

September 2015
Volume 10 #9

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Powerful Tools for *Caregivers*

A class for family caregivers



Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

Sessions will be led by K-State Research and Extension District Agents: Deanna Turner & Patricia Gerhardt.

This class series meets each Friday for five consecutive weeks.

Dates: Fridays, September 11, 18, & 25; October 2 & 9, 2015
Times: 9:30 – 11:00 a.m.
Location: District Extension Office, 322 Grant Ave., Clay Center, KS
To register: Call (785) 632-5335 or 243-8185
Cost: No cost, but registration is required by September 4th

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 Forshie, 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

Open Enrollment dates for 2016 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, Libraries, and some Senior Centers 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.
- **Belleville Extension Office**
 - * **Deanna Turner, SHICK**- Available Mondays on October 19 & 26; November 9, 23 & 30; December 7.
 - * **Betty Cerny, SHICK**, will be counseling with the dates announced later. Call the Extension Office at 785-527-5084 for an appointment.
 - * **Two Republic County SHICK Enrollments Events**- November 2 & 16, Belleville Public Library
Judy Uphoff, Deanna Turner and Marsha Rogers (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 9 a.m.-5 p.m.. Call the Area Agency on Aging toll free number for an appointment at 1-800-432-2703 or 785-776-9294. Tell the receptionists you would like an appointment at the Republic County Enrollment Event and on which date.

CLAY CENTER:

- **Clay Center Extension Office**
 - * Deanna and two other trained SHICK Counselors will be helping you at the Extension Office. Jim (James R.) Beck and Nola Unruh will be taking appointments. Call the Clay Center Extension Office at 785-632-5335 for appointments with these SHICK Counselors.
 - * **Jim Beck**- Available on these Mondays- October 19 & 26; November 2 & 9; SHICK & Marketplace Appointments November 16, 23, & 30; December 7; Also Available on these Thursdays, October 15 (morning only), 22 & 29; November 5, 12, & 19; December 3.
 - * **Nola Unruh**- Available on Tuesdays, October 20 & 27; November 3, 10, 17, & 24; December 1: Also Available on Thursday, November 19th.
 - * **Deanna Turner**- Available on most Thursdays & Fridays, October 15, 16, 23, 29, & 30; November 5, 6 (morning only), 13, 19, & 20; December 3 & 4.

(Clay Center continued on next page)

- * **Two Clay Center SHICK Enrollment Events** - November 5 & November 19 Extension Office.

The Area Agency Counselors, Jim Beck, Nola Unruh (19th only) & Deanna Turner will be taking individual appointments (8:30 a.m.-4:30 p.m.) on the same day and same location on November 5 and 19. Call the Clay Center Extension Office for an appointment at 785-632-5335.

CONCORDIA:

- **Concordia Extension Office**
 - * Deanna and Sonya Garwood will be helping you at the Extension Office. Call the Concordia Extension Office at 785-243-8185 for an appointment.
- * **Deanna Turner**- Available Tuesdays October 27; November 3, 10, 17, & 24; December 1.
- * **Sonya Garwood**- Available November 24 & December 1.
- * **One Concordia SHICK Enrollment Event** - November 17, Extension Office & Meeting Room (Basement of Courthouse).
Area Agency on Aging Counselor & Deanna Turner will be taking individual appointments (9 a.m.-4 p.m.) on the same day and same location on November 17. 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 at 785-325-2121 for an appointment.
- * **Deanna Turner**- Available on Wednesdays, October 28; November 4, 18, & 25; December 2. Also available on Thursday, November 12.
- * **Janet Elliott**- Available on Wednesdays, November 4, 18 & 25; December 2.

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 a 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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Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.

WELCOME THREE NEW SHICK COUNSELORS

Congratulations to three new certified SHICK Counselors in the River Valley District who have completed trainings and will be counseling Medicare beneficiaries with Part D this fall at the Extension Offices. SHICK stands for Senior Health Insurance Counseling for Kansas. We welcome:

Janet Elliott- Washington Extension Office

Sonya Garwood- Concordia Extension Office

Betty Cerny- Belleville Extension Office

Returning SHICK Counselors:

Jim (James R.) Beck and Nola Unruh- Clay Center Extension Office

Judy Uphoff- Belleville Appointments at Library

Deanna Turner- All District Extension Offices

Thanks to these SHICK Counselors! They are worth their weight in gold to Medicare beneficiaries.

MEDICARE PART D PLANS 2016

Information about specific 2016 Medicare Part D Plans is not available yet. Starting October 1st, Medicare beneficiaries with a Part D Plan will receive information from their company informing them of any changes for 2016. The Open Enrollment Period for Part D Plans will be October 15-December 7th. The maximum deductible for a Part D Plan will be \$320 in 2016.

