

F. Y. I.

for your information

AIDES IN ACTION



by Evelyn Grayson
Nutrition Aide

We are aides working for the Cooperative Extension Service in your community. We visit homemakers to help them with problems in menu planning and food preparation. This column will relate some of our activities so that you will become better acquainted with us.

Our activities are varied. Recently we held a Cooperation Demonstration Party at Marble Manor. In spite of the rainy weather, attendance was excellent.

The aides participating put a lot of effort into this endeavor. They were compensated well for their effort by the enthusiastic response of those in attendance. In

addition to the homemakers present, the demonstration was attended by the aides' supervisor, Susan Olmsted, and Ferren Bunker, County Agent-in-Charge of the Cooperative Extension Service.

The menu included meat loaf prepared with love by Almeda Fogger, green beans and potatoes prepared with care by Alice Singleton, tossed green salad prepared with finesse by Mary Taylor, casserole bread prepared with tenderness by Sallie Sweet, and fruited jello with whipped cream prepared with humor by Evelyn Grayson. Jackie Turner supplied the commentary.

We are sincerely hoping more mothers and citizens will join us in our endeavors to try and bring our community together and join hands in learning. It is a worthwhile project.

If you have any homemaking, problems please call or write any of us at 385-6411; Cooperative Extension Service, S.T. & P. Building, 953 E. Sahara Ave., Suite 207, Las Vegas, Nevada 89104.

"The programs of the Nevada Cooperative Extension Service are open to all without regard to race, color or national origin."

Focus on Seniors

News of interest to West Las Vegas Senior Citizens from the Economic Opportunity Board's Senior Center - 960 West Owens - Phone 648-3280, Ext. 85.

More than 1000 gowns and hospital garments from Southern Nevada Memorial Hospital have been repaired during recent sewing sessions at the EOB Senior Citizen Center. Hospital gown, pajamas, and sheets were sent to the EOB Senior Center for repair, and they are already back in use at the hospital.

This is a fine example of how the voluntary work of senior citizens can benefit the community at large. At best, hospital gowns don't do much to raise the morale and self-esteem of patients, and when the gowns are torn or can't be tied the effect is even worsened. Patients who are or will be confined to Southern Nevada Memorial Hospital can thank the EOB Senior Citizen Center workers who put so much goodwill into the work of repairing the garments.

Ladies of the Center who replaced missing ties on the gowns, and repaired rips and tears, included, Exie Thompson, Ethel Normand, Fannie Tabor, Mary Nichols, Lucille Nelson, Ernestine Howard, Louise Young and Essie Long. Senior Center Organizer, Rosie Smith had charge of the project.

The EOB's Transportation Project for the Elderly and Handicapped is currently involved in its pre-registration enrollment. Forms are available at the Senior Citizen Center, 960 West Owens. It is expected that the transportation service will begin in early July. The pre-registration forms are available at the Senior Center; Vista Volunteers will fill out the simple forms for any senior. The pre-registration cards will be reviewed, and those eligible for the service will be sent a "Ridership Card" when the transportation project begins. For more information, call the Senior Center, 648-3280, Ext. 85.

All senior citizens are invited to participate in the activities of the EOB Senior Center. If transportation is a problem, let us know and we'll see that you get to the Center. The phone number is 648-3280, Ext. 85.

POISON CONTROL

District Health Department nurses provide followup on specific poison cases treated at the Poison Information Center at Southern Nevada Memorial Hospital.

Cases involving accidental ingestion of poisons by children are referred to public health nursing for followup through home visits.

In cases where children accidentally ingest poisonous substances, the nurse and parents discuss various safety precautions that are necessary to keep harmful substances such as detergents, waxes, pesticides and lighter fluids out of the reach of children.

A special cupboard

with a lock is often all that is necessary.

Poisonings often occur when individuals accidentally take more medication than has been prescribed.

The nurse assists in these cases suggesting that only one day's medication be set out each morning.

Followup visits done by the field nurses are without cost to the patient.

The number of visits may vary from case to case.

The Poison Information Center in the Emergency Room at Southern Nevada Memorial Hospital operates on a 24-hour basis and can be reached directly phone at 385-1277.

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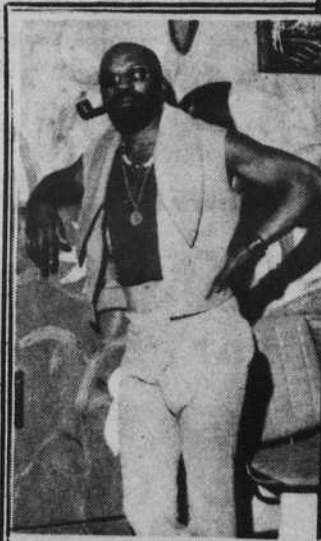


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