

**OCTOBER 2014**

## **Strong People Class**



### ***District Extension Agents:***

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Central Kansas Extension District has some exciting news! We are teaming up with the Ottawa County Wellness Center to offer a Strong People fitness class at their facility in Minneapolis. This has been an extremely popular exercise program offered by CKD in Salina, and now Minneapolis will have the opportunity to enjoy it.

What exactly is Strong People and why is it important? It is a light weight training course designed to improve balance, flexibility, builds lean muscle, and burns calories. It is a research-based program from Tuft's University. Starting as early as age 30, muscle mass begins to decline by about 1 percent—about a third of a pound—a year. Not surprisingly, people who exercise do a better job of retaining both the size and strength of their muscles as they age; the adage “use it or lose it” has plenty of evidence behind it. And even if you do lose it, there is hope of getting some of it back.

Strong People is designed for individuals of any age or fitness level. Beginners through seasoned exercisers will find benefits from participating in this class. No previous weight training experience is necessary. The exercises you will learn are simple, yet extremely effective for multiple areas of the body.

Strong People will be held every Wednesday and Friday morning at 9:30-10:15 at the Ottawa County Wellness Center. Class will begin October 15 and run through December 12. Classes will be led by Leah Robinson, extension agent and certified Strong People instructor. We will be using ankle and hand weights, which will be provided. Registration packets are available at the Ottawa County Wellness Center or at the extension office, in Minneapolis. This class will be offered free of charge to all Wellness Center members. Participants who are not current members will be charged a minimal fee to attend the entire session. Registration materials are due back to the extension office by Wednesday, October 8.

This is a fun, energetic, and invigorating class that provides many benefits. For more information, contact Leah Robinson at Central Kansas Extension District office at 392-2147.

## Women in Ag Fall Program

Women involved in agriculture are invited to the Fall 2014 Women in Ag educational session Thursday, November 13, in Salina.

The speaker this fall is Mark Wood. He will present "Farm Financial Challenges". Mark is an association economist with K-State Research and Extension Northwest Kansas Farm Management Association. After Mark's talk, participants will hear a panel discussion on options for agriculture financing.

If you are a woman involved in agriculture, or are interested in learning more, plan to attend this free Women in Ag program at the Redeemer Lutheran Church, 743 E. Magnolia, in Salina. 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 by November 6 to register.

This Women in Ag session is sponsored by K-State Research & Extension-Central Kansas District, Farm Service Agency, Natural Resources Conservation Service, American AgCredit, Saline County Conservation District, and Saline County Farm Bureau. For additional information, contact Deb Wood, extension agent, in Salina at 785-309-5850.

## PrepareKS

Congratulations to those who accepted the PrepareKS challenge and took steps ahead of disaster in September. If you didn't have time last month, it's never too late to complete your home inventory, review your insurance coverage or create your grab-n-go kit. See last month's newsletter for links to resources, or contact Deb in the extension office.

## Medicare Open Enrollment

The 2014 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 2015. These changes will take place on January 1.

Why shop and compare plans each year? Beneficiaries 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. Last year SHICK Counselors in Central Kansas District helped over 836 Medicare beneficiaries compare plans, saving a total of \$414,275.47, or an average of \$698.61 per person changing plans.



Free, unbiased, and confidential Senior Health Insurance Counseling for Kansas (SHICK) is available in the community during open enrollment to assist Medicare beneficiaries in comparing and selecting a plan for 2015.

### Salina

Salina Senior Center, 245 N 9<sup>th</sup>  
Wednesdays and Thursdays, Oct. 15–Dec. 7  
except Thanksgiving week  
Call 785-827-9818 for an appointment

### Minneapolis

Extension office, 307 N Concord  
Most Fridays during open enrollment  
Call 785-392-2147 for an appointment

Those new to Medicare in Saline and Ottawa counties may call the extension office in Salina at 785-309-5850 for an appointment to discuss Medicare any time during the year.

## Medicare Update

Get updated on the latest information on Medicare Part D and Medicare Advantage plans for the 2015 plan year before open enrollment begins.

Date: Friday, October 10

Time: 1:30 p.m.

Place: Salina Senior Center

245 N 9<sup>th</sup>

## 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, November 3

Time: 10 a.m. - noon

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

Space is limited. Call 785-309-5850 or email [dwood@ksu.edu](mailto:dwood@ksu.edu) for an appointment.

## Talk Through What You Do With Money—Your Children Are Listening

Parents tell us they want to help their children be smart about money. But they're not always confident about how to go about it.

