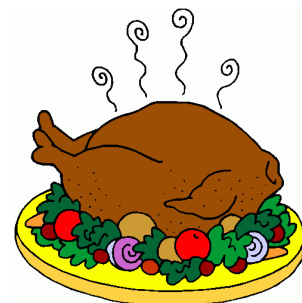


NOVEMBER 2016



Countdown to the Thanksgiving Holiday

As Thanksgiving approaches, cooking the traditional turkey dinner gives rise to anxieties and questions. What kind of turkey should I buy? Should I buy a frozen turkey or a fresh one? How do I store my turkey? A few simple steps will not only ease your holiday fears, but will ensure a delicious and a safe meal for you, your family, and your friends. The following information may help you prepare your special Thanksgiving meal and help you countdown to the holiday.

District Extension Agents:

Lisa Newman
Family and Child Development

Debra Wood
Family Resource Management

Leah Robinson
Nutrition, Food Safety & Health



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Plan Ahead

Plan your menu several weeks before the holiday. Shopping early will ease the countdown tension for your Thanksgiving meal. Ask these questions to help plan your meal. Do you want a fresh or frozen turkey? Do you have enough space to store a frozen bird if purchased in advance; if not, when should you purchase a turkey? What size bird do you need to buy?

Fresh or Frozen?

If you choose to buy a frozen bird you may do so at any time, but make sure you have adequate storage space in your freezer. If you buy a fresh turkey, be sure you purchase it only 1-2 days before cooking. Do not buy a prestuffed fresh turkey.

Use the following chart as a helpful guide:

What Size Turkey to Purchase	
Type of Turkey	Pounds to Buy
Whole bird	1 pound per person
Boneless breast of turkey	½ pound per person
Breast of turkey	¾ pound per person
Prestuffed frozen turkey	1 ¼ pounds per person – keep frozen until ready to cook

Thawing

In the refrigerator

Place frozen bird in original wrapper in the refrigerator (40°F or below). Allow approximately 24 hours per 4 to 5 pounds of turkey. A thawed turkey can remain in the refrigerator for 1-2 days.

Thawing Time in the Refrigerator	
Size of Turkey	Number of Days
4 to 12 pounds	1 to 3 days
12 to 16 pounds	3 to 4 days
16 to 20 pounds	4 to 5 days
20 to 24 pounds	5 to 6 days

In cold water

If you forget to thaw the turkey or don't have room in the refrigerator for thawing, don't panic. You can submerge the turkey in cold water and change the water every 30 minutes. Allow about 30 minutes defrosting time per pound of turkey. The following times are suggested for thawing turkey in water. Cook immediately after thawing.

Thawing Time in Cold Water	
Size of Turkey	Hours to Defrost
4 to 12 pounds	2 to 6 hours
12 to 16 pounds	6 to 8 hours
16 to 20 pounds	8 to 10 hours
20 to 24 pounds	10 to 12 hours

In the microwave

Microwave thawing is safe if the turkey is not too large. Check the manufacturer's instructions for the size turkey that will fit into your oven, the minutes per pound, and the power level to use for thawing. Cook immediately after thawing.

Preparation

The day before Thanksgiving

Make sure you have all the ingredients you need to prepare your holiday meal. Check to make sure you have all the equipment you will need, including a roasting pan large enough to hold your turkey and a food thermometer. Wet and dry stuffing ingredients can be prepared ahead of time and refrigerated separately. This may also be done on Thanksgiving

Day. Mix ingredients just before placing the stuffing inside the turkey cavity or into a casserole dish.

Thanksgiving Day

If you choose to stuff your turkey, stuff loosely. The stuffing should be moist, not dry, since heat destroys bacteria more rapidly in a moist environment. Place stuffed turkey in oven immediately. You may also cook the stuffing outside the bird in a casserole. Judging cooking time for your turkey will be easier if the following chart is used. The times listed are for a fresh or thawed turkey in an oven at 325°F. These times are approximate.

Timetables for Turkey Roasting

(325°F oven temperature)

Cooking Time – Unstuffed	
Size of Turkey	Hours to Prepare
8 to 12 pounds	2 ¾ to 3 hours
12 to 14 pounds	3 to 3 ¾ hours
14 to 18 pounds	3 ¾ to 4 ¼ hours
18 to 20 pounds	4 ¼ to 4 ½ hours
20 to 24 pounds	4 ½ to 5 hours

Cooking Time - Stuffed	
Size of Turkey	Hours to Prepare
8 to 12 pounds	3 to 3 ½ hours
12 to 14 pounds	3 ½ to 4 hours
14 to 18 pounds	4 to 4 ¼ hours
18 to 20 pounds	4 ¼ to 4 ¾ hours
20 to 24 pounds	4 ¾ to 5 ¼ hours

Use a food thermometer to check the internal temperature of the turkey.

