

Family Update

January - February - March 2007

START 2007 OFF ON THE RIGHT FOOT - WALK AND ENJOY THE SCENERY!

Orange County/
University of Florida
Extension
2350 E. Michigan St.
Orlando, FL 32806



Happy New Year!

It seems most New Year's resolutions involve making promises related to healthier living or better financial management. Here are a few suggestions to help you implement your "resolutions" to bring about a new way of living instead of a short term change.

Walking is a simple, pleasurable and inexpensive way to be physically active. The Florida climate and landscape provide opportunities to enjoy beautiful and interesting scenery on foot while at the same time providing a backdrop for you to do something good for your health.

"I have two doctors, my left leg and my right."
~ G. M. Trevelyan

Moderate levels of physical activity can boost your energy levels, and improve your overall sense of well-being. Regular physical activity has these direct physical benefits:

- ⇒ Improves strength and endurance
- ⇒ Builds stronger bones and muscle
- ⇒ Assists in weight management
- ⇒ Improves blood pressure

Beginning Your Walking Program

Check your readiness. If you have not been physically active on a regular and consistent basis for more than a year, or if you have high blood pressure, diabetes, or chest pain upon exertion, talk with a medical care provider before you begin.

Get the right equipment. You don't need much equipment to walk. However, how you dress and your shoe selection as well as the

use of sunscreen, a hat, and sunglasses can help you feel more comfortable and protect your body from injuries or sun damage. During the spring and summer or those warm winter days, you will want to wear light, loose clothing that will allow you to cool down if you work up a sweat. During cooler weather, wear layers of clothing to keep yourself warm but not overheated.

The shoes you wear are the most important equipment of a walking program:

⇒ Your shoes should be flexible and give you enough room for your foot to expand while walking.

⇒ Shoes with flat soles with

little difference in height from the toe to the heel are best. Many folks find that a good running shoe also works well for walking and gives needed flexibility and support.

⇒ Replace shoes about every six months if you are a daily walker.

⇒ Wear clean, comfortable socks that wick moisture away from your feet to prevent blisters.

Tips for Planned Walks

Check your walking style and stride. Walk tall and straight without arching your back or leaning forward.

⇒ Keep your eyes focused ahead of you and hold that smile!

⇒ Swing your arms at about a 90 degree angle as you walk but keep your elbows close into your body. You don't

Inside this issue:

Family Game Night	2
Save Your Vision Month	3
New IRS Mileage Rates	3
Orange County HCE	4
New Passport Requirements	4

(continued from front page)

- need to pump your arms wildly into the air.
- ⇒ Use a heel to toe walking step so that you hit the ground first with your heel and push off with your toe.
- ⇒ Watch the length of your stride. Smaller steps are better than striding out too far. Your stride should be comfortable to you and not overtire your legs and muscles.

Safety First

- ⇒ Scout your community for walking paths and other safe places to walk. Locate a mall or other facility that will allow you to walk under shelter if the weather turns bad.
- ⇒ Consider making walking arrangements with a friend or a walking group.
- ⇒ Wear reflective tape on your shoes and clothing. Carry a cell phone. Walk at the time of day that is most convenient for you. However, you may choose to throw a mix into your walking time of day, length of time, or the route you take so as to not establish a routine that strangers with ill intentions might notice.
- ⇒ Begin with a slow pace for about 5 minutes before you step up into your "walking pace." At the end of your walking time, use a 5 minute slow down to cool yourself. Remember to stretch your leg muscles before beginning your walk and as part of the cool down period.
- ⇒ Aim to walk an accumulation of at least 30 - 40 minutes each day. It is okay to increase your time beyond 30 minutes - maybe 45 minutes to an hour.

Adapted from *Walk, and Enjoy the View!* Food Reflections, May 2006. University of Nebraska-Lincoln Extension.

FAMILY GAME NIGHT - FUN & EDUCATIONAL

Anytime is a good time to connect with your family over a friendly board or card game!

Try establishing one night a month or even one night a week as family game night. Invite grandparents, significant others, and good friends to join you. Game night can provide an opportunity for quality time with family and friends. In addition, games can help teach or reinforce important skills such as following directions, cooperation, taking turns, teamwork, and how to be a good sport. Many classic as well as modern games encourage problem solving and strategizing, both of which are higher level thinking skills that can be exercised in a game situation and then used in real life situations.



