

Kansas Currents

K-STATE RESEARCH AND EXTENSION NEWS

Central Kansas Extension District

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April 2018

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Agents:*

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Family Resource
Management

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Nutrition, Food Safety
and Health



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Not Your Grandma's Pressure Cooker

Electric Pressure Cooking to feed your hungry crew is the topic of this spring's Saline County Women in Ag meeting scheduled for Thursday, April 12. The speaker will be Erin Petersilie, Family and Consumer Science Agent in the Walnut Creek Extension District, Dighton, KS.

Electric pressure cooking is making a huge comeback in popularity due to efficiency, health, and flavor. This meeting will provide you with recipes and tips on how to save money and time while preparing nutritious meals safely. A 3-quart pressure cooker will be given away at the meeting!

If you are a woman involved in agriculture, whether producer, spouse, or landlord, or are simply interested in learning more about electric pressure cookers, plan to attend this free Women in Ag program. The session will be at American Ag Credit at 925 W. Magnolia, Salina, KS. Registration begins at 6 p.m. followed by the meeting at 6:30 pm. Drinks and dessert will be served. Pre-registration is requested. Call the K-State Research & Extension office in Salina, at 785-309-5850 by April 9 to register.

This Women in Ag meeting is sponsored by K-State Research & Extension-Central Kansas District, Farm Service Agency, Natural Resources Conservation Service, American Ag Credit, Saline County Conservation District, and Saline County Farm Bureau.



Eat potassium—rich foods to stay strong

Staying strong as we age requires remaining physically active, especially focusing on strengthening our muscles.



Staying strong also means eating well to sustain and build muscle tissue. In this case, that means getting enough potassium.

Science has long known that potassium is needed for muscle control. In recent studies done at Tufts University's Jean Mayer USDA Human Nutrition Research Center, they also found that including potassium –rich fruits and vegetables in ones eating plan has beneficial effects on muscle. More specifically, older adults need potassium-rich fruits and vegetables that produce an alkaline rather than an acidic residue.

Many of the foods we eat—protein foods and cereal grains, for example—produce acidic residues in our bodies. With aging, many people slowly build up these small acid residues resulting in mild acidosis. This condition seems to trigger a muscle-wasting response, according to the researchers. But this process, they say, may be counteracted by eating alkaline-producing plant foods high in potassium. Their research showed that those “whose diets were rich in potassium averaged 3.6 more pounds of lean tissue mass [or muscle] than those with only half the potassium intake. That almost offsets the 4.4 pounds of lean tissue typically lost in a decade in healthy men and women age 65 and above.”

Bananas are the most familiar potassium – rich food. Some other examples of rich sources of potassium include sweet potatoes,

tomatoes, beet greens, potatoes, white beans, prunes, soybeans, lima beans, winter squash, spinach, peaches, apricots, cantaloupe, honeydew melon, lentils, plantains and kidney beans.

The USDA recommends that older adults get at least 4,700 milligrams of potassium daily. One medium sweet potato baked in the skin without salt has 542 mg of potassium. An 8– to 9-inch banana has 487 mg. A cup of lima beans, boiled with salt, has 955 mg. A medium baked potato with the skin has 926 mg of potassium. So, there are lots of delicious ways to get what we need.



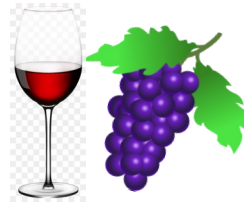
Are Sweet Potatoes Healthier Than White Potatoes?

Sweet potatoes have some potential nutritional advantages over ordinary white potatoes. They are much higher in beta-carotene, for example. Sweet potatoes also tend to be higher in fiber than white potatoes, especially if you eat the skin. So sweet potatoes are a great alternative to white potatoes and are a healthier choice.

Potatoes tend to raise blood sugar more quickly than non-starchy vegetables, such as broccoli and cauliflower. For that reason, sweet potatoes should serve as a starch in meals, replacing foods such as rice or pasta. That can be a confusing message for some people because potatoes are a vegetable (which Americans don't eat enough of), but it should be perceived as the starch in your meal because the body will metabolize it like a starchy grain.

