

Geary County

K-STATE RESEARCH AND EXTENSION NEWS

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August 2018

Ask the Agent

Q: Every time I go to see my doctor, they make me try to recall all the medications I am taking. Shouldn't they have that in their records? Why do I have to repeat it?

A: I am sure it can be frustrating to recite the same medications but you should consider that many patients work with a variety of physicians not just their general practitioner. Often times your doctor's office does not have record of any medications other doctors have prescribed for you unless you have already provided that information. Keep a complete list of your medications, dosage, and frequency that you take them with you at all times. Ideally, you would also list the prescribing doctor's name next to the medication.

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

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Opioids in Our Communities

August 2018



There is significant reason to be concerned about the use of prescription opioids in our communities. Drug overdose deaths and opioid-involved deaths continue to increase in the United States. Deaths from drug overdose are up among both men and women, all races, and adults of nearly all ages.¹ More than three out of five drug overdose deaths involve an opioid.¹ Opioids are substances that work on the nervous system in the body or specific receptors in the brain to reduce the intensity of pain. Overdose deaths from opioids, including prescription opioids and heroin, have increased by more than five times since 1999. Overdoses involving opioids killed more than 42,000 people in 2016 and 40% of those deaths were from prescription opioids.¹

Prescription opioids can be prescribed by doctors to treat moderate to severe pain, but can also have serious risks and side effects. Common types are oxycodone (OxyContin), hydrocodone (Vicodin), morphine, and methadone.

For people with chronic pain, opioids can be effective in helping with pain management, but as with any prescription medication, you need to be aware of the risks and benefits of the medication you are taking. People who take opioids are at serious risk of addiction, abuse, and potential for overdosing even when the medication is taken as directed. There are other side effects, some of which include: nausea, sleepiness or dizziness, depression, tolerance (meaning you have to take more of the medication to get the same level of pain relief) and physical dependence.

To prevent opioid misuse, patients should work closely with their doctor by first asking for pain management options that do not include opioids. They need to ask questions about known side effects or other concerns related to their pain medication.

If a patient determines that taking an opioid is the best alternative, then they need to take the medication only as directed – never in greater amounts or more often than prescribed. Making sure the medication is stored in a secure location away from the reach of children is another important responsibility for those taking opioids.

Sometimes people with chronic pain are patients with multiple doctors. In this case, it is critical that they include ALL their medications when asked to list them on the paperwork at each office.

If you or someone you care about needs help for a substance use disorder, talk to your doctor or contact the Substance Abuse and Mental Health Services Administration's National Hotline at 1-800-662-4357.

¹CDC, National Center for Health Statistics; 2016. Available at <http://wonder.cdc.gov>.

Safe Home Food Preservation

Fall is a common time when the jars are brought out of storage and the canning equipment gets pulled off the shelf. There is a continued growth in this method of food preservation as more and more people learn (or re-learn) how to can their own food.

It's also a good time to make sure the equipment you have on hand is in good working order or to make sure what you decide to purchase is really designed for the type of food preservation you should be using.

If you can with substandard equipment, or equipment that was not intended for home canning, the food could become contaminated and/or spoiled. Clostridium botulinum growth in canned food may cause botulism – a deadly form of food poisoning. The spores can live in soil and water for many years and when ideal conditions exist, they produce vegetative cells that will multiply rapidly and can produce a deadly toxin within 3 to 4 days of growth. These toxins thrive in a moist, low acid food that is stored at a temperature of 40° and 120°F with less than 2 percent oxygen. These are the same conditions for many of the foods that are canned and stored on shelves at home.

When checking out your home canning equipment, here are some do's and don'ts:

DO: Use mason jars designed for home canning.

Don't: use leftover glass mayonnaise, jelly, or peanut butter jars passed down from grandma's house.

DO: Check your lid's seal. Make sure there are no cracks

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and that the rubber is still pliable.

Don't: use a seal that does not fit your lid properly, or is cracked or unusually stiff.

DO: Use new flats. New flats will ensure a tight seal.

Don't: use flats that were recycled from a previous year of canning and;

Don't: use rusty, bent, or damaged rings.

DO: Use research tested recipes. Use tested recipes from the USDA Complete Guide to Home Canning, So Easy to Preserve (University of Georgia), or the Ball Blue Book. All these contain research based recipes. All should be 1994 or more recent editions. Older recipes may not have adequate processing times or pressure for safety.

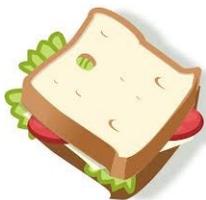
Don't: Download a recipe off of a social media site that some random person posted.

DO: Take your dial gauge pressure canner to the Geary County K-State Research & Extension Office to get it checked for accuracy.

Don't: assume that it is just as accurate as last year when you got it tested.

DO: Contact Deb Andres at the Geary County K-State Research & Extension Office (785) 238-4161 if you have questions about home canning or would like more information about safe home food preservation methods.