Games for school age children can reinforce basic skills while emphasizing very specific skills like reading, spelling, vocabulary building, memorizing, and math. Some games teach facts about science, social studies, literature, history, and money management.

Examples of education skills taught by specific games include:

Yahtzee	Math
Scrabble	Vocabulary, math and spelling
Sorry	Counting, colors and strategy
Clue	Memory, deductive reasoning, counting and record keeping
Chutes & Ladders	Counting and consequences
Monopoly	Problem solving, strategy and money skills
Gold Fish	Number recognition and matching

Keep a good reference book on hand, such as Hoyle's Rules of Games. In addition to helping your child discover how to play a variety of games, it also helps solve arguments about the game rules.

Source: *Family Game Night - Fun, Learning & Laughter*. Sheila Gaines, Colorado State University Cooperative Extension. September 11, 2006.

"SIMPLY FLORIDA" COOKBOOK NOW AVAILABLE

"Simply Florida: A Taste of Flavors from the Sunshine State" is a cookbook developed by the Florida Extension Association of Family and Consumer Sciences (FEAFCS). Proceeds from cookbook sales will be used to endow the Mary Harrison Distinguished Extension Professional and Enhancement Award.

Inside *"Simply Florida"* you will find information about Florida agricultural products, along with a variety of delicious, kitchen-tested recipes.

To purchase a cookbook for \$23, stop by the Extension Office. You may also order *"Simply Florida"* for \$29 online at www.simplyflorida.org.

FEBRUARY IS SAVE YOUR VISION MONTH

Protecting your eyes and early detection and treatment of eye problems are the best ways to take care of your vision through life. Certain individuals may be at greater risk for eye problems and may need to see an eye M.D. (ophthalmologist) more often. These include those with the following risk factors:

- ⇒ A family history of eye problems
- ⇒ African Americans over age 40
- ⇒ Those with diabetes
- ⇒ Those who have a personal history of eye injury that required medical or surgical care

Here are suggestions for eye care throughout the life span:

Infants: A pediatrician, family physician or other health care provider should screen a newborn's eyes for general health in the nursery. By six months of age, all infants' eyes should be screened by a health care professional. An infant should receive a comprehensive eye examination whenever there are questions about his or her eye health. No infant is too young for an eye examination.

Before Age 5: Since it is impossible for your child to have a serious vision problem without your being aware of it, your child should have his or her eyes screened at ages three and five by an eye care professional for eye conditions such as:

- ⇒ Strabismus (crossed eyes)
- ⇒ Amblyopia (lazy eye)
- ⇒ Ptosis (drooping of the upper lid)
- ⇒ Refractive errors (nearsightedness, farsightedness and astigmatism)

Ages 3 to 19: Teenager's eyes should be screened every one to two years during regular check-up appointments.

Ages 20 - 39: Most young people have healthy eyes but still need to protect their vision by wearing protective eyewear when working in dangerous areas, playing sports, doing woodwork or

yard work, and working with chemicals.

People in this age group should have a complete eye exam at least once between ages of 20 and 29 and at least twice between the ages of 30 and 39.



An ophthalmologist should be consulted right away if any of the following eye symptoms develop:

- ⇒ Visual changes or pain
- ⇒ Flashes of light
- ⇒ Seeing spots or ghost-like images
- ⇒ Lines and edges appear distorted or wavy
- ⇒ Dry eyes with itching and burning

Ages 40 to 64: Preventive measures to guard against injury to the eye should be followed. A comprehensive eye evaluation is recommended every two to four years.

65 and Older: Seniors 65 and older should have comprehensive eye evaluations every one to two years to assess eye health and diagnose eye conditions such as cataracts, glaucoma and age-related macular degeneration.

Your ophthalmologist is the best source for information on eye examinations, eye health and safety. You may also visit the American Academy of Ophthalmology's web site at www.medem.com/eyemd

Source: *When Should You See an Eye M.D?* American Academy of Ophthalmology. Revised 2003

IRS ANNOUNCED 2007 STANDARD MILEAGE RATES

According to a release by the Internal Revenue Service on November 1, 2006, the 2007 optional standard mileage rates used to calculate the deductible costs of operating an automobile for business, charitable, medical, or moving purposes will be:

- ⇒ 48.5 cents per mile for business miles driven
- ⇒ 20 cents per mile driven for medical or moving; and
- ⇒ 14 cents per mile driven in service to a charitable organization.