Health benefits of grape juice vs. red wine

Research has long supported the recommendation of 1 glass (5 ounces) of red wine for heart health, but many non-alcohol drinkers want to know if grape juice offers the same health benefits? The answer is, yes, *if it's 100% purple grape juice.*



“You get similar benefits, but red wine would provide those health benefits at a bit higher level,” shares Susan Mills-Gray, Nutrition & Health Education Specialist with MU Extension.

When grapes are fermented the process creates/liberates tannins, which are the beneficial compounds found in red wine. Tannins act as antioxidants in suppressing production of the peptide responsible for hardening arteries.

Grapes and red wine also share the health benefits from resveratrol promotes healthier blood vessels which leads to better blood flow and overall improved heart health. Resveratrol has been found to block immature fat cells from developing and functioning, which can prevent/reduce body fat. Resveratrol is also found in blueberries, cranberries, peanuts and peanut butter.

“The typical rule of thumb is that if you don’t drink alcohol, you shouldn’t start, so 100% purple grape juice is certainly a good option,” adds Mills-Gray.

Juice also contains slightly less calories than wine - juice has 4 calories per gram, wine has 7 calories per gram.

Freeze-Dried Foods

Freeze-drying was invented in 1906 in Paris, France. Since then, it has been used in a variety of ways from preserving blood serum during World War II to preserving food, pharmaceuticals, and more.

Today, the global freeze-dried food market is growing at 7.4% per year. Fruit makes up 32% of the market share. North America produces the most freeze –dried foods.

The technical term for freeze-drying is lyophilization. A solvent (water) and/or a suspension medium is crystallized at a low temperature and removed by sublimation.

This means the water moves from a solid state to a gaseous state without melting. The food freezes quickly and at low temperatures. Pressure is applied with some heat. This removes about 95% of the moisture. Another drying phase removes excess unfrozen water molecules. The entire process can take a couple days.

Freeze-drying produces high quality foods. But the method and equipment are expensive. The energy required is almost double that required in conventional drying. The Equipment is four to eight times higher that conventional drying equipment.



Dried Fruits

Add Crunch with Celery!

Do you like celery? It is often used as an ingredient in many recipes from soup, salad, main dish, snacks and more. It is available throughout the year which makes it an affordable addition to many meals.



Select celery that is light green, with fresh leaves, and free of bruises and discoloration. A bunch of celery should feel heavy and when you squeeze the bunch of celery, it should “squeak.” Avoid celery that is limp, easily bends and spreads out.

Separate each stalk, trim ends and damaged spots, and wash under running water with a scrub brush. Store celery in a plastic bag in the vegetable crisper drawer of the refrigerator. It is best used in 1-2 weeks. It can be frozen, but will lose its crunch due to high water content. Celery is a low calorie vegetable but high in vitamin C, A, and K, folate and potassium.

The Zing of Ginger Root

Many consumers are familiar with ginger as the zesty flavor in the carbonated soft drink ginger ale, or as the spicy ingredient in grandma’s gingerbread cookies. Fans of Japanese sushi relish the translucent slices of pickled ginger tucked alongside a dab of pale green wasabi. It is a major ingredient in a wide variety of curry spice blends. A bottle of non-alcoholic ginger beer in an Indian or Caribbean restaurant is the perfect accompaniment to a spicy meal. Get your taste buds ready for a wallop of ginger punch.

Although fresh ginger is labeled and sold as ginger root, botanically speaking, it is a rhizome, an underground stem from which roots develop.

Another culinary rhizome that’s been getting a fair amount of recent press is turmeric. Its sharp, peppery flavor is contained in the essential oil compounds of the rhizome. These flavorful oils are released when the ginger root is peeled and grated, sliced, chopped or minced.

Ginger is considered one of the most commonly consumed dietary condiments in the world. It has been in use for thousands of years as a medicinal tonic and aromatic ingredient in Indian and Chinese cultures and was a highly valuable commodity in the spice trade.

You can find dried, ground ginger root readily available in the spice section in most supermarkets. Try finding finely chopped crystallized or candied ginger to muffins, pumpkin, sweet potato or apple pie and banana bread.

According to the USDA Seasonal Produce Guide, ginger root is in season in the fall, when you are most likely to find the freshest crop with the tender skin and flesh that ranges from yellow to pale beige in color. However it is usually available year round. Look for it in the supermarket produce section, near other aromatics such as fresh garlic or next to Asian-style ingredients such as green onions and tofu.

