



# James City County Unit Newsletter

September—October 2008

## Healthy Aging®

September is Healthy Aging® Month. Aging today is not what it used to be and there are many things that you can do to be active and healthy at any age.

- Have a positive attitude towards aging and life in general—focus on the positive
- Evaluate where you are and where you want to go and what you want to do—set goals for the future
- Keep learning, growing and developing new skills—there’s no age limit on achieving accomplishments and contributing to the lives of family, friends, and those in the community
- Know that making healthy choices will keep you feeling better longer—eat a balanced diet, exercise regularly, get regular checkups, don’t smoke, practice good safety habits, avoid overexposure to the sun and cold
- Utilize resources to keep active in meaningful ways—pursue a hobby, volunteer, take a class, participate in religious activities, travel
- Maintain and build new relationships—healthy, balanced relationships with family members, neighbors, friends, and acquaintances help give meaning and order to life and increase its quality
- Use effective coping strategies to deal with the little daily hassles as well as larger, more challenging situations—ask for help, take control of thought patterns and focus (count blessings instead of problems), use resources learned through previous hard times, rely on faith, and keep a sense of humor.

### Table of Contents:

[Page 1](#)  
*Healthy Aging*

*Grandparents Day*

*Child Health Day*

[Page 2](#)  
*Turf Management in Dry Times*

[Page 3](#)  
*Vegetables—Why and How Much*

[Page 4](#)  
*Upcoming Programs*

*Taken from Active Aging: Making the Most Out of Life  
North Carolina Cooperative Extension Service*



## National Grandparents Day

Sunday, September 7 is National Grandparents Day. Below you

will find fun suggestions for honoring grandparents and fostering grandparent-grandchild relationships.

- Share older family photo albums
- Share family stories
- Share special talents (cooking, art, sewing)
- Teach traditional family rituals
- Have children perform skills
- Share games and other fun activities
- Have children share or give grandparents original artwork
- Keep the lines of communication open



[www.granparents-day.com/short\\_ver.htm](http://www.granparents-day.com/short_ver.htm)  
[www.ag.ndsu.edu/pubs/yf/famsci/fs562w.htm](http://www.ag.ndsu.edu/pubs/yf/famsci/fs562w.htm)





## Turf Management in Dry Times



Water comprises 75 to 85% of the weight of a healthy turfgrass plant. Water becomes the limiting factor in grass growth when the turfgrass plant requires more water than it can absorb effectively from the soil. When water becomes limited, the plant becomes susceptible to wilting.

If one relies upon repeated infrequent irrigation, regrowth will begin before the water stress is over. Repeated dormancy/regrowth cycles can deplete stored food reserves and effectively decrease the ability of the grass to survive a drought.

Application of 1 inch of irrigation water per week is the standard recommendation for watering when there is insufficient rainfall. Using this amount of water, especially in times when water may be restricted, requires sensitivity as to how to effectively use every drop that comes out of the sprinkler.

People with lawns to maintain can employ common turfgrass management practices to water effectively. Some examples follow:

- Water only to the depth of the root system, at an application rate that can infiltrate into the soil. Deep and infrequent watering maintains a healthy root system and reduces weed infestation, as opposed to light and frequent irrigation.
- Night watering minimizes water evaporation, but may increase fungal diseases. Early morning (5 to 8 a.m.) irrigation is a good compromise in this regard. Make certain water is not being wasted by landing on driveways, sidewalks, or roads.
- Raise the blade on your lawn mower to increase the grass blade length, thus increasing the depth of the root system. Longer grass blades also shade the soil reducing the amount of water loss from evaporation from the soil surface.
- If your species of turf is not drought tolerant, consider replacing it with one that is. (Visit [http://www.vtturf.com/Publications/Extension/2007-08VarietyRecommendationsSept\\_2007.pdf](http://www.vtturf.com/Publications/Extension/2007-08VarietyRecommendationsSept_2007.pdf) for a list of the most current Virginia Tech recommended turf varieties.)
- Do not over-apply nitrogen fertilization. A turf that is too lush requires more water than a moderately managed lawn.
- Recognize that turfgrasses grown under water stress will not perform as well as those that receive irrigation. Remember, newly installed turf requires more frequent watering than established grass.

(You may read the complete article at <http://www.ext.vt.edu/departments/envirohort/factsheets2/lawn/aug92pr2.html>.)

Submitted by Mr. Robert Winters, Coordinator, Turf Love Program  
Taken from article by David R. Chalmers,  
Turfgrass Extension Specialist, Virginia Tech, April 1997



## Vegetables: Why and How Much Do I Need?



Vegetables are good for you. They are full of fiber, vitamins, minerals, and thousands of powerful antioxidants and phytochemicals. These things give vegetables their color, flavor, and smell. And, when you eat them, they also protect you from many different diseases like heart disease and cancer. The more color the better. Try to eat at least 3 different colors of vegetables each day. Adults and children should both have a minimum of 2 1/2 servings of vegetables each day. A serving is generally 1 cup of raw and 1/2 cup of cooked vegetables. For example, one serving of salad is about the size of a softball and one serving of cooked carrots is about the size of a light bulb. For vegetable juices, one serving is generally 8 ounces, or the size of a small Styrofoam cup.

