

River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

rivervalley.ksu.edu

September 2018
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WASHINGTON OFFICE

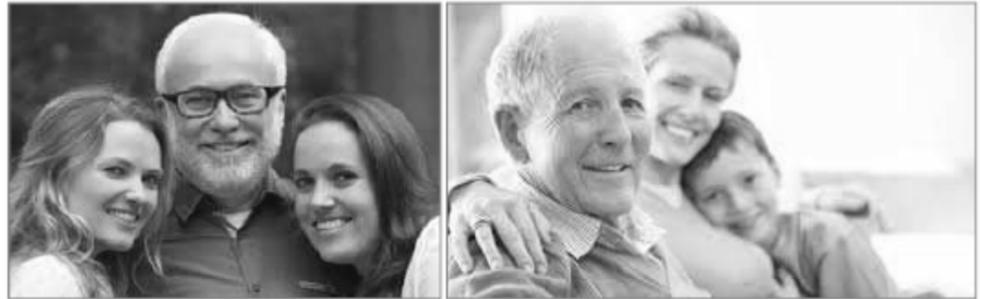
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Extension District

K-STATE
Research and Extension

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Are you a caregiver for a loved one with Alzheimer's disease or want to learn more?
Plan to attend:

Everything You Always Wanted to Know About Alzheimer's Disease and Dementia, But Never Asked

Presented by Cindy Miller, Dementia Care Specialist
Alzheimer's Association, Topeka

Tuesday, September 11th
1:30- 3:00 p.m.

Belleville Library Meeting Room, 1327 19th Street
Belleville

Or

Program Repeated
5:30-7:00 p.m.

FNB Basement Meeting Room
101 C Street, Washington

Pre-Registration

Please pre-register for the **Belleville** meeting:
Call the Belleville District Extension Office at 785-527-5084

Pre-register for the **Washington** meeting:
Call the Washington District Extension Office at 785-325-2121

Program Sponsors:

River Valley District, K-State Research & Extension

Everyone is invited!

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact John Forshee, Director, River Valley Extension District #4, 322 Grant Avenue, Clay Center, KS 67432. Phone 785-632-5335.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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Open Enrollment dates for 2019 Medicare Part D Plans are October 15 through December 7. Plan to call for an appointment with a Senior Health Insurance Counseling for Kansas (SHICK) Counselor. PLEASE DON'T DELAY!

Dates Available by SHICK Counselors

* River Valley Extension District Offices and Libraries offer personalized help by calling for an appointment:

BELLEVILLE:

* **SHICK Counselor, Judy Uphoff**- Call ahead to schedule for an appointment at 785-527-0118. Her appointments will be at the Belleville Public Library upon request.

* **SHICK Counselor, Belinda Robison**- Call & leave a message at 785-527-3199 for an appointment

* **Belleville Extension Office**- Deanna Turner, SHICK- Available Mondays on October 29; November 19, & 26; December 3rd. Call the Belleville Extension Office, Kim Kolman, Office Professional, at 785-527-5084 for an appointment.

* **Two Republic County SHICK Enrollments Events**- Monday, October 22 & November 5, Belleville Public Library, 1327 19th Street

Judy Uphoff, Belinda Robison, Lynn Elliott, Deanna Turner, and Karen Mayse (North Central-Flint Hills Area Agency on Aging), SHICK Counselors will be taking individual appointments on the same day and same location these days from 8:30 a.m.-4:30 p.m.. Call the Belleville Extension office for an appointment at 785-527-5084. Tell Kim Kolman which date you want an appointment.

CLAY CENTER:

* **Clay Center Extension Office**- Deanna and three other trained SHICK Counselors will be helping you at the Extension Office. Jim (James R.) Beck, Beverly Lang, and Nola Unruh will be taking appointments. We welcome Beverly as a New Counselor! Call the Clay Center Extension Office, Frieda Knitter, Office Professional, at 785-632-5335 for appointments.

* **Nola Unruh**- Available on Tuesdays, October 16, 23, & 30; November 6, 13, 20, & 27; December 4.

* **Jim Beck**- Available on these Thursdays & Fridays- October 18, 19, 25, & 26; November 1, 8, 9, 15, 16, 29, & 30; December 6 & 7.

