



## Let's Talk... Disability

### Respectful Language and Interactions for Working with People Touched by Disabilities

"There are 54 million people in the United States who have a disability, and many more are at risk for developing or acquiring one in their lifetime through injury, illness or aging. People with disabilities represent a diverse group of children, youth, adults and elders who share the experience of living with limitations in cognition, mobility, hearing, vision, or behavioral/mental health functioning."-CDC

#### ***What is Disability?***



The history of disability and the on-going battle for equal accessibility/treatment is a long one; in fact the first known use of the word "disabled" is recorded around 1600 AD. Aristotle believed that deaf people did not have the ability to reason, and many other world leaders believed that to be disabled was to be unable; unable to learn and function in a way that was considered viable in society. Thankfully, we learned from the ignorance of the past, though there is still a long way to go.

The first American school specifically for people with disabilities was a deaf school in Connecticut (1817), but it wasn't until 1975, with the passage of the Education of All Handicapped Children Act, that federally funded schools were required to provide equal access to education to mentally and physically disabled children. Fifteen years later, 1990, the Americans Disability Act (ADA) was passed. From the early 1900's on through today we have taken hundreds of little steps toward equality and understanding, and we still have a long way to go; public education and professional development with aid in the understanding of what a disability really is and just how unique it is for each person affected. A first step is to define what we are talking about. Disability can be generally defined as, "incapacitated by illness or injury; also: physically or mentally impaired in a way that substantially limits activity especially in relation to employment or education."



There are different kinds of disabilities; some are obvious, while others are hidden. Hidden disabilities include Autism Spectrum Disorder (ASD), mental health conditions, learning disabilities, as well as some physical health disorders/diseases that may not be seen from the outside, like diabetes. Hidden disabilities are a good lesson in why a person should never assume to know why someone is behaving in a certain way.

### ***The Language***

One barrier for people when they meet someone with a visible disability is fear. This is not fear of the person necessarily, but fear of not knowing what to say or if they should act a certain way. Using people-first language can help. This language refers to remembering that you are speaking to a person, not a disability. The key here is to be as respectful as possible. The following is a list of appropriate words and phrases along with the outdated or inappropriate language. *It is important to remember that, while this may be the preferred language, there are some advocates for disabled persons who disagree. It is always best to just be respectful and ask an individual if you are not sure.*

<b>Disability</b>	<b>Out-Dated Language</b>	<b>Respectful Language</b>
Blind or Visually Impairment	Dumb, Invalid	Blind/Visually Impaired, Person who is blind/visually impaired
Deaf or Hearing Impairment	Invalid, Deaf-and-Dumb, Deaf-Mute	Deaf or Hard-of-hearing, Person who is deaf or hard of hearing
Speech/Communication Disability	Dumb, "One who talks bad"	Person with a speech / communication disability
Learning Disability	Retarded, Slow, Brain-Damaged, "Special ed"	Learning disability, Cognitive disability, Person with a learning or cognitive disability
Mental Health Disability	Hyper-sensitive, Psycho, Crazy, Insane, Wacko, Nuts	Person with a psychiatric disability, Person with a mental health disability
Mobility/Physical Disability	Handicapped, Physically Challenged, "Special," Deformed, Cripple, Gimp, Spastic, Spaz, Wheelchair-bound, Lamé	Wheelchair user, Physically disabled, Person with a mobility or physical disability
Emotional Disability	Emotionally disturbed	Emotionally disabled, Person with an emotional disability
Cognitive Disability	Retard, Mentally retarded, "Special ed"	Cognitively/Developmentally disabled, Person with a cognitive/developmental disability
Short Stature, Little Person	Dwarf, Midget	Someone of short stature, Little Person
Health Conditions	Victim, Someone "stricken with" a disability (i.e. "someone stricken with cancer" or "an AIDS victim")	Survivor, Someone "living with" a specific disability (i.e. "someone living with cancer or AIDS")

## ***The Etiquette***

Everyone wants to be treated with respect and a person living with a disability is no different. One may not realize that referring to a disabled person as, “That guy/gal in the wheelchair” or “Whoa, he is so courageous for participating in that event” is not appropriate. It may seem surprising but when you really think about it –it is like saying to someone, “You look great...for your age!” Not exactly a compliment, even though it may have been intended that way. Experts at the University of Washington advise against the use of terms such as “handi-capable”, “differently abled”, and “physically challenged” It may surprise some to know that people with disabilities do not want to be considered heroic or super human for participating in the same things that people without disabilities do. In general, they just want to be treated the same way you would treat anyone. If you feel uncomfortable it is ok to ask for guidance.

