

# Family and Consumer Newsletter

Yadkin County Center

January 2011



## Inside This Issue

- Osteoarthritis: Overview
- Tips and tidbits
- Calendar of Events
- ECA Area Leader Training
- Snowmen and Boxes Workshop
- ECA County Council
- Quilt Show Tour
- Basket Workshop

## Contact Us

North Carolina  
Cooperative Extension  
Yadkin County Center  
PO Box 97  
Yadkinville NC 27055  
336.679.2061 (ph)  
336.679.3088 (fax)



Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

## Osteoarthritis: Overview

About 27 million Americans have osteoarthritis—also called “OA”. It’s the most common type of arthritis in the U.S. If you have OA, the cartilage tissue protecting the ends of your bones slowly wears away. As a result your bones rub together, causing pain, swelling and loss of motion in your joint. Bits of bones—called bone spurs— can break off and float inside your joint, causing even more pain. Most people develop OA after the age of 45. Women have a bit higher risk for the disease. While wear and tear over the years is often to blame, other conditions can also cause OA to develop. Genetics are to blame for certain areas of OA like the hands, while obesity is mostly to blame for knee OA and previous athletic injuries play a role here too. OA will most often affect your hands, spine, knees and hips. The disease develops gradually, starting out as occasional soreness or stiffness. Some people experience only mild symptoms, others develop pain and stiffness that makes it difficult to walk or sleep.

**Nutritious Eating is Important.** It is well-recognized that a healthy diet is important for everyone. Excess body weight influences arthritis by putting extra strain on already burdened joints. Clinical experience has shown researchers that people who are 20 percent or more over normal body weight have more problems with their arthritis. The increased pain, resulting sedentary lifestyle, and further weight gain can become a vicious cycle.

**Dietary Guidelines—Eating Healthier.** Seven Dietary Guidelines originally published by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services:

- **Eat a variety of foods:** Eat from all 4 basic food groups (breads and cereals, fruits and vegetables, meats and dairy) to obtain the needed forty-plus essential nutrients to maintain good health.
- **Maintain your ideal weight:** Less weight equates with less strain on weight bearing joints. Less strain equates with less pain.
- **Avoid too much fat, saturated fat, cholesterol:** Increased amounts of fat contribute to weight gain and obesity.

**NC** State University  
A&T State University  
**COOPERATIVE  
EXTENSION**  
Empowering People • Providing Solutions

## Dietary Guidelines—Eating Healthier—continue

- **Eat adequate amounts of starch and fiber:** Starches such as bread, rice, beans, pasta, and potatoes give the body energy. Fiber, the undigested portion of the plants we eat, adds bulk and helps with the process of elimination.
- **Avoid too much sugar:** Sugar provides empty calories and little nutrition, contributing to excess weight gain.
- **Avoid too much sodium:** Excess salt can contribute to high blood pressure and water retention.
- **Avoid alcohol:** Alcohol can deplete the body of vitamins and minerals besides being high in calories. It also potentially can interact with medications for arthritis.

**An Arthritis—Friendly Diet.** Preparing a healthy, nutritious meal for your arthritis diet is important for good health, but cooking can be daunting when your knees are arching or your fingers are stiff. No one would blame you if you are tempted to do take-out or you start dialing your favorite pizza place, but if you do that too often, health goes down and weight goes up. Instead, try these shortcuts to diets that help make arthritis cooking easier:

- **Batch cook.** Prepare two chicken breasts at a time and refrigerate the leftovers to use in salads or sandwiches the next day.
- **Consider convenience.** Try frozen, pre-cut vegetables and fruits.
- **Stock the crock.** Place meat or poultry, pre-sliced vegetables, spices and liquid in a crock pot turn it on and hours later, enjoy a hot, cooked meal—and only one pot to wash.
- **Nuke it.** Microwaving can heat frozen vegetables or leftovers quickly, without adding fats or depleting nutrients. Using a microwave oven on the countertop eliminates stretching or stooping to cook.
- **Grip with ease.** Use kitchen or cooking utensils with padded handles or grips.
- **Belly up to the bar.** Instead of standing at your counter or stovetop, pull up a high barstool and sit down to chop, mix or stir.

