

OCTOBER 2016

Women in Agriculture: Mental Health...Part of Good Health

Mental Health...Part of Good Health is the topic of this fall's Saline County Women in Ag meeting scheduled for Thursday, November 17. The speaker will be Pat Kinnaird from the Central Kansas Mental Health Center.

District Extension Agents:

Lisa Newman
Family and Child Development

Debra Wood
Family Resource Management

Leah Robinson
Nutrition, Food Safety & Health

Good mental health plays an important part of maintaining overall good health. What do stress and depression look like as we go about living our busy lives? What can we do to manage them for better health? This meeting will provide you with ideas and helpful tips that will help you, as well as those you love, when struggling with stress during the holidays.

If you are a woman involved in agriculture, whether producer, spouse, or landlord, or are interested in learning more, plan to attend this free Women in Ag program. The session will be at the Redeemer Lutheran Church at 743 E. Magnolia, Salina, KS. Registration begins at 6 p.m. followed by the meeting at 6:30 p.m. Drinks and dessert will be served. Pre-registration is requested. Call the K-State Research & Extension office in Salina, at 785-309-5850 to register.



'Like' us on Facebook at <https://www.facebook.com/CentralKansasDistrict> for the latest news and events from Central Kansas Extension District.

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.





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. Research studies have shown this program is effective in helping people manage their health and control chronic disease symptoms. 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 included include strength, building endurance for daily activities, effective communication with family, friends, 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 13. Class will be held in the Wampler Room at the Ottawa County Health Center, 9:30a.m. – 11:30a.m. every Thursday, October 13 – November 17. Cost to attend is \$20 per person or \$20 total for participant and caregiver. Fee includes a resource book which will be handed out at the first class. Scholarships are available upon request.

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 and payment is due to the extension office by October 7.



Medicare Open Enrollment

The 2016 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 2017. 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 19, 20, 26, 27,
November 2 and 3

Walk-in: [8:30 a.m. – 3 p.m.] on November 9,
10, 16, 17, 30,
December 1, 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 28, November 1, 7, 29, December 2, and 5

Please indicate if you are new to Medicare, or comparing plans for 2017 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.

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: Monday, October 3

Time: 6:30-8:30 p.m.

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

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

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: Tuesday, October 11

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: Monday, October 31

Time: 2-4pm

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

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

Medicare 2017 Standard Plan Design Changes

Initial Deductible:

will be increased by \$40 to \$400 in 2017.

Initial Coverage Limit:

will increase from \$3,310 in 2016 to \$3,700 in 2017.

Out-of-Pocket Threshold:

will increase from \$4,850 in 2016 to \$4,950 in 2017.

Coverage Gap (donut hole):

begins once you reach your Medicare Part D plan's initial coverage limit (\$3,700 in 2017) and ends when you spend a total of \$4,950 in 2017. Part D enrollees will receive a 60% discount on the total cost of their **brand-name** drugs purchased while in the donut hole. Enrollees will pay a maximum of 51% co-pay on **generic** drugs purchased while in the coverage gap (a 49% discount).

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

will increase to greater of 5% or \$3.30 for generic or preferred drug that is a multi-source drug and the greater of 5% or \$8.25 for all other drugs in 2017.

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

will increase to \$3.30 for generic or preferred drug that is a multi-source drug and \$8.25 for all other drugs in 2017.

Tips for Getting Your Finances in Order

If you're serious about pursuing your financial goals, you need to get your finances in order. The following tips are a continuation from last month.



- ✓ **Pay yourself first.** If you wait until the end of the month to see how much money is left over for saving, you'll probably find that amount is zero. It's often easier to pay yourself first, and then find ways to reduce spending to pay the rest of your bills.
- ✓ **Establish an emergency cash reserve.** This will give you funds to deal with short-term emergencies, such as a temporary job loss, a short-term disability, a major home repair, or a large medical bill. How much you need in the reserve will depend on your age, health, job outlook, and ability to borrow quickly.
- ✓ **Get your debt under control.** Take steps to reduce your consumer debt as much as possible – any interest payments are just reducing the amount available for saving. There are a variety of strategies you can use to either reduce your debt or lower the cost of that debt.