Teens with disabilities have noted being treated like babies, as if they aren’t smart, or are avoided all together. When speaking to someone with a disability, look at him or her, not the translator or assistive device. Some more tips from Easter Seals include:

- ✓ When speaking to a person in a wheelchair for more than a few moments, get down on eye-level if possible.
- ✓ Don’t obscure your face when communicating with someone who has a hearing loss.
- ✓ Never grab a person or wheelchair to help him or her. Offer help and wait to be guided.
- ✓ When guiding someone with vision impairment, be very detailed.
- ✓ Don’t worry about saying things like, “See ya later” to a blind person, or “It was great running into you” to a person who cannot use his legs. In general, this is not considered offensive.
- ✓ Do not make decisions for or limit activities for those with disabilities about what you think he or she can do.
- ✓ Just be respectful and genuine



## ***Why is this important moving forward?***

According to the Centers for Disease Control there are disparities in the key indicators of health and in access to healthcare for people living with disabilities. This is not only expensive for society but also one more concern for people who are already dealing with multiple other stressors.

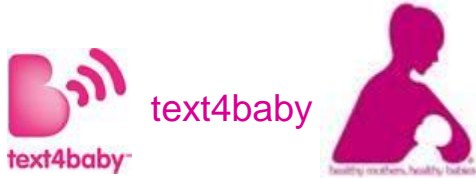
The longer we live, the more likely we will be touched by some form of disability. The aging American population is presenting us with more and more age related disability issues. It is important for us to look at our goals for the now and the future. What do we want for our citizens living with disabilities? More importantly, what do they want for themselves?

If the goal for our business/family/country/world is to be able to communicate in ways that are open, honest and creative, we have to understand each other. We have to speak the same language, the language of respect. When we start with respect we can move forward to new ideas. We feel safe to take risks and share our ideas about how to make changes that will benefit all of us, in the long run.

## ***Make it happen-practice practice practice***

We all make mistakes and sometimes we have done something one way for so long that it is very hard to change. People with disabilities know when someone means well and is trying to do the right thing. Even they do not have all the “right” answers. Get educated and be mindful when interacting with everyone, but even more so when meeting someone new, from a different culture or ability. Get educated and be mindful when interacting with everyone, but even more so when meeting someone new, because you never can tell.

# A Free Service for Expectant and New Moms



Each year in the U.S., more than 500,000 babies are born prematurely and an estimated 28,000 children die before their first birthday. In response to this national public health crisis, the National Healthy Mothers, Healthy Babies Coalition (HMHB) has launched text4baby, a free educational program of the National Healthy Mothers, Healthy Babies Coalition (HMHB). Text4baby provides pregnant women and new moms with information to help them care for their health and give their babies the best possible start in life. Women who sign up for the service by texting BABY to 511411 (or BEBE for Spanish) receive free text messages each week, timed to their due date or baby's date of birth.



These messages focus on a variety of topics critical to maternal and child health:

- ♥ Immunization,
- ♥ Nutrition,
- ♥ Seasonal flu,
- ♥ Mental health,
- ♥ Birth defects prevention,
- ♥ Oral health,
- ♥ Safe sleep, and more.

Text4baby also connects women to health services through the inclusion of national hotline phone numbers within the messages. Of particular significance, CTIA-The

Wireless Foundation has reached out to all the major U.S. mobile operators to ensure their commitment to make text4baby a free service for all subscribers. Check our website for more information: [www.text4baby.org](http://www.text4baby.org)

## Using Text4baby FAQs

Q: You say that this service is free. Is that really true?

