



# Geary County

K-STATE RESEARCH AND EXTENSION NEWS

[geary.k-state.edu](http://geary.k-state.edu)

October 2018

## Ask the Agent

**Q:** Is it okay to laminate my new Medicare card?

**A:** This was discussed in my most recent SHICK recertification training. Yes, your Medicare card can be laminated. The Geary County K-State Research and Extension office can provide this service to you for a nominal fee—\$.25 per card. Bring your new card with you to your SHICK appointment and they will laminate it while you are meeting with Deb.

NOTE: Your Social Security Card should never be laminated. Some agencies cannot accept them as proof of identification if they are laminated.

For more information call the Geary County K-State Research & Extension office at: **785-238-4161**

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## Thoughtful and Healthy Food Donations

October 2018

According to a research summary released by the Robert Wood Johnson Foundation (RWJF), there is a strong correlation between the rate of diabetes and low-income individuals. Low-income patients have additional challenges beyond managing the disease. They often struggle financially, experience inconsistent access to health care, are limited in their access to healthful foods, may have limited transportation, and lack of safe and affordable housing according to the summary. In Geary County, the percentage of Medicare eligible adults who have diabetes is at 29.8%, while of those under 65 years of age, 27.7% is the rate of occurrence for diabetes.



Obesity in the United States continues to rise in all ages and demographics. In Geary County, the adult obesity rate is 35%. Nationwide, the childhood obesity rate is especially alarming with the current rate being cited at 18.5% overall. There are racial and ethnic disparities in the U.S., 25.8% of Latina children and 22% of Black children are obese. In Geary County, the percent of obese adults was 42.5% in 2015 with an additional 31.9% of adults being classified as overweight that same year.<sup>1</sup>

These are not the only two chronic diseases associated with diet and exercise. The percent of adults tested and diagnosed with high cholesterol was at 34.7% and those diagnosed with hypertension (high blood pressure) was at 33.2% in 2015.<sup>1</sup> Why would I share all this gloom and doom information with you? 1) I want to raise your awareness of the health concerns facing our county, and 2) I want the information to influence your personal and community decisions.

It is common during the fall months for organizations, faith communities, and service agencies to hold food drives for food pantries and soup kitchens. There is no doubt that the need for such volunteer efforts is essential for our emergency food service agencies to be able to meet the demand.

This year, in light of the information I have shared, I hope that you will put more thought and consideration into the types of food you purchase for making your donation to a food drive. Ask yourself these questions:

Is the food low in sugar or processed carbohydrates?

Is the food low in fat and nutritionally dense?

Is the food considered healthful as it relates to the MyPlate model recommended by the USDA?

So what should you donate?

High protein foods such as nuts, canned seafood and poultry

Canned low sugar fruits such as canned fruit packed in juice, dried and sauced

Whole grains such as whole grain pasta and whole grain cereal

Low sodium soups with protein and veggies

For a more comprehensive list of healthful food pantry donation ideas, check out the "Stocking a Healthy Food Pantry Checklist" on the Geary County K-State Research and Extension website at <http://www.geary.k-state.edu/>. Look under the New Resources section.

**"As families depend more on donated foods for a greater share of their nutritional needs, the quality of foods available become more important."** University of Wisconsin-Extension Safe and Healthy Food Pantries Project.

<sup>1</sup>Kansas Partnership for Improving Community Health: Kansas Health Matters Dashboard; [www.kansas.healthmatters.org](http://www.kansas.healthmatters.org)

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

## Cybersecurity Awareness

October 2018 marks the 15<sup>th</sup> annual National Cybersecurity Awareness Month. A wide variety of state and national agencies are working together to help consumers and businesses gain a greater awareness of the danger in not practicing cyber safety and to promote actions that can be taken to improve exposure to risks in this area.

There are several key things you can do to safeguard your personal online services as well as those online resources you might use at work. Here are a few to get you started on the road to cybersecurity awareness:

**Keep Your Machine Clean.** The U.S. Department of Homeland Security, a NCSA Agency Partner, emphasizes the importance of keeping your internet-connected devices free from malware and infections. Doing so will make the internet safer for you and more secure for everyone. Scan your personal and office devices regularly for viruses and spyware along with keeping your software up to date. Go to <https://www.stopthinkconnect.org/> for more information on ways to protect your devices.