### *Buying, Preparing, and Storing Vegetables*

- Buy fresh vegetables in season to save money and for best flavor
- Buy items with no bruises or cuts on them
- Feel, squeeze vegetables; make sure they are ripe enough, but not too ripe
- Choose vegetables that will be fresh for at least 3 to 5 days
- Stock up on frozen vegetables for quick and easy cooking
- Buy canned vegetables labeled “no added salt” or “low sodium”



**VCE Staff**  
Doris B. Heath, Extension Agent,  
Family and Consumer Sciences  
Unit Coordinator

Jeremy Johnson,  
Associate Extension Agent, 4-H

Ellen Ford, SCNEP/EFNEP  
Program Assistant

Sandra Kee  
Unit Administrative Assistant

Robert (Bob) Winters,  
Coordinator, Turf Love Program

Barb Foley,  
Program Assistant,  
Turf Love Program

Tracy Wainwright  
Secretary

Virginia Cooperative Extension  
3127 Forge Rd.  
P.O. Box 69  
Toano, VA 23168

Tel.: 757/564-2170  
Fax: 757/566-8413

VCE Homepage: [www.ext.vt.edu](http://www.ext.vt.edu)

<http://offices.ext.vt.edu/james.city>

- Place vegetables in the refrigerator. Follow the “first-in, first-out” method of storing and eating vegetables
- Wash vegetables before preparing or eating them
- Rub vegetables with your hands under clean, running water to remove dirt
- Keep vegetables separate from raw meat, poultry, and seafood while shopping, preparing, and storing

Source: Virginia Cooperative Extension Publication 348-721. Kimberley Hodgson, M.S., R.D., FNP Graduate Assistant, Planning, Governance and Global, Virginia

### Child Health Day

**Monday, October 6**

Child Health Day’s focus is to teach children the benefits of good health. By teaching our children to make safe, healthy decisions, families and all Americans can help our young people reach their full potential, become responsible leaders in their communities, and make our Nation better. One of the ways parents can help children make safe, healthy decisions is by recognizing when to seek additional help for a child in need. Following are a few signs which may indicate that a child or adolescent may need a psychiatric evaluation.

- Drastic decrease in school performance, grades
- Severe worry or anxiety
- Drastic changes in eating and/or sleeping patterns
- Persistent disobedience or aggression beyond normal limit testing
- Inability to cope with problems and daily activities
- Frequent physical complaints
- Abuse of alcohol and/or other drugs
- Persistent nightmares
- Self-injury, self destructive behavior, threats to harm self or others
- Frequent outbursts of anger, aggression

# Upcoming Programs 2008

## How to Make Your Money Go Further



### Learn How to:

- Develop a Budget
- Get Out of Debt
- Identify financial goals
- Gain control over spending

Tuesday, October 14, 6:30 p.m.

Tuesday, November 18, 6:30 p.m.

James City County Government  
Offices Building—Toano

Workshops are free,  
registration is required.

757-564-2170

## Adult Children and Aging Parents: When Is It Time

1 out of 4 people have or are providing care  
for a family member over 50.

This program is designed to help family members learn about how nutritional, social, and physical needs change and learn more about and evaluate housing options for aging adults.

Program Dates: **October 23, November 6, November 20  
January 15, & January 29**

Location: **Williamsburg Landing**

Time:

**Networking and Refreshments - 6:00 p.m. to 6:30 p.m.**

**Workshop - 6:30 p.m. to 8:00 p.m.**

**Registration is required. Sessions are a part of a series.  
Attendance to all workshops is recommended.**

*For more information and to register, please contact  
Doris Heath at 757-564-2170 or [dheath@vt.edu](mailto:dheath@vt.edu).*

The Fall Session of Landscape Love is open now through September 15. This program is free and provides residents of James City County and Williamsburg with answers to their landscape questions. To apply, go to the Master Gardeners' website And fill out the on-line application.

James City/Williamsburg Master Gardeners—[www.jccwmg.org](http://www.jccwmg.org)

*James City Extension Unit Newsletter is published and distributed free of charge by Virginia Cooperative Extension  
Editor and Layout Design: Tracy Wainwright*

Doris Heath  
Extension Agent, FCS

## Turf Love

Turf Love is a year-around program which teaches residents how to produce healthy turf while reducing the use of fertilizers, pesticides and insecticides that pollute our streams, rivers and the Chesapeake Bay. Turf Love is available to all residents of James City County and Williamsburg. The program enrollment fee for a home visit is \$20.00. Call 564-2170 or visit [www.jccgov.com/vce/vce-turf-luv.html](http://www.jccgov.com/vce/vce-turf-luv.html).

If you are a person with a disability and desire assistance or accommodation for any of the programs listed in this newsletter, please notify the Virginia Cooperative Extension, James City County Office, at 564-2170 thirty days prior to the event.