Get Your Canner Gauge Checked Here!!! Canning season is just around the corner and it’s time to get prepared. You want to check your equipment to make sure it is ready for use. Buy new lids to replace the lids used last year. Check your bands and jars to see that they are in good condition. You need to check your gaskets and pressure gauges, as well. You need to call our office to set up an appointment for checking the pressure gauge. We will be testing most Friday mornings, but may be able to fit in testing at other times.

Food Preservation Made Easy: To learn more about canning or just to brush up on the newest information on food preservation from Canning to Freezing to Drying come to Food Preservation Made Easy. This program will be an introduction to canning, pickling, making jams and jellies, freezing, drying and storage. The workshop will be held at the Mountain Horticultural Crops Research and Extension Center in Fletcher on Wednesday, June 6 from 9:30 am to 5:00 pm. The cost for materials and a Ball Blue Book is $20. Come to one section or to all. Call our office for more information or you can register directly with Henderson County Cooperative Extension at (828) 697-4891.

Mosquito Reminders
As we enjoy our warmer weather and spend more time outdoors, it is important to control our backyard mosquito population. Around our homes the mosquitoes that breed in discarded containers are active during the day. Since all mosquitoes need water to complete their life cycle, we need to search out the water sources in the yard. The sources can be objects such as birdbaths, boats, canoes, discarded tires, plant pots, and any other object that collects rainwater. Stagnant water in unused swimming pools can also become an ideal breeding site.

You can help reduce the mosquito population by eliminating or properly maintaining the following areas:
1. Discard any containers, tires, etc. that hold stagnating water.
2. If you use rain barrels/containers to collect rainwater, cover them with screening to keep out mosquitoes. Keep the screens free from debris.
3. Treat decorative ponds/pools with products containing the bacteria Bacillus thuringiensis israelensis (Bti).
4. Flush out the birdbath twice weekly.
5. Remove water that collects on boat tarps or other equipment covers.
6. Dump excess water from saucers under outdoor flower pots.
7. Cover or drain unused swimming pools.
8. Keep rain gutters free of leaves and other debris that prevent water from draining.
9. Correct drainage problems in your yard that allow rainwater to pool in low lying areas.
10. Remove debris (or report drainage problems) in ditches and culverts along private or public roadways.

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Clothes Dryer Safety

Most homes use a clothes dryer on a regular basis; however, the safety of the appliance seldom is brought to our attention. We received an owners manual at the time of our purchase, probably put it in a drawer for future reading and there it still lies today. Did you know the AHAM (Association of Home Appliance Manufacturers) recommends reading the manual once a year? In addition to what the manufacturer states, AHAM has the following advice for your dryer care and maintenance:

- **Installation** – The dryer venting materials are important for the dryer’s performance and safety. The use of rigid sheet metal or semi-rigid sheet metal venting materials should be used. The coil-wire foil or plastic venting materials should NOT be used. Using improper venting materials can reduce airflow, lengthen drying time and present a safety hazard.

- Make sure the dryer vent length is as short and straight as possible for the best performance. Turn the dryer on and be sure you can feel air flowing out of the vent. Make sure your dryer is vented to the outside.

- In order to keep sufficient airflow around the heating source, lint must be removed from the dryer and vent. In addition to cleaning the lint filter after each load the back of the dryer, where lint is also trapped has to be cleaned periodically. Occasionally clean any residue off of the lint filter with a nylon brush and hot, soapy water. The interior of the dryer and the venting system should be cleaned once a year by a qualified service person.

Physical Activity Recommendations for Older Adults

According to the Center of Disease Control (CDC), there are recommendations that are specific for older adults. Older adults benefit from regular physical activity. When they include strength building exercises into their routines, they decrease the degeneration of muscle that comes with aging. They also improve their bone mass and can lower the risk of negative outcomes from osteoporosis. See below for the recommendations for cardiorespiratory activities, strength activities and flexibility activities.

<table>
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<tr>
<th><strong>Cardiorespiratory</strong></th>
<th><strong>Strength Training</strong></th>
<th><strong>Flexibility</strong>*</th>
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<tr>
<td>Participate in moderate-intensity aerobic activities 3-5 days a week for at least 30 minutes each session.</td>
<td>Do strength-building activities 2-3 days per week.</td>
<td>Stretch each day</td>
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<td>Walking</td>
<td>Chair exercises</td>
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<td>Swimming</td>
<td>Lifting weights or cans</td>
<td>Yoga</td>
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<tr>
<td>Dancing</td>
<td>Carrying laundry or groceries</td>
<td>Tai chi</td>
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<tr>
<td>Skating</td>
<td>Working in the yard</td>
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</tr>
<tr>
<td>Hiking</td>
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<td></td>
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<tr>
<td>Rolling your wheelchair</td>
<td>Scrubbing the floor</td>
<td></td>
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</tbody>
</table>

*Flexibility refers to how fully one’s joints or limbs are able to move. Being flexible allows for easier movements and reduced pain in joints so that it is also easier to perform daily activities of independent living. By adding stretching to your daily physical activity plan, you can help keep your joints flexible which will help you move with more freedom and comfort.