* **Beverly Lang** - Available Thursday or Fridays. The dates to be determined.

* **Deanna Turner**- Available on these Thursdays & Fridays, October 25, & 26; November 1, 2 (Mornings), November 8, 9, 15, 16, 29, & 30; December 6 & 7.

* **Three Clay Center SHICK Enrollment Events**- November 16, 29, & 30

Clay Center Extension Office. Jim Beck, Deanna Turner, & Area Agency on Aging will be taking individual appointments on the same day and same location these days. Call the Clay Center Extension Office for an appointment at 785-632-5335.

CONCORDIA:

* **Concordia Extension Office**- Deanna, Sonya Garwood, and Lynn Elliott will be helping you at the Extension Office Meeting Room (Basement of Courthouse). Call the Concordia Extension Office, Melissa Williamson, Office Professional, 785-243-8185 for an appointment.

* **Deanna Turner**- Available Tuesdays October 23 & 30; November 6, 13, 20, & 27; December 4.

* **Sonya Garwood & Lynn Elliott** - Available some Tuesdays- Dates to be determined.

* **One Concordia SHICK Enrollment Event** – November 6, Extension Office & Meeting Room (Basement of Courthouse).

Area Agency on Aging Counselor, Sonya Garwood, Lynn Elliott, & Deanna Turner will be taking individual appointments (8:30 a.m.-3:30 p.m.) on the same day and same location on November 6. Call the Concordia Extension Office for an appointment at 785-243-8185.

WASHINGTON:

* **Washington Extension Office**- Deanna Turner and Janet Elliott will be helping you at the Extension Office. Call the Washington Extension Office, Gaye Lyn Peters, Office Professional, at 785-325-2121 for an appointment.

* **Deanna Turner**- Available on Monday, October 15; Wednesdays, October 24 & 31; November 7, 14, 21, & 28; December 5.

* **Janet Elliott**- Available on Monday, October 15; Wednesdays, October 17, 24, & 31; November 7, 14, 21, & 28; December 5.

Medicare Part D Prescription Drug Coverage Worksheet

Stop by one of the District Extension Offices in Belleville, Clay Center, Concordia or Washington to pick up a Medicare Prescription Drug Worksheet. Regardless of who provides you help, Medicare beneficiaries need to know the prescription drugs taken, dosage & 30 Day Quantity. You will need to put this information on the worksheet before seeking help. Call your pharmacy or where you purchase your medications to discover the specific Prescription Drug Plans your pharmacy will handle.

Drop off the worksheet to the Extension Office at least one week prior to your appointment, and it will speed up your appointment.

Also bring any recent letters you have received from Social Security or Medicare to your appointment and bring your Medicare card.

Thanks to all the SHICK Counselors for assisting Medicare beneficiaries. They keep up-to-date with several Medicare trainings throughout the year. Be considerate and make your appointments early during the enrollment period.

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MEDICARE PART D PLANS 2019

Information about specific 2019 Medicare Part D Plans will not be available until October. Starting October 1st, Medicare beneficiaries with a Part D Plan will receive information from their company informing them of any changes for 2019. The Open Enrollment Period for Part D Plans will be October 15-December 7th.

SHICK Counselors are available in your area to provide assistance shopping and enrolling in 2019 Part D Plans. Refer to the Medicare Part D Enrollment handout for locations and appointment times available. Appointment times fill up fast in some locations. Call after September 1st for an appointment.

DISTRICT SHICK COUNSELORS

SHICK stands for Senior Health Insurance Counseling for Kansas. The counselors receive training annually on Medicare, Medicare Supplement Insurance, Part D Prescription Drug Coverage, and other health insurance subjects that concern older Kansans.

Counselors are available to meet with consumers for personalized free counseling sessions, to help with problems and questions, and to provide support during the decision-making process.

The information discussed in the sessions is confidential. SHICK Counselors will not recommend policies, companies, or agents, but will provide free unbiased answers to the questions of consumers, their family members, and other caregivers.

