



Who is Raising the Children?

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Living WELL

A newsletter of
Family and Consumer Sciences

<http://sites.ext.vt.edu/livingwell/>

Painting or Renovating Your Home: The Lead-Safe Way

By Rachel Adell

In 1978, the federal government banned lead-based paint in America. Before that, lead paint was commonly used in many homes. Lead is hazardous to your health and the health of your family, but it is especially dangerous for children. If you want to renovate or repaint a home built before 1978, the lead must be removed by a certified contractor who is trained in lead-safe work practices. Before hiring a contractor, ask to see his or her training certificate.

Prepare for the renovation. Depending on where the work takes place, you may need to make arrangements for an alternative kitchen, bathroom(s), and/or bedroom(s) for your use. You may also need to consider alternative housing for your family and pets. Remove as much furniture as you can before the renovation.

Know what a safe renovation looks like.

The contractor should clearly explain the details of the job before work begins and should provide you with a safety pamphlet from the Environmental Protection Agency

(EPA). Look it over! Minimizing the spread of lead dust is key when properly and safely renovating your home.

To minimize lead dust, use plastic sheeting to block off doors, windows, and air vents. The contractor may put up warning signs around the work area. Also, the contractor and workers will use the same route between the work area and the outdoors each time they enter and leave the house in order to prevent the spread of lead dust.

Review the work. After the renovation is complete, the contractor should tell you what they cleaned and how they cleaned it. Proper cleaning includes the use of disposable cleaning cloths to wipe the floor and other surface areas. The contaminated cloths can be compared to an EPA-provided cleaning verification card to make sure the work area was fully cleaned.

Steps like these will help to ensure a safe renovation. Working with a professional, certified contractor decreases the lead hazards in your home and protects you and your family. For more information on finding a certified contractor, check out this EPA guide: <http://epa.gov/lead/pubs/broch32e.pdf>.

Rachel Adell is a college ambassador in the College of Liberal Arts and Human Sciences at Virginia Tech.

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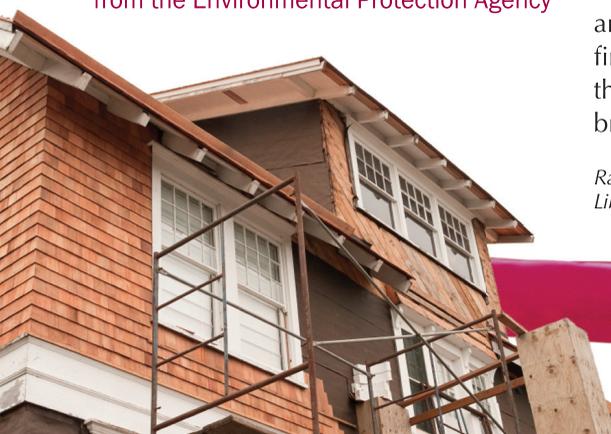
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Article sources:

- <http://epa.gov/oppt/lead/pubs/renovaterightbrochure.pdf>
- <http://epa.gov/oppt/lead/pubs/leadinfo.htm#buy>

For more information, visit these websites:

- www.ext.colostate.edu/pubs/consumer/09538.html
- <http://web.extension.illinois.edu/healthyair/leadpaint.cfm>
- www.nelcc.uconn.edu/documents/Eng_low-res_web5-4-09.pdf



DANGER LEAD REMOVAL AUTHORIZED PERSONNEL ONLY



Break THE Fast

By Deb Chappell

Did you know that children and adults who eat breakfast get more done at school and work? Students who eat breakfast do better on tests, achieve better grades, and experience less mental stress.

Did you know that people who don't eat breakfast are more likely to be overweight?

Our bodies need to refuel after we have not eaten for 10 to 12 hours. Think of breakfast as a great opportunity to get more energy, more nutrients, and more fiber into your body.

A healthy breakfast doesn't have to be big, sit-down, first thing in the morning, or traditional. It doesn't have to take much time either, but you have to be ready. Here are some suggestions you can use to be sure your family eats breakfast every day.



Need breakfast ideas? Try some of these.

Cereal with fruit and milk

Peanut butter on whole-wheat toast with a glass of milk and a piece of fruit

Leftover dinner from the night before

Low-fat yogurt and fruit

Oatmeal with raisins and nuts

Scrambled egg sandwich

Waffles or pancakes (can be frozen) with fruit and walnuts

Cottage cheese and fruit

Breakfast bar with an apple



National Extension Association of Family and Consumer Sciences

The **Living Well** newsletter is produced by the Family and Consumer Sciences Program, Brian Calhoun, associate director. The Living Well editorial board is chaired by D. Baskfield-Heath of

James City County and includes C. Sprenger, Rockingham County; J. Henderson, Amelia County; and K. Poff, Northern Shenandoah Valley. D. Jones, Virginia State University; N. Ruffin, Virginia State University; and D. Smith, Cumberland County; also reviewed this issue.

