

Kansas Currents

K-STATE RESEARCH AND EXTENSION NEWS

Central Kansas Extension District

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October 2017

*District Extension
Agents:*

Debra Wood

Family Resource
Management

Leah Robinson

Nutrition, Food Safety
and Health



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Tools For Better Health: Chronic Disease Self Management Program to be Offered in Minneapolis



Do you or someone you know suffer from a chronic health concern such as: arthritis, cancer, diabetes, fibromyalgia, heart disease, high blood pressure, lung disease, obesity, stroke, etc.? To help those experiencing chronic health conditions, and their caregivers, Central Kansas Extension District and the Ottawa County Health Department will be offering the *Tools For Better Health: Chronic Disease Self Management* program.

This workshop is designed to help you feel better, be in control of your chronic condition, and do the activities you want to in life. With others who have chronic conditions, you'll learn and practice ways to manage your symptoms and enjoy life more.

This program was developed by Stanford University. Feedback from past participants has shown this class to be effective in helping people manage their health, control chronic disease symptoms, and find support along the way. Class is open to anyone with ongoing health issues, their family members, and caregivers.

During the program, you'll learn how to deal with problems such as frustration, fatigue, pain, and isolation. Other topics include strength, building endurance for daily activities, effective communication with family, and health professionals, and how to work in partnership with your health-care team.

This is a six week program that begins on Thursday, October 26. Class will be held in the Wampler Room at the Ottawa County Health Center, 9:30a.m. – 11:30a.m. every Thursday, October 26 – December 7. There is no fee to attend. Class participants will also receive a free "Living a Healthy Life with Chronic Conditions" resource book (\$20 value).

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Instructors for the class will be Leah Robinson, FCS Extension Agent and Sara Hodges, Ottawa County Health Department Director. Please contact Central Kansas Extension District in Minneapolis, 785-392-2147, for more information or to register. Class size is limited, registration must be received by October 20.

Breaking Your Gradschooler's Unhealthy Food Habit

Just like any good investment, teaching your child healthy habits now will pay off in the long run. Kids who nibble on nutrient-rich foods from a young age are more likely to maintain those good habits later in life. Research shows that children who become overweight are more susceptible to weight-related health issues as adults. Although it can be easy for families to slip into unhealthy food habits, with some practice, you can steer your child toward healthier choices.

Beyond Restriction

When you're trying to break an unhealthy food habit, forbidding certain foods that are already in the home may lead to behavioral problems such as tantrums and sneaking food. "Research has shown that restriction can result in a child overeating the restricted food when it is offered," says Keith Williams, PhD, director of the feeding clinic at the Penn State Hershey Children's Hospital. He suggests keeping the foods you don't want your child to eat out of the house altogether. If you still want to keep your favorite snacks around, don't munch in front of your child unless he or

she is allowed to have some, too.

It's always better to work on making healthy changes as a family. Your child should know that you're all in this together.

Focus on Healthy Foods

When unhealthy food is missing, be sure to have plenty of healthful alternatives available. Wash and cut fresh fruits and vegetables into pieces ahead of time; then, place them within easy reach in the refrigerator. Gradschoolers feel more independent when they have options, so try keeping a snack drawer of healthier items and let them choose a food from it every day. Keep the "sometimes" foods out of reach so that you can control when your child eats them. "The goal is to make it easier to obtain the healthy snacks you want your child to eat and more difficult to obtain the foods you don't want him to eat," says Williams.

Apple Season

The cooler mornings and nights we've been experiencing have been a gentle transition into fall.



Apples thrive in autumn and there is nothing more satisfying than biting into a fresh, juicy apple that's as crisp as the fall air. Sure, we can get apples any time, but they're never as plentiful, affordable, and downright delicious as during the last quarter of the year.

Of course, that doesn't stop us from enjoying all things apple year-round. There are plenty of varieties to choose from – in fact, over 2,500 types are grown in the U.S. alone.

