

# Kansas Currents

K-STATE RESEARCH AND EXTENSION NEWS

## Central Kansas Extension District

*centralkansas.ksu.edu*

**June 2019**

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## National Festival of Breads

The National Festival of Breads will be held on Saturday, June 8, at the Hilton Garden Inn Convention Center and Blue Earth Plaza in downtown Manhattan. Doors open at 8:30 a.m. with live judging and awards program at 3 p.m.

Watch the eight finalists from across the U.S. bake their winning yeast bread recipes. Sample each bread and vote for your favorite! If you want to learn how to make a purple ribbon yeast bread, come listen to national cookbook authors, chefs, and baking instructors who will demonstrate baking techniques. There will be plenty of bread samples, hands-on activities, a kids' zone, vendors and food trucks. Register to win a red, Kitchen Aid Professional Mixer or John Deere toy harvesting set. Admission is FREE with a non-perishable food donation at the door.

Military appreciation gifts of homemade bread and honey will be given to the first 200 families with military ID. For more information and a detailed schedule, visit [www.NationalFestivalofBreads.com](http://www.NationalFestivalofBreads.com) and @NationalFestivalofBreads on Facebook. Social Media popular choice voting for your favorite finalist's bread recipe runs May 24 – June 7. The National Festival of Breads title sponsors are the Kansas Wheat Commission, King Arthur Flour and Red Star Yeast.



## Medicare Corner: Preventing Medicare Fraud

There are several things you can do to help prevent Medicare fraud.



- 1. Protect our Medicare number.** Treat your Medicare card and number the same way you would a credit card number. Only give your Medicare number or your Social Security number to your doctors and other providers. Be careful when others ask for your Medicare number or offer free services if you provide your Medicare number.
- 2. Protect your medical information.** Be cautious if people other than your doctors or other medical professionals want to see your medical records or recommend services.
- 3. Learn more about Medicare's coverage rules.** Be careful if a provider tells you there is a way to get Medicare to cover a service that normally is not covered.
- 4. Do not accept services you do not need.** If a provider is pressuring you into getting tests or other services you feel are unnecessary, turn down care or ask to get a second opinion from another physician.
- 5. Be skeptical.** It does not hurt to be wary if a provider says Medicare will pay for services that do not sound medically necessary (mud treatments, Swedish massages, and dance classes are examples of services promised in past fraud cases). Use your best judgment and refer to Medicare's coverage rules as needed.

## Reduce the Risk of Falling



The risk of falling rises as you age, and many older adults report feeling afraid of falling. The National Institute on Aging suggests taking the following steps to avoid falling and the health problems that might come with a fall:

- Stay physically active
- Have your eyes and hearing tested
- Find out about the side effects of any medicine you take
- Get enough sleep
- Limit the amount of alcohol you drink
- Stand up slowly
- Use an assistive device if you need help feeling steady when you walk
- Be very careful when walking on wet or icy surfaces
- Wear non-skid, rubber-soled, low-heeled shoes, or lace-up shoes with non-skid soles that fully support your feet

Always tell your doctor if you have fallen since your last checkup, even if you are not hurt when you fall.



## **What Happens When Your Child Turns 18?**

Although parents may still be paying the bills when a child turns 18 there are some serious changes that take place that parents need to understand. The 18<sup>th</sup> birthday is a turning point for issues of privacy and responsibility, and parents may want to take some proactive steps.

Parents need to understand FERPA. FERPA is the Family Educational Rights and Privacy Act of 1974. It protects the privacy of a student's educational records. Before they are 18, the rights belong to the parent. But after they turn 18 or once they begin post-secondary school or college even if they are not yet 18, the rights are transferred to the student. Students have complete control over access to their GPA, academic transcript, disciplinary matters, and financial information.

What does this mean for parents? It means that unless their student has given them permission, they cannot check their student's grades, be notified if they get in trouble with the school, or even see if they are attending classes (even if they are paying for it).

Every college has a FERPA release authorization which allows students to give their parents access to this information. Parents and students can have a conversation about what FERPA is and their family's decisions about access.

Most colleges have a sort of online dashboard for students with all their records in one spot—grades, course schedule, billing information, etc. Colleges often have a way for students to provide access to this dashboard.

The scariest part of this turning 18 conversation for a parent is the prospect of being left out of medical decisions for their child. Despite the age, children are probably not ready to make these kinds of decisions for themselves, and if they are incapacitated, you don't want strangers making those decisions. Parents need three items to cover all their bases: a HIPAA release, a Health Care Power of Attorney, and a Living Will.

HIPAA is the Health Insurance Portability and Accountability Act of 1996. Included in its many provisions is privacy protection of all our health information. Once a student turns 18, they are an adult. The HIPAA rules prevent health practitioners from sharing your child's health records. Even when the student is on the parent's health insurance, and the parent may be paying the bills, a parent can't talk to the health insurance company about the student without a HIPAA release. It can be quite frustrating.