A: Yes. Thanks to the support of The Wireless Foundation and participating mobile operators, all messages you receive from text4baby on these participating carriers are free! Even if you don't have a text messaging plan, you can get these messages for free. If you have limited texting per month, text4baby won't take away from your total amount of messages. The majority but not all mobile carriers are providing this service. It is available to over 96% of people with cell phones in the U.S. Every effort has been made to block service from non-participating carriers, but if you find you have been able to access the service and have been charged, please contact your wireless provider right away. For example, TracFone, which provides the SafeLink and Straight Talk services, does not participate in the text4baby program, but is unable to block the service for all customers, meaning that some TracFone/SafeLink/Straight Talk users who sign up for text4baby may find they have been deducted credits for both inbound and outbound messages. TracFone users are advised to contact TracFone customer service regarding any unexpected charges.

Q: Are the text messages free for people who have pay-as-you-go or pre-paid cell phones?

A: Yes, As long as you have service with one of the carriers listed below, text4baby is free for you.

- Assurance Wireless
- AT&T
- Bluegrass Cellular
- Boost Mobile
- Cellcom
- Cincinnati Bell
- Cricket
- MetroPCS
- n-Telos
- Nex-Tech Wireless
- Sprint
- T-Mobile®
- TracFone
- U.S. Cellular®
- Verizon Wireless
- Virgin Mobile U.S.A.

Q: How many messages will I receive each week?

A: You will receive approximately three messages per week on your cell phone. Urgent alerts or breaking news might mean you see a few additional messages once in a while.

Q: Are the messages personalized?

A: The text4baby messages are not personalized, but the information in each message is relevant to where you are in your pregnancy or what your baby is going through at particular stages of development. You can learn more about the text4baby messages [here](#).

Q: What information will I have to provide to sign up?

A: The text4baby service will only collect your phone number, zip code, and your due date or your baby's birth date at registration. This information is used to provide the messaging service and is not sold or shared with anyone or used for any commercial purposes. For more information, read the text4baby Privacy Policy.

Q: How do I sign up for Spanish messages instead of English?

A: You can sign up for text4baby in Spanish by texting BEBE to 511411. You can sign up for text4baby in English by texting BABY to 511411.

Q: Can anyone sign up for text4baby?

A: Yes. While the messages are written for pregnant women and moms with infants less than one year, anyone can sign up and use the messages.

Q: Will I get messages with local information?

A: If you live in Hawaii, Missouri, Georgia, or San Diego County, CA, your text4baby messages will contain localized phone numbers ([learn more about Custom Text4baby here](#)). Everywhere else, you will receive national phone numbers, but when you call, you will be connected to local resources.

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# Connecting with Family and Friends

It is the time of year when we take the opportunity to spend more time with our friends and families, enjoying and getting to know one another better. You see your extended family that you may only see once a year and receive cards and messages from friends who you may not have seen in years. It is such a valuable time to cherish, keeping in touch with those people who matter most to you.



To have a good friend, be a good friend. Parents, siblings, friends, co-workers, all healthy relationships are built on knowing and trusting that person. This is the foundation for stable, supportive environments. Everyone needs people they can count on in times of stress. Whether it is the pain of a broken heart or the death of a loved one, an uncertain prognosis or building a house, it is comforting to know you have true souls who you can rely on to help you cope.



Spending time with family and friends to truly know them is vital in forming strong bonds. Not just sitting in the same room watching television, but having deep and meaningful conversations looking at one another in close proximity. This comes easier to some more than others. The physical nearness and eye contact may be uncomfortable to some but strive to do this more often with family and close friends.

Show love and respect by asking each other's opinion on issues and allowing them to have a different opinion. Admire their perspective and value their opinion especially if it is opposing. You gain knowledge by listening to other points of view. The Greek philosopher Epictetus is quoted as saying "We have two ears and one mouth so that we can listen twice as much as we speak." This may take self-control but shows respect.



