While accidental poisoning is the second-leading cause of home injury death, many parents and caregivers are overlooking simple steps that can help keep family members safe.

More than 2 million poisonings are reported to Poison Control Centers across the county each year.

In observance of National Poison Prevention Week, slated March 18-24, the Environmental Protection Agency is reminding families how to take precautions and properly use and store dangerous household chemicals to avoid accidental poisonings.

Debbie Richardson, Oklahoma State University Cooperative Extension Service parenting assistant specialist, said accidental poisonings are an all-too-often occurrence.

“Every 13 seconds a poison control center receives a call about an unintentional poisoning,” Richardson said. “Of the estimated 2 million poisonings per year, more than half of them involve children under the age of six. In addition, 70,000 of the calls concerned the potential exposure to common household pesticides.”

Parents and other caregivers must understand the danger household cleaners, chemicals and cosmetics may present to young children. Any label containing the words “caution,” “warning” or “danger” should be locked away and stored out of children’s reach.

Without proper safety measures in place, a child’s natural curiosity, coupled with their inability to read or understand product labels, can result in a tragic accident.

“Hand-to-mouth behavior and imitation are normal for children. Anything within their reach will most likely end up in their mouths,” she said.

“Common household items, from medications and cleaners to automotive fluids and pesticides, present serious risks to everyone, especially children.”

Children are not the only people who are at a greater risk for a poisoning exposure in the home. Older adults also are at risk.

Richardson said older adults, especially those who are taking multiple medications, face an increased risk for accidental poisoning.

“A recent survey conducted by the Home Safety Council shows that nearly one in 10 caregivers of an older adult age 50 or older recently reported that their loved one had experienced a poisoning incident at home, more frequently from taking the wrong medications,” she said.

Some tips to help protect your family from accidental poisoning include knowing what things in and around your home could poison you; put child safety locks on cabinets to safely store cleaners, medications, cosmetics, chemicals and other poisons; keep all of these products in their original packaging with the labels on them; do not mix household products together because their contents could react with dangerous results; have a service person check heaters, stoves and fireplaces every year to ensure they are working properly; and install a carbon monoxide detector near the bedrooms and furnace to warn you of high levels of CO, a deadly gas you cannot see or smell.

“Be sure the post the Poison Control Hotline number by every telephone in the house. The number is 1-800-222-1222. Be sure to post other emergency numbers as well,” Richardson said. “This number will connect you to emergency help in your area. Use this number immediately in the event of a possible poisoning. You also can call the hotline if you have a question about poisons.”
Indulge Yourself in PHYSICAL ACTIVITY

By Katie L. Reim

There are many ways to add more activity into your daily routine – take a walk, work in the garden, climb the stairs or dance the night away.

Janice Hermann, Oklahoma State University Cooperative Extension Service nutrition education specialist, said to improve health and fitness, adults should aim for 30 minutes of moderate physical activity most days of the week.

“Children and adolescents benefit from physical activity as well,” she said. “It is recommended they get at least 60 minutes of moderate physical activity every day.”

Moderate physical activity includes any activity that takes about as much energy as a brisk walk, which is a pace of about two miles in 30 minutes.

There are reasons to get moving, Hermann said. “Physical activity helps relieve stress and makes you feel good,” she said. “It will help you be more productive and sleep better. Physical activity is good for your health and helps achieve and maintain fitness and lowers the risk for chronic disease.”

To make physical activity a regular part of the day, choose activities that are enjoyable and can fit into a schedule.

Some types of physical activity are especially beneficial. Hermann suggests the following:
- Aerobic activities such as walking, jogging and swimming.
- Resistance, strength building and weigh-bearing exercises. Carrying a child, lifting weights and walking are all weight bearing exercises.

Hermann said balance and stretching activities enhance physical stability and reduce risk of injuries. Gentle stretching, dancing and yoga can increase both balance and flexibility and can help with relaxation.

“For your health and safety it is important to consult with a health care provider if you are over 40 for men and 50 for women or have chronic health problems before starting to become more physically active,” she said. “There are many activities to do at any age. Staying strong and flexible has many benefits.”

Wellness tip: Mock Sour Cream

Try this recipe as a sour cream substitute! Blend 1-cup low fat cottage cheese, 1/4 cup buttermilk and 1/2 tablespoon lemon juice in a blender until smooth. This makes 16 tablespoon-sized servings with only 14 calories and 0.3 grams of fat per serving! Use as a topping for baked potatoes, gazpacho and low fat tacos. Wellness tips are brought to you by the OSU Seretean Wellness Center, dedicated to making OSU the Healthiest Campus in America.

