



“Lifestyles”

**Creative Living with
Sheryl Borden**

Miscellaneous Section I



Table of Contents

Decorating and Creating the “Computer” Way	I-3
Outside/Inside Decorating	I-4
The Parent’s Little Book of Lists	I-5
Perfect Packing	I-6
5 Steps to a Successful Event.....	II-7
Wilton Party Favors	II-8
Smart Play...Smart Toys	II-9
Senior Resources of America	II-10
Recording Memories	II-10
Diabetes Update	II-11

Due to the size of this section, there are 2 different PDF files. Example: Decorating and Creating the “Computer Way” is page I-3, which means it’s in Part I on page 3. 5 Steps to a Successful Event is page II-7, which means it’s in Part II, page 7.



Decorating and Creating the “COMPUTER” WAY!

Whether you want to create a whimsical bedroom scene for a young girl or impress everyone at your next family reunion, it’s as easy as using your computer, scanner, printer and digital camera. So, get ready, get set, GO!

Theme: A young (912-year old) girl’s whimsical flower-power bedroom.

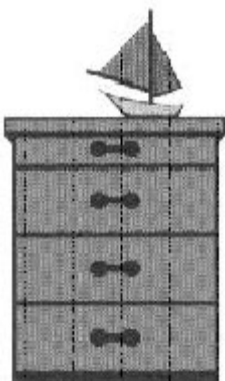
Theme: Nostalgic look at families and individual members through the years.

Project: Duvet cover, 2 pillowcases and 1 set of tab top curtains

Directions: Purchase ready-made lavender tinted curtains, pillowcases and duvet cover (or your preferred color choice.) Create flower design motifs on the computer and print these out on iron-on T-shirt transfer paper (2-4 up on a sheet.) Vary the size of the motifs for added interest. Apply these cutouts on the fabric, following the printed instructions on the package of transfer paper.

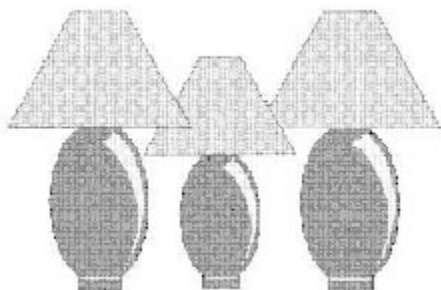
Project: Wood Bedside Table Top and Wood Pegged Shelf

Directions: Spray paint the bedside table pink and the shelf a shade of lavender (or the colors you used for the fabric items above.) Print the same motif on a heavy stock paper; cut and paste the appliques randomly on the table and shelf. Seal with a clear spray polyurethane. Use purchased rick-rack trim to embellish along the edges. Substitute the wooden knobs on the shelf for plastic flower knobs in pink and purple or a color that coordinates with the other items.



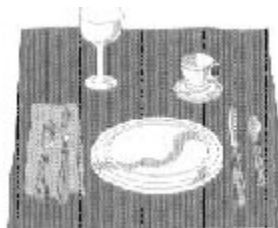
Project: Lampshade

Directions: Print the motifs on plain paper, cut them out and glue several to the lamp shade.



Project: Girl’s Photo in “Printed” Frame

Directions: Scan your chosen photo; add flower power clip art to create a 5x7” frame. Print on heavy glossy photo paper; insert into a purchased 5x7 Lucite frame.



Project: Placemat and napkin plus cocktail napkins

Directions: Make a photo collage of old photos, scan them, adding clip art if desired. Print out on iron-on T-shirt transfer paper. Apply to ready-made natural color plain cotton linen placemats and

napkins, according to transfer paper directions.

Project: Votive Candles & Taller Candle Holders

Directions: Scan family photos and add clip art. Print on clear cling transparencies in various sizes to accommodate small glass votive candles for individual place settings and for tall cylindrical glass vases for candles as a centerpiece.

Project: Wood Framed Photos

Directions: Scan and print photos of attendees when they were babies on photo glossy paper. Do 4 photos per sheet. These can then be used as place cards to determine where everyone sits. You can also make buttons for each attendee by hot gluing these photos onto purchased buttons. (Available in craft stores.)

