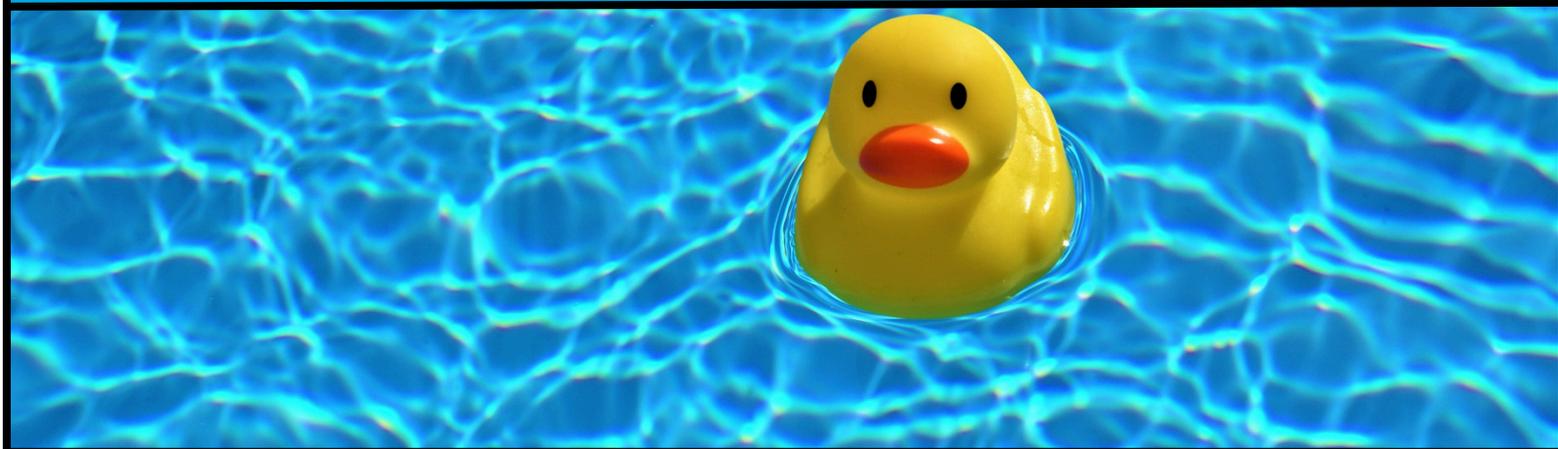


# Family & Consumer Sciences Newsletter



## Water Safety Month

With summer just around the corner, it's always exciting to head out to the nearest body of water to cool off. May is designated as Water Safety Month, which is a great reminder to be mindful of our safety while swimming. Whether you're planning on taking a dip in a pool, lake, or ocean, it's crucial to know how to stay safe and avoid accidents.

This Month's newsletter gives tips on how to stay safe while swimming. The "In the Kitchen" section includes an easy trail mix snack to take to the pool! Join us every Thursday at the Yadkinville Community Park for Walk More May! This is a group walking event to enjoy socializing while getting some physical activity.

Do you want to know what is happening with the Family & Consumer Sciences program over the next few months? For more information or to be on our email list about upcoming programs, send your email or mailing address to [cpjohns5@ncsu.edu](mailto:cpjohns5@ncsu.edu).

### In this Issue

National Water  
Safety Month

Pool Safety Tips

In the Kitchen

Community  
Events



# Children Aren't Waterproof

It is your responsibility to enforce the rules of safety. This flyer contains tips on how to help prevent these accidents.

## Drowning Prevention Tips for Pools, Spas, and Hot Tubs

1. Always watch your child around water. Never leave a child alone, or out of your eyesight, in or near a pool, spa, or hot tub — not even for a second.
2. Access to the pool, spa, or hot tub should be limited by locked doors and/or gates whenever swimming or soaking cannot be supervised.
3. Check the pool or spa to be sure no suction outlet fitting is missing, broken, or loose. You could become entrapped.
4. Be aware of where suction fittings (drains) are located and do not play or swim near them. Your body, swimsuit or hair can get trapped, causing permanent injury or drowning.
5. Keep toys, particularly tricycles or wheeled toys, away from the pool, spa, or hot tub. A child playing with these could accidentally fall into the water.

6. Only practice safe swimming behaviors. Don't engage in extended breath-holding activities underwater. You could black out and drown.

7. Always use a water-watcher. No one should swim alone. Examples of good safety behavior by adults are important for your children.

**For more free consumer safety information, visit:**



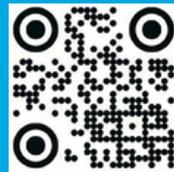
PHTA.org



PoolSafely.gov



CDC.gov



NDPA.org

Members of the Pool & Hot Tub Alliance (PHTA) are committed to the safe use and enjoyment of pools, spas, and hot tubs, and adhere to a code of business ethics.

To maximize your enjoyment, work with a PHTA member firm.

To locate a PHTA member in your area, visit [phta.org/find-a-professional](http://phta.org/find-a-professional)

1650 King St., Ste. 602, Alexandria, VA 22314

5575 Tech Center Dr., Ste. 109, Colorado Springs, CO 80919



**POOL & HOT TUB ALLIANCE**



## Drowning Prevention Tips for Pools, Spas, and Hot Tubs

1. There is **no substitute** for responsible adult supervision.
2. Pools, spas, and hot tubs are attractive to children, and children must be kept away from them when there is no responsible adult supervision in the area. A fence, wall, or natural/artificial barrier should completely surround your pool, spa, or hot tub. All gates or doors leading from the house to the pool area should have a self-closing and self-latching mechanism that protects against unauthorized entry and use. The latch release should be at least 54 inches (1.37 m) high, above the reach of toddlers or young children. Also, an alarm system for your pool, spa, or hot tub can warn you if someone has penetrated the barrier.
3. Check with your state or local government to learn their specific legal requirements concerning fencing around pools, spas, and hot tubs. You cannot be too cautious. If your pool, spa, or hot tub is indoors, lock the door to the room or have a cover that locks, to keep children out.
4. Only swim in a safe and designated swimming area. Never swim in or use any pool or spa that has a broken or missing drain cover.
5. Be aware of where suction fittings (drains) are located and do not play or swim near them. Your body, swimsuit, and hair can get trapped, causing permanent injury or drowning.

