



McDowell County FACES Newsletter

The FACES of HOPE

November, 2014

facesfrn.com

email: facesfrn@yahoo.com

THANKSGIVING

Each year as we enter into November, Thanksgiving seems to get pushed further and further out of the minds of people because Christmas seems to take over. Stores immediately stop fall decorations in October and pull out their Christmas items. So with this we ask ourselves: What is special about Thanksgiving?

Last year, I took an old tree branch with many twig branches and placed it in a glass container with popcorn seeds for support and topped it with small gravel from the driveway. I began going down the list of family members and started to make "I am Thankful for You" cards to each of them and put them on the branches with ribbon. On the front was a Thanksgiving picture and on the back I put very specifically why I loved them, something special they had done, etc. For me it was a simple gesture of my love for family but for them each one was really surprised and appreciative. It didn't cost anything but time as I already had everything to make it with between nature, yard, and craft supplies.

In December, I challenged everyone receiving my newsletter to start each day writing down what they are thankful for in their day. I started it myself and that is what I have placed on FaceBook each day. I now have 11 months completed

and have been really surprised how nice it has been to go back and read what a wonderful year I have had. Even through times have been tough, nerves frayed, it really gives me a true account of how much I have to be thankful for. It forced me to look way down deep on some days to find the hidden blessing that were covered in tears or anger but I did and I have found myself being more positive about other things, letting things roll off my shoulders more, and keeping my chin up.

So, what is special about Thanksgiving?

Look back and think: if it had not been for brave men who left their homes across the waters to find new lands (whatever their motives) American would not have been discovered.

If it had not been for brave men and women who were willing to lay their lives down and fight for independence, America would not be what it is today.

If it had not been for families willing to leave their homes (some to never see family again) to live in this country, where would all the diversity and invention be?

If it had not been for the courage of men to establish our Constitution

and other governing documents, what chaos would we have?

If it had not been for brothers willing to fight brothers for the freedom of all who live in this land we would not be the United States of America.

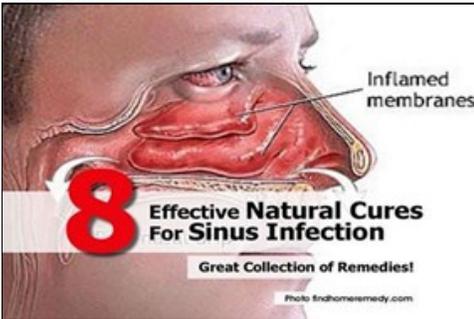
If it had not been for all those who volunteered to do battle to defend the innocent against tyranny in other lands, we may not have those that defend us as well.

America only has freedoms because of the people who loved it enough to lay down their lives for it. Where are we today? Yes we have problems in our country, yes we have many that would burn our flag, spit on our constitution, and destroy our way of life, liberty, and the pursuit of happiness, but we also have those that stand as proud men and women and respect our country and what it stands for.

For those that are willing to volunteer to defend us, I am truly thankful for you.

I am thankful for this Country. Elections will come and go, opinions will melt as snow after votes are counted, but this Country is our home, the best there is to offer in this world, be thankful for it, cherish it, and defend it.

Fall Sinus Infection Time



As we move into the fall months we find ourselves plagued by more and more sinus infections. With tuning on the heat, it seems we are dryer in our nasal cavities and sometimes to the point of bleeding. Here is a little information about sinus infections:

A sinus infection, or sinusitis, is a common condition that affects 31 million people in the United States each year. The infection occurs when your sinuses and nasal passages become inflamed. The sinuses are small air pockets located behind your forehead, nose, cheekbones, and eyes. The sinuses produce mucus, which is a jelly-like liquid that protects the body by trapping germs. Sometimes, bacteria or allergens can cause too much mucus to form, which blocks the openings of your sinuses.

Excess mucus is common if you have a cold or allergies. This mucus buildup can encourage bacteria and germs to grow in your sinus cavity, leading to a bacterial or viral infection. Most sinus infections are viral, and go away in a week or two without treatment. If your symptoms do not improve within a

few weeks, you likely have a bacterial infection and should schedule an appointment with your doctor.

Acute sinusitis has the shortest duration. A viral infection brought on by the common cold can cause symptoms that last between one and two weeks. In the case of a bacterial infection, acute sinusitis may last for up to four weeks.

Sub-Acute Sinusitis symptoms can last for up to three months. This condition is most often linked to bacterial infections or seasonal allergies.