Thanks to these SHICK Counselors who will be counseling Medicare beneficiaries with Part D at locations in the River Valley District:

Jim (James R.) Beck, Nola Unruh, & Beverly Lang- Clay Center Extension Office

Janet Elliott- Washington Extension Office

Sonya Garwood & Lynn Elliott- Concordia Extension Office

Deanna Turner- All District Extension Offices

Judy Uphoff- Belleville Enrollment Events & Appointments at the Belleville Library

Belinda Robison- Belleville Enrollment Events & Appointments as Requested

Lynn Elliott- Belleville Enrollment Events

Be sure and thank these SHICK Counselors! They are very dedicated to share their expertise and time.



THANK YOU

“A GRAND TIME” SIGN UP FOR THE SUNFLOWER FAIR

Tuesday, September 18

8 a.m.-4 p.m.

Salina Tony’s Pizza Event (Formerly Bicentennial) Center

Cost: \$20 Includes Lunch

Sponsored by the North Central-Flint Hills
Area Agency on Aging

- Interesting Educational Workshops
- Informative Exhibits
- Inspiring Speakers
- Health Screening

The workshop topics include:

1. “Grand Plans to Keep Your Heart Healthy and Avoid Strokes”
2. “Beating The Blues in a Grand Way”
3. “Let’s All Get Healthy with Grand Food”
4. “Avoid Those Grand Scams”
5. “Making Grand Choices with Your Legal Documents” – Paul Shipp, Kansas Legal Services
6. “Line Dancing in Grand Way”- K-State Swinging Spurs
7. “Opioids & Pain Management”-What you need to know!

Meet new friends and visit with old acquaintances. You will learn while having fun!

Pre-register for the Sunflower Fair. Send your \$20 registration by September 10th to:

North Central-Flint Hills Area Agency on Aging

401 Houston Street

Manhattan, Kansas 66502

Visit www.ncfhaaa.com or call 800-432-2703 to Sign Up Today!

LAUGHTER IS GOOD MEDICINE

Stress can take a toll on our health. Laughter can improve your emotional and physical health.

Try these ways to add laughter to your life.

1. Look for funny things happening. Instead of thinking about all the factors causing you stress, try to find laughter all around you. Most things we laugh at come from situations happening that were not meant to be funny.
2. Make funny friends. Surrounding yourself with funny people will change your perspective on life. Funny people have a charisma that people are drawn to.
3. Watch a funny movie or a comedy.
4. Go to the card section of the store and read funny cards.
5. Focus on the joy in life and laugh several times a day. It’s good for your health!

DEFENSIVE DRIVING CLASS

Improve your driving skills and lower your auto insurance premium by enrolling in a Defensive Driving Class. It's a great refresher. Plan to attend the upcoming class:

Defensive Driving Class
Monday, September 24
9:00 a.m.—3:00 p.m.

River Valley District Extension Office
322 Grant Avenue, Clay Center, Kansas
Taught by Trooper Ben Gardner,
Kansas Highway Patrol
Cost: \$20

Checks to River Valley Extension District
Pre-register to the Clay Center Office—785-632-5335

Participants learn from Trooper Ben while having fun in the class. Breaks will be provided and participants can bring their lunch with refrigeration provided. Enroll today!

TAKE CHARGE! IT'S YOUR CHOICE

Choose a variety of colorful, naturally nutrient-dense foods to increase intake of health-promoting nutrients.

1. Aim for naturally nutrient-dense foods (fruits, vegetables, whole grains, legumes, & dairy products) throughout the day.
2. Vary fruit and vegetable types and colors to ensure intake of a wide variety of micronutrients and phytochemicals.
3. Make at least half of grain choices whole grains (like brown rice, quinoa, bulgur, and barley) and foods made from them (like whole-wheat bread or whole-grain pasta).

Include fish and seafood in your protein choices in place of processed meat.

5. Use Nutrition Facts labels as a guide to more nutrient-dense packaged foods. The Nutrition Facts label is a good place to start. Look for foods that are rich in things like fiber, vitamins and minerals, and have low levels of things like sodium, trans fat, and added sugar.

6. Adequate calcium and vitamin D from the diet are important for maintaining bone health. Obtain calcium and vitamin D from your diet by consuming the following foods: Calcium: Calcium rich foods include fat-free and low-fat dairy products such as milk, Greek yogurt, regular yogurt, and cheese, as well as soy milk. Milks are a good choice because they are fortified with vitamin D. Other good naturally rich sources of calcium include tofu, canned salmon, canned sardines, and green leafy vegetables. Orange juice fortified with calcium is commonly available.

