

LIFE LINE

Family and Consumer Sciences Newsletter
Cheatham County

March 24, 2020

Vol. 3 Issue 3

Mark Your Calendar

Due to health concerns of all, there will not be any programming planned for April or May. I look forward to being back with you in the near future.

It's not only moving that creates new starting points. Sometimes all it takes is a subtle shift in perspective, an opening of the mind, an intentional pause and reset, or a new route to start to see new options and new possibilities.

Kristin Armstrong

Face Masks May be Needed

I have reached out to several health care providers over the past few days. Originally they all said no to the masks. However, two of those have contacted me today to say they may need them.

If you would like to donate cloth masks to Monroe Carell Jr. Children's Hospital at Vanderbilt, Vanderbilt University Adult Hospital or Vanderbilt Wilson County Hospital, please email volunteer.services@vumc.org.

Hand-sewn masks can be dropped off between 9 am-3 pm. in a plastic bin under the portico at Entrance A, Vanderbilt One Hundred Oaks. This entrance is around the back of One Hundred Oaks, on the end of the mall nearest the movie theater. See [map and directions](#) here.

I have attached specific instructions for making these masks. You **MUST** follow the pattern in this newsletter to meet requirements.

Please note special concerns:

- The purpose of this project is to sew fabric face masks for use by health care workers if supplies run low. The masks are not intended for use as PPE, or personal protective equipment. They do not and will not provide protection from coronavirus like an N95 mask. They do, however, have other uses of value to healthcare providers. **Those who are not healthcare workers should not wear these masks thinking they provide protection from the virus.** The best way to avoid the virus is to **stay home.**
- Elastic is in short supply. Use the pattern version with fabric ties if elastic is not available.
- We are supposed to be staying at home. Please use what you have on hand. **DO NOT** go out in search of more supplies. Your health is also important.

WANTED:

I am looking for individuals who would be willing to serve as Department Heads for our Fair Exhibits. I will need volunteers to coordinate the following Departments:

Original Art	Educational Exhibits
Baking	Related Arts & Crafts
Canning	Clothing
Needlework	Photography
Holiday Décor	

I will meet with each Head to discuss entries/categories. Please call or email me if you are willing to oversee one Department for the fair. That does NOT mean you have to be there the entire time.



I have seen some tremendous acts of love and kindness from our community during the onset of this virus. It saddens me that I must also share warnings of those who are taking advantage of this crisis and of people's fears to make a buck or two.

Please take precautions to not fall prey to their scams. Here are a few suggestions to keep you and your money safe.

Hang up on robocalls. Don't press any numbers. Scammers are using illegal robocalls to pitch everything from scam Coronavirus treatments to work-at-home schemes. The recording might say that pressing a number will let you speak to a live operator or remove you from their call list, but it might lead to more robocalls instead.

Fact-check information. Scammers, and sometimes well-meaning people, share information that hasn't been verified. Before you pass on any messages, contact trusted sources. Visit www.usa.gov/coronavirus for links to federal, state and local government agencies.

Know who you are buying from. Online sellers may claim to have in-demand products, like cleaning, household, and health and medical supplies when, in fact, they do not.

Don't respond to text or emails about checks from the government. The details are still being worked out. Anyone who tells you they can get you the money now is a scammer.

fce Club Member Report Form

At our January meetings we began utilizing the new fce Club Member Report Form. We will utilize this form to calculate our Blue Ribbon winners in 2020. This will take the place of our voting for Woman of the Year. Since this is new, I am going to place reminders or suggestions of possible activities to mark each month. You may have earned points in February if:

- You attended your February meeting. You may "make-up" a meeting by attending the alternative club.
- You attended My Fair Lady
- If you had an entry in Pie Day
- You read to students during Dr. Sues Day
- You served your community outside of the fce club activities.

Don't click on links from sources you don't know.

They could download viruses onto your computer or device.

