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Geary County

K-State Research and Extension News

Knowledge
for Life

Ask the Agent

Q: I am refreshing the supplies in my home emergency kit. How important are the dates on the supplies?

A: It is important to check your supplies at least every six months. Just as fire safety tips suggest you change the batteries in smoke detectors each time we have a time change (there's one coming up on November 1st!), you should change flashlight batteries in your emergency kit every 6 months, as well.

You should also dispose of any medications with expired dates or that have been used up. Finally, be aware that adhesive bandages will lose their binding ability as they age.



For more information call the Geary County K-State Research and Extension office at:

785-238-4161



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National Domestic Violence Awareness Month! October 2015

On September 10, 2014, twenty-six Kansas agencies who serve victims of domestic violence reported detailed data about their services. In that single 24-hour period, these 26 agencies reported the following:

951 victims were served in that single day—of those victims...

- 430 victims (230 children and 200 adults) found safety in an emergency shelter or transitional housing provided by a local domestic violence program.
- The remaining 521 adult and child domestic violence victims were provided non-residential support services including counseling, legal support, and children service programming.

284 unmet requests were made by victims for services.

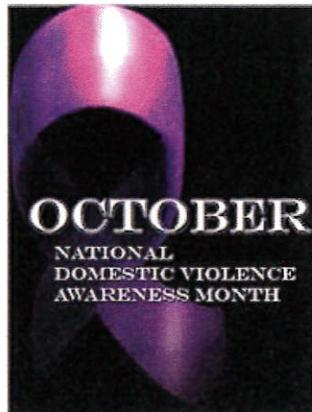
- 46% of those 284 unmet requests were for housing
- Other unmet requests included: legal representation and counseling



Why were there so many unmet requests? The agencies reported their inability to provide for these victims based on the following:

- ⇒ 35% reported reduced levels of financial support from the government
- ⇒ 27% reported reduced levels of individual donations
- ⇒ 23% reported loss of private funding sources
- ⇒ 15% reported inadequate staffing

Source: <http://nnedv.org/projects/census/4481-domestic-violence-counts-census-2014-report.html>



What can we do to help? Increasing awareness of domestic violence is everyone's responsibility. Simply talking about your knowledge and/or experiences with victims of domestic violence helps to personalize it for people who may not realize this reality.

Another way to help is through making donations to local or national agencies that provide support to these victims. As noted above, almost every request that was unmet in the September 10, 2015 survey was the result of lack of financial resources from one source or another.

If you have an old cell phone that you are no longer using, consider donating it to be refurbished or recycled. Proceeds from the sales of these phones are used to provide domestic violence victims with a lifeline (a cellphone) and free airtime. Delete your personal data and remove the memory card before dropping it off at a Verizon retail store who sponsors the mobile phone program. Search HopeLine at Verizon.com.

Salina Rescue Mission
PO Box 1667
Salina, KS 67402
(785) 823-2610

Topeka Rescue Mission
600 N. Kansas Avenue
Topeka, KS 66608
(785) 354-1744

Junction City Crisis Ctr.
Hotline: (785) 762-8835
(800) 727-2785

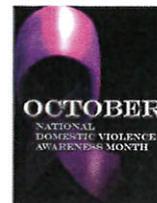
Red Flags of Abuse

Domestic violence encompasses a spectrum of behaviors that abusers use to control victims. The following list includes warning signs that someone may be abusive.

"Red flags" include someone who:

- Wants to move too quickly into the relationship.
- Early in the relationship flatters you constantly, and seems "too good to be true."
- Wants you all to him- or herself; insists that you stop spending time with your friends or family.
- Insists that you stop participating in hobbies or activities, quit school, or quit your job.
- Does not honor your boundaries.
- Is excessively jealous and accuses you of being unfaithful.
- Wants to know where you are all of the time and frequently calls, emails, and texts you throughout the day.
- Criticizes or puts you down; says you are crazy, stupid, and/or fat/unattractive, or that no one else would ever want or love you.
- Takes no responsibility for his or her behavior and blames others.