7. Vitamin D: Vitamin D rich foods include fat-free and low-fat milk, margarines, fatty fish (swordfish, salmon, sardines,) beef liver, fortified orange juice, fortified yogurts and fortified ready to eat cereals. Just remember there is no perfect food. Aim for a variety of food choices and make your food choices high-nutrient foods. Tufts University Health & Nutrition Letter July and August 2018

EXTENSION FALL FLING-OCTOBER 8

Enjoy the fun, fellowship and learn at the upcoming Fall Fling on Columbus Day at the 4-H Conference Center on the Clay County Fairgrounds. All interested men and women in the area are encouraged to attend. Please bring a salad. Silverware and a beverage are provided. Refrigeration is available for the salads.

Morning Speaker: Jamie Spikes, a semi-retired nurse, will present "Buttons Galore". She encourages everyone to do something with your buttons: embellish your clothes, display them, and decorate various items with them. Jamie will share some of her framed and preserved button pieces and show the button necklaces and bracelets she makes. The items will be available for purchase with proceeds to go to charity.

Afternoon Speakers: A healthy normal 14 year old boy who excelled in school and was active in band, track, and 4-H suddenly drastically changed. The Mike and Melanie Musselman family will share about their journey on "The Brain Inflamed: Losing and Saving Luke". Their son Luke was finally diagnosed with PANS (Pediatric Acute Onset Neuropsychiatric Syndrome) after much treatment and challenges. Mike and Melanie continue to fight for his treatment and to help him get back to the life he knew before PANS.

The Clay County Homemaker Extension women invite everyone to attend this free event.

AGENDA-FALL FLING- OCTOBER 8

REGISTRATION, COFFEE & TEA 10:30 -11:00 a.m.

WELCOME, AWARDS & RECOGNITION 11:00 a.m.
By: Carol Adams & Deanna Turner

"Buttons Galore" 11:15 a.m.-Noon
By: Jamie Spikes

BLESSING, SALAD LUNCHEON & FELLOWSHIP Noon

"The Brain Inflamed: Losing and Saving Luke" 1pm
By: the Mike & Melanie Musselman Family

DOOR PRIZES 2pm



Available at your local River Valley District Office:

- ◇ Radon Test Kits—\$5.00
- ◇ Water Test Kits—Free (Test is billed from the lab)
- ◇ Forage Probes for hay sampling
- ◇ Soil Probes and bags for yard, garden, or field sampling
- ◇ Pesticide Record Keeping Books
- ◇ Farm and Family Account Books & extra pages

SEPTEMBER IS FOOD SAFETY EDUCATION MONTH

September is Food Safety Education Month. Since 1994, food safety has been the focus during the month of September to increase awareness of food safety education. Once again, Food Safety Education Month (FSEM) is highlighting many topics related to food safety for consumers and food service workers. Do you create a culture of food safety? More Fight Bac! events can be found at www.fightbac.org/events/.

For food service workers, look for FSEM resources from ServSafe at <http://bit.ly/2fflia3>.

Read the following food safety myths and facts:

Myth: Cross contamination doesn't happen in the refrigerator -it is too cold in there for germs to survive.

Fact: Some bacteria can survive and even grow in cool, moist environments like the refrigerator. In fact, *Listeria Monocytogenes* grows at temperatures as low as 35.6 degrees F. In your refrigerator, keep fresh fruits and vegetables separate from raw meat, poultry, seafood and eggs. Clean your refrigerator regularly with hot water and soap and clean up food and vegetable spills immediately to reduce the risk of cross-contamination. Don't forget to clean refrigerator walls and the undersides of shelves!

Myth: I don't need to clean the refrigerator produce bin because I only put fruit and vegetables in there.