August is National Sandwich Month



Established in 1952 by the Wheat Flour Institute, National Sandwich Month gives Americans an opportunity to celebrate the "heroes" of many-a-lunch boxes. (pun intended). The U.S. Department of Agriculture defines a sandwich as one that is composed of at

least 35% cooked meat and no more than 50% bread. Here are some ways you can enjoy a healthy hoagie this month:

- ⇒ Use whole grain bread or a whole grain pita instead of white bread
- ⇒ Use a wide variety of fresh vegetables to add more flavor and crunch! (Romaine lettuce, shredded carrots, or thinly sliced radishes are just a few ideas!)
- ⇒ Use "light" or fat-free mayonnaise.

Try a new sandwich each week to add variety to your lunch bag!

Here's a recipe you might want to try:

Chicken Apple Salad Sandwich

(makes 4 sandwiches)

Ingredients

1/4 pound cooked, shredded chicken
1 cup chopped celery (one stalk)
1/2 cup chopped apple (one apple)
1/3 cup light mayonnaise
1 lemon, juiced
1 small box of raisins (1.5 ounces)
8 slices whole wheat bread
chopped walnuts (1 cup, optional)

Directions

1. Combine all ingredients except for bread together in a bowl.
2. Create 4 sandwiches on whole wheat bread.

Notes

May substitute approximately 3 Tablespoons of lemon juice for 1 fresh lemon, juiced.
Suggest serving sandwiches with lettuce and tomato.

Dining Out

Food Safety and You

Did you know that 60% of Americans ate dinner out at least one time in the last week? Of that high percentage, 16% dined out three or more times! When you dine out, not only are you likely spending more money for your meal than if you ate at home, but you are also relying on the restaurant's food safety practices to provide you with a tasty and safe meal.

September is National Food Safety month. According to the CDC, 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized and 3,000 die from eating contaminated food. Of those reported cases, approximately 36% originate in some way from restaurants.

In next month's newsletter I will provide food safety guidelines for your home. However, if you find yourself dining out more often, you might want to take a closer look at the food safety practices of the restaurants you enjoy, as well.

Here's a short and quick mental checklist to use:

- ⇒ Do the wait staff and busboys use single-use, nonwoven food service wipes to clean the tables?
- ⇒ Are the restrooms clean?
- ⇒ Is the staff using separate utensils and equipment for handling raw and cooked foods?
- ⇒ Is the dining space kept clean and tidy?

If you can say yes to each of these questions then you have likely found a clean and food safe restaurant. When a restaurant has a noticeably dirty dining space and/or restrooms that can be a clue that things are in worse shape in the kitchen. A quick glance around and observing how the staff handle your food can give you the kind of feedback you need to know if the restaurant takes pride in both the taste and safety of the food they prepare.

Medicare Basics

This free educational program is designed for anyone interested in learning more about the Medicare maze, particularly those who are nearing age 65, who are soon to qualify because of a disability or who are helping family members with insurance and financial matters. We will cover Medicare eligibility, how and when to apply, what is covered by the various parts, and how to fill the gaps. We will also explain programs available to assist low income individuals and how to watch out for Medicare fraud.

Monday, September 17, 2018
2:00—4:00pm

Dorothy Bramlage Public Library
230 W. 7th St.
Junction City, KS

Call the Geary County Extension office
before 5:00pm September 10, 2018
to reserve your seat:
785-238-4161

Money Matter\$

One of the financial concerns that many people have today is how to manage credit wisely. If you find yourself in this group, check out these recommendations offered by Dr. Barbara O'Neill, CFP—an Extension Specialist in Financial Resource Management at Rutgers Cooperative Extension:

Shop Around for Credit - Compare at least *three* different lenders for loan and credit card terms (e.g., APR (interest) and penalty APR, late fees, grace periods, and rewards programs).

Negotiate a Discount - Ask lenders for a lower interest rate (e.g., 12% credit card APR instead of 18%) or transfer balances to cards with lower interest rates and fees if the savings exceeds the balance transfer fee.

Pay Credit Card Bills Promptly - Make prompt payments to avoid interest and late fees and to reduce the average daily balance on which interest is charged.

Pay More than the Minimum Payment - Double the minimum payment, at the very least, and, ideally, pay credit card bills in full. Doing this can save hundreds (even thousands!) of dollars on interest on outstanding balances and years of payments.

Geary County

P.O. Box 28
119 E. 9th Street
Junction City, KS 66441

Upcoming Geary County Extension Programs

****Requires pre-registration. Call 785-238-4161 to pre-register****

September

- 5 ****Strengthening Families 7-17**—Meeting weekly on Wednesdays from 3:30—5:00 September 5 thru November 14. Class sessions focus on building communication, bonding and resiliency within a family. Promotes the use of bonding, boundaries, and monitoring to support family members in resisting the use of drugs and alcohol and teaches alternative positive coping skills. Registration forms and cost information can be found online at <http://www.geary.k-state.edu/health-home-family/>. Look for the link in the Upcoming Events section.
- 17 ****Medicare Basics**—This free 2-hour program is being offered at the Dorothy Bramlage Public Library from 2—4pm. This program is designed to help those approaching 65 and those who have just turned 65 learn more about the many aspects of Medicare and how it applies to them. Resources will be provided as Deb Andres presents on the Parts, Plans, and Partners of Medicare. Pre-registration closes at 5PM on September 10. Call the Geary County Extension office to reserve your seat.

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.



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