Strong Relationships-Strong Families

Below are four ways to engage a positive social network for yourself:

- Grow and maintain extended family relationships
- Be part of a supportive network of friends
- Engage jointly in community organizations and service
- Identify and celebrate sources of meaning (such as spirituality, values)

People Pleasing Doesn't Pay

People pleasing is a process of guessing what other people want, or what will make them think favorably of us, and then acting accordingly. It's an often subtle and usually unconscious attempt at manipulating other people's perceptions of us. Anytime we pretend to be or feel something that we aren't, we're out of integrity with ourselves.

Being out of integrity has pretty serious consequences for our happiness, and for our relationships. Here's what happens when we aren't being authentic.

We don't actually fool anyone. Say you are at work, and you're doing your best to put on a happy face even though your home life is feeling shaky. You may not want to reveal to your work friends that you and your significant other had a major fight over the weekend, but if you pretend that you are okay – and you're not – you'll probably make the people around you feel worse, too. Why?

We humans aren't actually very good at hiding how we are feeling. We exhibit micro-expressions that the people we are with might not know they are registering but that trigger mirror neurons – so a little part of their brain thinks that they are feeling our negative feelings. So trying to suppress negative emotions when we are talking with someone – like when we don't want to trouble someone else with our own distress – actually increases stress levels of both people more than if we had shared our distress in the first place. (It also reduces rapport and inhibits the connection between two people.)

We find it harder to focus. Pretending takes a huge conscious effort – it's an act of self-control that drains your brain of its power to focus and do deep work. That's because performing or pretending to be or feel something you're not requires tremendous willpower.

You'll become more stressed and anxious. Let's just call it like it is: Pretending to be or feel something that you don't – even if it is a small thing, and even if it is relatively meaningless, and even if it is meant to protect someone else – is a lie.

And lying, even if we do it a lot, or are good at it, is very stressful to our brains and our bodies.

http://greatergood.berkeley.edu/article/item/why_it_doesnt_pay_to_be_a_people_pleaser

Parenting Tips for Developing Rules For Young Children

Simple household rules are a good way to teach your child about personal and social responsibility. Rules provide limits and guidelines that young children need. Young children thrive when there are structures and limits on what they can do. Putting reasonable rules in place or setting limits for your child is part of loving him – just like feeding, comforting, playing and responding to his wishes. Rules should be:

- Few in number. Pick 3-5 rules that are really important to you. Focus on rules aimed at keeping your child safe. Too many rules can be confusing and easily broken by your child. Remember that children sometimes misbehave or challenge the rules in order to force parents to show what is really important and where the boundaries are.
- Observable. State the behavior you want to see. What does the rule or behavior look like? For example, “Look both ways before crossing the street.”
- Stated in a positive way. Tell children what you want them to do, not what you don’t want them to do. For example, “Keep hands, feet, and objects to yourself,” rather than “Don’t hit. Don’t push. Don’t throw your toys.”
- Applicable throughout the day or in a lot of situations. For example, “Say please and thank you,” OR “Use soft (or inside) voices when indoors or in the house; use your loud (or outside) voice only when outside, at the park, or on the playground.”

www.readyatfive.org



A New Steak in Town



A new meat cut, that used to be put into ground meat, is now a high-end treasure for beef lovers. The small, quarter-moon-shaped cut is a premier cut that is a close second in taste and tenderness to the filet mignon.

The new Bonanza cut is described as “juicy, extremely tender and very marbled.” It is best suited for fast high-heat cooking such as grilling or in a cast iron skillet. It can be marinated for added flavor, but only for about 30 minutes to maintain the meat flavor.

The Bonanza cut is found at the very far end of the flat iron steak or the *m. infraspinatus* caudal tip. During meat processing, the flat iron steak is a part of the Chuck. The small end of the steak stays with the rib side resulting in the Bonanza cut. There are only two per carcass.

The Bonanza cut is not in restaurants or meat markets yet as meat producers must decide availability.

For more information on this new product, see <http://www.unr.edu/nevada-today/news/2016/the-bonanza-cut>.