Chronic Sinusitis symptoms last for more than three months, but they are often less severe. Bacteria are generally not to blame in these cases. Chronic sinusitis is most commonly attributed to persistent allergies or structural nasal problems. The symptoms of sinusitis are similar to those of a common cold. They may include: decreased sense of smell; fever; stuffy nose; headache (from sinus pressure or tension); fatigue; sore throat; runny nose; or cough.



Use a Humidifier

One of the things that can really increase your discomfort is dry air to adding a little humidity can rectify this. It is important to balance the humidity, however, because too much can also cause problems.

Aim for below 50 percent because any higher causes dust mites to get very active and if you are allergic to them this can compound your symptoms. It is best to take the humidifier into your bedroom and shut the door so that the space maintains an optimal level of humidity.

If you use one in a more open area it may not be nearly effective. If you do not have a humidifier and are in a pinch, go into the bathroom, shut the door and turn the shower on hot. Just sit in the room for about 10 to 15 minutes to help moisten your sinuses. Do not stay too long because the heat could dehydrate you.



Stay Hydrated

This probably goes without saying because it is important to stay hydrated at all times, but this is even more important when you are sick. Also, if you are dehydrated this can dry up your mucous membranes making your sinus infection even more uncomfortable. So, drink plenty of water and carry a bottle around all day so that you can sip and ensure adequate hydration. You can also use some saltwater to flush your nasal passages to help remove gunk by irrigating them and to help moisten them a bit. A bulb syringe works well for this or you can also use a Neti pot.

Sinus Infections Cont'd.

Extracts and Oils

Many people are turning to extracts and oils to alleviate their sinus infection because in addition to calming the symptoms they may also help to combat the associated inflammation.

Make a mixture of the following to create a rinse that has antibacterial, antifungal and antiviral properties: one teaspoon of sea salt, five drops of oregano oil, three drops of eucalyptus oil, six drops of betadine, one teaspoon of baking soda, five drops of olive leaf extract and three drops of tea tree oil. Mix these together well and use a Neti pot or a bulb syringe to irrigate.

Betadine Rinses

In addition to rinsing with water you can also create a betadine solution to increase the power of rinsing. You have to be very careful with the amount of betadine you use or else you could experience a rather unpleasant burning sensation. Take one teaspoon of sea salt, six drops of betadine, a half teaspoon of baking soda and add this to two cups of distilled water that is lukewarm. Make sure to stir the mixture well so that everything mixes and dissolves. You can use a Neti pot or a bulb syringe for the flush.



Apple Cider Vinegar Tea

Apple cider vinegar is not the best when it comes to taste, but it is effective for helping with a wide array of health issues and this includes

sinus infections. Make a hot tea with six ounces of water, two teaspoons of apple cider vinegar and you can use either Splenda or honey to improve the taste.

Honey is best because it can mask the taste of the vinegar a little bit and it is also soothing. You can drink this up to three times every day to alleviate your symptoms.

Grapefruit Seed Extract

This extract helps to inhibit bacteria and microbes thanks to its antibiotic powers. It also has anti-parasitic, antiviral and antifungal properties. They have nasal sprays where the primary ingredient is grapefruit seed extract and you just have to follow the instructions to ensure proper use. This can be used along with any other treatments, including those prescribed by a doctor.

Supplementation



It is well-known that vitamin C, echinacea and zinc are all effective for reducing recovery time and helping your body to fight off illness. It is best to have your doctor prescribed the right dosages, but you can use over-the-counter supplements and increase foods that are high in zinc and vitamin C.

It is best to start this supplementation regimen at the first sign of a sinus infection to alleviate symptoms and reduce the infection's duration.

Improved Diet

When you are battling a sinus infection you want to strengthen your body and immune system as much as possible. Aim for a diet with plenty of protein, adequate carbohydrates and plenty of vitamins and minerals. Sticking to fruits, vegetables, whole grains and lean meats should give your body everything it needs to fight off this infection.

Untreated?

- Sinus infection, if left untreated, can cause an infection in the ear canal leading to immense pain in the ear. It may affect both the inner ear and the middle ear and may lead to auditory impairment in severe cases.
- Chronic sinus infection can weaken the immune system and produce various other symptoms like facial pain, pus in the nasal cavity, nasal congestion, thick nasal discharge and fever.
- It can lead to anosmia (absence of the sense of smell).
- In rare cases, sinus infection can lead to meningitis (an infection of the brain). The symptoms include, headache, stiff neck, fever and nausea.
- Untreated chronic sinusitis may also aggravate and worsen the symptoms of asthma.
- It may also create severe resistance to antibiotics causing the infection to aggravate further.
- In extreme cases, surgery may be required to treat sinusitis if timely treatment is not received.