The University of Tennessee Extension, Family and Consumer Sciences Agent in your county can provide education in parenting successfully and strengthening families to help nurture skills in making strong relationships. Find your agent at [fcs.tennessee.edu](http://fcs.tennessee.edu) then click on County Contacts.

Contributed by: Carla Y. Bush, MVTE  
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## Oven-Baked Frito Pie

### Ingredients:

- 1 lb. lean ground beef
- 1 can (16 oz) chili beans
- 1 can (8 oz) tomato sauce
- 1 can (15 oz) diced tomatoes
- 1 envelope low sodium taco seasoning
- 1 cup shredded cheddar cheese (2% fat kind)
- 3 1/2 cups corn chips (Fritos)
- 1 1/4 cup fat free sour cream

### Directions:

Cook ground beef until meat is browned; drain. Stir in beans, tomato sauce, diced tomatoes, taco seasoning mix and 1/4 c. of cheese. Sprinkle 1 cup corn chips in bottom of 8x8 baking dish. Cover with chili. Bake at 350 for 20 minutes. Spread sour cream over chili. Top with remaining corn chips and cheese. Bake 4-5 minutes longer.



# Physical Activities for Cold Weather

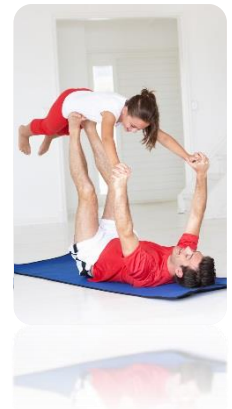


As we go through the different seasons, it's often easier to be physically active in the warmer weather of spring and summer. When temperatures start dropping and the sky is darker longer, it's more challenging to get out and move. Physical activity "can significantly decrease moderately elevated blood pressure" (Top Health, 2013). Some of the various benefits to exercise would include: stronger immune systems, reduced feelings of depress, stress or anxiety, improved sleep, successful weight loss or maintaining a healthy weight.

The Joslin Diabetes Center, in an article they published, says that "several sessions of physical activity during the day gives benefits similar to one longer session" (Joslin Diabetes Center, 2013). Some of the reasons individuals decline physical activity during the cooler months is because it can be quite cold. However, by taking smaller sessions it allows individuals to continue moving and building up their bodies. There are many ways individuals can get physical activity both indoors and outdoors.

Get moving inside with these fun activities:

- ♥ Walk around in the mall, if you take a friend you may also tend to walk faster and get more vigorous exercise.
- ♥ Find an indoor swimming pool and/or gym.
- ♥ Use what's handy in your home – climb stairs, do weights, practice lunges and squats, do crunches, push-ups, chair presses, use exercise tapes...most of all, just keep moving as you do normal daily tasks.
- ♥ Turn on some music and have a dance party
- ♥ Clean house – dusting, vacuuming and laundry provide a lot of good physical benefits
- ♥ During commercial breaks, hop up and move!



Get moving outside with these chilly activities:



- ♥ Sledding
- ♥ Walking
- ♥ Skating
- ♥ Build a snowman, furniture or a fort
- ♥ Skiing
- ♥ Play tag in the snow
- ♥ Look for animal tracks
- ♥ Chop wood

Always remember when outside to be sure to layer appropriately based on the temperature. Some practical suggestions for staying warm and active when playing outside can include: wear a hat, gloves, layers to be put on and off depending on body and outdoor temperature, drink lots of water both before and after working out (NHDHHS, 2009). No matter what you're doing it is always a good idea to pace yourself and watch for dehydration or injuries.

Staying active all year long is very important to our overall health. Ask friends and family for ways they keep active and then go and try some new and exciting ways of staying healthy and fit during the chilly months!

