

## Calendar of Events

### September

5 Labor Day

Extension Service closed

12 CEOS County Council 1:30

17 Camp Fame Beef BBQ

### October

1 CEOS Reading List due to  
Frances Miller

1 2012 Paperwork due to  
Extension Office

4-6 WVCEOS Leadership  
and Enrichment Conference,  
WVU Jackson's Mill

7-9 Women's Craft Retreat,  
Hardy County

14-15 Wood County Creative  
Camp

24 CEOS Achievement  
Banquet

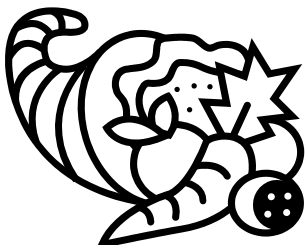
### November

7 CEOS Council 1:30

23-25 Thanksgiving Holiday,  
Extension closed

### December

13 Deadline for 2012 CEOS  
County & State dues & 4-H  
Style Revue fund



## Prevent Falls

Submitted by Elaine Bowen, WVU Extension Specialist

Falls are common, costly, and can be fatal. One in three U.S. adults 65 and older falls each year. Women are 2-3 times more likely to fall than men.

Every home has some fall hazards. Check every area of the home – inside and outside - to prevent common falls. Here is an easy checklist of low-cost ways to improve home safety.

### Kitchen –

- ◆ Keep everyday items on low shelves in easy reach.
- ◆ Use a sturdy stepladder, not a chair.
- ◆ Keep walkways and eating areas clear of clutter.
- ◆ Keep knives sharp and stored away safely.
- ◆ Check stove knobs so they are clearly marked and easy to grasp.
- ◆ Use pots and pans with flat bottoms and lids that fit.
- ◆ Have potholders next to the stove or oven.
- ◆ Have a working smoke detector in the kitchen.

### Steps –

- ◆ Keep steps in good condition and free from clutter.
- ◆ Have a handrail on at least one side of the steps.
- ◆ Put reflective tape on the edges of each step.
- ◆ Have a light switch at the top and the bottom of stairs.



### Bedroom –

- ◆ Keep electrical cords along walls and out of walkways.
- ◆ Have a lamp within easy reach on each side of the bed.
- ◆ Put a night-light where you may need it (hallway or bathroom).
- ◆ Keep floor clear of clutter.
- ◆ Have a sturdy chair with arms to help when dressing.

### Living Room –

- ◆ Are walkways and areas around the couch, chairs, and tables free of clutter?
- ◆ Do rugs and carpets stay in place and have nonskid backing?
- ◆ Are edges of carpet, linoleum, and doorsills smooth so you cannot trip?
- ◆ Are electric cords along walls and not across walkways?
- ◆ Is the carpet in good condition, without any tears?
- ◆ Is there a light switch where you enter the room?
- ◆ Are lamps within easy reach?

### Bathroom –

- ◆ Are grab bars inside the tub strong enough to hold your weight?
- ◆ Are grab bars next to the toilet?
- ◆ Is there a nonslip mat or tape on the bottom of the tub?
- ◆ Do floor rugs stay in place and have nonskid backing?



### Congratulations Berkeley County CEOS!!!

A total of \$2270.75 was raised for Relay for Life! The Relay for Life was held on June 4, 2011 at Martinsburg H.S. Football Field.



Berkeley County CEOS members cleaned the Camp Frame Kitchen as part of the Camp Frame Clean-Up in preparation of the upcoming summer activities.



## CEOS SPOTLIGHT WITH GLADYS COGLE

Gladys Cogle was born in Hedgesville WV and grew up in Gerrardstown WV. She and her late husband, Paul, were married for sixty-four years and they lived in her present home in Martinsburg beginning in 1958. She has two sons, seven grandchildren and four great-grandchildren.

Gladys is well known for the many beautiful antiques and collections that adorn her home. Over the years various groups have toured her home to glimpse these collections. Gladys' favorite collection is her dolls. She enjoys designing and sewing her own doll dresses. Her mother taught her to sew and quilt at a very early age. She has helped make many quilts especially for special charities. When two of her quilts were raffled off, each raised \$1500 for a needy cause.

Gladys joined CEOS many years ago. She belongs to the Arden Tabler group. She enjoys visiting members homes for meetings, picnics and training sessions. She has held the position of Chairperson of Cultural Arts and Craft committee for many years. She has assisted with county workshops and encourages members to participate both in crafts and in Cultural Art activities.

Gladys' hobbies include crocheting, sewing and all types of crafts.



### Women's Craft Retreat

Camp Pinnacle - Hardy County 4-H Camp, Wardensville WV  
October 7-9, 2011

Exercise your creative interests and join us for the next Women's Craft Retreat, sponsored by Hardy County CEOS and open to all women over the age of 18. Choose one of seven in-depth classes for non-competitive, hand-on learning. Participants will spend the weekend engaged in creative learning and developing skills in the class of their choice. Between and after class enjoy fun, food and fellowship with new-found friends. Class selection are: Open the Window; Dive into Watercolor; Knit and Purl; Felted Hand Bag; Silk Screening; Elegant Silk Wreath and Quilted Bag.