A HIPAA release authorizes the medical providers or health insurance company to release medical information to the parents. The college may have a form to fill out. Some release forms can vary by state, so keep that in mind if your child attends a college out-of-state. E-Forms allows you to select the state and bring up a fillable form at <https://eforms.com/release/medical-hipaa/>.

The Health Care Power of Attorney or health care proxy gives parents permission to make medical decisions if a student is unable to make decisions on their own. If a student is admitted to the hospital but is unable to make decisions, parents need the peace of mind knowing that they can make those decisions for their age-18-or-older child.

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The Living Will or advanced health care directive outlines the wishes of the student regarding life-extending treatment, including pain management and organ donation. It directs the medical staff on their end-of-life wishes should they be unable to communicate.

Different states have different formats for these forms. The website <https://eforms.com/power-of-attorney/> allows you to choose your state and complete the information step-by-step for a Power of Attorney and/or Living Will.

Be sure to have PDFs of these signed health care documents somewhere where you can easily access them electronically when away from home.

For questions regarding any of these legal matters, please seek out the appropriate professional assistance.

## Walk to End Alzheimers

The prevalence of Alzheimer's disease across the United States is staggering – 1 in every

10 people age 65 and older has Alzheimer's disease. As the size of the older adult population continues to grow, the number of Americans with Alzheimer's disease and other dementias will continue to increase. Currently, Alzheimer's disease is the only leading cause of death that cannot be prevented, slowed, or cured.

The Salina Chapter of the Alzheimer's Association will host its first **Walk to End Alzheimer's** on Saturday, October 19 on the K-State Polytechnic campus. Money raised



goes to provide support, education, and research to end the disease. Registration will occur at 8:30 a.m., with the ceremony at 9 a.m., followed by the Walk. Most of us have been touched in some way by this disease. If you would like to get involved by registering a team, walking as an individual, or volunteering to help the day of the event, find out how at <http://bit.ly/WTEASalina>.

Be looking for more information in future newsletters.

## Food Science vs. Food Myths

Clean label. Organic. Natural. Preservative free. The list goes on. These messages are bombarding consumers when shopping for food. Are these messages helping or just confusing? Researchers at Alabama A&M University are working to crack the myths and confusion.

It is assumed that organic foods are healthier, safer, and contain less synthetic pesticides and fertilizers. Plants have a natural defense system of bioactive phytochemicals. So, it is assumed, that because organic foods are not treated with synthetic pesticides, they would have more bioactive phytochemicals. Many research studies have been conducted on this concept and are inconclusive. Nutrient content varies by growing region and the soil in which the plants are grown. This is true whether a food is grown organically or conventionally. Therefore, nutrient content between them is not statistically different.

As far as food safety from microbial contamination, when foods that are considered organic, natural, clean, or minimally processed, they can be at a higher risk of causing foodborne illness. These types of foods do not have protection from preservatives

and antimicrobials. All foods, no matter the label or growing method, are at risk of microbial contamination. When scientifically proven technology makes food safer, what will it take for consumers to truly understand these benefits?

## Pressure Canner Testing

Now is the time to get dial gauges tested on pressure canners. Here are some reminders.



Most Extension offices have the Presto Gauge Testing Unit. This can test pressure gauges on the brands Presto, National, Maid of Honor, and Magic Seal.

This testing unit cannot test All American pressure gauges. Newer models of the All American canner have both regulator weights (weighted gauge) and the dial gauge.

**The weight is more accurate than the gauge and customers should use the weight in order to determine if they are at the needed pressure.**

If the weight begins to rock at the desired pressure and the gauge is off by more than 2 psi the company recommends replacing the gauge. **The gauge is now used as a reference to know when the unit is at 0 psi and can safely be removed.**

## Mixing Matters

How ingredients are mixed together can make or break a successful outcome when baking. Directions are given to combine certain ingredients and should be followed. For example, in making a layer cake,



there are two methods, the creaming and reverse-creaming techniques.

The creaming method starts by beating the sugar and butter together until light and fluffy. The sugar crystals beat little air pockets into the fat. Then the wet and dry ingredients are added to a dry-wet-dry-wet-dry pattern to reduce gluten development and makes a tender cake. During baking the air pockets made during creaming, leaven or lift the cake to give a light airy structure. The top typically has a slight dome.

The reverse-creaming method starts by mixing butter with all of the dry ingredients. The butter fat coats the flour particles making the flour waterproof. The liquid is added but only some flour proteins will get hydrated. This limits gluten development and increases tenderness. Without incorporating air, the cake will be a bit shorter, have a flatter top and will be quite tender. This is better for fancy, multiple layer cakes.

## What is the Windowpane Test?

When making yeast dough, when should you stop kneading? Try the windowpane test!



When dough forms, it will be rough and shaggy. As kneading continues, it gets smoother. Pull out a piece of dough and work it with your fingers as thin as possible. It should be almost translucent. The dough should stretch, but not pull apart. If the dough pulls apart and tears easily, it is not kneaded enough. If it holds together, and when stretched and held up to the light, the light should shine through.