Project: Paper Cups

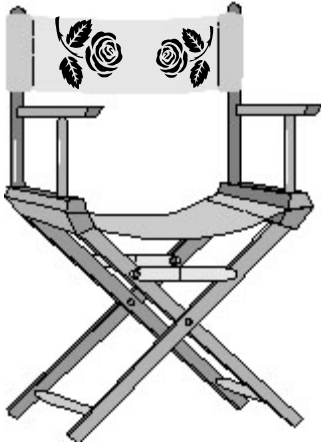
Directions: Print similar motifs onto square stickers and attach to drinking cups.

Project: Banner

Directions: Create a 6 foot long banner with background of all of the scanned photos and clip art with lettering, such as “Welcome to the _____ Family Reunion.”

COURTESY: Deborah Durham Hewlett Packard
www.hp.com

Outside/Inside Decorating



Project 1 Director's Chair - Everything's comin' up roses!

Technique: Scan real flowers and leaves

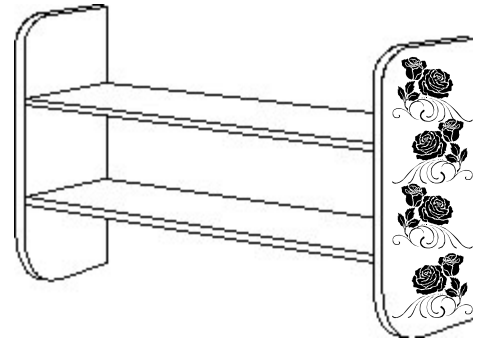
How-To:

1. Place loose red rose petals on the scanner surface; close the top and scan.
2. Size to fit the sections of the item to be embellished. For a director's chair, use four rectangles of the same size to cover the bottom surface and 4 other pieces sized to fit the chair back piece.
3. Print several sheets using iron-on transfer paper.
4. Following package directions, apply transfers of rose petal images to the canvas seat and back (facing the front) sections of the director's chair.

Project 2: Wood Shelf with Flower Seed Packet Motif

Technique: Use flower seed packages or clip-art as motif for decorating with a garden theme.

1. Use seed packets in a variety of styles (i.e. roses, marigolds, etc.)
2. Scan seed packets into your computer.
3. Print 9 pictures on sheets of square re-stickable labels.
4. Paint or stain the shelf or item that is being decorated.
5. Apply stickers to the wood surface following the lines of the shelf design; apply spray art fixative; let dry thoroughly.
6. Polyurethane overall to seal and protect
7. For draperies, print out seed packet motifs onto iron-on transfer paper; apply to curtains following package instructions.



Project 3: "Trompe l'oeil" Wallpaper Baseline Border

Technique: Enlarge photos of different sections of a stone wall with green ivy.

How-To:

1. Take photos with your digital camera or scan photos of different sections of a stone wall with green ivy image.
2. Print out photo continuously on banner paper; using spray glue, adhere 2 rows of banner paper (length of area to be covered. Do in sections if it is too long) to the front of self-adhesive paper so that you have an "ivy stone wall" that is 17" high.
3. Remove paper backing and stick to wall at baseboard or floor level.

COURTESY: Deborah Durham
Hewlett-Packard
www.hp.com



THE PARENT'S LITTLE BOOK OF LISTS

Do's and Don'ts of Effective Parenting

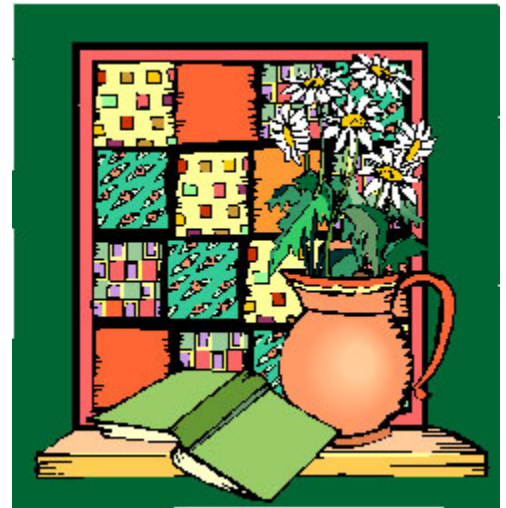
Parenting is easy. The goals are clear and fairly universal: parents want their children to believe that they love them unconditionally. They want them to feel emotionally safe. They want to give their kids the strength and confidence to think independently and to resist peer pressure. Most of all, they want their children to cooperate and do what they ask. Setting these goals is the easy part. The hard part? Achieving the goals!

