

## September—National Food Safety Month! September 2015

Since 1994, National Food Safety Education Month has increased awareness about the importance of food safety education for the food industry, food service, and the consumer. This year, the theme for the National Restaurant Association Food Safety Education Month is “Let It Flow,” to focus on how food flows through a food service operation.

Why is food safety awareness important? Just look at this week’s news about the recent cucumber recall: “*Custom Produce Sales of Parlier, CA, is voluntarily recalling all cucumbers sold under the Fat Boy label starting Aug. 1, 2015, because they may be contaminated with Salmonella and are covered by an ongoing recall. Fat Boy cucumbers were produced in Baja California, Mexico, and distributed in the states of California, Colorado, Illinois, Iowa, Nevada, North Dakota, Oklahoma and Texas. The Centers for Disease Control & Prevention (CDC) updated this outbreak on Tuesday, Sept. 15. There are currently two deaths, 91 hospitalizations and 418 confirmed cases being reported in 31 states. The deaths being reported are in California and Texas (one each).*”



Source: [www.foodsafetynews.com](http://www.foodsafetynews.com)

Being aware of how food flows through the distribution system can help consumers know their potential exposure to such outbreaks as the one related to contaminated cucumbers. Vegetables and fruits alike can become contaminated at the farm where they are grown and at any point along the distribution process including in your own home. Here are some steps to take to ensure safe vegetable preparation in the home kitchen:



When preparing any fresh produce, begin with clean hands. Wash your hands for at least 20 seconds with soap and warm water *before* and *after* preparation.

- Cut away any damaged or bruised areas on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten should be discarded.
- Wash all produce thoroughly under running water before eating, cutting or cooking. This includes produce grown conventionally or organically at home, or purchased from a grocery store or farmer's market. Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.
- Even if you plan to peel the produce before eating, it is still important to wash it first so dirt and bacteria aren't transferred from the knife onto the fruit or vegetable
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- Dry produce with a clean cloth towel or paper towel to further reduce bacteria that may be present.

Source: <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm114299>

### Ask the Agent

**Q:** Do I need to wash bagged vegetables and vegetable mixes?

**A:** It depends on what is stated on the label. Many pre-cut, bagged, or packaged produce items like lettuce are pre-washed and ready-to-eat. If so, it will be stated on the packaging. If the package indicates that the contents are pre-washed and ready-to-eat, you can use the produce without further washing. If there is no reference to being pre-washed on the packaging, use safe food handling practices to prepare the produce for use.



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

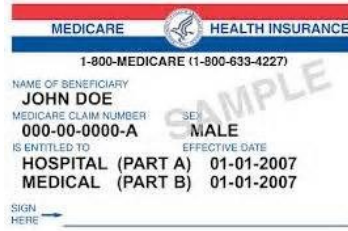
**785-238-4161**

**Does Medicare Muddle Your Mind?**

If you are approaching age 65, you will soon be able to receive Medicare benefits. If you have recently turned age 65, you are likely swimming in Medicare correspondence and trying to figure out the language and/or terminology used by the system. Here is one question I often hear from Medicare beneficiaries:

*When it comes to prescription insurance, what is meant by the term “formulary?”* A formulary (a.k.a. “a drug list”) is a list of prescription drugs covered by a prescription drug plan or another insurance plan offering

prescription drug benefits. It is important for policy holders to know what medications are listed on their insurance company’s drug list so that they know what to expect at the pharmacy cash register. With Medicare Part D prescription plans, the formularies of each insurance company commonly change from one year to another. By dropping or adding a medication on their formulary list, insurance companies can impact their cost of doing business. This also means that the premiums for Medicare Part D



companies can also change from year to year. In order for Medicare beneficiaries who are enrolled in a Part D plan to more closely manage their out-of-pocket expenses for prescriptions, they need to compare companies, their formularies, and their premiums **every year**. Open enrollment begins on October 15 and runs through December 7. If you need to look at your


Medicare prescription plan, call Deb Andres to make an appointment.

If you are soon to be a Medicare beneficiary or are new to Medicare, you are invited to attend the Medicare Basics for Boomers and Beyond program being offered on Monday, September 21<sup>st</sup> at

the 4-H/Senior Citizens building at 1002 S. Spring Valley Road in Junction city. The program provides an overview of the Medicare system, along with more specific information about Medicare Parts A, B, C & D. Participants will be provided with additional material to help them navigate the Medicare waters. The FREE 2-hour program will begin at 6:30 p.m. **There is limited space, so please call 785-238-4161 to pre-register for the program.**

**PowerPay Debt Elimination—iPhone App**

Do you have too many bills at the end of a paycheck? Does it seem that you can never get a handle on your money management plan? I recently read an article written by an FCS Agent in Utah that presented a great visual on how you can tackle the many demands on your income. It also provides an answer for reaching future financial goals. Read on...

 "To become financially worry-free is not an impossible goal. Through a common sense approach, you can achieve this aspiration by working at it systematically. Imagine five buckets hanging in stair step fashion, each below and a little to the right of the one above it. As water flows into the top bucket the bucket begins to fill. When it reaches its capacity, the water flows over the edge and into the second bucket. This process continues until all the buckets are filled.

Imagine that each bucket represents one of the basic financial priorities. The first bucket represents basic needs; food, shelter, clothing, and transportation. The second bucket represents financial security and includes an emergency fund and savings plan. The third bucket represents a family’s insurance needs, including life, health, and property protection. The fourth bucket represents quality of life. The fifth bucket represents investments. The water that flows from bucket to

bucket represents the resources a family has.