**Protect When You Connect.** Public wireless access has its advantages, but you need to be aware of the risks that come with it, as well. If you are able to logon to a public wireless system, be sure to confirm the name of the network and login procedures with the host to make sure it is legitimate. If you discover that your devices on their network are compromised for any reason, make sure you report it to the host. If your device is compromised or if hackers have broken through and encrypted firewall,

## Family Resource Management

someone is likely eavesdropping on your activities and gleaning your personal information – even in your own home on an encrypted Wi-Fi. You can increase your login protection by enabling MFA, or multi-factor authentication, on your device. MFA requires two levels of credentials in order to access your information. Your credentials fall into any of these 3 categories: something you know (like a password or a pin), something you have (like a smart card), or something you are (like your fingerprint.) When using MFA, your credentials must come from two different categories to enhance security.

**Be Protective of Your Passwords.** Elizabeth Kiss, Family Resource Management Specialist with K-State Research and Extension, points out the importance of managing and protecting your passwords in the October Sound Living podcast “Cybersecurity Precautions”. Managing your passwords means that you change your passwords often and avoid using the same password for multiple accounts. She shares that the use of security questions can help you manage multiple accounts more easily. If you need to write down your password and security questions, store them in a safe place away from your home office space or away from your computer at work. You can listen for more tips about cybersecurity in her fifteen minute podcast on the Geary County K-State Research and Extension website at <http://www.geary.k-state.edu/>. You'll find it in the Health, Home, and Family tab under “New Resources.”

## Home Environment

Did you know that our homes can impact the physical health of our families?

The U.S. Department of Housing & Urban Development offers eight tips for keeping your home healthy.

The first tip is to “Keep It Dry”. Prevent water from entering your family home through leaks in the roof, rain water due to poor drainage – such as in your basement or along ground level walls, or plumbing that is leaking.

Another way to keep you family home healthy is to “Keep It Clean.” By controlling the sources for dust and contaminants, you improve the air quality in your home.

A third tip for a healthier home is to “Keep It Safe”. Store poisons out of reach from children and label containers to ensure you know what is in them.

Next, “Keep It Well Ventilated.” Ventilate your bathrooms and kitchens and use a whole house ventilation system to reduce the concentration of contaminants in your home.

“Keep It Pest-Free” is another tip for keeping a healthy home. Store food in pest-resistant containers. If needed, use sticky-traps and baits in closed containers.

Another safe home tip is to “Keep It Contaminant-Free”. For example, reduce lead-related hazards in pre-1978 homes by fixing deteriorated paint.

The 7<sup>th</sup> tip the agency suggests is to “Keep It Well Maintained.” Inspect, clean, and repair your home routinely and take care of minor repairs and problems before they become large ones!

Finally, “Keep It Thermally Controlled.” Homes that do not maintain adequate temperatures may place a safety hazard to your family as they are exposed to extreme cold or heat.

With these 8 tips for keeping your home healthy, you can keep your family healthier and happier.



# Family Resource Management

## Who Doesn't Love a Good Sale!

I was recently at a professional conference in San Antonio that was predominantly attended by females. The vast array of personalities, backgrounds, and clothing choices was for the "people watcher" in me to see and interact with. I found it interesting that when I complimented someone on their clothing, they almost always responded in one of two ways. 1) "Oh, this old thing? I've had it forever!" or 2) I don't usually buy something expensive for myself, but this was on sale (or something like – "This was on the clearance rack, marked 75% off the sale price!!!")

Like the women I met at the conference, I am a sucker for the "on sale" or "clearance" signs that I see when I'm out for a stroll through the store. However, don't be blinded by the sale sign and end up paying more for something you really didn't need in the first place.

The Federal Trade Commission has the challenging role of helping consumer, in part, stay protected from unfair practices and misleading advertising marketing strategies. As part of their work in this area, they offer these suggestions in becoming a savvy sale shopper.