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- **Allow at least five to 10 extra minutes each morning.**
- **Stand firm and be supportive of teens. They are the biggest breakfast "skippers" of all.**
- **Lead by example — eat with your family.**
- **Have simple breakfast foods on hand. Consider including a grain, a fruit, and a dairy product or protein in each breakfast.**
- **Be creative.**
- **Think "grab and go."**

Deb Chappell is a family and consumer sciences Extension agent serving Roanoke.



Who Is Raising the Children?

By Kathleen Watson

There is a new reality in the 21st century — grandparents raising grandchildren.

According to 2010 census reports, nearly 180,000 children under the age of 18 have a grandparent or other non-parental relative as their primary caretaker. More than

60,000 of these children live with a grandparent, and more than 25,000 of them don't have a parent living in the same household. Causes of this shift include parental situations involving incarceration, joblessness, drug involvement, child abandonment, and child abuse or neglect.

This new reality comes with many worries, disappointments, and hardships for the families. The majority of grandparents are 60 years old or younger. In order to support their grandchildren, some must delay their retirement and work long past their expected retirement age. With 16 percent of these grandparents living at or below the poverty level, worries about their own

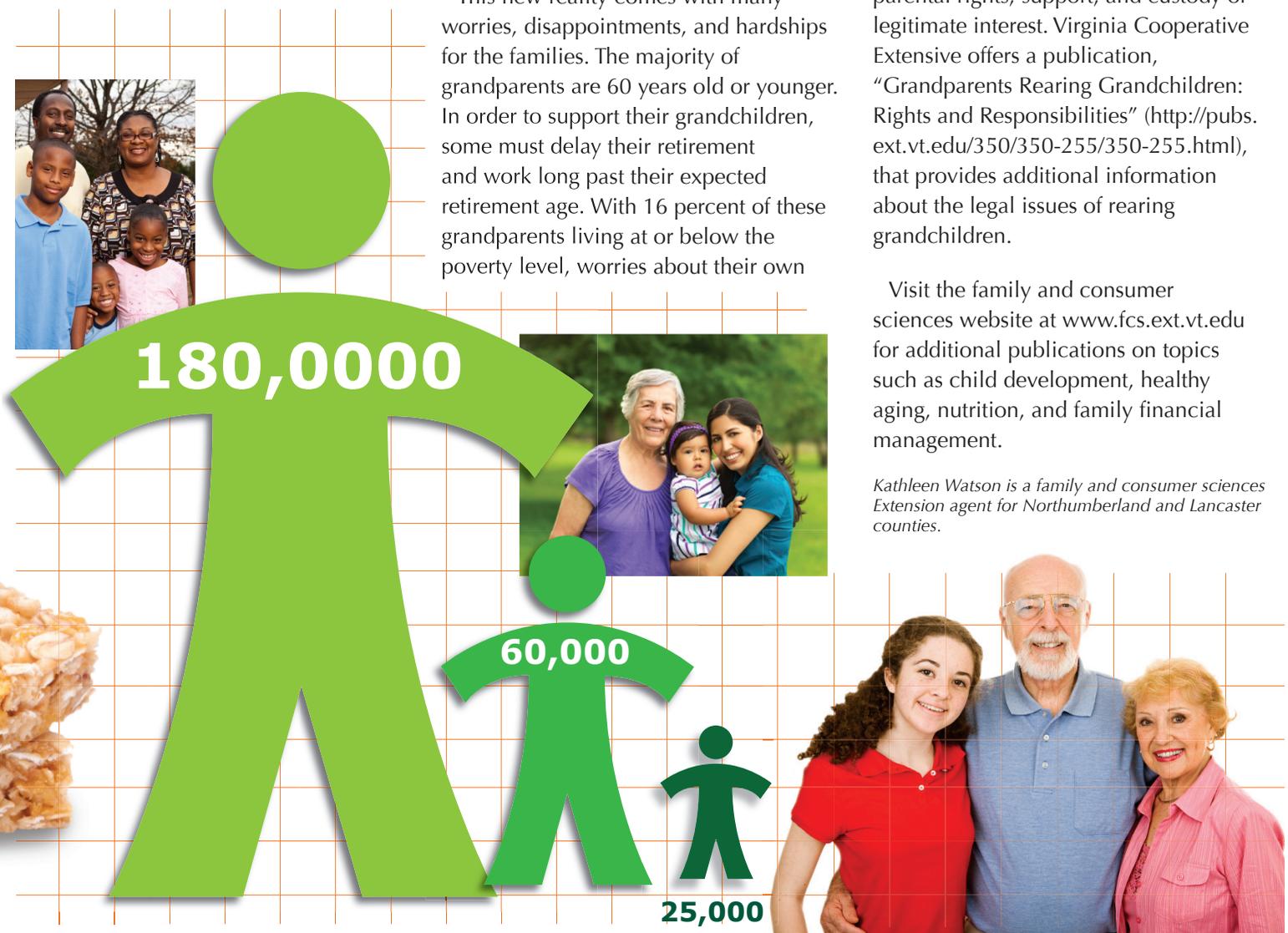


aging and health issues also threaten their ability to provide a stable and nurturing environment for grandchildren.