SHICK Counselors are available in your area to provide assistance shopping and enrolling in 2015 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 today for an appointment.

LIGHT EXERCISE IS BETTER THAN NO EXERCISE

For older Americans getting the recommended weekly minimum of 150 minutes of moderate exercise can be hard to do. However, light activity like walking, yard work, or even slow dancing for 300 minutes a week (or 1 hour per day, 5 days a week) may offer significant health benefits. A new study found that light exerciser's weight, blood pressure, and blood sugar levels were comparable with those of more intense exercisers. It also found that light exercise is easier to sustain. The study found that 16 percent of healthy participants regularly performed intense exercise, but 66 percent did more casual activity.

American Journal of Health Promotion, May/June 2015

Sunflower Fair-Your Premier Annual Health and Wellness Fair

Living It Up

Tuesday, September 22nd

8 a.m.-4 p.m.

Salina Bicentennial Center

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

Bring your friends for a full day of fun at the Sunflower Fair (formerly Senior Fair). The Fair always has a variety of very interesting educational programs, exhibits, silent auction, and a noon luncheon. The Fair provides a wealth of information to assist you, your friends, and relatives. Meet old friends and make new ones.

Registration which includes lunch is \$20 due by September 11th. Send your name, address and phone number along with registration fee to NC-FH AAA, 401 Houston St., Manhattan, KS 66502. Call 1-800-432-2703 for more information. All interested men and women throughout Kansas are invited.

EXTENSION FALL FLING-OCTOBER 12

Enjoy the fun, fellowship, and learning at the upcoming Fall Fling on Columbus Day, October 12. The event will be held 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.

The morning speakers, Janel Michaud and Shaley Johnson, will share about the adventure of planning, starting, and completing the new Clay County Animal Rescue and Education Center. In the afternoon, the group will be excited to hear about plans to improve and expand the unique Clay Center Zoo by Bill Callaway. The zoo is beloved by children and adults throughout the area.

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

Registration is from 10:30-11am followed by a welcome and awards and recognition. The program will conclude at 2pm with door prizes.

You are welcome to bring a can of dog food or clean old bedding and towels for the Clay County Animal Rescue and Education Center. Cash donations to both animal facilities are always welcome.

SEPTEMBER IS FOOD SAFETY MONTH

We have such a safe and abundant food supply in the U.S that we often take our food safety for granted. Food borne illness is a much bigger problem than most people think. In fact, it can be deadly for many people. Young children and senior citizens are two populations that contracting a food borne illness can be deadly for them. One in six Americans will get sick from food poisoning this year alone. Every year more than 100,000 Americans are hospitalized due to food borne illness. Some people never fully recover living with severe symptoms for the rest of their lives.

Taking some very basic precautions can help to keep your friends and family safe. First it is very important to wash your hands before cooking or eating. Many people forget this very basic step. Frequent handwashing not only helps prevent food borne illness but other illnesses also. Second, it is important to keep foods like raw meats, seafood, poultry and eggs separate from ready to eat foods like vegetables and fruits. Having separate places to store them in the fridge is a good way to start. It is also important to remember to use separate cutting boards and knives for produce and meats. Third, cooking to the proper temperature is important. Ground meats like hamburger, ground pork or lamb all need to be cooked to 160 degrees F. Hunks of meat like steaks and roasts need to reach 145 degrees F. All kinds of poultry need to reach 165 degrees. Pork and raw ham needs to reach 145 degrees F. Precooked ham should reach 140 degrees. Egg dishes need to reach 160. Leftovers of all kinds need to be reheated to 165 degrees F to ensure you have killed most kinds of bacteria. Fourth, it is important that perishable foods be refrigerated within two hours of cooking. So it is important to refrigerate all leftovers as quickly as possible. If you have a large batch of something consider breaking it down into smaller containers so that it can cool to the proper temperature more quickly.

If you would like to learn more about food safety or have other questions visit the government website: foodsafety.gov. It has more in depth information as well as educational videos to go along with each topic. Taking a little extra time can help to keep your loved ones safe.

EATING HEALTHIER DOESN'T HAVE TO MEAN STRONG WILL POWER

Often when we try to change eating habits we feel we have to have iron clad will power and make sweeping changes, but actually small changes in our environment and habits can help us eat healthier without a lot of effort. Here are some small changes to try. They may not all work for you, but even making one or two changes is a step in the right direction.