Fact: Naturally occurring bacteria in fresh fruits and vegetables can cause cross-contamination in your refrigerator. A recent NSF International study found that the refrigerator produce compartment was the #1 "germiest" area in consumers' kitchens containing *Salmonella* and *Listeria*. To prevent the buildup of bacteria that can cause food poisoning, it is essential to clean your produce bin often with hot water and liquid soap, rinse thoroughly, and dry with a clean cloth towel or allow to air dry outside of the refrigerator. www.fightbac.org/food-safety-education/home-food-safety-mythsandfacts

ELECTRONICS AND FOOD SAFETY

Think about where you use your smartphone, tablet, or laptop. Do you use it in the kitchen? If so, the bacteria on those electronic devices could contribute to food borne illness. While no incidences have been linked to electronic devices, it is good to be aware of the possibility. In the 2016 Food Safety Survey, conducted by the FDA in collaboration with the USDA, consumers reported taking electronics devices everywhere-work, the bathroom, the gym, shopping, just everywhere. Then they use them in the kitchen, usually to view a recipe to cook. These devices are so integrated into our lifestyles, that the thought of food safety does not relate to the

consumer. What can YOU do? Wash your hands before and after handling the electronic device to keep hands clean. 49% of consumers use devices such as smartphones or tablets while preparing food. Of those, only 37% wash their hands with soap after touching the device. For more information: www.fda.gov/Food/FoodborneIllnessContaminants/buystoreervesafefood/ucm614915.htm

K-State Research and Extension, You Asked It! 9/2018

BACK-TO-SCHOOL

The most important lesson of the school year is packing a safe lunch. All it takes is a quick refresher course: 1. Remember to always keep it clean. Wash your hands with warm water and soap for at least 20 seconds before and after handling food. Use hot water and soap to make sure food preparation surfaces and utensils are clean. 2. Perishable items (sandwiches, fresh fruit) and shelf-stable items (crackers, packaged pudding) need to be kept chilled to reduce risk of food borne illness. 3. Rinse all fresh fruits and vegetables under running tap water. Blot dry with a paper towel. 4. Prepare sandwiches or other perishable items the night before. Store lunch items in the refrigerator until your child is ready to go to school. 5. Insulated, soft-sided lunch totes are best for keeping perishable foods chilled. A cold source, such as a small frozen gel pack or frozen juice box, should be packed with perishable foods. Frozen gel packs will keep foods cold until lunchtime, but are not recommended for all-day storage. For more tips, see www.fightbac.org/kidsforsafety/school-lunches/. K-State Research and Extension, You Asked It! September 2018

MEAL PLANNING IDEAS

Look at these tips for making meal planning less stressful!

Keep it Simple- Planning meals should be based on what you can afford, what is available, what you enjoy eating, and what is convenient for you.

Make a Habit- Maintaining good health is all about habits that you can continue for a lifetime.

Start Small- When it comes to food and health, no one size fits all and it doesn't have to. Choose a single meal to plan at first and go from there. Following are some ideas when thinking of three main meals.

Breakfast- Try something you can grab and go like string cheese and whole grain crackers. Greek yogurt and grapes or a peanut butter and jelly sandwich on whole grain bread.

Lunch- Leftovers are a simple option. When you make dinner, cook for the next day. Be sure to include produce.

Dinner- Stay simple with scrambled eggs, toast, and salad or black beans with brown rice or quinoa and fruit. A rotisserie chicken can be used in multiple meals-Think stir fries, soup, or over a big green salad. Remember snacks throughout the day and choose your snacks wisely.

Food and Health Communications Newsletter Sept. 2018

ROTATION OF VEGETABLE CROPS

Rotating vegetable crops is a standard way of helping prevent diseases from being carried over from one year to the next. Rotation means that crops are moved to different areas of the garden each year. Planting the same crop, or a related crop, in the same area each year can lead to a build-up of disease. Also, different crops vary in the depth and density of the root system as well as extract different levels of nutrients. As a rule, cool-season crops such as cabbage, peas, lettuce, and onions have relatively sparse shallow root systems and warm-season crops such as tomatoes, peppers, and melons have deeper better-developed root systems. Therefore, it can be helpful to rotate warm-season and cool-season crops.

As mentioned earlier, it is also a good idea to avoid planting closely related crops in the same area as diseases may be shared among them. Tomatoes, potatoes, peppers, and eggplant are closely related. Also, broccoli, cauliflower, cabbage, and brussels sprouts share many characteristics. For example, do not plant cabbage where broccoli was the previous year or tomatoes where the peppers were.

So, why is this important to bring this up now going into fall? Now is the time to make a sketch of your garden so that the layout is not forgotten when it is time to plant next year. If you have any questions please contact Kelsey Hatesohl.