Choose pieces of ginger root that have shiny, bright skin. Avoid those that have a dried or shriveled appearance or show any signs of mold. Purchase the amount you want by simply breaking off a section of ginger. It is usually sold by weight. Fresh ginger will keep about 2 weeks in the refrigerator in a plastic bag. For longer storage, wrap unpeeled pieces of ginger root in plastic wrap, seal in a plastic bag and keep in the freezer.

Medicare Basics: New to Medicare Workshop

Come learn the basics of Medicare, including eligibility, how and when to apply, what is covered by the various parts, and how to fill the gaps. Programs available to assist low-income individuals will also be discussed. Anyone interested in learning more about the Medicare maze would benefit from the program, particularly those who are nearing age 65 or who help aging parents with insurance and financial matters.



Date: Saturday, April 28

Time: 10 a.m.

Place: Salina Public Library
Prescott Meeting Room
301 W. Elm, Salina

Date: Tuesday, June 5

Time: 6:30 p.m.

Place: Courthouse Basement Meeting Room
(enter through south door)
307 N. Concord, Minneapolis

Advance registration is requested, but not required, to help with room setup and to ensure we have sufficient materials available. Register by calling 785-309-5850 in Salina or 785-392-2147 in Minneapolis, or by e-mailing dwood@ksu.edu.

Mid-year Formulary Changes

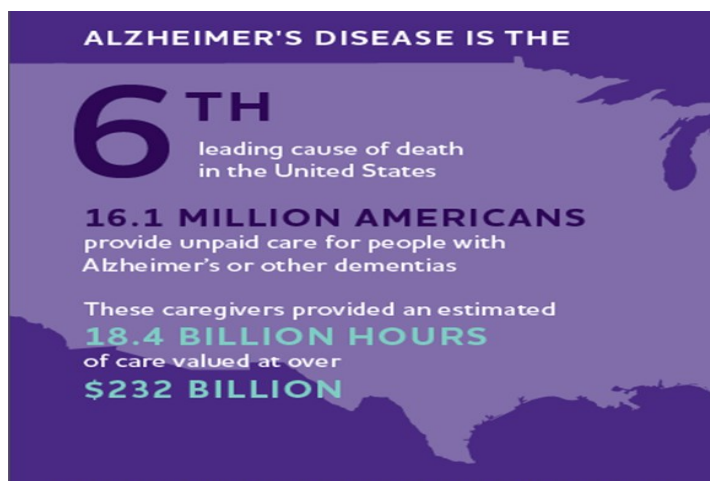
If your Medicare prescription drug plan (Part D) makes changes to its formulary during the year, you have certain rights depending on why the plan made the change.

If a drug is declared unsafe by the Food and Drug Administration (FDA) a plan can remove the drug from their formulary at anytime. When a drug is removed by the FDA the plan must notify anyone who might be affected.

If the plan is making maintenance changes, they must give you 60 days notice or provide you with a 60 day transition fill. Maintenance changes include covering a generic drug instead of a brand-name drug or adding quantity limits for drugs that the FDA adds warnings to, and making formulary changes based on clinical best practices and safety concerns.

If your plan is making non-maintenance changes, which is any other change, and you are already taking the drug you must be allowed to continue taking that drug for the rest of the year as long as it is medically necessary. Your plan must also send you a notification in the mail stating that the drug is no longer on their formulary but it will be covered for you for the rest of the year.

When a plan makes any of these changes they are required to update both the online and print version of their formulary. If you are going to be affected by any of the changes to your plan's formulary, they must send you a copy of the updated formulary in the mail.



ALZHEIMER'S DISEASE IS THE

6TH leading cause of death in the United States

16.1 MILLION AMERICANS provide unpaid care for people with Alzheimer's or other dementias

These caregivers provided an estimated **18.4 BILLION HOURS** of care valued at over **\$232 BILLION**

Set SMART Financial Goals

Before you think about setting goals, review the five parts of SMART goals.

- S** A smart goal is specific. It pinpoints something you want to change or achieve.
- M** A smart goal is measurable. You can measure or count a SMART goal.
- A** A smart goal is achievable. Setting goals too high can lead to frustration.
- R** A smart goal is rewarding. Reaching the goal should be a reward for your hard work.
- T** A smart goal is trackable. Set milestones and schedules for your goals.