We've got a suggestion: Talk through your money choices with your child as you go. (If you already do this, great!) You don't have to change anything that you choose to do with your money. But your kids need a window into how to think about spending, saving, borrowing, and more. You can show them how you think about these important choices.

Next time you pay a bill, or buy something online, or go grocery shopping, try speaking your thoughts out loud. "Now I'm looking at our electric bill, and I'm checking to see if it's the right amount. And I'm looking at the due date, so I know whether the

payment is on time or late." This talk helps your child start to understand how to think about transactions. Over time, your child can turn these thoughts into good habits.

For great information on teaching your child about money, visit Money as You Grow at <http://moneyasyougrow.org/>.

## Importance of Family Meals



Family dinners provide a great opportunity to interact with your kids. Mealtimes allow the family to break bread together, but also to connect, laugh, and even problem solve. Family meals provide opportunities for adults to share appropriate table manners and nutritious food choices, as well.

Eating together as a family can teach good communication skills such as listening patiently and expressing one's opinion in a respectful manner. Family meals can also help create long-lasting family traditions. Gathering around the table is a perfect time for everyone to share stories about their day. Whatever your schedule, make a commitment to eat together with your family. Eating at home saves the family money – it is cheaper to cook meals at home than it is to dine out. Get everyone involved in meal planning and preparation! Kids love to help, and letting them assist with the planning and cooking will help them feel valued and part of the family.



## Brainy Babies Storytime for Parents

Central Kansas Extension District is partnering with the Salina Public Library and offering a fun *Brainy Babies* program on Wednesdays at 9:30 a.m. at the library. *Brainy Babies* encourages and stimulates the relationship between parent, or caregiver, and child through finger plays, songs, books, and activities.

*Brainy Babies* also provide an opportunity for parents to share ideas and experiences with other parents who have children the same age and engage children in early literacy.

## Cilantro: do you adore or abhor it?

Few foods generate as much discord as cilantro, also called Chinese parsley. While many people love this leafy herb, many others think it tastes like soap—or worse. The website IHateCilantro.com, which refers to cilantro as “the most offensive food known to man,” is not a fan. Various compounds in cilantro give it its distinct scent, which plays a large role in how foods taste. In addition to pleasant aromatic factors (described by some as fresh, grassy, and citrusy), there are aldehyde chemicals, the same as found in soap. People who hate cilantro may detect the unpleasant soapy compounds more than the pleasant ones, or perhaps only the soapy ones, possibly due to genetic factors. Crushing the leaves and letting them stand for a while may make the herb more tolerable to cilantro haters, since this allows enzymes to break down the aldehydes.



## Volumetrics: fullness on fewer calories

Volumetrics is based on the idea that people tend to eat about the same amount (by weight) of food a day, regardless of calories. Choosing foods that are low in energy density—that is, low in calories but high in volume—allows you to eat the same amount of food but with fewer calories. The concept was first promoted by Dr. Barbara Rolls at Penn State University and is widely accepted by weight-control experts. In general, the best way to lower the energy density of your diet is to eat more low-fat or nonfat foods with a high water content (fruits, vegetables,

broth-based soups, cooked whole grains) in place of low-moisture and/or high-fat foods (such as cheese, crackers, chocolate, and French fries). Add more vegetables to stews and pasta dishes, for example; top pizzas with more vegetables and less cheese; fill sandwiches and wraps with lots of lettuce, tomatoes, and other veggies (like grated carrots).

## Instant coffee: any perks?



The health benefits of coffee come largely from its antioxidants, and instant coffees seem to be loaded with them, despite the additional processing (spray- or freeze-drying) they undergo. In fact, the way instant coffee is produced concentrates some antioxidants, including phenols and flavonoids, resulting in even higher levels compared to other types of coffee. In one study, people who drank instant coffee for five days had reduction in certain biomarkers of oxidative stress, which suggests the coffee may offer some protection against chronic diseases linked with oxidation, such as heart disease. Some (but not all) studies have also found that instant coffee, like regular coffee, has blood sugar benefits. Coffee contains a complex array of substances, and more research is needed to better determine how instant compares to regular in terms of health benefits. In the meantime, there doesn't seem to be any disadvantage to making instant coffee your daily brew.

## Strong Relationships: Strong Families

Below are six tips for developing and maintaining a strong friendship with your partner:

- Spend time together
- Work to resolve problems together
- Find common interests and activities
- Share values and goals
- Trust each other
- Protect the relationship from negative influences

## I brush my teeth, floss regularly, and use mouthwash, but I often have bad breath. Could it be a sign of a health problem?