Whatever your preference, feel free to partake regularly. And many of us do; from fresh fruit to juice, applesauce, cider, and other forms, Americans down nearly 46 pounds of apples per year. Apples are nutrition powerhouses and a great staple for your diet. Each medium apple (about the size of a tennis ball) has 80 calories and provides vitamin C and other antioxidants, as well as 3 grams of dietary fiber.

While each medium apple also contains 19 grams of carbohydrate, mostly from naturally occurring sugars, even diabetics can enjoy the fruit. The dietary fiber slows digestion, which helps prevent spikes in blood sugar. This is also great for people without diabetes, as fiber keeps you fuller for longer. Further, some of that fiber is the soluble kind, which can help lower cholesterol. Keep in mind that at least two-thirds of the fiber and many antioxidants are found in the skin, so don't peel that away.

To pick the best apples and enjoy them to the fullest, start by choosing fruit with vibrant color that are firm and free from damage. For eating fresh, it's best to avoid bruised fruit, but these can be used perfectly well in cooking since appearance doesn't matter as much.

At home, handle apples carefully, as they can bruise quite easily. Store in the refrigerator or another cool spot for 4-6 weeks. Be sure to check regularly for decaying fruit, as one bad apple really can spoil the lot. Just prior to eating or cutting up for recipes, rinse with cool water.

Apart from being eaten fresh, apples are commonly enjoyed in the form of applesauce, pies, juice, or other sweet recipes. Don't forget that they can also be used in more savory

applications, like chicken salad or combined with cheese.

Apple Chicken Salad

1/2 cup fat-free plain yogurt
1/4 cup orange juice
1/2 cup apple jelly, melted
1/4 teaspoon salt (optional)
1 Tablespoon lemon juice
3 cups cooked chicken, diced
2 cups finely sliced celery
3 apples, unpeeled and diced
1/2 cup coarsely chopped pecans



In a large bowl, mix yogurt, orange juice, melted apple jelly and lemon juice. Add chicken, celery and apples. Toss gently to coat all pieces. Season with salt and chill until ready to serve. Sprinkle with pecans and serve on a bed of romaine lettuce. Makes eight 3/4 cup servings.

Slow-Cooked Apples

2 pounds or about 6 medium cooking apples
(Granny Smith recommended)
1/2 cup raisins
1/3 cup brown sugar
1 teaspoon cinnamon
1/2 cup orange juice

Wash apples. Cut into thick slices or chunks. Place prepared apples in a slow cooker. In a small mixing bowl, combine raisins, sugar, cinnamon, and juice. Pour mixture over apples and stir to coat. Cover and cook on low until apples are tender, 4-5 hours. Makes twelve 1/2-cup servings.



Medicare Open Enrollment

The 2017 Medicare Open Enrollment Period will take place between



October 15 and December 7. This is the period of time to review your prescription drug plan (Part D) or Medicare Advantage plan and make changes for 2018. These changes will take place on January 1.

Why shop and compare plans each year? Beneficiaries enrolled in a Medicare Part D plan may be able to lower their co-pays and out-of-pocket costs for the entire year by switching to a different plan. They may also need to change to find a plan that covers all of their medication. Those enrolled in an employer retiree plan that has creditable drug coverage, such as Federal Employee Health Benefits, likely do not need to do anything.

Free, unbiased, and confidential Senior Health Insurance Counseling for Kansas (SHICK) is available in the community during open enrollment.

Salina Senior Center

Call 785-827-9818 for appointment

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

By Appointment October 18, 19, 25, 26,
November 1 and 2

Walk-in [8:30 a.m. – 3 p.m.] on
November 8, 9, 15, 16, 29, 30,
December 6, 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 at 785-827-9818.

Minneapolis Extension Office

Call 785-392-2147 for appointment

October 20, 27, November 14, 28, December 5

Please indicate if you are new to Medicare, or comparing plans for 2018 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.

Upcoming Programs

Medicare Basics: New to Medicare Workshop

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: Wednesday, October 11

Time: 5:30-7p.m.

