

# Quarterly Companion

## AROUND THE TABLE

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### I Want It My Way

On a good day, I wonder if my family hears what I say or if all they hear is “blah, blah, blah!” However, when I talk about what I want to happen if I’m in an accident, hospitalized, or die, I’m SURE some of my family completely block my words. That’s why it’s so important I write down how I want my health and my property handled if I can’t talk for myself.

We can use legal documents to communicate our wishes, like property power of attorney and a health care power of attorney.

**A durable power of attorney for property** allows you to designate another person to handle and make decisions about your finances including investments, bank accounts, property, and other money management tasks like paying bills. Choose this individual or agent very carefully. Think about someone you can trust implicitly with your money and who is knowledgeable about finances.

You can also choose to have a **power of attorney for health care**. The person you designate can make medical decisions if you cannot do so. We often think only someone elderly needs this kind of document, but accidents can happen to anyone, young or old.

Read more at [go.illinois.edu/AttorneyHelp](https://go.illinois.edu/AttorneyHelp).

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### Use Your Noggin!

From reading to puzzles and trivia to hobbies, challenging your mind with interesting and increasingly difficult activities is good fun and good for your brain.

The keywords here are interesting and challenging! You may not stay with the activity if you are uninterested. So, pick things you like to do. If you’ve become very good at a chosen activity, “take it up a notch” and make it more challenging.

Challenge your noggin with this puzzle. Think of common phrases using “middle,” like middle class or middle school.

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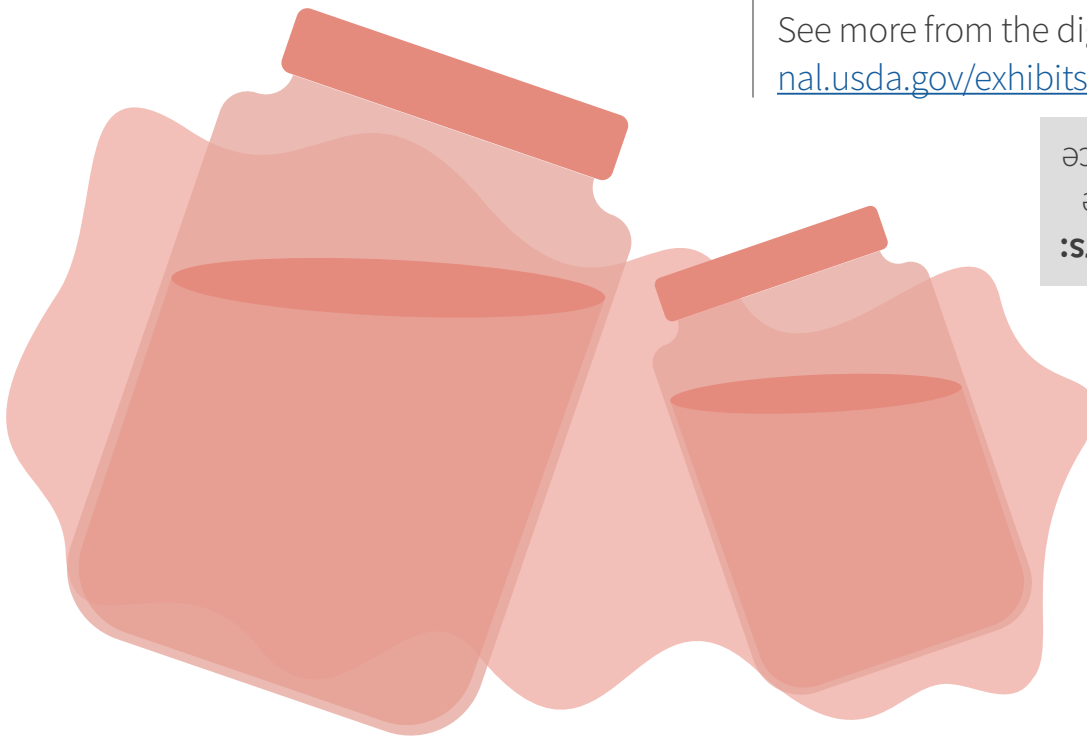
**Possible answers:** middle management, middle of the road, middle of nowhere, middle ground, middle name, middle age, caught in the middle.

# The Taste of Summer, in Winter: Home Preserving

Summer gardens and farmers markets are wrapping up, but there's still time to preserve at home, such as canning, freezing, drying, and fermenting.

It is often less expensive to purchase a can of green beans at your local store, but there's satisfaction for many people when they "put up" jams and jellies, dry tomatoes, or make sauerkraut.

Find free home preservation resources to read, print, and watch at [extension.illinois.edu/food/food-preservation](https://extension.illinois.edu/food/food-preservation).



Fill in the blanks to these statements from the USDA's "How Did We Can?" digital exhibit.

1. Currently, USDA recommends adding bottled \_\_\_\_\_ juice or citric acid to lower the pH of canned tomatoes.
2. Canning processes that are no longer recommended include open kettle method, oven canning, inverting jars, or use of \_\_\_\_\_ wax.
3. Proper \_\_\_\_\_ canning of low-acid foods like potatoes and green beans prevents botulism, a disease caused by a toxin.
4. In 1915, Alexander H. Kerr patented a \_\_\_\_\_ lid and ring, which is the standard for home canning today.

See more from the digital exhibit at [nal.usda.gov/exhibits/ipd/canning](https://nal.usda.gov/exhibits/ipd/canning).

**Fill in the blank answers:**  
1. lemon  
2. paraffin  
3. pressure  
4. two-piece

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