Bad breath may result from several causes. Dry mouth, which is a side effect of some medications, can produce bad breath. Bad breath is sometimes associated with sinus infections or upper or lower respiratory infections. Eating foods such as garlic and onions that contain pungent oils can cause bad breath even if you brush and rinse after eating. When these foods are digested, the oils are absorbed into your bloodstream and carried to your lungs, and the odor is expelled when you exhale. Smoking and excessive coffee drinking also contribute to bad breath. Some serious illnesses, including diabetes, kidney and liver failure, and cancer, can produce chemicals that cause breath odors.

It sounds like you practice good oral hygiene, but be sure to have regular dental cleanings to remove the plaque that can build up on your teeth and harbor odor-causing bacteria. And brush your tongue—its uneven surface also can trap bacteria.

## Grief a Normal Response

*"Grief never ends...but it changes.*

*It's a passage, not a place to stay.*

*Grief is not a sign of weakness, nor a lack of faith. It is the price of love."* Author Unknown

The death of a child is considered to be the most devastating loss there is, and the age of the child at the time of death does not lessen the hurt or devastation for parents or caregivers.

Grief is a normal and healthy response to the extreme pain and heartbreak parents and caregivers are faced with when they lose a child. Feelings of anger, fear, frustration, sorrow, loneliness, and guilt can all be part of the grieving process.

JM Anastasi, Ed., author of *The Death of a Child, The Grief of the Parents: A Lifetime Journey* (3<sup>rd</sup> ed), offers 10 ways to comfort a grieving parent:

- Allow the parent or caregiver to express feelings without imposing your views or feelings about what is appropriate.
- Avoid telling the parent or caregiver you know just how they feel.
- Refer to the child by name.
- Extend gestures of concern such as bringing flowers or writing a personal note expressing your feelings and support.
- Attend the child's funeral or memorial service.
- Offer to go with the parent or caregiver to the cemetery in the days and weeks after the funeral.
- Remember anniversaries and special days.
- Donate to a specific memorial in honor of the child.
- Respect the dynamics of each person's grief. Grief is an ongoing and demanding process.
- Keep in mind that the parent or caregiver may not be able to ask for help or tell you what they need.

## Trick\$ of the Trade: Outsmarting Investment Fraud

Investment fraud does happen ... and it can happen to you. "Trick\$ of the Trade: Outsmarting Investment Fraud" is an hour-long documentary on preventing investment fraud. Utilizing compelling stories of victims and perpetrators, the video uncovers the persuasion tactics that con artists use to defraud their victims and the basic tools investors can use to defend against fraud.

"Trick\$ of the Trade: Outsmarting Investment Fraud" was developed by the FINRA Investor Education Foundation, in partnership with AARP, and aired on PBS channels nationwide. If you missed this program and would like to order a free DVD copy of the documentary, you can do so online at <http://74.121.201.86/FinraSAINew/>, by phone at (866) 973-4672.



## Wacky Healthy Fact

## FACTS

### 1) **Brush UP.**

Brushing your teeth after you've finished supper will curb after-dinner snacking. The strong minty taste may help distract your taste buds from craving another flavor and doesn't mix well with other foods, either.

### 2) **Eat Using Your Other Hand.**

Make dining a little more intentional-and difficult-by switching up which hand you eat with. Slowing down how fast you're eating will allow your stomach to catch up with your eyes.

### 3) **Cook Something Complicated.**

It turns out that the harder you have to work for your food, the more you enjoy it. A Johns Hopkins study found that mice enjoyed a sugary treat more when they had to expend greater effort to get it.

### 4) **Straighten Up.**

Standing up straight burns more calories than slouching.

### 5) **Order First.**

When eating out, order before everyone else at your table and you're more likely to order a healthy meal.

## Halloween Safety



Did you know that children are twice as likely to be hit by a car on Halloween than on any other night of the year? It's a scary statistic, but according to our friends at [Michigan State University Extension](#), there are easy steps to take to keep your little ghosts and goblins safe as they head out to trick or treat.

1. **Increase visibility:** Take time to apply reflective tape or stickers to your child's costume and treat bag. According to the first ever study on Halloween safety conducted by [Safe Kids World Wide](#), only 18 percent of parents apply reflective tape to their children's costumes. This is an easy

and inexpensive step to insure that drivers see your children.

