florida* cookbook created by Family & Consumer Sciences agents throughout Florida is the perfect choice! Order your copy today by calling Melanie at (904) 259-3520 or by visiting <http://www.simplyflorida.org>.

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Food Safety: Master Food and Nutrition Education Classes Begin



Would you like to develop expertise in the area of food and nutrition and share your knowledge with others? A Master Food and Nutrition Education program is being offered by the Cooperative Extension Service, University of Florida, Institute of Food and Agricultural Sciences. The program is designed to provide food and nutrition training for selected individuals in Northeast Florida.

Master Food and Nutrition Educator is a title given to individuals who receive in-depth food and nutrition training from County Extension Family and Consumer Sciences Agents and agree in return to give 50 hours of volunteer service, in the next year, helping their local County Extension Office.

The County Extension Offices in Duval, Baker, Clay, Nassau, and St. Johns counties have joined together to train volunteers. If you are a resident of any of the previously listed counties, the program is open to you. Master Food and Nutrition Education training will be held at the Duval County Cooperative Extension Service office in Jacksonville on Wednesdays beginning February 18, 2009, and ending April 15, 2009. Training sessions begin at 9:30 a.m. and last until 4:00 p.m. Training will include topics such as nutrition and health, herbal cookery, food safety, and the latest food preservation updates in dehydration, canning, pickling, jelly making, and freezing techniques.

Master Food and Nutrition Educators give their volunteer hours to their County Extension Offices in many ways. Many will help by answering telephone calls in the Extension Office and assisting residents with food-related problems, assisting with agent demonstrations, and educational projects, and working with the 4-H youth program.

After completing the training, each participant will be given one of the best food and nutrition reference books available. It is a compilation of Extension Service fact sheets and bulletins that apply specifically to our region.

Master Food and Nutrition Educators are a valuable resource in their community. There will be a charge of \$75.00 to cover lab supplies for the course. Applications for a limited number of openings in the class are now being taken at the Baker County Extension Office.

Contact Information:

Application Deadline: 2/4/2009

Melanie Thomas, Agent

Family and Consumer Sciences

Baker County Extension Office

1025 W. Macclenny Avenue

Macclenny, FL 32063-4433

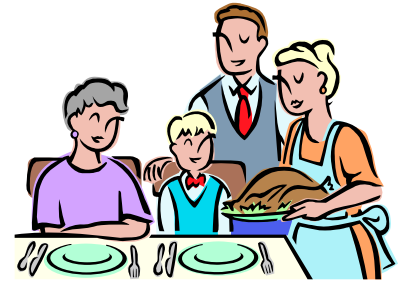
(904) 259-3520



Anyone may apply for the program regardless of race, color, sex, age, disability, religion, or national origin. Persons with disabilities requiring special accommodations should inform the Extension Office at time of registration.

Family: Dinner Time Together

Busy schedules held by both parents and children have turned “family dinners” into a thing of the past. Many parents are unaware of what is lost by not having regular family dinners together, and conversely, they are unaware of the many benefits eating together brings.



Research suggests that having dinner together as a family at least four times a week has positive effects on the development of adolescents. Family dinners have been linked to a lower risk of obesity, substance abuse, eating disorders, and increased chance of graduating from high school.

First and foremost, eating dinner together as a family provides the opportunity for conversation. For parents, this provides the arena to teach healthy communication without common distractions from cell phones, television, computers and personal music players. By engaging your children in conversation you teach them how to listen as well as provide them with a chance to speak and express their own opinions. This is important because it allows the child to have an active voice within the family.

Conversations at the dinner table expand the vocabulary and reading ability of children—regardless of socioeconomic status. Family dinners allow every member of the family to discuss his or her day and share any exciting news. Healthy communication brings people together. Try these tips:

- Discuss the child’s day. Express interest in your child’s daily life.
- Discuss current events. Bring up news appropriate to the age of your child.
- Let all family members talk. Be an active listener and be sure your child learns to listen as well.
- Encourage your child to participate. Do not underestimate your child’s ability to hold a conversation.

Source: *Lyttle and Baugh, University of Florida*



*Happy
New Year!*

**University of Florida
Baker County Cooperative Extension**

1025 West Macclenny Avenue
Macclenny, FL 32063

Phone: (904) 259-3520
Fax: (904) 259-9034
Email: mlthomas@ufl.edu
Website: <http://baker.ifas.ufl.edu>

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Extension programs are open to all people regardless of race, color, age, sex, handicap, or national origin. In accordance with the Americans with Disabilities Act, any person needing a special accommodation to participate in any activity, should contact the Baker County Cooperative Extension Service at 1025 West Macclenny Avenue, Macclenny, FL 32063 or telephone (904) 259-3520 no later than seven (7) days prior to the event. Hearing impaired persons can access the foregoing telephone by contacting the Florida Relay Service at 1-800-955-8770 (voice) or 1-800-955-8771 (TDD).

Aging: Caregiving Legal Issues

When care for an elderly or sick relative begins, discussions on financial and legal topics can be uncomfortable for both the caregiver and their relative. As hard as this may be, UF researchers say talking about legal matters is important.

As a caregiver you should know the location of your relative's important legal documents. This includes their birth certificate, social security card, insurance papers and property deeds. Are these kept at home or in a bank box? Where would your relative prefer them to be kept? If something should happen to your relative, will you have access to these items?

If your relative has a will, or other such documentation, find out where they keep it and who helped them to create it. You might want to meet with a lawyer to review what the will says and to make sure it is up to date. If your relative does not have a will, ask if they would like to create one and help them find a professional who can help them do so.

Also, discuss with your relative who will have power of attorney to make legal and medical decisions if something were to happen to them. If they have made this decision, speak with their lawyer to review the paperwork.

Asking your relative these simple questions now can prevent potentially catastrophic problems down the road. There are too many sad stories of families caught off guard and dealing with picking up the pieces at an already difficult time.

Source: University of Florida/IFAS Extension Solutions for Your Life: [Aging and Caregiving](#)