During the initial stage, doctors generally prescribe antibiotics to treat the infection. However, if a complication arises or if the sinus infection becomes chronic, it is recommended to consult a doctor for proper diagnosis and treatment.

Take Care of Your Sinuses!!!!!!!!!!!!!!



West Virginia University®

EXTENSION SERVICE – McDOWELL COUNTY

WVU Extension and the WV Family Nutrition Program are providing two new nutrition education and obesity prevention curriculums in McDowell County. These programs are free to local families and taught by Jennifer Farmer, Adult Health Educator, in McDowell County.

These sessions feature hands-on activities where participants are actively engaged in learning. All participant materials are at an appropriate reading level and based on proven adult learning theories.



Eating Smart • Being Active is an evidence based, nutrition education and obesity prevention curriculum. The curriculum won a national award from the National Extension

Association of Family and Consumer Sciences (NEAFCS) and is featured as a resource in the September/October 2010 issue of the Journal of Nutrition Education and Behavior (JNEB). The Eating Smart • Being Active Cookbook also won the 2012 Award for Publication Excellence.

Each lesson contains physical activity, food activity and tasting, and tips for food safety, saving money, and parenting related to the topic of the lesson. Lessons include: Get Moving!, Plan, Shop, Save, Fruits & Veggies: Half Your Plate, Make Half Your Grains Whole, Build Strong Bones, Go Lean With Protein, Make a Change, and Celebrate! Eat Smart & Be Active.



Nutrition Education Aimed at Toddlers (NEAT) is a nutrition education curriculum which targets rural, low-income parents to inform them with the knowledge and skills needed to help their toddlers to acquire healthful eating habits.

A series of four lessons for parents to attend with their child to be educated plus reinforcing activities which they can practice at home. The focus of the curriculum is to improve parent-toddler mealtime interaction by empowering adults to become responsive to children's verbal and non-verbal behaviors. When the parent is responsive, the child can more easily and positively communicate needs, wants, and desires. The child is also empowered to self-regulate food intake.

For more information about these learning opportunities, contact McDowell County WVU Extension at (304) 436-9006 or jdfarmer@mail.wvu.edu.

SADD Chapters Update



The River View High School SADD (Students Against Destructive Decisions) Chapter is up and running with 37 students participating. The students completed car seat belt inspections at the school and when a driver was wearing their seat belt they were given "smarties" candy and when they were not wearing their seat belt the driver was given "dum dum" suckers. The event was to draw attention to seat belt awareness.

There will be eight students traveling to the WV SADD Conference on November 13-15, 2014 at the Cedar Lakes Conference Center, Ripley WV where the topic will be "Mirror Mirror on the Wall. Who's the SAD-Dest of them All". The students are eager to participate in the SADD Program. Their Advisor is Ginger Day and for more information, contact her at 304-436-5255.

McDowell County Meetings

Veterans Day Parade

All Gave Some: Some Gave ALL!

November 11, 2014 at 10:00 a.m.

Contact 304-436-3113

South Central Community Collaborative Wyoming County DHHR

November 20, 2014

10:00 a.m.

In preparation of Region IV Summit.

McDowell County FACES

November 13, 2014

12:00 noon

Refreshments will be provided,

Please RSVP to 304-436-5255



McDowell County HOPE Coalition

November 24, 2014

10:30am—12:00 noon

Speaker: Devena Moore - Diabetes

Community Schools: Southside K-8

The Community School model is an approach to school improvement that seeks to address the needs of the whole child. This model of school improvement usually involves creating a group of community partners to support an integrated focus – not just on academics, but on youth development, family support, health, and social services. The belief is that improving the overall quality of life for students will result in an environment that is more conducive to learning. The community school model has been successful in a number of urban areas, but is only starting to be implemented in rural schools.

Southside K-8 has been working diligently this year to create the first McDowell County Community Schools site which is moving quickly with a Steering Committee in place, the Innovation Zone Grant approved, and community forums, provider surveys, teacher surveys completed, and priorities established along with potential partners to assist with developing strategies to address the priorities.

The Steering Committee will meet November 3, 2014 at 4:00 p.m. at the school to review the priorities established; develop a timeline for implementing the innovation zone grant; and consider when to hold another community meeting, how to publicize the details of the innovation zone grant, and how to about hire people for positions funded under that grant, especially the site resource coordinator.

For more information on this initiative, contact Southside K-8 at 304-875-2283.