Contributed by: Sarah Ransom  
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Sources:

"For Better Blood Pressure", Top Health Newsletter, May 2013

Joslin Diabetes Center. (2013). Warming up to winter exercise. Retrieved from [http://www.joslin.org/info/Warming\\_Up\\_to\\_Winter\\_Exercise.html](http://www.joslin.org/info/Warming_Up_to_Winter_Exercise.html)

New Hampshire Dept. of Health and Human Services. (2009, December). Stay active through the winter. Retrieved from <http://www.dhhs.nh.gov/dphs/nhp/adults/documents/activewinter.pdf>

# Food and Feelings: The Holiday Weight Gain Double Whammy

Just being around scrumptious food during the holiday may not be the main temptation to overeat. A recent study indicates that, for most people, the drive to overeat at any time of the year is governed more by emotion than availability of food. Memories connected to the holiday season can stir up emotions – happy and sad – connected to food and may be triggers to eat.

Much like music can evoke memories, so can certain foods stir up memories, plus, the sense of smell is a direct path to the brain. Sometimes, even the smell of a certain holiday dish can evoke an emotional response that ultimately sends you back to the buffet table more times than you even realize.

In this respect, taking a moment to think about what role holiday foods play in your memory bank might help you overcome the temptation to eat them.

It's OK to have the emotion, to think about the memory, but just don't try to bring back the good times or cover up the bad times with the foods you associate with those feelings.

As much as we look forward to holiday parties and dinners, many of us fear enjoying it too much – and packing on the pounds.



Many people gain weight – about 1 to 2 pounds during the holiday season. And, those extra pounds tend to become permanent baggage. Year after year, those pounds can add up, and contribute to overweight or obesity later in life.

The average person overeats during the holiday. On average, Americans consume approximately 4,500 calories and 229 grams fat from eating a traditional Thanksgiving dinner. And that doesn't include breakfast, lunch, or late-night snacking on leftovers.

Here are 10 tips to lighten up your holiday meals.

## 1. Shop Smart for Healthy Holidays

- Plan your menu to include plenty of fruits, vegetables, lean meats, seafood, whole grains, and low-fat dairy.
- Consult the nutrition label to choose foods rich in nutrients but lower in fat, calories, and sugar.
- To shave calories, go easy when adding nuts, cheese, cream sauces, gravy, butter, and whipped cream.

## 2. Start the Party Light

- Most appetizers tend to be loaded with calories. And it is so easy to over eat them before the meal.
- Make it easier on your guests by offering light and satisfying appetizers. For tempting yet healthy appetizers, offer shrimp cocktails, whole-grain crackers with reduced-fat cheese, vegetables with a low-fat yogurt dip, or fresh fruit skewers.



## 3. Harness the Diet Power of Produce

- Add more simple vegetable and fruit dishes to your menu instead of heavy dishes with sauces. Your guests will fill up on healthy fiber without lots of extra calories. For example, green bean almandine with a squeeze of lemon is healthier than traditional green bean casserole. Simple peas or corn are healthier than creamed peas or corn. But if you must have casserole, use low-fat soup, increase the veggies, and top it with a crunchy whole-grain cereal instead of fried onions.



#### 4. Go Frozen in Winter

- Fresh is usually the best when fruits and vegetables are in season. But when prices are high in winter, head to the frozen food aisle.
- Frozen fruits and vegetables are usually less expensive and can be more nutritious because they are picked at their peak ripeness and frozen immediately. Buy frozen produce in bags, use only what you need, and save more by not wasting spoiled produce.
- Canned foods can also be a healthy option. Read the nutrition labels to find fruits and vegetables with less added sodium and sugar. Reduce the sodium and sugar solutions even more by rinsing the vegetable or fruit under cold water before you cook.

#### 5. Respect Special Requests

- As you plan your holiday menu, ask if guests have any food preferences or intolerances. For example, a dear friend may be lactose intolerant. A favorite cousin may have cut red meat from his diet.



- You can't please everyone. But you can include a wide variety of healthy foods. Then, your guests can pick and choose, filling their plate with a satisfying meal no matter their food issue.

#### 6. Shave Calories With Simple Swaps

- Create healthier versions of your holiday favorites by shaving calories wherever you can.
- Simple swaps of lower-fat ingredients are easy ways to save calories -- and no one will even notice the difference.
- Use chicken stock, fat-free yogurt, light cream cheese, and low-fat milk in place of high-fat ingredients. Substitute non-fat yogurt or applesauce for oil in baked goods.

