

# Messages from Mandi

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### TO BE A GOOD FRIEND

1. Smile often; laugh aloud now and then; giggle, even.
2. Become aware of several things that you especially enjoy. Watch for others who enjoy those same things.
3. Identify an acquaintance who has a need you can supply. Offer yourself. (Hint: Start with the obvious—your sister, spouse, neighbor...)
4. Learn to enjoy being alone with yourself. Identify what elements of living enrich your life. Incorporate them in your daily routines. If you are happy being you, it's likely others will enjoy your company too!
5. Forget what you give, and remember what you receive.
6. Be the one who is there doing when others are saying, "Is there anything I can do?"
7. Listen—even in the silence.

By: Gloria Gather, Sue Buchanan, Peggy Benson, and Joy Mackenzie From "Friends Through Thick and Thin"

### Do Well, Be Well with Diabetes

Bailey County Extension and the Bailey County Diabetes Coalition will be sponsoring the *Do Well, Be Well with Diabetes* educational series this Spring. Dates have not been set yet. The Coalition consists of Thomas Smith, Maria Alsaro, Linda Bullock, Kay Swint, Kristi Spies, and Amanda

Shelton. The idea behind this program is simple: A growing number of people are being diagnosed with type 2 diabetes. This program is a comprehensive, easy-to-follow, educational series on how to live with diabetes and live well. More information on this program will be forthcoming. If you have any questions, contact Bailey County Extension at 272-4583.

### TAKE CONTROL OF YOUR CLOSET

Have you ever stood in front of your closet and wondered, "What am I going to wear?" If so, you're not alone. All too often, closets can become cluttered with clothing that hasn't been worn in years—or hasn't been found in years! If your closets are overflowing, here is the information you need to get your closet organized.

#### Take Stock of the Surplus

First, remove everything from your closet. Then make three piles: clothing you want to keep, donate, and toss. A few rules to keep in mind:

\*Anything you haven't worn in more than a year shouldn't make it to the "keep" pile.

\*If you don't feel good in a certain piece of clothing, it's not worth keeping.

Remove your "donate" and "toss" piles from the equation and set your "keep" pile aside.

#### Wardrobe 101

Now that you've removed your excess items and organized your closet, go back to your

“keep” pile. Are the items extravagant or basic? Could you easily mix and match most of the items? Do they all fit properly? If not, it’s time to get rid of some more clothing and update your wardrobe. Here are some examples of comfortable and easy-to-care-for wardrobe basics.

**\*Black pants.** Not just any pair—a nice pair of washable black pants. Washable doesn’t have to mean unprofessional. Suit separates can be found in washable fabrics and still maintain their professional appearance.

**\*White button-down shirt.** One item, so many options. A crisp, white, button-down shirt can be worn layered with vests and sweaters, accented with a colorful scarf, or simply by itself. It is always a classic look.

**\*Blue jeans.** What wardrobe would be complete without a good pair of comfy jeans? The key word being comfy.

**\*Solid-color shirts.** What better way to ensure you’re prepared for anything? Whether it’s a polo or a button-down top, solid-color shirts offer the most possibilities for mixing and matching clothing items.

### **Closet Organization**

When it’s time to return your clothing to the closet, group garments in a system that works best for you. This could be by color, by type, or by type and color. Also, folding and stacking sweaters helps you to see them at a glance. Here are some other tips to help keep all your clothes in order:

**\*The right hanger for the job.** There is a right and a wrong hanger for every clothing item. For example: skirt hangers are designed specifically for skirts; pant hangers specifically for pants; and so on. At the end of the day, the right hanger will keep your clothing wrinkle-free and ready to wear.

**\*Don’t forget the door.** Many people don’t realize what a great space saver the door can be. Try mounting hooks to hang purses and jackets, or affix shoe bags or racks to keep your shoes in one place.

**\*One season at a time.** While fall and spring may be transitional-clothing seasons, requiring a range of cold- and warm-weather items, your closet can be trimmed down during summer and winter. Keep seasonal items ready and store the rest until the weather changes. For a smart storage solution, put your out-of-season clothes into a clear, plastic tub.

Source: Home Made Simple  
[www.homemadesimple.com](http://www.homemadesimple.com)

## **FEBRUARY NATIONAL CHERRY MONTH**

Why choose cherries? There are lots of reasons, and most of them are vitamin A, potassium, few calories, low sodium, low fat, and oh, yes—great taste.

### **All About Cherries**

There are two different kinds of cherries: tart and sweet. Tart cherries are sometimes called pie cherries or sour cherries. Canned or frozen tart cherries and cherry pie filling and topping are widely available.

