

Lead Prevention and Healthy Housing Newsletter

Plan On Dining In on December 3



It's the Most Wonderful Time of the Year

It's the most wonderful time of the year,
With the kids jingle belling, and everyone telling you, "Be of good cheer!"

It's the most wonderful time of the year.

It's the hap-happiest season of all,
With those holiday greetings and gay, happy meetings,
When friends come to call—

It's the hap-happiest season of all.

There'll be parties for hosting,
Marshmallows for toasting, and caroling out in the snow;
There'll be scary ghost stories,
And tales of the glories of Christmases long, long ago.

It's the most wonderful time of the year,
There'll be much mistletoeing, and hearts will be glowing when loved ones are near; It's the most wonderful time of the year!

--Eddie Pola &
George Wyle--1963

The "most wonderful time of the year" is also the most hectic time of the year, with to do lists and calendars bulging with activities-- and everyday normalcy and diets neglected. The American Association of Family and Consumer Sciences has scheduled its third annual Dine In Day for Sunday, December 3, 2016. Put a hold on the other holiday traditions for the evening, and make this commitment a new family must.

Enjoy a balanced, nutritious, sit-down dinner, an opportunity for a family check in, and a respite from the season's sensory overload. For maximal benefit, encourage family members to help plan and prepare the meal.

To learn more or to register as a "dining in" family, visit the AAFCS website at <http://www.aafcs.org/FCSDay/commitment.html>.

Be reminded that neither the Dine In Day meal, nor any other food, should be served on leaded crystal. While crystal is a festive ornamental touch, it can easily leach lead content into food or beverage, so confine its use to decorative purposes.



JANUARY is National Radon Action Month

Learn more
about radon by
downloading
*A Citizen's
Guide to Radon*

Available online
at:

www.epa.gov



**Here's a great
idea!!**

**Replacing
those
incandescent
light bulbs
with
either CFLs
or LEDs
offer an
energy
savings of at
least 75
percent!**



New Year's Resolutions for a Healthier Home and a Healthier Family

Conduct a long-term radon test.

Any home that does not have a radon mitigation system should be tested for the presence and level of radon gas. Naturally occurring in all parts of the country, radon is the breakdown of uranium in rocks and soil. Radon gas enters homes through minute cracks in the foundation. Trapped inside a home, it is easily inhaled, and long-term exposure can cause lung cancer. In fact, radon exposure is second only to smoking in the development of lung cancer.

Ideally, long-term test kits remain in place in the home for 12 months, after which time they are analyzed by a laboratory to detect radon exposure levels. Most home improvement stores carry the kits, which include laboratory fees, for roughly \$20.00.

Schedule an energy audit.

Any home can be made safer, more comfortable, and even more economical when electrical systems and appliances are operating cooperatively and efficiently. Knowing what improvements are necessary and affordable is most easily accomplished through a home energy audit. Both public utilities and private companies perform home energy audits for a fee, and many free online assessment tools are also available.

One to consider: The "Do-It-Yourself Home Energy Audit,"
online at

<http://energy.gov/energysaver/do-it-yourself-home-energy-audits>

Replace your living room carpet with hardwood or laminated.

Wall-to-wall carpeting and healthy respiratory systems are often at odds. Carpet harbors dirt, dust, pet dander, and an array of other allergens and irritants. The cost of attractive and durable laminated flooring has never been lower. Make *this* year *the* year to bid your carpet farewell.

Switch to “green” cleaning

. . . by mixing all-natural ingredients. With only a few basic staples, most surfaces in the home can be rendered sparkling and safe. Vinegar, baking soda, borax, salt, cornstarch, olive oil, and lemons can clean and deodorize as effectively as expensive commercial-grade products. UT Extension’s green cleaning recipe booklets outlines the precise formulations to clean a wide variety of surfaces. The booklets can be downloaded from the Extension Publications page at

<https://extension.tennessee.edu/publications/Documents/SP776.pdf>

Attend to Preventive Health Needs

Resolve to make preventive health appointments:

--Annual physicals

--Annual screenings and vaccinations, according to age
(It’s not too late to get your 2016-17 seasonal flu shot!!)

--Annual cleaning and x-ray at the dentist



*Wishing you and yours
health, happiness, and
togetherness this holiday season and
throughout the new year.*

**Now Scheduling
for 2017:**

**How can I help
you with lead
poisoning
prevention in
your community?**

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Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
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