Canning Fruit Puree



Instead of canning plain applesauce or other plain fruit, try mixing it up to make a mixed fruit puree. While this can be done for many fruits, some fruits should not be used because no home canning recommendations are available for purees of these products. They include bananas, fig, Asian pears, tomatoes, cantaloupe and other melons, papaya, ripe mango or coconut. These are best preserved by freezing for safety.

Many parents want to can their own baby food. Fruit is the only food that can be safely processed as a puree. Follow the recommendations from: http://nchfp.uga.edu/how/general/baby_food.html

Savory Sensory Learning

Eating and preparing foods can be a great sensory experience for children and a fun learning opportunity.

Children are “hands-on” learners. They learn by exploring and manipulating objects in their environment using the five senses: seeing, touching, tasting, smelling, and hearing. Eating and preparing foods can be a great sensory experience for children and a fun learning opportunity.

Because of their age and fine motor skills, infants and toddlers use their fingers to eat, and meals easily become sensory activities! Especially when trying foods for the first time, they often “play” with foods – squishing food, pushing it around, licking, smelling, and finally tasting it. For preschoolers, the expectation at mealtimes is to develop social and cultural meal skills, and “playing” with food is discouraged. Yet, it’s still natural for preschoolers to enjoy the sensory properties of foods.

So how can you balance preschoolers’ sensory needs with social and cultural expectations for mealtime behavior? Add cooking and nutrition activities to your day. By letting children learn about foods and help prepare foods, they may be more willing to try new foods. When introducing new foods to preschool children, make it a hands-on activity: try foods as finger food; touch and smell raw fruits and vegetables; mash, stir, and knead cooked foods; and wash, peel, or cut raw foods.

Preschoolers are able to understand and identify many sensory concepts: changes between raw and cooked food; types of smells and tastes (sour, sweet, bitter); and characteristics of food (colors, textures, and shapes). Here are some tips for focusing children’s learning on using their senses:

Smell:

Have children smell foods and describe the aroma. Does it smell like any other foods that they eat?

Sight:

Let children look at foods before cooking or preparing and describe color, shape, and size. Then look at foods after cooking and preparing. Does it look different? What has changed?

Sound:

Ask children to listen as they prepare and eat food. Does the food make a sound? What is it?

Texture:

Allow children to touch foods and manipulate foods. How does it feel? Is it squishy? Is it hard?

Taste:

Encourage children to describe the taste, not just say if it tastes “good”, and to compare tastes. Is it sweet or sour? Does the grapefruit taste like a grape?

Whipping Up A Sensory Meal

To make nutrition and cooking activities more of a sensory learning experience, use foods that have contrasting outsides and insides or that show more noticeable changes in texture, color, or aroma when cooked. As you and the children are working with the foods, focus the children’s learning using the suggestions on the other side.

Here is a sample sensory activity meal:

Fruit salad

Use kiwis, pineapples, watermelon, and bananas. These fruits have contrasting outside and inside textures. Let the children feel and examine the outside of the fruit. Then cut it open and give the children a piece to touch and look at. Discuss the feel, smell, color, and any sounds made when cutting it. Encourage children to taste. When you are done checking out the fruit, cut up leftovers, and mix.

Vegetable soup

Select potatoes, carrots, spinach, and beans. These vegetables go from very hard to very soft when cooked. Cooked carrots also taste sweeter. Have the children examine the vegetables. As able, let the children peel and cut up the potatoes and carrots. Taste the raw vegetables. Ask them to try and mash the raw vegetables. Cook the vegetables. Sample each when cooled. Let the children mash some cooked pieces. Note the changes from cooking. Mix together cooked leftovers and simmer in broth or tomato juice.

Biscuits

Talk about the feel, smell, and look of the raw ingredients. Mix the batter and then compare the mixed dough to the raw ingredients. Bake. Take a look at the biscuits and see how they've changed again.

Eat and enjoy!

Halloween Safety

S

Swords, knives, and other costume accessories should be short, soft, and flexible.

A

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

F

Fasten reflective tape to costumes and bags to help drivers see you.

E

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

H

Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

A

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

L

Look both ways before crossing the street. Use established crosswalks wherever possible.

L

Lower your risk for serious eye injury by not wearing decorative contact lenses.

O

Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

W

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

E

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

E

Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.

N

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