Dried cherries, which are made from tart cherries, are relatively new. It takes six to eight pounds of fresh tart cherries to make just one pound of dried cherries. They are eaten as snacks or added to recipes. You’ll find them in gourmet and specialty stores, and in some supermarkets, and they are quite expensive. Ninety per cent of all of America’s tart cherries are grown in three states. Seventy-five per cent from Michigan, ten per cent from Utah, and five per cent from Wisconsin.

Sweet cherries often are sold fresh, especially during the summer months. Frozen and canned sweet cherries are available year around. Almost a fourth of the nation’s sweet cherries are grown in Michigan.

Some food folklorists claim that cherries help relieve the pain of arthritis or gout, while others say that cherries have aphrodisiac qualities. No guarantees on those claims, but cherries are a healthy treat in a cheery ruby red color. Cherries are tasty, with a tangy flavor worthy celebration!

### **Cherries in the Morning...**

It's not surprising that the Cherry Marketing Institute has ideas for how you can add cherries to your diet all day, every day:

**Breakfast** Use as a sauce or syrup over pancakes or waffles; bake in a muffin or breakfast bar; add to oatmeal or other cereals.

**Lunch** Combine with other fruits for a salad; add to yeast breads or quick breads; use to make a relish or chutney sauce for sandwiches.

**Dinner** Use as a special barbecue sauce with poultry; feature in a salad; combine with shrimp or pork for sweet-sour entrees.

**Desserts** Serve in cobblers or crisps; feature in puff pastries; pies, cakes and crepes; use in sauces over gingerbread or cakes.

**Snacks** Serve over ice cream, sherbet or puddings; mix into yogurt; use in fruit drinks or punches.

## **CHERRY PING**

Heat oven to 375.

Combine in a bowl and stir well:

- 1 c. sugar
- ½ c. all-purpose flour
- ½ c. whole wheat flour
- 2 tsp. baking powder

Add, stirring until dry ingredients are moistened, then set aside:

- 2 tsp. vanilla
- 2 eggs, lightly beaten

Drain, reserving 1 cup liquid:

3 (16-oz.) cans pitted tart red cherries in water.

Place cherries in a 9 x 13-inch baking pan and set aside. In a separate bowl, combine:

2/3 c. sugar

3 Tbsp. cornstarch

1/4 tsp. ground nutmeg

Gradually add, stirring with a wire whisk until blended:

1 c. reserved cherry liquid

1 Tbsp. plus 1 tsp. lemon juice

1/4 tsp. almond extract

Pour over cherries. Drop flour mixture by heaping teaspoonfuls onto cherry mixture. Bake for 35-40 minutes or until top sounds hollow when tapped. Cool 15 minutes on a wire rack, then sprinkle with:

2 tsp. sifted powdered sugar

Serves 12

Source: 24 Food Programs in good taste

written and researched by Lynne Martin Erickson

## **PRESCRIPTION DRUGS: CAN YOU AFFORD NOT TO TAKE THEM?**

Many older Americans report not being able to afford their prescription drugs. While drug costs continue to increase, consider the cost of not treating your medical condition. The following tips illustrate some ways by which you may be able to better afford your prescription drugs.

### **\*Talk to your health care provider**

First and foremost, talk to your health provider about the cost of your medications. Tell him or her you need cheaper, effective medications. He or she may know of assistance programs or be able to suggest alternative therapies.

### **\*Generic & over-the counter**

Many medications are available in generic form or may be available without a prescription resulting in cost savings. Ask your health provider about the possibility of generic or over-the-counter medications.

### **\*Shop around**

Compare prescription drug prices at several different pharmacies.

### **\*Follow directions**

Always take medications as prescribed.

**\*Buy in bulk**

Often money may be saved by purchasing prescriptions in larger quantities, such as a 90-day supply rather than a 30-day supply. Talk to your health professional or pharmacist about receiving larger quantities of prescription medications.

**\*Pill splitting**

Some medications are available in larger doses and may be safely split. Ask your health provider or pharmacist about this option for your medication.

**\*Assistance programs**

Federal and state government agencies, private foundations and many pharmaceutical companies offer assistance programs to individuals who meet certain levels of need.

**Where to Find Help:  
Centers for Medicare and Medicaid  
Services**

<http://www.medicare.gov> or  
1-800-MEDICARE

**Area Agencies on Aging of Texas**  
<http://www.dads.state.tx.us/contact/aaa>

[directory.html](http://www.dads.state.tx.us/contact/aaa)

or 1-800-252-9240

**NeedyMeds**

<http://www.needymeds.com>

**Pharmaceutical Research and  
Manufacturers of America**

<http://helpingpatients.org>

Source: written by Andrew Crocker, Gerontology Health  
Specialist

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