Do all five senses trend to decline with age?

Yes. While there is considerable individual variation, on average sensory processes (vision, hearing, taste, smell, and touch) don't work as well as people get older. Another way to say it is that the threshold at which we take in stimuli increases with age. The eye lens, for example, is less able to change shape so as to adjust to close and far objects, and the size of the pupil narrows so as to let in less light. Hearing loss begins at age 20, and for many involves growing inability to hear higher frequencies as sensory receptors in the ear and nerve cells in the auditory pathway to the brain are lost. Taste buds become less sensitive with aging, and after age 80 more than 75 percent of older adults show major impairment in their sense of smell. Many of these normal changes can be compensated for through increasingly sophisticated assistive devices (hearing aids, glasses, etc.) and through modifications of the older person's environment.

Listen Attentively



Sometimes, people have to consciously practice how to communicate with another person with whom they want to build or maintain a good relationship. Listening is often more difficult than talking. What are some ways to truly listen to another person who is speaking? Focus on that person by:

- a) Maintaining eye contact in a manner that is culturally appropriate for you;
- b) leaning forward;
- c) making non-verbal gestures like nodding your head;
- d) giving simple and positive responses;
- e) not interrupting even when you disagree or have something to share; and
- f) showing positive expressions, such as reaching out and gently touching the other person on the arm in a non-invasive, comfortable and supportive way.

The second part to listening is making sure you understand the message correctly. Simply say to the other person, "Now, let me tell you what I heard you saying, and the feelings you seemed to be expressing. Am I correct?" If not, the speaker can repeat the message with different words until the listener has correctly understood the message and the feelings attached to the message. This is not easy to do if you disagree with the message you heard. It takes patience and determination to hold your opinion until you reverse roles and have the opportunity to be heard.

Retrieved and adapted from **PeopleTALK: Enhancing Your Relationships** fact sheet (<http://www.ksre.ksu.edu/bookstore/pubs/mf2651.pdf>)

Practice safe storage of medications

Treat opioid medications like you would a firearm:

- Store in a safe, secure location
- Utilize a lockbox
- Never leave medications on a counter, nightstand, or other accessible locations
- Return medications to a secure location after each use

Dispose of medications safely:

- Dispose of your medications at DEA authorized collectors or at drug take-back events
- Utilize medication disposal bags
- Mix your medication with an undesirable substance, seal it in a bag, and dispose of it in your household trash
- Mark out labels and safely dispose of your medication bottles so you don't become a target for break-ins



RETHINK POVERTY.

Poverty Simulation

The next Poverty Simulation in Salina is on Saturday, April 21 at 1 p.m. at Trinity United Methodist Church, 901 E. Neal. Registration begins at 12:30 p.m. There is a \$10 registration fee to cover expenses.

The poverty simulation helps people understand the everyday realities faced by people whose incomes fall below the poverty line during an eye opening, three-hour experience.

Participants assume the roles of members of low-income families, from single parents trying to care for their children to senior citizens trying to maintain their independence on Social Security. Each family member must seek assistance from a variety of human services and other organizations to provide for their family's basic needs during a course of four 15-minute "weeks". The intended result is an increased understanding of the struggles faced every day by people striving to make ends meet, and learn ways to help fight poverty here in the community.

Register for this event by calling Circles of the Heartland at 785-827-6731 or online at <http://bit.ly/Sp18PovSim>.

The Opioid Crisis

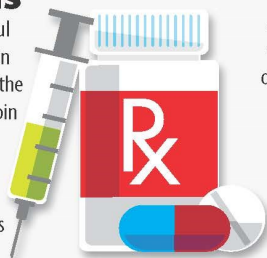
The opioid epidemic has become a public health crisis with devastating consequences.

Opioids

include powerful prescription pain medications and the illegal drug, heroin

~25%

of patients prescribed opioids for pain misuse them



115+

Americans die each day from opioid overdose

80%

of heroin users first used prescription opioids

If change doesn't occur, the death toll will keep rising.



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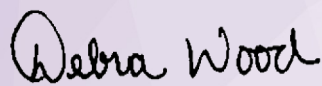
Salina Office

K-State Polytechnic
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Salina, KS 67401-8196

Address Service Requested

The enclosed material is for your information. If we can be of further assistance, feel free to call or drop by the Extension Office.

Sincerely,



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