To build a sound financial base for a family, each bucket must be filled before resources are diverted to the next one. First resources are used to provide basic needs. As income increases and money is left after basic needs are met, the extra is used to develop an emergency fund and begin a regular savings plan. When saving is regular (ideally 10 percent of income) and the emergency fund complete (containing 3-12 months’ salary), the next step is to purchase adequate insurance to protect the family’s health, income, and property. When adequate insurance coverage is provided, extra money is then diverted to building quality of life. Quality of life focuses on acquiring some of the wants, extras, and frills. The last step is to channel the extra money available into investments that will provide a secure future for the family. This might include money for children’s education, retirement, or family goals.

This ‘bucket theory’ of financial management is a common sense approach to planning a family’s financial future. It provides a systematic way for families to set and reach financial goals and it helps the family build a sound financial foundation.”

Author: Ann Henderson, M.S., CFCU Extension Agent, Box Elder County  
Go to [www.PowerPay.org](http://www.PowerPay.org) for more online personal money management tools from Utah State Cooperative Extension Service.



# Healthy Habits

## Master of Memory

Have you ever gone to the store to get only 3 things and wander the aisles trying to figure out what they were?  
Have you ever asked your family "Has anybody seen where I put my car keys?"  
Have you ever driven to the other side of town only to realize that you missed your turn 6 blocks back?

Our minds are taxed every day. Sometimes we get overwhelmed with a crazy schedule which can lead to forgetfulness while other times things slip our mind out of fatigue or common illnesses. Taking care of ourselves is an important step to maintain healthy brain functioning. It is also important to use strategies that will help us remember things especially as we continue to age and our brains change.

Many people believe that memory loss and aging go hand-in-hand: as a person gets older his or her memory begins to fail. While some change may be expected as you age, that doesn't mean you can't do something about it, in the absence of a brain disease, such as Alzheimer's Disease – you can be proactive in using some strategies and lifestyle adaptations. Deb Andres, Family & Consumer Sciences Agent with Geary County Extension will begin offering *Master of Memory*, a six-lesson class series that will help you understand how your memory works and what may affect your memory. Medical conditions, medications, diet and exercise, among other things, may all play a role in how your memory works.

Everyone has a basic list of strategies they use to help them remember things: Writing it on a list; Keeping a Calendar; or setting an alarm just to name a few. *Master of Memory* will help you identify and use additional strategies to improve your memory function. The weekly program begins at 1:15 p.m. on October 27<sup>th</sup> at the 4-H/Senior Center Building 1025 S. Spring Valley Road in Junction City. Although there is no cost for the program, preregistration is required to know how many handouts will be needed. Call the Geary County Extension office by 5:00 p.m. on Friday, October 23<sup>rd</sup> to reserve your seat!



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## Connecting with Kids, 10 Tips for Communicating with Children

Establishing good communication with your children when they are young will pay off as they reach the teen and adult years. Here are some suggestions on how to develop better communication with children:

10. Teach your children to listen. Help gain their attention by lightly touching them before you talk follow by their name. This will help them transition from their activity to listen to you.

9. Model calm conversation. Talking in a quiet voice requires your child to be more attentive to what you are saying without becoming defensive. Often a whisper is heard better than a shout.

8. Get on the child's level. Make sure you bend over or kneel down so that you can look them in the eyes as you speak.

7. Practice listening and talking. A great place to practice is at the dinner table. Encourage each family member to both talk and listen to each other.

6. Give kids a CDSR High-5. When kids are Caught Doing Something Right, give them praise and reinforce their good choices with your attention and time.



5. Model respect. Using a kind and pleasant voice with your children models your respect for them. You will maintain stronger lines of communication if they feel they can trust you and that you respect their thoughts and opinions.

4. Use open-ended questions to promote conversations. "Did you have a good day at school?" is a closed question that requires only a Yes or No response. Instead, ask "What went well with your day at school?"

3. Tell your children you love them – every day. You will never look back on your parenting experience and reflect "I told her/him I loved them too often."

2. Say at least five positive comments to your child each day. Research shows that it takes 5 complements to offset a negative one. Their peers at school usually take care of the negative comment.

1. Give your child individual attention when they want to talk to you. Turn off the T.V. or stereo, put the cell phone down, and resist the temptation of trying to multi-task. *Adapted from "Communication", a bulletin developed by Clemson University Cooperative Extension Service.*

## Upcoming Geary County Extension Programs

\*\*Requires pre-registration.

### September

**11-20** Kansas State Fair— Hutchinson, Kansas

**21** Medicare Basics for Boomers and Beyond\*\*—4-H/Senior Citizens Building at 1002 S. Spring Valley Road. This class will help you gain the knowledge you need to make informed decisions about your Medicare options. The free program will run from 6:30—8:30 p.m. Call the Extension Office to reserve your seat. 785-238-4161.

### October

**3** Knowledge at Noon\*\*— Healthy Habits, 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. Call the Extension Office by October 2 to reserve your seat. 785-238-4161.

**6** Eat Healthy, Move More\*\* —12th Street Community Center Nutrition Education Series. This program helps individuals identify healthy lifestyle behaviors, overcome barriers that could prevent them from being healthy, and set goals for maintaining a healthy lifestyle. This free program begins at 3:30 pm. Call the 12th Street Community Center at by October 2 to reserve your seat.

**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. held 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. 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!



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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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