OSU leads the nation in number of doctorates awarded to Native Americans

The latest statistics from the Survey of Earned Doctorates shows OSU easily leads the nation in the number of doctorates awarded to Native Americans. OSU awarded doctorates to 33 Native Americans in the period from 2002-06, according to the SED report, which is funded in part by the National Science Foundation. The next highest total was 18 by both Arizona State and the University of North Dakota. OU ranks fourth nationally with 17 doctorates awarded over the same period.

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Southwest District
OHCE Meeting
Friday, March 28, 2008
Immediate Response Requested

The registration fee will be $15.00 per person attending. Each local group should send a list of members registering along with a check for $15 each to Louise Bell by March 1. (Louise will be working in the kitchen at the stock show next week. You could give her the list and money at that time.) Also, be sure to indicate if the individual members will be attending the FREE Tour at Chisholm Trail Heritage Center. The district will charge a late registration fee of $5.00 to anyone posting their registration after March 10th.

The business meeting will begin at 9:00 a.m. Registration opens at 8:00 am with light refreshments following. We will not be pre-registering for workshops this year. Attendance in the workshops will be determined by the size of the room. Workshop attendance will be decided on a first come–first serve basis.

The luncheon meal will be catered by Klein’s Catering. There will be two serving sessions. During the first serving session, county officers, educators and others will be expected to attend one of the following sessions: President, Treasurer, Historian, Membership or Vice–President and the district lesson” Forming Community Coalitions. These attendees will then be served during the second session.

There will be special seating for award nominees, voting delegates and 50+ members. If you are a 50, 60, or 70 year member please call the office when you receive this letter so we can send in a list. If you plan to spend the night in Duncan, please call the hotel as soon as possible to reserve your room. The B&B has cottages that sleep several so get with your friends and make arrangements.

Hearthstone Inn 1007 Cedar Street 580-736-0100 $79.00 - $129.00
Holiday Inn 1015 N. HWY 81 580-252-0551 $79.00
Chisholm Suites 1206 N HWY 81 580-255-0551 $77.00

Days Inn 2535 N HWY 81 580-252-0810 $46.00 - $64.00
Duncan Inn 3402 N HWY 81 580-252-5210 $36.00 - $45.00

Hotel Accommodations in Duncan:
Lindley House B&B 1211 N. 10th 580-255-6700 $109.00 – 159.00

Driving Directions

You will be coming into Duncan on 81. Continue south until you come to Elk Avenue. Turn west (right) on Elk and continue until you come to Chisholm Trial Parkway. Turn south (left) on Chisholm Trail Parkway and the Simmons Center will be on the left.
GREEN Cookbooks

The Oklahoma Extension Homemakers Golden Anniversary Cookbook (The Green Cookbook) was first printed in 1983 and then re-printed in 1993. After polling HCE members across the state, the decision was made to once again re-print the cookbook. Recipes are being copied exactly as they were originally printed!

The cost of the books by the box to the counties is $8.00 each and they will be sold for $10.00. The Counties will need to pay for the books at the district meeting. Please call the office if you need to know how many you ordered. We also ordered a few extra—so it may not be too late to get one! You can send your money to Louise Bell.

Rail Fence Quilt Workshop
June 18-19, 2008   9:00 am — 3:00 pm
Baldwin Building, County Fairgrounds

We will be using a time saving method. Call the office to request a copy of the fabric requirements and cutting instructions. You will have time to cut the fabric at the workshop if you want to wait. There will be several options on placing the blocks together to create different designs.

There will be a $10 fee and two lunches will be provided. Bring your supplies and plan to enjoy the fun and fellowship.

Dates to Remember
February 25-28—County Stock Show
March 28—SW District OHCE Meeting
April 12—Free Family Fun Fair. Each group will provide 8 doz. Cookies and 2 adult and 2 children door prizes ($5 each)
April 22—Earth Day
April 24—Spring Council
April 24—Leader Lesson “Conflicting Thoughts” presented by Gloria King, SW District FCS Specialist.
May 4-10—OHCE Week
June 13—Horticulture Show
June 18-19—Rail Fence Quilt Workshop
July 13-15—State OHCE Meeting

HCE will be providing the concessions for the Caddo County Spring Livestock Show on February 24, 25, 26. Each group will provide 6 doz. cookies in ziploc bags.

Work Schedule:
Sunday – 2 pm - ? Better Homemakers
Monday – 7:30 -10 Better Homemakers
10 – 3 Eakly & Cogar
3 – Close Town & Country
Tuesday 7:30 – 10 Better Homemakers
10 – 3 Boone & South Pioneer
3 – Close Town & Country

If your group cannot work within this schedule, please call another group and work out the changes so that all time slots are covered. These fund raisers really help with purchasing the supplies for events such as the Free Family Fun Fair.

This letter is published monthly at a cost of $43.00 for 200 copies by the Caddo County OSU Extension Center, Family & Consumer Sciences Program, 201 W. Okla., Anadarko, OK 73005, (405)247-3376.

Editor
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