Lodging for the weekend will be available in the Haycock Retreat House, Pinnacle Lodge and Bunk House.

The retreat begins at 5:00 p.m. Friday, October 7th and ends at noon on Sunday October 9th. The full weekend registration fee includes lodging, meals and approximately twelve hours of class instruction and activity.

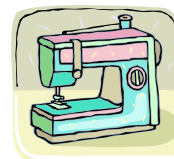
Registration and class sizes are limited; register early to assure your first choice.



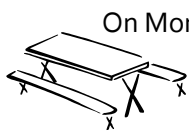
Call the Berkeley County Extension office, 304-264-1936 for registration packet.

### The 2011 Top Four Style Revue Winners:

Alexis Smallwood, Grand Champion; Katie Frey, Reserve Champion; Jullian O'Connel and Alicia Pownall. Thank you for recognizing these talented young ladies, Barby Frankenberry



## CEOS Activities and Adventures



On Monday, July 18th, over sixty CEOS members and their families enjoyed a picnic at the Falling Waters Presbyterian Church pavilion. Mt. Clifton and Fairview did a wonderful job of organizing and planning the events for the evening. A special thanks to Bruce and Dott DeHaven who volunteered their time to coordinate the auction that included many treasured items and raised \$243.50. Charlotte Lucas and Nettie Atkinson counted all the auction funds. Kathy Goodell and Mary Palmer opened up the facility and provided beautiful flowers for the tables. The New Crossroads provided the beautiful music. We were fortunate to have them join us. Please put on your prayer list Buck Braithwait from the Crossroads group who suffered a stroke on Thursday of the same week they performed. Enjoy the rest of your summer! See you when we get back from Germany, Austria and Switzerland. Carola

**CEOS Berkeley County Spring Meeting :** The Berkeley County CEOS Week was celebrated May 15th - May 21st.

The mission of the organization is to strengthen individuals and families through continuing education, leadership development and community involvement for the betterment of all. The CEOS Spring meeting was held on May 16th at the Trinity Evangelical Lutheran Church at Arden with about 60 people attending. The theme of the meeting was *Community Outreach*. The meeting began with reflections by Sea Raven, Doctor of Ministry. Carola Stephens, Relay for Life; Danny Custer, Martinsburg Rescue Mission; and Kathy Campbell, Hospice; spoke about their organizations. Lunch was catered by Mountaineer at the Moose and was enjoyed by all. Special Recognition was given to Nema Snyder for her many years of service as secretary of Tomahawk Club. The group was entertained by Hearts & Harmony, a singing group. Susan Davis gave a presentation about her beautiful quilting and needlework. Awards were presented for cultural arts. New members were recognized and welcomed.



The **Arden Tabler** CEOS club held their June meeting at the home of Wanda Slomiski. The meeting was led by Alice Cogle, President and the lesson "Getting Organized" was given by Sandy Sims. Delicious refreshments were served. The special guest was Pat Sturman, Chairperson of Marketing & Membership. She spoke about the importance of inviting friends to the meetings to help increase membership.

**Bedington** CEOS held their May meeting at the home of Verdell Boyd. Dorothy Lefevre, President led the meeting. The lesson was "Alzheimer's Care with Dignity". A wonderful lunch was served by Verdell. All were please to see Marcia Harris, who has been ill, at the meeting.



### A Holiday Festival



If you would like to travel to Constitution Hall and see the U.S. Army Band perform, there is a bus trip planned for **December 10th**. The cost is \$31.00.

Dinner after the concert will be at your expense. Please call **Dorothy LeFevre** at 304-274-1910 for more information and to reserve your seat.

The **Dining with Diabetes** program will be offered by the Berkeley County Office of West Virginia University Extension Service. The four weekly classes will be conducted at St. Leo Catholic Church, 2109 Sulphur Springs Road in Inwood, West Virginia on October 11, 18, 25 and November 1 from 9:30 a.m. to noon. A date for the follow up meeting in January will be announced later. Participants must attend all five class sessions.



This class is designed for those with diabetes, their family members and caretakers. The classes are free but space is limited and pre-registration is required.

Participants will receive up-to-date information about nutrition, meal planning, exercise and understanding common diabetes-related medical tests. Dining with Diabetes, a research project, is offered statewide and is sponsored by the West Virginia University Extension Service with partial funding provided by the West Virginia Diabetes Prevention and Control Program, Bureau for Public Health, through a grant from the Centers for Disease Control and Prevention (CDC). Participants who have diabetes will be asked to voluntarily complete a questionnaire, have blood pressure checked and A1c testing.

To register for this program or for more information call the Berkeley County Extension Office at 304-264-1936.

### A Hundred Measly Calories

Submitted by Beverly McGettigan, Family Nutrition Programs

Did you know if you consume 100 fewer calories per day you could lose 10 pounds a year? If you burn another 100 calories through exercise, you could lose 20 pounds a year.