- Has a history of abusing others.
- Blames the entire failure of previous relationships on his or her former partner; for example, "My ex was totally crazy."
- Takes your money or runs up your credit card debt.
- Rages out of control with you but can maintain composure around others.



Abuse is never the fault of the victim and it can be hard for many reasons, including safety, to end the relationship. If you experience these "red flags," you should confide in a friend or reach out for support from a domestic violence advocate. If you believe a friend or relative is being abused, offer your nonjudgmental support and help. Again, the victim of domestic violence is not at fault. They need advocates to help them find the resources they need to break the cycle of abuse and live in a safe environment both physically and emotionally.

Source: National Network to End Domestic Violence <http://nnedv.org/resources/stats/gethelp/redflagsofabuse.html>

**National Domestic Violence Hotline:
1-800-799-SAFE (7233)**

Healthy Homes Maintenance Checklist



Looking over your home with a critical eye before winter sets in can save you money in the long run. To save both time and reduce stress from unexpected

repair bills, take an afternoon to inspect and clean your home's appliances:

- ◇ Clean kitchen range hood screens
- ◇ Clean dryer vents and screens
- ◇ Clean exhaust fan outlets and screens
- ◇ Clean outdoor air intakes and screens
- ◇ Clean air conditioning coils, drain pans
- ◇ Clean and tune furnaces & hot water heaters
- ◇ Clean and tune ovens and ranges

Additional tasks you might want to check complete include:

- ◇ Check operation of windows and doors and

look for air leaks around seals

- ◇ Check ceiling fan blades and operation—clean and repair as needed
- ◇ Replace filters in warm air furnace
- ◇ Check smoke and CO alarms
- ◇ Check for signs of rodents, bats, roaches, termites or other pests that tend to look for winter shelter in homes

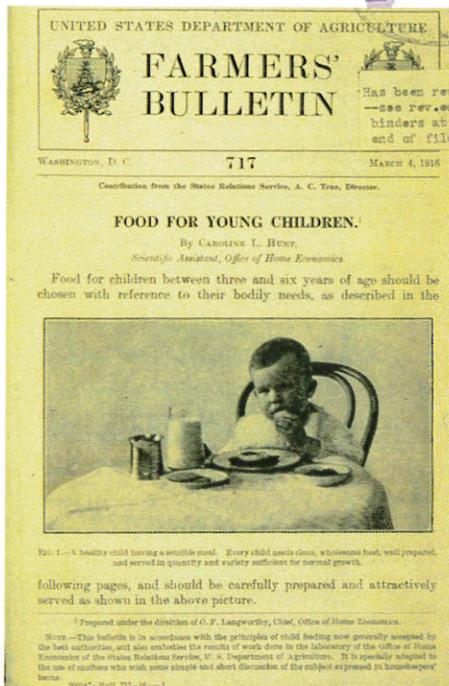
In addition to the cost-saving value of making seasonal home inspections, you are also reducing the amount of allergens your family is exposed to and their risk for accidents in the home.



For a complete home maintenance checklist for every season of the year, contact our office at 785-238-4161 or find it on our webpage at:

<http://www.geary.k-state.edu/home-family/housing-home-safety.html>

Healthy Habits Dietary Guidelines...Then and Now



What do Space Invaders, Cony Walkman, Cabbage Patch Kids, and Big Hair have in common with the Dietary Guidelines for Americans? They are all products of the 1980's!

The *Dietary Guidelines for Americans* has been published jointly every 5 years since 1980 by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The Guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. They serve as the basis for Federal food and nutrition education programs.

The history of food guidelines for Americans goes back even farther than 1980. During the late 1800's, food guides were the product of a relatively new kind of human science called Nutrition. The first published dietary guidance by the USDA was a Farmers Bulletin written in 1894 by W.O. Atwater, the first director of the Office of Experiment Stations in USDA. Dr. W.O. Atwater, who is commonly deemed at the American Father of Nutrition, trained C.F. Langworthy to be another great forefather to our modern-day study and knowledge of human nutrition. Eventually, as a result of the Smith-Lever Act of 1915 (the legislation that birthed the Cooperative Extension Service), Dr. Langworthy became the first Chief for the newly formed Office of Home Economics housed in the Department of Agriculture.