**Sleeping with Arthritis—how to stop tossing and turning and get the ZZZs you need.** Nearly 25% of adults with arthritis suffer from sleep disturbances according to a study at the National Institutes of Health. Such disturbances include difficulty falling asleep, awakening multiple times during the night and feeling unrefreshed when you wake up even though you've slept for a reasonable length of time. Since high-quality sleep has been shown to ease arthritis-related discomfort, it's important to find ways to relieve pain before bed and practice sleep-promoting behaviors. Here are some tips from Faith S. Luyster, PhD, research assistant professor in the School of Nursing at the University of Pittsburgh:

- **Hop in a hot bath.** Bathing in warm water can help reduce joint inflammation and ease aches and pains.
- **Sleep in silk.** It may seem like an extravagant splurge for bedding or sleepwear, but wearing and lying on slippery fabric like silk or satin can make it easier to shift around in bed during the night.
- **Snack to snooze.** Have a light, pre-bedtime snack that pairs tryptophan-containing foods and carbohydrates. Try half a sandwich made with turkey or peanut butter; a banana and a mug of herbal tea; or a bowl of unsweetened whole-grain cereal with milk.

## Sleeping with Arthritis—continue

- **Pile of pillows.** Always have pillows handy to give you extra support. Placing pillows under and between the knees can help ease pressure.
- **Rely on routine.** Exercising regularly can help you fall asleep at night. Avoid vigorous workouts in the three or four hours before bed. Instead, do some yoga stretches or deep breathing to reduce muscle tension and promote restful sleep.
- **Unplug and unwind.** Create an optimal sleeping environment. Do not use your bedroom as a workstation or entertainment center. Eliminate as much noise and light as possible. Keep the temperature at a comfortable level. For many people, this means setting the thermostat between 65 and 72 degrees. If you can't fall asleep within 15-30 minutes, go into another room, and read or engage in another relaxing activity until you feel sleepy.

Source: *Health Monitor*

## Tips and Tidbits

- For easier shoveling of snow, spray the shovel with cooking oil and watch the snow slide off.
- Recycle paper towel or wrapping paper rolls by wrapping lights from your tree around them. Store the plug inside the roll and secure the last end of lights with a rubber band.
- Static electricity is an aggravating condition caused by the home being too dry. Remember to have a kettle filled with water on the stove or heat vent. Also, air dry dishes and clothes to raise the humidity level or add a humidifier.



## Calendar of Events

- |             |   |
|-------------|---|
| January 7 - | ECA Area Leader Training,<br>Surry Community College, Elkin<br>Registration—10:00 a.m.<br>Training—10:30 a.m. |
| January 11  | Snowmen and Boxes workshop<br>Extension Kitchen<br>10:00 a.m.   |
| January 25  | Yadkin ECA County Council—Yadkinville Senior Center, 10:00 a.m.   |
| January 28  | Statesville Quilt Show Tour—8:30 a.m.—4:00 p.m.   |
| February 1  | ECA Executive Board—Yadkin County Extension Kitchen, 10:00 a.m.   |
| February 10 | Basket Workshop—Yadkin County Extension Kitchen, 5:15—8:00 p.m.   |



# ECA Area Leader Training

On Friday, January 7, the ECA Area Leader Training will be held at the **Elkin Center** of the Surry Community College. Registration begins at 10:00 a.m. with the actual training beginning at 10:30 a.m. Programs to be presented are: What Lights Up Your Life?, Emergency Preparedness, Gardening Tips for Spring, Strength Training for Seniors, and Soul Care. A special presentation will be held before the trainings. Please bring at least 5 of your club members to receive each program.

## Snowmen and Boxes Workshop

Join Donna Love in the Extension kitchen on Tuesday, January 11 at 10:00 a.m. for a fun craft workshop. You will be making snowmen and boxes to use all year. Register by calling 679-2061 so the supplies can be provided. More details at the time of registration. Bring your scissors!



## ECA County Council

The Yadkin ECA will meet at 10:00 a.m. at the Yadkinville Senior Center, January 25 for the Cultural Arts Contest for 2011. Installation of officers will be at this meeting also. Bring your 2010 handmade items and a covered dish for an exciting event.

## Quilt Show Tour



On Friday, January 28, we will travel to Statesville for a Quilt and Needle Art Extravanga at the Statesville Civic Center. We will also spend time viewing the frescoes at the center. Call 679-2061 to register by January 21. A small fee will be charged.

## Basket Workshop

Ginger McGhee will be teaching the Fancy Basket on February 10 from 5:15 until 8:00 p.m. You will learn a different way of adding spokes. The basket is made with natural and dyed reed. It is finished with an easy braided border. For more details and to register call 679-2061 by January 31.

For accommodations for persons with disabilities, contact Marilyn Wells at least one week in advance of event at 336-679-2061.

Marilyn C. Wells  
Extension Agent  
Family & Consumer Sciences

MCW/gm