#### Here are some easy ways to cut 100 calories per day:

- ◆ Put mustard instead of mayo on a sandwich
- ◆ Try a "light" or fat-free salad dressing instead of regular on your salad
- ◆ Substitute Canadian bacon for regular or turkey bacon
- ◆ Eat fresh fruit instead of juice or dried fruit
- ◆ Order thin crust pizza instead of pan pizza
- ◆ Order your coffee "skinny" with skim milk instead of cream
- ◆ Use a smaller bowl for your morning cereal
- ◆ Drink club soda with lime instead of regular soda

#### Burn a 100 calories with these ideas:

- ◆ Set your alarm 15 minutes earlier and go for a morning walk
- ◆ Stand up and walk around while on the phone at work
- ◆ Take a bike ride after dinner
- ◆ Go for a 15 minute walk on your lunch break
- ◆ Walk the extra distance when parking
- ◆ Walk around your house during TV commercials



## 12 Rules of the Road Before You Drive Through Your Favorite Fast Food Joint

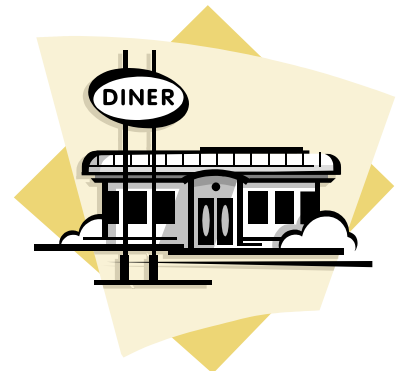
Submitted by Beverly McGettigan, Family Nutrition Programs

Trying to find the more nutritious options at your favorite fast-food restaurant? ShopSmart, a magazine from the publisher of Consumer Reports, examined the calorie counts of dozens of items at top fast-food restaurants to determine the best food choices.

Though you shouldn't eat it every day (even some low-cal options have very high sodium content), there are some selections that reduce the fat and calorie content.

The 12 rules of fast-food ordering from ShopSmart, magazine:

1. Look up nutritional status at the fast foods chain's Web site before you go there so you can plan your meal.
2. Ask if you can order that burger, chicken sandwich, or other item without the cheese and sauce. Or ask if you can get the sauce on the side, or order a half-portion.
3. Pass up combination meals. They're designed to be filling. (Read: larger with more calories).
4. Choose grilled or roasted meats over fried ones.
5. Split appetizers or turn a side into a main course.
6. Skip the fries. Instead get a baked potato or some veggies on the side. A large order of fries can set you back as many as 600 calories. If you just can't live without them, split a large serving or order a small one and save 300 calories.
7. Stick with "original" or "traditional" burgers and sandwiches, which tend to be smaller than newer menu items. And stay away from anything crispy, like Burger King's Tendercrisp Chicken Sandwich (790 calories).
8. Don't eat the top bun or bread slice.
9. Steer clear of regular mayo and cream dressings. Instead, ask for mustard, salsa, or low fat mayo.
10. Order a salad but not one that comes in a calorie-dense deep-fried shell or is covered with cheese, croutons, or deep fried or breaded meats.
11. Have a bottle or glass of water or a sugar free drink. Regular sodas can have up to 400 calories per pop.
12. For dessert, stick with frozen yogurt or light ice cream – the child's size cup or cone size.



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### Guides can help you make healthier meal choices

Many fast food chains post nutritional information on their websites. Unfortunately, these lists are often confusing and hard to use. Instead you can go to other websites that provide health and nutrition information, but in easier to follow formats. Some even publish comparison downloadable guides or inexpensive pocket guides. Learn how to make a healthier meal selection at your favorite restaurant: [HealthyDiningFinder.com](http://HealthyDiningFinder.com) – allows you to search for restaurants offering a selection of healthier menu options and view the nutrition data for selected items. You can search for area restaurants or a specific restaurant.

[Stop&Go Fast Food Nutrition Guide](#) – this guide is particularly convenient and easy to use. Look up any of the major chain restaurants and find out how to make healthier choices.

# Berkeley County CEOS Achievement Banquet 2011

October 24<sup>th</sup>, 2011 - 6:00 p.m.  
 South Berkeley Baptist Church,  
 Inwood WV  
 Hosted by the Tuscarora Club  
 Price: \$12.50  
 \*Each club should send one check  
 made out to BCCEOS with club  
 name & names of those attending.  
 Send to Margaret LeFevre, 586  
 Sam Mason Rd, Bunker Hill WV  
 25413. Deadline is October 14<sup>th</sup>!

## Workshops

Come to one or both of these workshops, hosted by Sue Flanagan, Families and Health Extension Agent. Workshops will be held in the second floor cafeteria in the Dunn Building, 400 W. Stephen Street, Martinsburg. Call the Berkeley County Extension Office at 304-264-1936 to register.

### Friday, October 21, 10:00 AM to 11:00 AM - Make Half Your Grains Whole:

Learn how to recognize whole grains, "new" whole grains, how to increase your daily intake of whole grains, and why they are important. Tasting included.

### Friday, November 18, 10:00 AM to 11:00 AM - Slow Cooking

Learn about the benefits of Slow Cooking, as well as tips and hints for getting the most from your appliance.



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