A whole turkey is safe cooked to a minimum internal temperature of 165°F throughout the bird. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. All turkey meat, including any that remains pink, is safe to eat as soon as all parts reach at least 165°F. The stuffing should reach 165°, whether cooked inside the bird or in a separate dish. When turkey is removed from the oven let it stand 20 minutes. Remove stuffing and carve turkey.

Storing Leftovers

Cut the turkey into small pieces; refrigerate stuffing and turkey separately in shallow containers within 2 hours of cooking. Use leftover turkey and stuffing within 3-4 days or freeze these foods. Reheat thoroughly to a temperature of 165° F or until hot and steaming.

The Size of Cast Iron Pans

Cast iron pans are sometimes passed down through families. When taken care of, they can last many years.

When looking at your pan, do you notice a number on the handle? What does that number mean?



It refers to the diameter of the bottom of the pan.

History tells us that the cast iron pan was made to fit the opening on top of woodstoves. The manufactures of the woodstoves also made cast iron pans. So they made the pans to fit the stoves. The Lodge company says "The 10 comes from the days when cast iron pots and pans were sized to fit on the numbered eyes of a woodstove. The L10SK3 was for a #10 stove eye."

Medicare Corner



Medicare fraud is when doctors or other providers deceive Medicare into paying when it should not, or paying more than it should. This is against the law and should be reported.

Some types of fraud include:

- Billing Medicare for services you never received;
- Billing Medicare for services that are different than the ones you received (usually more expensive);
- Continuing to bill Medicare for rented medical equipment after you have returned it;
- Offering or performing services that you do not need in order to charge Medicare for more services;

- Telling you that Medicare will pay for something when it won't;
- Using another person's Medicare number or card.

Keep a journal of medical care and compare it to your Medicare Summary Notice. These are sent out about every three months, but you can access online any time on your my.medicare.gov account.

Medicare Open Enrollment Assistance

Salina Senior Center

Call 785-827-9818 for appointment.

Wednesdays and Thursdays during open enrollment (October 15 – December 7), except for Thanksgiving.

By Appointment: October 19, 20, 26, 27 November 2 and 3.

Walk-in [8:30 a.m. – 3 p.m.]: November 9, 10, 16, 17, 30, December 1 and 7.

Those new to Medicare, needing assistance to enroll in a Part D plan for the first time should call the extension office at 785-309-5850. Those wanting to review drug plans during open enrollment should call Sr. Center.

Minneapolis Extension Office

Call 785-392-2147 for appointment October 28, November 1, 7, 29, December 2 and 5.

Please indicate if you are new to Medicare, or comparing plans for 2016 when you call.

Medicare beneficiaries should bring their Medicare card, a list of prescription medications including the name of the drug, dosage and frequency. Forms to record this information are available at the Salina Senior Center or the extension office in Salina or Minneapolis. Please arrive approximately 10 minutes before your scheduled time.

Tips for Getting Your Finances in Order

If you're serious about pursuing your financial goals, you need to get your finances in order. Below are some more tips to help in that process.



- ✓ Invest automatically. One of the best ways to invest consistently is to make investing automatic. Is retirement savings available to you at work? If so, are you taking advantage of it? Arrangements can also be made to have a specific amount periodically deducted from your checking or saving account and transferred to an investment account to save for your financial goals. *(Keep in mind that an automatic saving plan, such as dollar cost averaging, does not assure a profit or protect against loss in declining markets. Because such a strategy involves periodic investment, consider your financial ability and willingness to continue purchases through periods of low price levels.)*
- ✓ Develop an investment strategy. Your strategy will depend on a variety of factors unique to your situation, including your risk tolerance, return expectations, investment period, and investment preferences. Developing an investment strategy requires evaluating many factors, but it can give you a well-thought-out strategy to help pursue your long-term goals.

How Much Income Do You Actually Need in Retirement?

Have you ever wondered, “How much income am I going to need to be comfortable in retirement?” It’s an important question that gets right at the heart of the retirement puzzle.

A lot depends on your personal situation, so it is impossible to throw out a figure that would work for everyone. What is possible is to think ahead about your lifestyle and financial needs and come up with some approximations that can be used to develop a personalized retirement strategy.

If you haven’t done so already, set aside a few hours with your spouse or loved ones, gather your bills and statements, and get a picture of where you stand

currently. What are your current expenses? Do you have any planned purchases? Are there any one time expenses in your future (weddings, milestone vacations, second home, etc.)? Just the process of developing some income estimates can give you more confidence and a sense of control over your finances.