Place: Salina Public Library

Community Learning Center 2
308 W Elm, Salina, KS

Space is limited to 25. Advance registration is required. Register by calling 785-309-5850 or by e-mailing dwood@ksu.edu.

Medicare Basics Webinar

Part of the Solid Finances Series, Deb will present the Medicare Basics program via webinar. Register at <https://www.msuextension.org/solidfinances/>

Date: Wednesday, October 11

Time: 1:05-1:55 p.m.

Place: Online

Register at <https://www.msuextension.org/solidfinances/>

Medicare Update

Get updated on the latest information on Medicare Part D and Medicare Advantage plans for the 2017 plan year before open enrollment begins. Open to all. No registration required.

Date: Monday, October 16

Time: 1:30 p.m.

Place: Salina Senior Center
245 N 9th St.

How to Use the Medicare Plan Finder

This class will help those wanting to run their own Medicare Part D plan comparisons this fall. Bring your Medicare card and a list of medications, including dosage and frequency. Participants will enter their medications into the Plan Finder, learn how to evaluate the options, and select the plan that will best suit their needs.

Date: Friday, November 3

Time: 2-4pm

Place: Salina Public Library
computer lab
301 W. Elm, Salina

Space is limited. Registration required. Call 785-309-5850 or email dwood@ksu.edu to register.

Medicare 2017 Standard Plan Design Changes

Initial Deductible:

will be increased by \$5 to \$405 in 2018.

Initial Coverage Limit:

will increase from \$3,700 in 2017 to \$3,750 in 2018.

Out-of-Pocket Threshold:

will increase from \$4,950 in 2017 to \$5,000 in 2018.

Coverage Gap (donut hole):

begins once you reach your Medicare Part D plan's initial coverage limit (\$3,750 in 2018) and ends when you spend a total of \$5,000 in 2018. Part D enrollees will receive a 65% discount on the total cost of their **brand-name** drugs purchased while in the donut hole, paying 35% co-insurance. Enrollees will pay a maximum of 44% co-insurance on **generic** drugs purchased while in the coverage gap (a 56% discount).

Minimum Cost-sharing in the Catastrophic Coverage Portion of the Benefit:

will increase to greater of 5% or \$3.35 for generic or preferred drug that is a multi-source drug and the greater of 5% or \$8.35 for all other drugs in 2018.

Maximum Co-payments below the Out-of-Pocket Threshold for certain Low Income Full Subsidy Eligible Enrollees:

will increase to \$3.35 for generic or preferred drug that is a multi-source drug and \$8.35 for all other drugs in 2018.

Equifax Data Breach

143 million Americans have had their personal and financial information compromised by hackers in a data breach at Equifax, one of the country's largest credit reporting bureaus. Equifax is one of the three credit bureaus that companies turn to check your credit when you do things like:

- Open a credit card account
- Get a car loan
- Obtain a mortgage

At this time, it is important to understand that you are not a victim of identity theft. However, breaches that occur from hacking or unauthorized access are most often done with malicious intent. Unfortunately, this means that the use of the personal information gained during the attack is more likely to be used to commit identity theft.

What can you do now?

While your information has been potentially exposed, there are proactive steps you can take:

- Go to www.equifaxsecurity2017.com and follow the directions to see if your information has been impacted.
- Make sure that you are on a safe connection when entering this information and do not use public wifi or a public computer as it can put you at additional risk for identity theft.
- Consider placing a fraud alert or credit freeze with all three of the major credit reporting agencies.
- Closely monitor your financial accounts for fraudulent activity which includes credit cards, banking, utilities, and etc.

- Stay alert for notifications via mail about the data breach or potential fraud occurring due to the data breach.
- Be aware of phishing attempts exploiting the data breach to get you to click on a link in an email or share your personal information.

For more information visit <http://bit.ly/cfpbequifaxbreach> or <https://www.usa.gov/identity-theft>

Relationship Tip of the Month

When you have a disagreement with someone, try to stay connected and engaged with one another instead of being defensive and unkind.