#### 7. Roast or Grill for Rich Flavor With Fewer Calories

- Roasting or grilling meat, seafood, vegetables, and potatoes, is a simple, low-calorie cooking style that brings out the natural sweetness and flavor in foods.
- Roasted sweet potatoes with a sprinkle of cinnamon sugar and a spritz of butter spray are delicious substitutes for the traditional calorie-laden casserole.
- Grilled pork chops served with a mango salsa are great to replace pork chops slathered in mushroom cream.

#### 8. Serve Healthier Desserts

- For dessert, try chocolate-dipped strawberries for a colorful and delicious finale.
- If you want to offer pie, choose the healthier pumpkin pie. Make it with non-fat evaporated milk. Top it with fat-free whipped topping.



#### 9. Spritz Your Drinks

- Eggnog and other holiday beverages can add a huge number of calories. Offer your guests plenty of low-cal beverages such as diet soda, sparkling water, or a low-calorie punch.
- Alcohol releases inhibitions and can increase hunger. So do yourself and guests a favor: Offer simple alcohol choices such as wine and beer without the heavy cocktail mixers.

#### 10. Plan and Scan to Avoid Holiday Weight Gain

- In preparation for a party, try to trim your calories and make sure you fit in fitness everyday so you can enjoy a "controlled" feast without the guilt.
- Scan the buffet and fill your plate with foods that are simply prepared, without sauces or fried, sit down and take your time to taste and savor every bite. Resist the urge to go back for more by waiting at least 20 minutes for your brain to register that you are comfortably full. If you are still hungry, eat more vegetables and drink water.

- c. Remember, the holidays are marked with many traditions, but the real meaning is about spending time with family and friends.
- d. If you keep these tips in mind, you'll get through the holidays without gaining a pound. And if you do splurge, don't beat yourself up, the experts say. Just get right back to normal eating and exercising, and try to do a better job at the next party.

Contributed by: Betty Greer, PhD, RD  
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Source: Webmd.com

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## 10 Holiday Tips for Kids

### 1. Give gifts from the heart

Do you need gift ideas? Don't feel pressure to spend a lot of money. The best gifts show the person that you know them well and like them a lot.

### 2. Track Santa

With Santa Tracker you can follow Santa on his Christmas Eve journey in Google maps or Google earth.

### 3. Choose tradition over material things

Make this holiday season more about family and less about material things. Instead of creating a wish list of gifts you would like, try to help your family understand the spirit of giving by focusing on family traditions.

### 4. Learn the mysteries of Winter weather

Holiday weather can be the most fun part of the season. Whether it's snowing, raining, or sleeting, you can have fun while you learn about winter weather.

### 5. Eat and stay healthy during the holidays

During the holidays, yummy food and tasty treats are everywhere. It would be easy to let healthy eating habits slide, but holidays can still be healthy. And don't forget to wash your hands with soap and water to keep from spreading germs.

### 6. Have more fun making dinner

Dinner with your family during the holidays is always fun, but helping get everything ready for the big meal can be a lot of fun too. You can help plan the menu, set the table, and lend a hand in the kitchen.

### 7. Go green and help save our planet

The holidays are a time of celebration but that doesn't mean we have to be wasteful. Green can be your holiday color and you can help save our planet.

### 8. Be a smart shopper

During the holiday season there are lots of great sales, but just because you see it doesn't mean you have to buy it. Following the crowd can be expensive. Instead, invent your own style. You don't have to always own the same things as everybody else. There are ways of getting what you want without paying a lot for it.

### 9. Help others by donating to charity

The holidays are a time of giving and receiving. Talk to your parents or teachers about giving a donation to a charity. Yes, you can give money but there are lots of ways you can help others. By giving your time and energy, you could help raise money or become a volunteer. No matter what you are interested in, there's probably a charity that helps support something you think is important.

### 10. Keep your pets safe during the holidays

There are lots of fun things going on during the holiday season. You may have decorations, plants, and foods that usually are not around the rest of the year. Some of these holiday items can be harmful to your pets.

Source: Kids.gov