An approximation of your target retirement income can be arrived by answering a few broad questions:

How much are you spending each month right now?

The easiest place to start when developing a retirement budget is to understand where your money is currently being spent. The most accurate way to gauge your household spending is to look at your bills, bank statements, credit card statements, and other financial accounts to see where your money is actually going.

How will certain expenses change in retirement?

Your spending patterns will change in retirement. For example, many homeowners pay off their mortgages by retirement, significantly reducing their fixed housing costs. Research shows that food and job-related costs tend to drop because retirees have more time to shop and prepare meals, and no longer pay for a professional wardrobe or commuting costs. On the other hand, many retirees see increases in discretionary spending as they take advantage of more time for hobbies, travel, and fun.

How to Work Through Difficult Feelings

When we suffer, we often experience pain, anger, fear, or sadness. The acronym RAIN can help us remember how to directly open to and work skillfully with these difficult feelings. Here are the steps to doing this practice:

Recognize what you’re feeling. Let yourself be open to your emotions of sadness, anger, or fear, and name it.

Allow it to be here. Let go of any agenda for it to change and, for a few moments, give it permission to be just as it is.

Investigate how it feels in your body on an energetic level without getting into the story behind it or trying to get rid of it. Bring a curiosity or interest that involves simply exploring the landscape of your emotion without needing to figure it out.

Non-identification-meaning, don't take it personally; don't assume the experience reflects who you are at your core. (For example, don't say to yourself, "I'm an angry person.") Recognize that everyone experiences emotions; they are part of the human condition. Open up to that truth and don't let it define you.

www.greatergood.berkeley.edu

Fighting Colds and Flu

With reports of the flu already affecting people, it is time to do what you can to protect yourself from colds and flu. Here are some tips:



1. Get a flu shot. While no flu vaccine is 100% effective, it does reduce your risk of flu-related hospitalization.
2. Eat more fruits and vegetables. Five servings a day gives you many antioxidants, vitamins and minerals to boost your immune system. Fresh, frozen or canned varieties are all beneficial.
3. Get up and walk! Even a brisk 20 minute walk in cold weather every day can reduce cold and flu symptoms.
4. Vitamin E builds the immune system. It can help the body's response to the flu vaccine and risks of upper respiratory infections.
5. Consume foods rich in zinc which are found in meats and poultry, legumes, whole grains and nuts plus fortified cereals. Don't overdo it as too much can be harmful.
6. Lose weight. A reduction in weight can improve the immune response. Always follow your doctor's recommendations for best results.

7. Drink fluids. Water, or even green tea, is beneficial to reduce inflammation.
8. Wash your hands. This cannot be emphasized enough. Wash frequently and avoid rubbing your eyes and nose with dirty hands.
9. Sleep cures many things. Research has shown a link between a brain-specific protein and sleep that can fight flu symptoms.
10. Know your body. When you feel tired and run down, that stresses your immune system and increases your chance of illness.

What about vitamin C? While many think taking a lot of vitamin C can keep illness away, the science does not back this up. Vitamin C supplements will not prevent you from getting a cold, but might shorten the duration of illness.

If you are ill, stay home. This will help reduce the spread of colds and flu. For more information on influenza, see www.cdc.gov/flu/index.htm and for colds, see www.cdc.gov/Features/Rhinoviruses

Take Care to Give Care

November is National Family Caregivers Month and the theme is "Take Care to Give Care."

The first rule of taking care of others: *take care of yourself first*. Caregiving can be a rewarding experience, but it is also physically and emotionally demanding. The stress of dealing with caregiving responsibilities leads to a higher risk of health issues among the Nation's 90 million family caregivers. So as a family caregiver, remember to pay attention to your own physical and mental wellness, and get proper rest and nutrition. Only by taking care of yourself can you be strong enough to take care of your loved one. You really do need to "*take care to give care!*"

- **Caregiving can be a stressful job.** Most family caregivers say they feel stressed providing care for a loved one. With all of their caregiving responsibilities – from

managing medications to arranging doctor appointments to planning meals – caregivers too often put themselves last.

- **The stress of caregiving impacts your own health.** One out of five caregivers admit they have sacrificed their own physical health while caring for a loved one. Due to stress, family caregivers have a disproportionate number of health and emotional problems. They are twice as likely to suffer depression and are at increased risk for many other chronic conditions.
- **Proper nutrition helps promote good health.** Ensuring that you are getting proper nutrition is key to help maintain your strength, energy and stamina, as well as strengthening your immune system. Maintaining a healthy diet is one of the most powerful things you can do to take care of yourself and keep a positive attitude overall.
- **Ensuring good nutrition for your loved one helps make care easier.** As many as half of all older adults are at risk for malnutrition. Good nutrition can help maintain muscle health, support recovery, and reduce risk for re-hospitalization – which may help make your care of a loved one easier.
- **Remember: “Rest. Recharge. Respite.”** People think of respite as a luxury, but considering caregivers’ higher risk for health issues from chronic stress, those risks can be a lot costlier than some time away to recharge. The chance to take a breather, the opportunity to re-energize, is vital in order for you to be as good a caregiver tomorrow as you were today.