6. Do not place objects (such as chairs or tables) near the pool, spa, or hot tub fence or barrier that could allow a youngster to climb over.
7. Remove vegetation and other obstacles to create a clear view of the pool, spa, or hot tub from the house.
8. If you use a pool, spa, or hot tub cover, carefully read and follow the manufacturer's directions for safe installation, use, and maintenance. Always completely remove the cover before using your pool, spa, or hot tub to avoid the possibility of anyone — especially a small child — being trapped and drowning under the cover.
9. Drain any standing water from the surface of your pool, spa, or hot tub cover. An infant or small child can drown in even the smallest amount of water.
10. If you use any of the lightweight, floating covers for your pool, spa, or hot tub, be especially alert for the potential for drowning accidents. These covers are not designed to support any person's weight and no one should ever crawl or walk on them.

## Drowning

is one of the leading causes of accidental death for American infants and children under the age of five.

***Pools, spas, and hot tubs are attractive to children, and children must be kept away from them in the absence of responsible adult supervision.***

# So Easy Snack Mix

Total Time: 5 minutes



Makes 4 Quarts



From A taste of home

## Nutrition Facts

1/2 cup: 195 calories, 3g fat (1g saturated fat), 1mg cholesterol, 104mg sodium, 42g carbohydrate (29g sugars, 2g fiber), 2g protein.

For more snack ideas visit

<https://www.tasteofhome.com/>

## Ingredients

- 4 cups Goldfish cheddar crackers
- 4 cups golden raisins
- 4 cups dried cherries
- 2 cups yogurt-covered raisins
- 2 cups miniature pretzels

## Directions

- Place all ingredients in a large bowl; toss to combine. Store in airtight containers.

## Kitchen Tips

- Make it your own by adding other goodies into the mix, like nuts, cereal, pretzels and more.
- Estimated grocery store total for ingredients (according to Walmart) before tax is \$15.42

Smart Start of Yadkin County  
presents:

## MAKE IT TAKE IT: SENSORY BINS



Learn about the importance of sensory play in early childhood. Every child has preferences around certain sensory experiences and textures. Offering a variety of sensory activities can ensure all students can enjoy sensory play! Sensory play can be more than just sand and water play. Please join us as we make sensory bins out of a variety of materials that your students will enjoy!

Thursday, May  
23rd, 2024 6:30pm  
to 8:30pm  
Located at the  
Smart Start Office  
1001 S. State St.  
Yadkinville, NC  
27055



Interested in registering?  
Contact LaeKan at 336-677-1127 or  
email [laeKan@yadkinchild.org](mailto:laeKan@yadkinchild.org).



# Walk More May



**JOIN US EVERY THURSDAY IN MAY FOR A  
GROUP WALK AT THE YADKINVILLE  
COMMUNITY PARK!**

**EVERY THURSDAY AT 9:00 AM**

**606 N STATE ST, YADKINVILLE, NC 27055**

**FOR MORE INFORMATION :**

**Call (336) 849-7908 or email [Chelsea\\_Johnson@ncsu.edu](mailto:Chelsea_Johnson@ncsu.edu)**

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# FREE MEDICARE SEMINAR



NC DEPARTMENT OF

INSURANCE

[www.ncshiip.com](http://www.ncshiip.com)



## MEDICARE 101 Presentation

### Monday June 10, 2024 at 10 AM

SHIIP, the Seniors' Health Insurance Information Program, is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse, and long-term care insurance. SHIIP will be conducting a free seminar entitled: Medicare 101

The seminar is open to anyone new to Medicare or interested in learning more about Medicare.

The seminar will include a question and answer session.

Presented by Lauren Heavner, Piedmont Regional Manager, SHIIP Division-NCDOI

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For additional information, contact:

**Yadkin County Senior Center**

**207 East Hemlock Street**

**Yadkinville, NC 27055**

**336.679.3596**



**Lunch & Learn**  
**2nd Tuesday of the Month**  
**12:00 pm EDT/EST**



**Come join us and empower yourself with information that is important to you.**

|                      |   |
|----------------------|---|
| <b>January 9th</b>   | Meal Prep 101                                     |
| <b>February 13th</b> | Happy Heart Habits: Steps to Better Cardio Health |
| <b>March 12th</b>    | Cook with Ease: Tips, Tools & Gadgets             |
| <b>April 9th</b>     | Become A Scam Detective                           |
| <b>May 14th</b>      | Embracing Wellness: Tips For Healthy Aging        |
| <b>June 11th</b>     | Eat A Rainbow                                     |

**MORE INFORMATION AND REGISTRATION AT**  
**[GO.NCSU.EDU/EXTENSIONATHOME](https://go.ncsu.edu/extensionathome) OR USE THE QR CODE**

NC Cooperative Extension is an equal opportunity provider.

**Yadkin County Cooperative Extension**  
**2051 Agricultural Way, Suite 201**  
**Yadkinville, NC 27055**  
**336-849-7908**  
**Monday - Friday ~ 8AM - 5PM**

Want to keep up with what Yadkin County FCS is doing? Like us on Facebook! Search Yadkin County Cooperative Extension.  
**@YadkinCooperative**

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