How to accomplish these objectives effectively and lovingly is the subject of **The Parent's Little Book of Lists** by adult/children relationship expert Jane Bluestein, Ph.D. This is no primer on theory but rather a practical blend of proven methods, tested tips and techniques and a good dose of common sense.

The book is a result of countless interviews, polls and conversations with parents and parenting experts, seasoned with the author's own years of experiences and observations. It's about the little pieces of child-parent interactions — behaviors, beliefs and attitudes that come together to create the actual relationship. Change a little part of the picture and the entire relationship can change. Because, for better or worse - and, to the surprise of most parents — the author insists that if parents want their children to change, they must start by examining their own behavior first.

Let's say a parent has more conflict than cooperation with their kids. "If you want the relationship to change, the way you interact with your kids is going to have to be different somehow, with different thoughts and belief systems, different response to their behavior, different ways of asking for what you want, different words, a different tone, a different attitude," says Dr. Bluestein.

In the book, Dr. Bluestein has compiled techniques and ideas, actual questions and statements parents can use to accomplish specific goals. In addition, practical suggestions are offered to help build the relationship that parents want. For example, they will find insights on:



**COURTESY: Dr. Jane Bluestein
Instructional Support Services**

- 12 ways to model responsibilities and self discipline
- 15 ways to model courtesy
- 13 ways to model respect
- 8 things to remember about saying "I love you"
- 15 ways to model and teach optimism
- 8 things to do when your child makes a mistake
- 11 ways to encourage cooperation with chores
- 7 choices you can offer at bath time
- 12 ways to avoid problems at bedtime
- 11 ways to avoid problems over money or buying.



- To prevent wrinkles, put a plastic cleaner bag on a hanger, hang your item, cover it with another plastic cleaner bag, and then roll the whole thing around a clean, empty coffee container with lid.
- In fact, use the coffee container to pack bottles that might burst, odds and ends, or even jewelry pouches.

- Bring plastic grocery bags to carry home wet bathing suits or dirty shoes.
- Maximize suitcase space: Roll up socks and ties and stuff them in shoes, or lay them flat inside a jacket sleeve. “Line” the sides of the bottom of the suitcase with belts to save space. Wear your bulkiest clothes on the plane.
- Pack layers, especially for destinations with wide temperature changes from morning to night.
- Always take a lightweight, hooded windbreaker for weather changes.



antibacterial hand wipes for locations where clean, running water is scarce.

- On business trips, check your itinerary for the number of meetings with different people to determine the fewest number of outfits you can pack. Men can get by with one suit, with different shirts and ties for each day.

- Only take two pairs of shoes — and if you can take an old pair getting its last wearing, throw them away before you pack to go home.
- Keep a toiletry kit packed (restocked after each trip) in the bathroom. Add any new items, roll and pack. Include

- Women can build a wardrobe around one color to maximize the number of outfits — black or navy works best. Dress it up or down for day or night with jewelry, scarves, belts, etc.
- Bring zip-top plastic bags along for receipts, paperclips, etc. — a mini-office in your suitcase!
- Before traveling, collect all of the magazines and newspapers you’ve been meaning to read and pack a carry-on. You’ll have great reading materials that you can leave behind or give to people you’re meeting. The carry-on bag can be packed, taken to the beach or used to take home gifts for the family.
- Query the kids you’re visiting about what they’d like from your hometown. Kids in Asia love pens and travel-size cosmetics. Old T-shirts you’d like to jettison go over big as gifts. And anything with a sports logo on it is popular.
- Buy new clothes instead of taking dresses and suits when you’re going to Asian destinations such as China, Hong Kong, Thailand and Vietnam — the tailors there work quickly, offer unheard-of low prices and provide great quality.
- Leave your hairdryer at home — mbst hotels offer them now. Or try the local salon — you might find some fabulous head massage techniques on the road. Or go au natural — it’s liberating!



COURTESY: Valarie D’Elia
orbitz.com