Grandparents are often faced with legal issues, questions, and concerns about parental rights, support, and custody or legitimate interest. Virginia Cooperative Extension offers a publication, "Grandparents Rearing Grandchildren: Rights and Responsibilities" (<http://pubs.ext.vt.edu/350/350-255/350-255.html>), that provides additional information about the legal issues of rearing grandchildren.

Visit the family and consumer sciences website at www.fcs.ext.vt.edu for additional publications on topics such as child development, healthy aging, nutrition, and family financial management.

Kathleen Watson is a family and consumer sciences Extension agent for Northumberland and Lancaster counties.



Welcome to Living Well

This issue of *Living Well* comes to you from the Family and Consumer Sciences Program of Virginia Cooperative Extension. It includes articles on painting or renovating your home the “lead-safe” way, breaking the fast with breakfast, and raising grandchildren, as well as tips for managing private water supplies. We hope this information will help you and yours “live well.”

If you have comments or suggestions about this newsletter, you can reach us at 540-231-1247, at livingwell@vt.edu, or by writing to Editor, 115 Hutcheson Hall (0908), Virginia Tech, Blacksburg, VA 24061. We would love to hear from you.

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NOTE: Rising postal rates continue to erode our budget for Living Well. If you have access to the Internet and could receive your copy of Living Well electronically, we would appreciate hearing from you. To change your subscription from postal mail to email, please call, write, or email the Virginia Cooperative Extension office in your county. You can find contact information at www.ext.vt.edu offices. If you currently receive your subscription by email, there is no need to be in touch with us.

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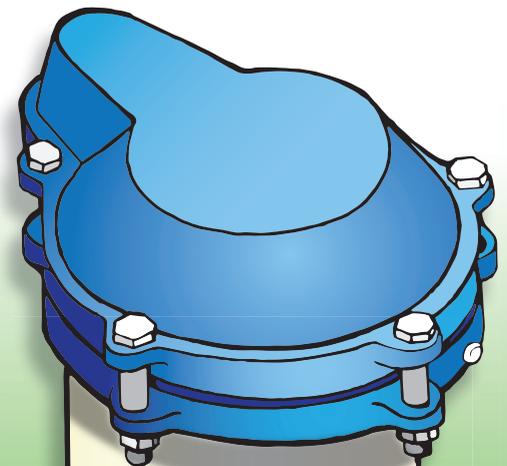
Contact Brian Calhoun at dcalhoun@vt.edu.

DON'T “RUN ON EMPTY”!

Ten Tips for Managing Your Private Water Well Supply

By Erin Ling and Jen Pollard Scott

- 1 Check your well annually** for cracks or damage. Make sure the well cap is secure.
- 2 Have your well tested each year** for total coliform bacteria and E. coli. Every three years, test for pH, total dissolved solids (TDS), nitrate, and other contaminants of local concern.
- 3 Use a certified lab** to perform all water tests. Compare test results to the EPA's public drinking water standards, which serve as good guidelines.
- 4 Keep the area around the well clean and accessible**, free of debris, paint, motor oil, pesticides, and fertilizers.
- 5 Make sure the well is at least 100 feet away from potential contamination** sources such as chemical storage facilities, oil tanks, or septic tanks.
- 6 Ensure that the ground slopes away from the well** to prevent water from pooling around the casing, causing possible contamination to your system.
- 7 Make sure the well is properly constructed.** The casing should be 12 inches tall, with a **sealed sanitary cap (see figure) or sturdy concrete cover (on a bored well)** to prevent contamination from insects, small mammals, etc.
- 8 Have your well inspected every five to 10 years** by a professional with a WWP (water well and pump) classification.
- 9 Keep careful records** of well installation, maintenance, inspections, repairs, and water tests.
- 10 Have a water well professional properly decommission your well** before abandoning it to avoid contaminating nearby wells and groundwater.



A properly constructed private water well.

Erin Ling is a water quality Extension associate in the Department of Biological Systems Engineering at Virginia Tech; Jen Pollard Scott is a former research associate in the Department of Biological Systems Engineering.

For more information, contact your local Extension office.

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