2. **Light the way:** Provide all trick or theaters with flashlights or glow sticks to both increase their visibility, as well as to light their way through the neighborhood. Take time to check outdoor lights at your home prior to Halloween and replace any burnt out bulbs. Light the path or sidewalk to your front door and remove potential obstructions such as hoses and lawn decorations. Avoid the use of lit candles in luminaries if costumes can be flammable.
3. **Be scary and safe:** Wear well-fitting costumes and shoes to avoid trips and falls. Select face-paint or makeup instead of masks. Masks can slip and obstruct children's vision. Choose soft, flexible swords, knives and other props. Choose wigs and other accessories that are clearly marked as being flame-retardant. [The Centers for Disease Control and Prevention Halloween Health and Safety Tips](#) recommends testing makeup in a small area prior to Halloween, to look for any potential skin reaction prior to a full face application on Halloween night.
4. **Walk safely:** Walk from house to house; do not run. Cross at cross walks or corners and remember to look both ways. Teach children how to walk safely by staying on the sidewalk when one is available or walk facing traffic and as far to the curb as possible.
5. **Be a safe driver:** When driving on Halloween, keep an eye out for children. They are excited and will move unpredictably. The most common time to trick or treat is between 5:30 - 9:30 p.m. Turn your headlights on early and avoid distractions while driving.
6. **Eat with caution:** Do not eat homemade food from strangers. Eat only factory wrapped treats, and inspect for tampering before eating. Hard-candies and other hard to chew candies can cause a choking hazard to small children. Review labels for potential allergens or cross contaminates as needed.

## Prevent Identity Theft When You Toss Your Old Phone



If you're selling, recycling, or otherwise getting rid of an old smart phone or tablet and think simply deleting your data is enough, you could be exposing yourself to identity theft and other violations of privacy. Recently, an antivirus software maker reported it was able to recover "erased" personal information from many phones purchased on eBay. The information included stored photos, e-mails, texts, contact names and address, the previous owners' identities, and even a completed loan application that had been saved to the phone.

This investigation demonstrates that simply deleting information from electronic devices doesn't actually remove it. To make data truly unrecoverable, it must be overwritten, or the device that contains the information, for example a computer hard drive, must be destroyed.

Consumer Reports has extensive tips for permanently deleting data from digital gadgets, including smart phones, tablets, and personal computers at <http://bit.ly/Y6PbiB>.

## Bullying - Did You Know?

October is National Bullying Prevention Month. While bullying typically peaks in middle school and then declines, youth may experience victimization at any point during their school years. Understanding the diversity of bullies, victims, and circumstances in which victimization can occur is essential in creating a safe environment for youth.

### Did You Know?

- The stereotypical small and weak victim is not always the first to be bullied. Instead, adolescent jealousy makes popular, successful students targets of victimization too.
- Boredom is a commonly reported reason among youth for engaging in both traditional and cyber-bullying (i.e., bullying through text message, email, or other social media).

- Physical and verbal bullying is more common among boys, while girls participate in more relational bullying including spreading rumors or excluding victims from social events.
- Youth identifying as lesbian, gay, bisexual, or transgendered (LGBT) may be especially at risk of experiencing bullying. In a recent study by the Centers for Disease Control (2011), LGBT youth reported being threatened or injured with a weapon at a greater rate than their heterosexual peers.
- The bully-victim dyad is not the only relationship that influences victimization. Bystanders can serve as instigators as well as barriers to bullying behavior. Bullying is a group phenomenon with adolescents reporting more group-bullying than single bullies versus single victims.
- Parental support and warmth are protective factors associated with less bullying and less victimization.

## Preventing and Intervening in Bullying

While bullying often involves repeated harassment, waiting to intervene until after the second offense should be avoided. Parents, in addition to teachers, school administrators, and police officers, play a vital role in preventing and intervening in bullying that occurs in school and in cyberspace. Schools and parents with consistent bullying and harassment policies create a culture of support that encourages bullied youth to seek help.

- See more at: <http://igrow.org/4h/healthy-living/bullying-did-you-know/#sthash.NjPXf5X2.dpuf>



## CALENDAR

### OCTOBER

- 10 Medicare Update, 1:30 p.m. Salina Senior Center
- 15 Medicare Open Enrollment Begins
- 15 Strong people begins, Ottawa County Wellness Center, 9:30 a.m.

### NOVEMBER

- 3 How to Use the Medicare Plan Finder, 10-noon, Salina Public Library computer lab
- 13 Women in Ag, Redeemer Lutheran Church, 6:30 p.m.