Watch for emails claiming to be from the Centers for Disease Control and Prevention (CDC) or experts

saying they have information about the virus. For the most up-to-date information about the Coronavirus, visit the Centers for Disease Control and Prevention at www.cdc.gov/coronavirus

Ignore online offers for vaccinations. There currently are no vaccines, pills, potions, lotions, lozenges or other prescription or over-the-counter products available to treat or cure Coronavirus online or in stores.

Do your homework when it comes to donations, whether through charities or crowdfunding sites. Don't let anyone rush you into making a donation. Ask for their website or for information to be mailed about their organization. If someone wants donations in cash, by gift card or by wiring money, **don't do it!**

For more information or to receive scam alerts visit the federal trade commission website at www.consumer.ftc.gov/features/scam-alerts

Preventing Coronavirus

Targeted hygiene practices can go a long way to help keeping families safe during the Coronavirus outbreak. Following product use and safety information is critical in this regard. It is especially important now to make sure cleaning and hygiene precautions are not just being done, but being done correctly, to ensure effectiveness.

Cleaning for Coronavirus

Handwashing: Proper handwashing is particularly important because it is such a critical step in preventing the spread of germs, yet [a study found](#) that 95 percent of people are doing it incorrectly.

- Wet hands with clean, running water before applying soap.
- Lather both hands, including the backs of your hands, between your fingers and under your nails.
- Scrub hands for at least 20 seconds before rinsing and drying.

Hand Sanitizer: The CDC notes that this can be a useful alternative if soap and water are not readily available, as long as it contains at least 60 percent alcohol. (Soap and water is the preferred method)

- Use one or two squirts or pumps of the product.
- Rub hands together briskly, including the front and back, between fingers, around and under nails until hands are dry.

Disinfecting: There are a number of disinfectant and cleaning products that can be effective against the novel coronavirus on hard, nonporous surfaces, in accordance with the [EPA Viral Emerging Pathogen Policy](#).

[EPA-registered disinfectant products to use against Novel Coronavirus \(COVID-19\)](#) *(Updated as of 3/23/20)*

Cleaning and disinfecting tips to remember:

- Pre-clean any surfaces prior to disinfecting to remove any excess dirt or grime.
- After disinfecting, let the surface air dry as recommended on the product label.
- If disinfecting food contact surfaces or toys, rinse with water after they air dry.
- Pay particular attention to disinfecting things that come into frequent contact with your hands, like your phone.
- If using a disinfectant wipe, throw out after using. Do not flush any non-flushable products.

If you still have questions about a product's specific effectiveness, check out the product or company website, which can provide additional information.

This information was copied from the American Cleaning Institute. Visit their website at cleaninginstitute.org for more timely information on cleaning during the Coronavirus outbreak.

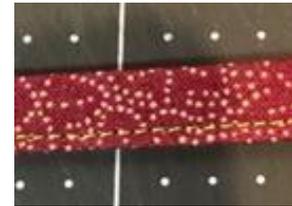
Simple Facemask with Fabric Ties

Materials needed:

- Cotton fabric
- Ties may be:
 - o Rope elastic or Beading Cord elastic (2 @ 7"

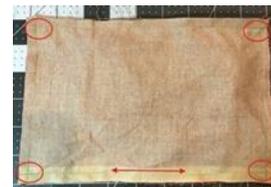
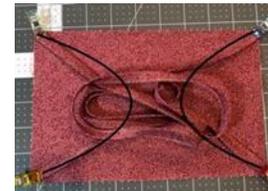
knotted at both ends) o ¼" flat elastic (2 @ 7") o Fabric ties (2 @ 30") o Ribbon, or bias tape (2 @ 30") Instructions for fabric ties:

1. Cut a strip of fabric 1½" x 30"
2. Fold each long edge to the center and press
3. Fold in half lengthwise and press again, stitch along foldline.