1. Customize dishes and cups. This helps you to control your portion sizes. Eat healthy foods like salads, veggies and fruits on larger plates. Larger plates usually encourage larger portions so this way you are getting plenty of these foods. Use smaller plates for foods like white rice, pasta, red meat, and desserts. Smaller plates encourage you to eat smaller amounts and these are foods that should be limited.

2. Make healthy foods visible. This lets you eat more of the foods that are good for you. You are most likely to reach for what you see first in the fridge or pantry. By having fruits and vegetables washed and cut up ready to eat and putting them on the top shelf of the fridge you are more likely to reach for them instead of a less healthy snack. One study even found that fruit and vegetable consumption increased threefold just by moving them from the crisper drawer to the top shelf.

3. Color-code your meals. This helps to improve your nutrition and is more tempting to your palate. By eating a variety of colorful fruits and vegetables means that you will get a good mix of healthy nutrients.

4. Make it look nice. Foods with visual appeal taste better to us. Having a variety of shapes, colors, and textures allows us to enjoy our meal more and encourages healthy eating.

5. Eat only at the table. This will help you to eat less. One study showed that eating as a family at the table was linked to a lower BMI than those people who eat in front of the TV. This is partially due to the fact that people tend to eat more when they are distracted and TV is distracting. By eating only at the table you pay attention to what you are eating and are more aware of what and how much you are eating.

Consumer Reports on Health September 2015

OCTOBER IS NATIONAL EAT BETTER, EAT TOGETHER MONTH

With our hectic lifestyles sometimes you wonder if it is possible to sit down and have family meal times. However, there is much to be gained by making the time to eat together. Kids that eat dinner with their families are less likely to smoke, drink, or use drugs. Family meals also encourage healthy eating. In fact studies show that children who eat family meals consume less pop and high fat snacks and eat more fruits and vegetables than their peers who do not have family meals. Eating together is also an excellent way to model healthy eating for your children.

You may wonder how to do this? Set a goal of eating together at least three times a week. Look at family schedules and put family meals on the calendar and make them a priority. It doesn't have to be an evening meal. Breakfast or lunch will work also. It also doesn't have to be a fancy meal. The point isn't what you eat, but that you eat the meal together. Make sure this isn't the time to have difficult discussions. You don't want family members to dread family meals. Instead, choose a different time to talk over any disagreements that may need addressed.

To make it easier to have family meals a little planning ahead can make it easier. Plan menus ahead of time so that you can get all the groceries you need. If you're making a casserole or soup make extra and freeze so you have a meal ready for another day. The crock pot can also help to make family meals easier to prepare. Involve the whole family in meal preparation. This not only helps get the meal on the table faster, but valuable conversations can take place while everyone is working together. It also helps teach children about healthy eating and meal planning.

MOLDS IN THE HOME

Molds are microorganisms that can be found anywhere and grow on most anything. Molds may look furry and can be black, white, orange, green, or brown. Although commercial tests are available to test for the presence of mold, the tests will more than likely be positive simply because mold spores are everywhere in the River Valley District.

The more people who live in a home, the more likely it is that there will be molds. This is because the average family releases up to 2 gallons of water a day into the home just by breathing, bathing, cooking, and doing laundry. The easiest way to tell if you have mold, is to sniff. If your nose detects moldy, musty, or otherwise 'old' odors, mold is present. Look first in the parts of your home that get, or have been, wet. Do you, or have you, had leaks in your roof, plumbing or basement? Using your eyes and your nose, check windows, walls, baseboards and the underside of rugs for discoloration

Breathing mold spores is not healthy for anyone. When breathed in, mold spores can cause infections, allergies, asthma, and other breathing problems. Plus, molds are unsightly and can cause considerable damage to the surface on which they are growing.

The best advice is to keep the mold spores from ever establishing a home in your home. Do this by keeping things clean and dry. Mold can feed off most anything, including dirt, so cleanliness helps to keep mold spores from getting established and growing. Mold is attracted to clothing that has had food spilled on it. This is why it is so important to thoroughly clean all soiled garments before storing. Mold also needs moisture so get rid of dampness with air conditioners, dehumidifiers, or even a light left on in a dark closet. (Just be sure the light bulb is far enough from clothing and other flammables to avoid the danger of fire.) It's also a good idea to hang clothing loosely so that air can circulate around it. If a closet is poorly ventilated, keep the closet doors open or install a fan. Remind family members to never place a damp garment, even if it's just wet with perspiration, in a closet or drawer. It needs to dry first before being put away.

GUIDELINES FOR PARENTS GIVING AN ALLOWANCE

*Be consistent. Set a day to give the allowance and agree upon the amount and limits for spending. Use an allowance contract that both child and parent(s) sign.