**Shop around.** A "sale" price isn't always the "best" price. Some merchants may offer a sale price on an item for a limited time; others may discount the price on the same item everyday. Having an item's manufacturer, model number, and other identifying information can help you get the best price for the item you want.

**Read sale ads carefully.** Some may say "quantities limited," "no rain checks," or "not available at all stores." Before you step out the door, call ahead to make sure the merchant has the item in stock. If you're shopping for a popular or hard-to-find item, ask the merchant if he'd be willing to hold the item until you can get to the store.

**Take time and travel costs into consideration.** If an item is on sale, but it's way across town, how much are you really saving once you factor in your time, your transportation, and parking?

**Look for price-matching policies.** Some merchants will match, or even beat, a competitor's prices — at least for a limited time. Read the merchant's pricing policy. It may not apply to all items.

**Go online.** Check out websites that compare prices for items offered online. Some sites also may compare prices offered at stores in your area. If you decide to buy online, keep shipping costs and delivery time in mind.

**Calculate bargain offers that are based on purchases of additional merchandise.** For example, "buy one, get one free," "free gift with purchase," or "free shipping with minimum purchase" may sound enticing. If you don't really want or need the item, it's not a deal.

**Ask about sale adjustments.** If you buy an item at regular price and it goes on sale the next week, can you get a credit or refund for the discounted amount? What documentation will you need?

**Ask about refund and return policies for sale items.** Merchants often have different refund and return policies for sale items, especially clearance merchandise.

It seems money is much easier to deplete than to generate. If you just take the extra time you need to get the most bang for your buck by using these savvy shopper tips, you can honestly tell others – "I got great deal on this!"



## Pointers for Picky Eaters

Some kids just simply stall out when you try to introduce new foods to them. Don't give up at their first refusal. Eating a variety of foods significantly contributes to your child's health while they are growing and will impact their health throughout their adult life, as well. By offering a variety of foods, you are providing them with the naturally occurring vitamins, minerals, and fiber their bodies need to grow strong.

The United States Department of Agriculture publishes a monthly nutrition newsletter called "Nibbles for Health".

## Nutrition and Wellness

In the September 2018 edition, tips for encouraging your child to try new things are outlined.

Offer one new food at a time. Start small and let your child try small portions of new foods.

Be a good role model. Try new foods yourself.

Describe the taste, texture, and smell.

Offer new foods first. Your child is most hungry at the start of a meal.

Cook and garden together. These activities make new fruits and vegetables fun.

Be patient, new foods take time. It may take 10 or more tries for a child to accept a new food.

You may find it helpful to offer a small incentive for trying new foods. Using princess or superhero stickers might just be the way to help promote their interest in trying new foods.

**Geary County**

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### Upcoming Geary County Extension Programs

**\*\*Requires pre-registration. Call 238-4161 to pre-register\*\***

#### October

- 15     **\*\*Medicare Prescription Plan Open Enrollment begins.** Any Medicare beneficiary that is currently enrolled in a Medicare Prescription plan should call to make an appointment to review the plan, prescriptions, and costs associated with Part D drug plans. Formularies change, companies make changes to their fee structure, and prescribed medications often get changed by physicians. Call the Geary County Extension office to make an appointment with Deb Andres to review options. Medicare beneficiaries who have not yet signed up with a prescription plan would benefit by making an appointment to explore options, as well. Consultations are by appointment only. Open enrollment begins October 15 and remains open until December 7, 2018.

#### Coming Soon!!!

**\*\*Our Geary County SNAP-Ed Program will be offering community classes on nutrition and wellness.** These hands-on classes will focus on key messages and learning activities that target: 1) Eating More Fruits and Vegetables; 2) Making Half of Our Grains Whole Grains, 3) Making the Move to fat-free and low-fat dairy products; 4) Keep Moving With Regular Physical Activity. Look in the November newsletter for titles, times, and locations. For more information about qualifying for SNAP-Education programs, contact Ann Katt or Anna Comer, Nutrition Educators, at the Geary County K-State Research and Extension SNAP Ed office at (785) 579-4726



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