During this period of time, with the pressure to be competitive with the Europe's work in nutrition, more and more research was being completed in the U.S. Dr. Langworthy was not only adept at research, he was highly skilled in translating that

research into practical commentary that made it accessible to clients of Home Economics Extension agents across the country.

Source: <http://www.ers.usda.gov/publications/aib-agricultural-information-bulletin/aib750.aspx>

Research continues to be the foundation of K-State Research and Extension. The 2015 Dietary Guidelines are targeted to be released at the end of 2015 and FCS Extension Agents will continue to share current research-based information with our audiences.

K-State Research & Extension—Knowledge for Life!

Connecting with Kids

As the bulletin cover on the right notes... "Milk is better than candy!" Some messages have endured the test of time. Smart eating is still smart eating. Look at this recipe for a kid-friendly kitchen activity that tastes great and is an excellent source of calcium!

Hot Cocoa Mix

Ingredients:

- 3 c. nonfat dry milk powder
- 1/2 c. sugar
- 1/2 c. unsweetened cocoa powder
- 1/2 c. nonfat dairy creamer

Directions:

To prepare mix:

- 1) Measure ingredients into large mixing bowl, stirring well to combine.
- 2) Store prepared mix in a covered container or in a reclosable plastic bag.

To prepare drink:

- 1) Fill a microwave-safe mug 3/4 full of water. Microwave for 2 minutes on high.
- 2) Measure 1/3 c. hot cocoa mix and stir into hot water.

Nutrition Facts found at: <http://www.kidsacookin.org/drinks/Hot-Cocoa-Mix.pdf>



From the Office of Home Economics, USDA Circa 1918



K-STATE
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Upcoming Geary County Extension Programs

****Requires pre-registration.**

October

- 15 Medicare Open Enrollment begins and continues through December 7. Call the Geary County Extension Office to make an appointment with Deb Andres to review Medicare Part D Prescription Plans. Appointment times are limited, so call soon to get your appointment time reserved!
- 20 MPI Parenting Class**—12th Street Community Center at 1002 W. 12th Street, Junction City, is a 6-session class open to any parents with children ages toddler to teens to help support and equip parents with the challenging task of raising children. Please call the Geary County Extension office to register for the program—785-238-4161. The class consists of 6 consecutive sessions held from 6-8 p.m. on Tuesday nights. A \$10/session registration fee is required before the class begins. The total cost for the class is \$60.00 per individual or \$90.00 for the parent and a support person. The class continues through November 24.
- 26 Geary County Medicare Open Enrollment Event—Geary Community Hospital, Medical Arts I Conference Room, Junction City, KS from 8:30 am—4:00 pm. Several SHICK counselors, including Deb Andres, FCS Agent and SHICK Counselor, will be available to counsel with Medicare beneficiaries about their prescription drug plan and other Medicare-related issues. Call the Geary County Extension office to make your appointment at this special event on Monday, October 26. 785-238-4161 **CALL NOW! Appointments are limited and reservations close October 21st at 5:00 pm!**
- 27 Master of Memory—4-H Senior Citizen Center, 1024 S. Spring Valley Road, Junction City, is a 6-session class open to individuals who are interested in learning more about how brain functioning changes as you age. A 1-hour session will be offered weekly from 1:15 pm—2:15 pm. Participants will also learn strategies for improving their memory. The program is free, but pre-registration is required to ensure there are resources available for the number attending. Call the Geary County Extension office to register for the program—785-238-4161. **Register by October 26, 2015.**

November

- 5 Knowledge at Noon**— Moving More, Valley View Estates, 1440 Pearl Drive, Junction City, KS. Discover the health benefits of eating a balanced diet and increasing physical activity. This free program begins at noon and is open to the public. Call the Extension Office to reserve your seat at 785-238-4161. **Register by November 4, 2015**



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www.facebook.com/gearycountyextension

Geary County Office information: <http://www.geary.ksu.edu/>
or stop by the office at 119 E. 9th, Junction City, KS 66441

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