*Allow children to spend some money however they choose. This gives them practice making their own decisions.

*Don't come to the rescue every time your child runs out of money. If your child is going to learn how to manage money, he/she must face the consequences of their own money mistakes.

*Money is generally not effective as a reward or punishment. Children who are given money for good grades, thoughtfulness, or helping at home learn to put a monetary value on character and achievement.

*Guide and advise your children's money decisions. Avoid dictating or directing.

*Use encouragement and praise rather than criticism and scolding. This will help them develop self-confidence.

*Respect your children's individuality and avoid making comparisons with siblings or other children. Each child is different.

*Be patient. It takes time to learn to manage money wisely and develop financial responsibility.

INTERNET SAFETY FOR PARENTS

While the internet has opened a wealth of resources to both adults and children, there are risks involved. The following danger signs come from actual investigations of sex offenders where law enforcement officers posed as children.

*Your child spends large amounts of time online, especially at night.

*You find pornography on your child's computer. (Check flash drives as well as the hard-drive.)

*Your child receives phone calls from people you don't know or is making calls to numbers you don't recognize.

*Your child receives mail, gifts, or packages from people you don't know.

*Your child quickly turns the computer monitor off or changes the screen when someone else enters the room.

*Your child becomes withdrawn from the family. (Computer sex offenders work very hard at driving wedges between a child and their family.)

*Your child is using an on-line account belonging to someone else. (Some computer sex offenders will provide potential victims with a computer account exclusively for communication with them.)

MONEY CHILDREN RECEIVE

The four ways children receive money are by cash gifts, earnings, the dole system, and allowances. Each method has advantages and disadvantages with no absolute best (right) or worst (wrong) way. Every family is different and what works best for one family may not work for another.

Children often receive gifts of money on birthdays and other special occasions. Whether or not children's cash gifts are theirs to spend as they wish depends on the family. Parents and young children should each have a voice in how the money is used with the final decision increasingly becoming the responsibility of the child as he/she gets older. Children should be encouraged to set some long-term goals and begin learning how to save.

Earning money, either at home or outside the home, provides the child with an opportunity to establish standards and attitudes about work. Employment opportunities help children to understand the relationship between money, time, skills, and effort plus it teaches responsibility and the need to meet obligations. However, parents must still provide guidance so that good money management skills are learned and establish limits so that work doesn't interfere with school, study time, family time, and activities.

Some families use the 'dole system' to supply their children with money. In this method, parents give money to children when they ask for it. It's best used for very young children or with certain types of expenses, such as school fees. Children do not learn to budget or manage money.

THE FABLE OF THE ANT AND THE CRICKET

The fable tells us that "Once upon a time...one hot summer, a carefree cricket sang cheerfully on the branch of a tree, while down below, a long line of ants struggled gamely under the weight of their load of grains....."

Both the cricket and the ant in their appropriate place can be beneficial as decomposers of plant materials and or feeding on living or dead insects. The song of the male field cricket can be enjoyed outdoors, but once that cricket enters the home and that song coincides with bed time then the hunt is on! Beyond the annoyance indoors, crickets may be responsible for creating holes in fabrics and leaving stains on light-colored clothes and curtains.

The crickets that enter our homes in Kansas are most likely field crickets. Mature field crickets approach one-inch in length. The female is easily identified by the $\frac{3}{4}$ inch ovipositor. Most field crickets are all black but some will appear lighter due to their coppery-colored wings.

Field Crickets over-winter as eggs deposited in the soil. In late summer, field crickets are in the later part of their development stages and as fall approaches they will mate and the female will deposit eggs in the soil. The fable would suggest that the cricket should prepare for winter but interestingly enough, the "singing" of the male cricket as it rubs its wings together to protect its territory and attract the female is actually its preparation for winter!

As the cooler weather of fall begins to set in, the crickets, able to detect heat gradients, will move toward sources of heat such as homes and buildings. The population of crickets seems to be high this year, so we are likely to see a pretty large invasion into homes this fall. Just like it is impossible to find that one annoying cricket in the middle of the night, it is unrealistic to expect to exclude all crickets from the home. However, we can take some steps to reduce the numbers.

We should first turn our attention to out-doors. Reduction in numbers can be achieved by a 6-12 foot barrier treatment applied around the perimeter of the home or building. Next, we should turn our attention to the building itself. Just as in energy conservation, efforts that seal the home will eliminate potential entry points for insects. Check for cracks and gaps in the structure or foundation; improper fitting or closing of doorways, garage doors, and windows; damaged vents; or lost seals around air-conditioning, electrical, or water services. Use caulking and foam sealant to fill cracks and holes, apply weather stripping and adjust doors to close properly, and apply or repair screening on doors and vents. Finally, we move indoors where insecticides can be applied as general surface, spot, mist, or crack and crevice treatments.