The new rate for business miles compares to a rate of 44.5 cents per mile for 2006. The new rate for medical and moving purposes compares to 18 cents in 2006. The primary reasons for the higher rates were higher prices for vehicles and fuel during the year ending in October.

The standard mileage rates for business, medical and moving purposes are based on an annual study of the fixed and variable costs of operating an automobile. Runzheimer International, an independent contractor, conducted the study for the IRS. The mileage for charitable miles is set by statute.

A taxpayer may not use the business standard mileage rate for a vehicle after using any depreciation method under the Modified Accelerated Cost Recovery System (MACRS), after claiming a Section 179 deduction for that vehicle, for any vehicle used for hire or for more than four vehicles used simultaneously. Revenue Procedure 2006-49 contains additional information on these standard mileage rates.

Source: IR-2006-168, November 1, 2006

ORANGE COUNTY ASSOCIATION FOR HOME & COMMUNITY EDUCATION (HCE)

Education, Leadership and Action

JOIN THE ACTION!

Learn more about this Extension volunteer organization by attending one of the upcoming educational programs offered by the Orange County HCE Association.

Orange County HCE is an adult volunteer organization made up of individuals and neighbors who come together to strengthen individuals and families through education, leadership and action. The Orange County HCE organization offers a fun way for adults to become involved in county, regional and state opportunities that provide education, community service, personal growth, and leadership development. University of Florida IFAS and county Extension faculty partner with Orange County HCE to provide quality education to families and communities throughout the year, and to provide service to a wide range of community non-profits in need. Annual dues are \$5 per member.

The educational programs held as part of the monthly meeting of the Orange County HCE are open to the public and free of charge. Educational programs are held from 9:30 a.m. - 10:30 a.m. at the Extension office, Rose Room, the first Tuesday of every month except when noted otherwise. The business meeting follows the educational workshop.

**2007 ~ Honoring the Past with New Beginnings
Program Schedule for 2007
9:30 a.m. - 10:30 a.m.**

Wed., Jan. 3: *Starting Plants from Seeds*: Tom MacCubbin
Tues., Feb. 6: *Gifts from the Heart*
Tues., March 6: *Set Yourself Free* (from clutter)
Wed., March 14: OPEN HOUSE Event
Tues., April 3: *Auction and Baked Goods*
Tues., May 1: *A Healthier Start to Your Day*
Tues., Sept. 4: *New Beginnings with a Merry Heart*
Tues., Oct. 2: *A Reflection of the Past*
Tues., Nov. 6: *Living in the Victorian Era*

NEW PASSPORT REQUIREMENTS

As of January 23, 2007 all persons, including U.S. citizens traveling by air to Canada, Center and South America, Mexico, and the Caribbean will be required to **present a valid passport to re-enter the country**. A valid driver's license will no longer suffice for re-entry documentation.

If you are planning on traveling out of the country next year, it is recommended that you apply for a new passport, or check your current passport to ensure it is still valid. It can take up to six weeks to process a new one, so plan ahead.

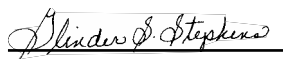
For more information, please visit the U.S. State Department web site at: <http://travel.state.gov>

NEW LOCATION . . .
Great Educational
Opportunities!

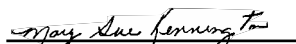
**In January 2007
Orange County/University of Florida
IFAS Extension
will be moving to a new facility.**

Visit us at
**6021 Conway Road
Orlando, FL 32812**

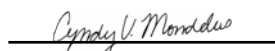
Family & Consumer Sciences Faculty:



Glinder S. Stephens
Extension Director



Mary Sue Kennington
Extension Agent III



Cyndy V. Mondalus
Extension Agent I



Jonnali Mayberry
Extension Agent I

This material is provided as one of the many services relating to the educational programs offered by this agency. Our statewide network of specialists is prepared to provide current information on agriculture, family and consumer sciences, 4-H, marine science, and related fields. Use of trade names in this newsletter does not reflect endorsement of the product by the University of Florida, Institute of Food & Agricultural Sciences, Florida Extension.

In Institute of Food and Agricultural Sciences (IFAS) is an Equal Employment Opportunity - Affirmative Action Employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap or national origin. U.S. Department of Agriculture, Cooperative Extension Service, University of Florida, IFAS, Florida A & M University, Cooperative Extension Program, and Boards of County Commissioners Cooperating.