Take advantage of our beautiful spring and summer weather to get outdoors for some of these activities. Remember, if you don’t use it, you’ll lose it! Contact our office for more information on how to become more active. If you have health concerns, check with your healthcare provider before starting any new activity.
Hands on Home Safety

The Home Safety Council (HSC) is a national nonprofit organization dedicated to preventing home-related injuries that result in nearly 20,000 deaths and 21 million medical visits on average each year. June is Home Safety Month and this year’s campaign theme – Hands on Home Safety – asks the public to take some simple hands-on steps to create a safer home environment from such leading hazards as falls, fires and burns, and poisonings. Here are a few suggestions, courtesy of The Home Safety Council and The Soap and Detergent Association.

1. Keep stairs and pathways clear of clutter.
2. Promptly wipe up spills and splashed bathwater.
3. Test the temperature of your hot water. If it is higher than 120°F, turn down the water heater dial.
4. Keep all household products in their original packages. Packaging includes useful first aid information in the event of accidental exposure or ingestion.
5. Keep all medicines, including vitamins, in their original, childproof containers and store them high up out of children’s reach. Discard all medications and prescriptions that have expired.
6. Install child-safe locks on cabinets that house cleaning supplies and medicines. Never assume a cabinet is too high for a curious, climbing toddler.
7. Check all smoke alarms to make sure they are in working order.
8. Don’t leave cleaning buckets unattended. Even those with a small amount of liquid pose a danger to “top heavy” toddlers. If the child falls into a bucket, it may not tip over and he or she could drown. Even the water in the toilet can be a hazard to toddlers, so make sure all family members remember to close the lid.
9. Place throw rugs over a rug-liner or choose rugs with non-skid backs to reduce your chance of falling.
10. Post the Poison Control Center phone number (1-800-222-1222) by every land phone in your home and save it on your cell phone.

Summer Vacation Stress Reduction

Do you remember the times as a kid when you could hardly wait for summertime and summer vacations? Do you find as an adult with a family, work and other responsibilities you long for that summer vacation freedom you had as a kid? Do you find that you dread the summer and the family vacation? If you answer yes to these questions, you need to find some free time for yourself this summer. Many times we put the expectation on our summer vacation to do that for us, when in reality it may be more stressful than our regular routines of work, home and everyday family responsibilities. You can relieve some of the summer vacation stress. Try these tips for a more relaxing time this summer.

• Plan ahead. Take the time now to plan that vacation time and be sure to include some of the fun things you like to do.
• Include time before and after the vacation to be home to gear up for the trip or relax and get settled back home at the end of the trip.
• Delegate some of the responsibilities. Give other family members the responsibility of finding the hotel or other arrangements during the trip.
• Take along some of the relaxing things you like to do, like good books to read, needlepoint, knitting or other craft projects.
• If visiting family, plan some down time during the visit where you have free time and are not rushing to see others.
• Pick places to visit which allow for down time or quiet time.
• Plan to have time other than your vacation for relaxing activities this summer. You can use the longer days to give you time in the garden, to read outside with a cup of coffee in the morning.

Remember, even five minute relaxation breaks can lead to better health and more energy to do the things you need to do at work and at home.
### Controlling Your Roof Stormwater

Your house roof, like pavement, will shed water during a rain. If the downspouts from the roof gutters empty onto grassy or natural areas, the water will have a chance to soak into the ground. Remember to check your downspouts to make sure they are aimed away from the foundation and any paved areas. For roofs without gutters, plant grass, spread mulch, or use gravel under the drip line to prevent soil erosion and increase the infiltration into the ground. Consider using cisterns or rain barrels to catch rain for watering your lawn and garden in dry weather.

### Window Cleaning Tips

If the accumulation of winter's dirt has you ready to dig in and begin window cleaning, there are cleaners that you can make at home to assist.

- **Window and Mirror Cleaners**
  1. Add 2 tablespoons vinegar to 1 quart of water. Polish with a wadded-up newspaper.
  2. Mix 3 tablespoons ammonia, 1 tablespoon white vinegar and ¾ cup water in a clean spray bottle.

When cleaning windows, rub the inside in one direction and the outside in another so you will be able to determine which side the streak is on. Never clean windows on a sunny day.

NJO/CH:gs

Individuals with disabilities who would like to participate in any program mentioned in this newsletter, but who need special assistance to do so, should call the Extension Center at 828-255-5522 at least five days prior to the event.