Insecticides in the spray treatment above can be applied by the homeowner or can be applied commercially by pest control companies. According to K-State Research and Extension Specialist, Bob Bauernfeind, there are currently 84 products registered in Kansas that specifically mention field crickets and nearly 1400 that list "crickets" on the label. In many instances, it is probably less important which of these labeled products that is used, but rather that it is applied timely and according to the label's safety and application instructions.

As we consider the moral of this fable to prepare for what is to come, it is time that we consider preparing for the impending invasion of crickets into our homes this fall.

What about the ant? Well, we will discuss these pesky creatures another time.

HYPERTUFA AND SUCCULENT GARDENING PROGRAM

Hypertufa is a manufactured substitute for 'tufa' which is a type of limestone that was historically carved into troughs for feeding and watering animals. Come out to the Clay Center Fairgrounds on September 9th at 7:00pm and learn how to make these beautiful artificial stone planters! They are especially ideal for container gardening with succulents and rock garden plants, but add a rustic, natural look to any garden or porch display. The cost for creating a hypertufa project of your own is \$10 for materials and pre-registration is required. Space is limited, so sign up soon! To register for this class or to find out more information, call the Concordia Extension office at (785)243-8185, or email Aimee Wegescheide at RVEDhort@gmail.com.

INTRODUCTORY VEGETABLE GARDENING PROGRAM

Join us Wednesday, September 16th at 7:00 pm at the Belleville Harvest Community Gardens for an introductory program to vegetable gardening! We will talk about weed control, fertilizing your plants, soil health, and easy beginner crops to grow in your vegetable garden. The Harvest Community Garden is located at the corner of 12th and R Street. In case of inclement weather, the meeting will be held at the Belleville fairgrounds in the 4H building. There is no cost and no registration required. If you have any questions, call the Concordia Extension office at (785)243-8185, or contact Aimee Wegescheide at RVEDhort@gmail.com. We hope to see you there!

HARVESTING PEARS

Pear season is finally upon us! Many growers struggle to find the proper time for harvesting and eating pears. Most types of fruit will ripen on the tree or vine, but pears ripen from the inside out when left on the tree. By the time they seem ready to pick they're already past their prime and develop an undesirable mushy and mealy texture.

To avoid this dilemma, you must pick pears when they are mature, but not yet totally ripe. This can prove challenging as a mature pear is still firm to the touch and the coloration can vary depending on variety. The easiest way to pick mature fruit is to tilt the fruit to a 90 degree angle from the limb and if it snaps off easily, then it is ready for picking. If it still clings to the limb when tilted horizontally, then it is not ready for harvesting yet. In addition, if you look closely at the 'lenticels' (the breathing pores of the fruit), you will notice them turning brown on mature fruit, or 'corking over'.

Pears that have been harvested from the tree will take one to three weeks to become fully ripe when stored at 60-65 degrees Fahrenheit. Storing fruit in 75 degrees or higher will cause it to break down before ever ripening. To speed the ripening process, put pears in a paper bag with an apple or banana.

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**RIVER VALLEY DISTRICT
“2015 UP-COMING MEETINGS & EVENTS”**

DATE	TIME	PROGRAM	LOCATION
Sept. 9	7pm	Hypertufa and Succulent Gardening Program	Clay Center Fairgrounds
Beginning Sept.11 (Fridays only)		Powerful Tools for Caregivers	Clay Center, Extension Office
Sept. 16	7pm	Introductory Vegetable Gardening Program	Belleville Harvest Community Gardens
Sept. 22	8am-4pm	Sunflower Fair	Salina Bicentennial Center
Sept. 24	9:30am	Beef Stocker Field Day	Manhattan
Sept. 29		Agricultural Lenders Conference	Garden City
Sept. 30		Agricultural Lenders Conference	Manhattan
Oct. 12	10-30am	Extension Fall Fling	Clay Co. Fairgrounds, 4-H Conf. Center
Oct.15-Dec.7		Medicare Open Enrollment	Schedule appointments at your local office
Oct. 28-29		Income Tax Institute	Wichita
Nov. 4-5		Income Tax Institute	Hays
Nov. 12		Crop Insurance Workshop	Salina
Nov. 19		K-State Swine Day	K-State Alumni Center
Dec. 1-2		Income Tax Institute	Topeka
Dec. 2-3		Income Tax Institute	Salina

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