## **What is Osmotolerant Yeast?**

There are several types of yeast to use when making a tasty yeast bread. One that is available to professional bakers is a special strain of yeast that requires less water to do its job. Some yeast bread recipes are high in sugar, low in moisture, and can take longer to rise. The sugar will trap the water which makes it unavailable for the yeast to use.

A special strain of instant yeast, called “osmotolerant,” can help. Osmosis is the phenomenon that helps move water through the cell walls of yeast. In a rich sweet dough, the yeast competes for protein, starch, and sugar to get any water it can. Osmotolerant yeast resists this competition to get to the water and help dough to rise. When compared to active dry yeast, these doughs will use less osmotolerant yeast to get good results.

## **Frying with Hot Air**

Instead of frying in oil, maybe an air fryer is for you! Reducing oil in foods is one way to make foods healthier. So how does a hot air fryer work?



Extremely hot air circulates around food with a fan. It creates a crispy surface layer and the inside stays moist. This is similar to convention oven cooking. Only a small amount of oil is brushed on the food surface to aid the crisping process. Cook in small batches for even and complete cooking.

When shopping for an air fryer, first consider your kitchen counters and storage space. Do you have room? If the appliance is not visible, it is less likely to be used. There is no oil to dispose of or lingering oily orders.

But does the food taste the same with similar crunch? Maybe, maybe not. Just remember to consider making healthier meals for you and your family to reap the rewards.

## **Upcoming Programs**

### **July 11**

#### **Understanding Social Security**

This seminar will provide an overview of Social Security retirement, disability and survivor's benefits. It will look at how benefits are calculated, eligibility, the impact of work on receiving Social Security benefits, and the taxation of benefits.

### **Aug. 8**

#### **Planning for Healthcare in Retirement**

This program will help gain insight into health care costs and where the money goes, key factors that affect individuals, options available for early retirees or younger spouses, and provide health care planning tips to help estimate, plan for, and manage these costs prior to and during retirement.

To register, call the Central Kansas Extension District office in Salina at 785-309-5850. The cost is \$5 each. Payment can be made by cash or by check made payable to Central Kansas Extension District. Send payment to Central Kansas District, K-State Polytechnic, 2218 Scanlan Ave. Salina, KS 67401.

Both classes will be held in the Welcome Center Classroom (Room 122) on the K-State Polytechnic campus, building #11 on the campus map at <https://polytechnic.k-state.edu/documents/about/CampusMap.pdf>

## **Are Canned Beans as Nutritious as Dried?**

Yes, bean for bean, canned and cooked dried beans provide the same nutrients. If you look at the numbers, canned beans may seem to contain fewer calories and less fiber, but that's because they are often plumper (from absorbing more water), so there are fewer beans per serving. Their main drawback is added sodium. However, you can remove as much as 40 percent of the sodium by draining the beans, then rinsing them under running water for about a minute. Or look for low-or reduced—sodium version, or those with “no salt added”.

## **Better Blood Pressure Testing**

Much research shows that a blood pressure measurement, as typically done in medical settings, is often not as accurate as it should be and that many people may thus be misdiagnosed as having — or not having— hypertension. Usually the results err in being too high, meaning that people may be put on medication unnecessarily. To address this problem, in March the American Heart Association (AHA) released guidelines about the proper measurement of blood pressure, its first update on the subject since 2005.

The guidelines discuss proper cuff size and placement on the arm, as well as arm and body position, all of which can affect results. Ideally, you should sit in a quiet room and wait three to five minutes calmly before being tested. Neither you nor the practitioner should talk during the test. You should sit on a chair with your back supported, feet flat on floor, and forearm supported by the practitioner (or resting on a table) at your heart level. Crossing your legs sitting with your back unsupported, letting your arm hang too low or holding your arm up by

yourself can raise blood pressure. The cuff should be placed on bare skin (shirt-sleeves should not be rolled up because this may create a tourniquet effect). Using a cuff that's too small for a large upper arm will give an erroneously high reading. Your bladder should not be full. Caffeine, exercise, and smoking should be avoided for at least 30 minutes before testing.

If your blood pressure is found to be elevated initially, it should be measured again later in the visit. To confirm a diagnosis of hypertension, ambulatory or home testing is recommended. Ambulatory testing calls for wearing a device that measures blood pressure typically for 24 hours and is the gold standard for accuracy.

## **Unattended testing**

One change in the 2019 guidelines is a new emphasis on automated office blood pressure (AOBP) measurement, preferably unattended. With such testing, after resting quietly for a few minutes, the patient sits alone in a room while hooked up to an electronic monitor that automatically measures blood pressure at least three times and averages the results. Having no medical staff present helps reduce “White-coat hypertension” caused by anxiety in the presence of doctors or nurses, and also prevents talking, which can boost blood pressure. An analysis of 31 studies, published in *JAMA Internal Medicine* in February, concluded that AOBP measurement is as accurate as awake out-of-office ambulatory testing.

For now, if you are in the U.S. , it's unlikely that AOBP is being done in your doctor's office, though that may change in the near future. Meanwhile, however your blood pressure is measured, talk with your health care provider about your results and ask any questions you have about how the test is being done.

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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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