Consider exhibiting affection, interest, and shared respect. If possible, exhibit your sense of humor even during times of disagreement, but remember to still display respect to the other person.

Consider turning toward one another in times of disagreement, as this will allow you to react in a positive way, thus promoting emotional connection. Over time, a couple can develop stable, long-term relationships from this behavior.

Avoid turning against one another in times of difference.

Source : Gottman, J.M., & DeClaire, J. (2001). *The relationship cure: A 5 step guide to strengthening your marriage, family, and friendships*. New York: Harmony Books, an imprint of the Crown Publishing Group.



Posture Power

Have you checked your posture lately? When you practice good posture, you will appear more confident, and it can make you look up to 10 pounds thinner — instantly. You also feel better when you apply good posture because you carry yourself better, relieving tension throughout your body.

Stress can have a negative effect on posture. You lose focus during times of stress, and it is easy to fall into poor posture habits. Sitting incorrectly or standing for long periods of time holding a baby on one hip, standing at the counter when working in the kitchen, being hunched over in front of a computer screen, working on projects in awkward positions, etc. — all can bring on muscle tension. Before you know it, your posture is out of whack.

When you practice healthy posture your spine is strong and stable, and you naturally use your muscles correctly. Good posture helps maintain natural curves in your spine. Poor posture does the opposite, which can stress and pull muscles. Here are tips for good posture when sitting and standing.

Sitting Posture:

- Rest both feet flat on the floor; keep your knees level with your hips.
- Don't cross your legs.
- Sit back in your chair and adjust the backrest to support your lower back's curve.
- Relax your neck and shoulders, and keep your forearms parallel to the ground.
- Try not to sit in the same position for a long time.

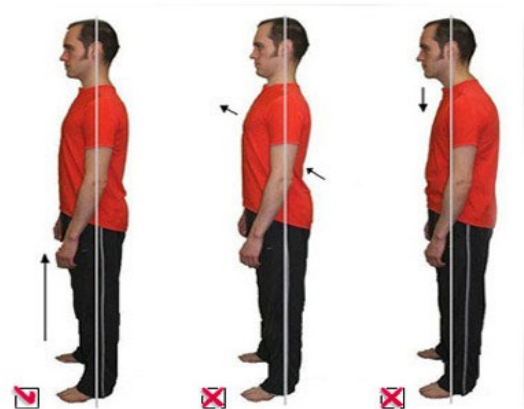


Standing Posture:

- Stand with your feet about shoulder-width apart.
- Tighten and tuck in your stomach.
- Stand straight and tall, shoulders back and relaxed.
- Let your arms hang naturally at your sides.
- Balance weight evenly on both feet; don't lock your knees.
- If standing for a long time, shift your weight from your toes to your heels.
- Keep your head level.

When sitting or standing, take a break for several minutes every hour and move a little, Work different muscles by rolling shoulders back, moving arms backward, and working the muscles of your back to relieve tension. Deep breathing, where you breathe through your belly rather than your chest, will also help you relax.

While good posture should be natural, it might not feel that way at first, especially if you have forgotten the sensation of sitting and standing up straight. Exercises that stretch and strengthen your core will help. You can improve your posture at any age with a little practice.



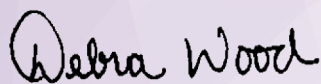
Central Kansas Extension District

300 W. Ash, Room 111
P.O. Box 5040
Salina, KS 67402-5040

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,



Debra Wood
District Extension Agent
Family Resource Management
dwood@ksu.edu

Salina Office
300 West Ash, Room 111
P.O. Box 5040
Salina, KS 67402-5040
785-309-5850
Fax: 785-309-5851



Leah Robinson
District Extension Agent
Nutrition, Food Safety and Health
lmrobins@ksu.edu

Minneapolis Office
Courthouse
307 N. Concord, Suite 190
Minneapolis, KS 67467-2140
785-392-2147
Fax: 785-392-3605