WORK GARDEN SOIL IN THE FALL

Fall is right around the corner; with vegetable gardens starting to slow down and come to a stop its time to start thinking about what needs to be done for next year's garden. Fall is the preferred time to prepare garden soil for next spring. Spring is often wet making it difficult to work soil without forming clods that will remain for the rest of the season. Fall usually is drier allowing more time to work the soil. Even if you work soil wet in the fall and form clods, the freezing and thawing that takes place in the winter will break down the clods, leaving a smoother soil for the following spring.

Another reason to work the soil in the fall is to get rid of any insects and diseases you might have had from the previous year. Insects often hide in garden debris. If that debris is worked into the soil, insects will be less likely to survive the winter. Diseases are also less likely to overwinter if old plants are worked under. Garden debris will also increase the organic matter content of the soil.

Fall is an excellent time to add organic matter. Not only are organic materials (leaves, rotten hay or silage, grass clippings) usually more available in the fall but fresher materials can be added in the fall than in the spring because there is more time for them to break down before planting. As a general rule, add 2 inches of organic material to the surface of the soil and till it in. Be careful not to over till the soil. You should end up with particles the size of grape nuts or larger. By working the organic material into the soil you are

allowing it to sit there all winter and break down into nutrients that your vegetable plants will need next summer.

By working your garden in the fall you are allowing the soil to rest over the winter and be ready for vegetable plants in the summer. If you have any questions please contact Kelsey Hatesohl at the Washington Office or at khatesohl@ksu.edu.

CHOOSING CIVILITY

At a recent Strategic Doing Workshop we were reminded that choosing civility is vital to open, honest, and valuable collaboration where communities are working towards shared outcomes with a result of sustainable and prosperous futures. As we reviewed the list I thought of rampant inappropriate use of social media to slander and bully others. How much better would the world be if each of us chose to follow these 25 Rules of Considerate Conduct?

1. Pay Attention
2. Acknowledge others
3. Think the best
4. Listen
5. Be inclusive
6. Speak kindly
7. Don't speak ill
8. Accept and give praise
9. Respect even a subtle "no"
10. Respect others opinions
11. Mind your body
12. Be agreeable
13. Keep it down and rediscover silence
14. Respect other people's time
15. Respect other people's space
16. Apologize earnestly
17. Assert yourself
18. Avoid personal questions (or attacks)
19. Care for your guests
20. Be a considerate guest
21. Think twice before asking for favors
22. Refrain from idle complaints
23. Accept and give constructive criticism
24. Respect the environment and be kind to animals
25. Don't shift responsibility and blame

(From P.M. Forum, Choosing Civility: The 25 Rules of Considerate Conduct. 2003)

In the Strategic Doing Process of community vitality we always end the meetings with developing a plan for what each person will do in the next 30 days as a small piece of the overarching goal. I know that we all would be overwhelmed if we tried to implement all 25 of these at one time so I encourage our readers to keep this list in a handy place, choose five of these rules and make a conscience effort to make those a part of our daily life and habits over the next 30 days. Once we get those mastered, then choose another five. Share the list with others in organizations you belong to and ask everyone to make the commitment as well. I suspect meetings will go more smoothly and productivity will increase.

John Forshee, Clay Center Office, jforshee@ksu.edu

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PERMIT NO. 3****Address Service Requested****RIVER VALLEY DISTRICT****“2018 UP-COMING MEETINGS & EVENTS”**

DATE	TIME	PROGRAM	LOCATION
Sept. 11	1:30-3pm	Alzheimer’s Question and Answer Program	Belleville-Library Meeting Room, 1327 19th Street
Sept. 11	5:30-7pm	Alzheimer’s Question and Answer Program	Washington-FNB Basement Mtg. Room, 101 C Street
Sept. 18	8am-4pm	Sunflower Senior Fair	Salina-Tony’s Pizza Event Center
Sept. 20		KSU Beef Stocker Field Day	Manhattan– Beef Stocker Unit, 4330 Marlatt Ave.
Sept. 24	9-3pm	Defensive Driving Class	Clay Center-RVD Office Meeting Room
Oct 8	8-2:30pm	Extension Fall Fling	Clay Center-4-H Conference Center-Fairgrounds
Oct 15-Dec. 7		Medicare Part D Enrollment	Contact your local RVD office for an appointment