Instructions for mask (This is the same mask, just sewn a bit quicker!):

1. Cut 2 pieces of fabric 9 x 6
2. Lay ties on top of right side of the fabric.
The process is the same for all the different type of ties.
3. Place the other piece of fabric face down and pin the corners.
4. Beginning at the center of the bottom sew to the first corner and back tack. Pivot and sew up to the next corner, back tack. Repeat for all 4 corners. Leave approximately 2-3" gap for turning. .

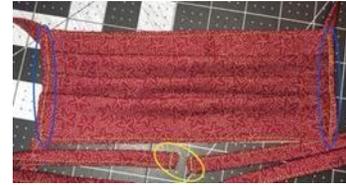


5. Turn right side out and press.
Pin three tucks on each side of the mask.

Make sure the tucks are the same direction.

6. Sew all the way around the mask, reinforcing the ends with the tucks.

Cut fabric ties in half, if using fabric or bias tape, sew across the ends. **DO NOT CUT ELASTIC TIES!**
If using ribbon, singe with a small flame.



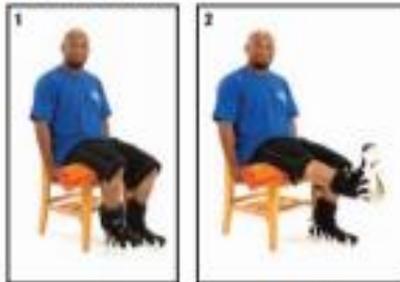
Special Thanks to Cas Wucher, Wilson County Seamstress, for modifying the directions from The Turban Project to incorporate the use of fabric ties.

MP528

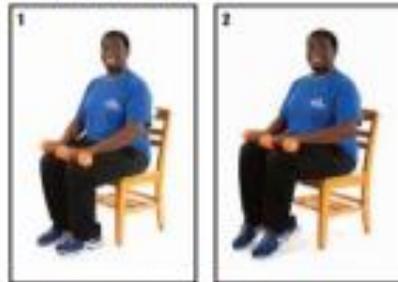
GET PUMPED:

Seated Strength Training Basics

Knee Extension



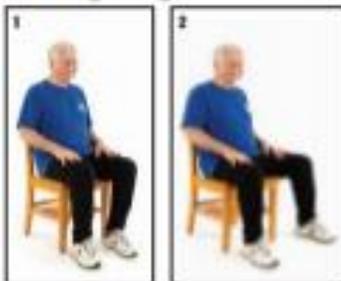
Seated Calf Raise



Butt Squeeze



Flamingo Legs



Hamstring Stretch



Rocking Chair





Would you like to help others live healthier lives?

JOIN OUR GROUP!

- ♥ Healthy eating and weight management
- ♥ Exercise to improve balance and flexibility
- ♥ Preventing and managing chronic diseases
- ♥ Behavior change strategies that stick
- ♥ And more!

Get 40 hours of training in exchange for 40 hours of service to support healthy living programs in your community!

Contact your Extension Family & Consumer Sciences Agent for more information!
Aneta Eichler
615-792-4420 or adodd2@utk.edu

EXTENSION HEALTH & WELLNESS AMBASSADORS

Become a Master Health & Wellness Ambassador

RESCHEDULED

When: Thursdays, Sept. 3 – Oct 1

Time: 9:30 a.m. – 3:00 p.m.

Where: Pleasant View First Baptist Church

Cost: \$125 (covers materials, shirt and certification)

Deadline for Application is
August 13, 2020.

Contact our office at
615-792-4420 for application.

Real. Life. Solutions.™



TRIVIA TIME

Each month I am going to post a trivia question in this box. I will give the answer in the following month's newsletter. Feel free to email or call if you think you know the answer. There just might be a winning give-away.

February Question: If you were to stretch out your blood vessels, how far would they reach?

Answer: Our blood vessels would stretch out 60,000 miles! That's enough to go around the world more than twice!

March Question: How many jelly beans do Americans consume at Easter?

on the TAFCE Website. WWW.TAFCE.ORG

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