During **National Family Caregivers Month**, we remind family caregivers that to be strong enough to care for your loved one, you must **TAKE CARE TO GIVE CARE!**

<http://caregiveraction.org/national-family-caregivers-month>

Building Baby’s Brain-What Parents Can Do

All parents want their children to be smart and successful. The developing brain needs two basics: safety and positive experiences. Parents who want to support their babies’ brain development should remember these two rules of thumb:

Create a safe environment. When a baby feels stress, the brain responds by releasing the hormone cortisol, which activates the body’s stress response. This stress response is health, but only in small doses. If the body remains under constant stress, brain development and physical growth may slow down. Prolonged exposure to the cortisol released during the stress response can cause permanent damage to a developing brain. You can reduce your baby’s stress by making his world safe, responsive, and predictable. Remove any physical dangers, respond every time he cries, and follow predictable daily routines so that he learns what to expect from his world.

Provide enriching experiences. The brain learns best when it is challenged with new information and then relates the new information to what the child already knows. Exposing your baby to new things helps the brain strengthen old connections and make new ones. Even simple activities like a trip to the library or grocery store can expose your baby to new things that help strengthen connections in her brain. But don’t overstimulate the baby. Too many new things at once, or experiences that are too challenging, will only frustrate your child and may create stress.

Mailing Food Gifts



Food gifts are a tasty treat for loved ones far away from home. Consider foods that are healthy and easy to make.

- Non-perishable foods are best. You don’t want to give the gift of foodborne illness!
- Choose firm and chewy cookies. Place them back to back and wrap with plastic wrap.

- Bar cookies ship well, but avoid recipes with cream cheese or other high amounts of dairy ingredients.
- Pack in a small box or tin. Place inside another box with packing material.

To ship internationally, check the www.usps.com/ website for shipping deadlines.

Keep Your Pets Safe During the Holidays

The holidays are right around the corner. Your home may have decorations, plants, and foods that are not normally around the rest of the year. Some of the holiday items can be dangerous for pets. Teach these tips to your kids to help protect the furry loved ones in your home.



Tinsel and Ribbons

Cats love to play with shiny tinsel and ribbon, but if swallowed, they can get tangled in their stomachs and make them very sick. If you have a cat, don't decorate with tinsel. Teach the kids to pick up the ribbons after gifts are unwrapped.

Plants

Lots of families have poinsettias, holly, or mistletoe around the house for the holidays. Most pets won't bother with them, but these plants can make animals sick. If your kids see their pets eat any of these plants, tell them to let you know, so you can call a veterinarian.

Table Scraps

It is very tempting to sneak some table scraps to pets during the holiday meal. Kids will follow your lead, so it is important to model good behavior by resisting this temptation. When animals eat fatty foods, it can make their stomachs upset. Teach your kids that it is best to only feed pets the proper pet food.

Dogs love turkey, chicken, and steak bones, but bones can splinter and puncture the digestive tract. Teach your kids that it is important to make sure bones go in the garbage and not in the dog.

Human Treats

Chocolate and some sugar-free mints and gum can make dogs very sick. Teach your kids to not leave candy where dogs can get at it. Tell your kids that if they see their pet eating chocolate, sugar-free mints, or gum, to let you know, so that you can call a veterinarian.

<http://kids.usa.gov/parents/health-and-safety/safety/pet-safety-parents/index.shtml>

Tips for Freezing Pie

Plan ahead for holiday baking with these tips for freezing pie.

- Pie crust – freeze baked or unbaked. Freeze in pie pans to prevent damage. Bake unbaked crust from freezer at 475°F, or fill and bake as usual.
- Unbaked fruit pie – Make as usual and add one extra tablespoon of thickener. Do not cut vents in top crust until ready to bake. Freeze in pan. Package. The bottom crust tends to get soggy, but fruit flavor is fresher. Bake without thawing at 450°F, 15 – 20 min. Reduce to 375°F for 20-30 min., or until brown.
- Pumpkin pie – Prepare as usual and chill filling and fill unbaked, chilled crust. Bake without thawing at 400°F, 10 min. Reduce to 325° to finish baking.

Learn more at <http://bit.ly/RGkbiv>



