

# Geary County

K-STATE RESEARCH AND EXTENSION NEWS

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

August 2019

## Ask the Agent

**Q:** I think I have black mold in my basement. What should I do?

**A:** If you notice a musty earthy odor in your basement it is likely you have mold. Testing mold in your home is usually unnecessary and can be expensive. Hundreds of types of mold can be found in the home environment, and the process for cleaning mold is similar no matter what type of mold is in your home. Hot soapy water and an old rag can be used to clean up the mold. If you have a compromised immune system, you should wear equipment appropriate to cleaning up mold. For more information, download the **Mold and Moisture Checklist** found on our website at: <https://www.geary.k-state.edu/health-home-family/>.

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

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## Ahhh Nuts!

August 2019

It seems I see more and more people snacking on walnuts, almonds, or even pecans. The use of nuts as a substitute to potato chips or other, less healthy quick grab snacks, is a great alternative for many people. The trend reported by the United States Department of Agriculture concurs with my observation (see insert.)



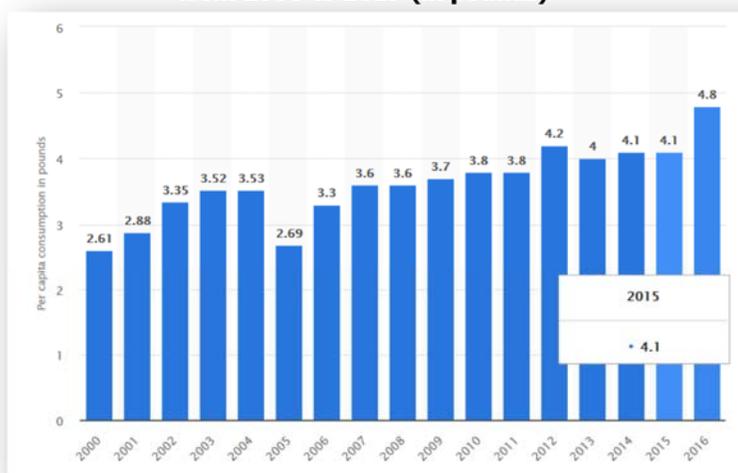
What makes nuts a good healthy option? Tree nuts and peanuts are a nutrient dense snack filled with high unsaturated fats, vitamins, minerals, plant protein, and other function nutrients. As a result, increasing nut consumption is associated with a reduced risk of major chronic diseases such as cardiovascular disease and type 2 diabetes.

Of the many types of nuts on the market, almonds are the most consumed nut in the United States. However, the most popular "nut" to snack on is the peanut – which isn't really a nut at all. Peanuts are classified as legumes, but are commonly referred to as a nut.

Consumers in the United States like to consume nuts as snacks, desserts, an added layer of flavor in a meal, spreads, oils, or hidden in commercial products. For those with nut allergies, the hidden nuts added to many foods, can cause a very serious health risk.

According to a publication from University of Arkansas Research and Extension, "Health Benefits of Nuts", there are several studies that demonstrate the beneficial health effects associated with the consumption of nuts such as reducing the risk of coronary heart disease and regulation of blood glucose levels due to the high quality of antioxidants found in nuts. Although nuts are high in calories, when they are eaten, LDL (low-density lipoprotein) cholesterol, commonly referred to as the "bad" cholesterol, is reduced because of their favorable effects on lipoproteins and blood lipids. For example, walnuts, which are part of the tree nut family, have high levels of healthy omega-e fats, fiber, vitamins and minerals.

**Per capita consumption of tree nuts (shelled) in the United States from 2000 to 2017 (in pounds)\***



Continued on the next page...

# Families and Food

## Ahhh Nuts! (continued)

Now that you know the health benefits of nuts, how can you add more to your diet? A low-calorie main dish could be a leafy green vegetable salad. Adding nuts such as hazelnuts, walnuts, pistachios, almonds or pecans add beneficial nutrients and a crunchy texture. Dry roasted nuts can be added to roasted vegetables for a flavorful variety in tastes. Adding nuts to pasta,

chicken dishes, soups, sauces or fruit desserts are yet another tasty alternative. Be careful not to overconsume nuts as they are high in calories. As with any food ingredient, moderation is key.

Here's a tasty nutty salad for you to enjoy:

### Raspberry Walnut Salad

(<https://fishernuts.com/recipes/salads/raspberry-walnut-salad>)

4 servings

#### Salad

1 package (10 ounces) mixed salad greens  
1 small cucumber, thinly sliced  
½ cup walnuts  
1 package (6 ounces) fresh raspberries

#### Dressing

2 tablespoons white wine vinegar  
1½ teaspoons fresh lemon juice  
1 clove garlic, minced  
1½ teaspoons granulated sugar  
½ teaspoon salt  
⅛ teaspoon ground black pepper  
⅓ cup vegetable oil

#### Directions

1. For dressing, in small bowl whisk vinegar, lemon juice, garlic, sugar, salt and pepper.
2. Slowly add oil, whisking until well blended.
3. Cover and refrigerate 4 hours or overnight to blend flavors.
4. For salad, in serving bowl combine mixed greens, cucumber slices and walnuts.
5. Whisk dressing; drizzle over top. Toss salad to coat.
6. Scatter raspberries over top. Serve immediately.

**Nutrition Information Per Serving:** Calories: 280, Fat: 27 grams, Saturated Fat: 3 grams, Carbohydrates: 10 grams, Protein: 4 grams, Cholesterol: 0 milligrams, Sodium: 310 milligrams



## Medicare Basics

As a Senior Health Insurance Counselor for Kansas (SHICK Counselor), I have the privilege of working with people who are approaching or have arrived at Medicare age – age 65 for most. But arriving to that point in your life doesn't mean that you are ready for the onslaught of information that you get in the mail, on the phone, or through other media outlets. How can you dig through the pile of information and sort through the good, the bad, and the ugly?

A great first step is to attend the Medicare Basics workshop being offered at the Dorothy Bramlage Library in Junction City. This free 2-hour workshop is designed for those who are within 6 months of turning their Medicare age – 65.

## Family Finance

You will learn about the parts of Medicare, what Medicare covers, the costs of those different components, and how to compare options for additional healthcare coverage including prescription drug plans designed specifically for Medicare beneficiaries. If you are concerned you may not have enough monthly income to pay for your prescription coverage, the workshop will also share some of the additional resources available to low-income Medicare beneficiaries.

To register for the September 27, 2019 Medicare Basics workshop call the Geary County K-State Research & Extension Office at 785-238-4161. The class will be held in the classroom in the main library building from 2 – 4pm.

# Family Health

## Sleep and Your Health

For many people, the first place they sacrifice when they have too many things to get done in too little time is sleep! You stay up an hour or two longer or set your alarm for earlier in the morning when perhaps you feel more fresh and alert.

Research shows that you are likely compromising your efficiency and effectiveness rather than producing more output. According to the National Sleep Foundation, cutting your amount of sleep can compromise the way you function and feel throughout the day...and the night. The reason our body needs sleep is to allow for natural renewal and rejuvenation needed after the many activities we engage in during our waking hours.

Read on to find out what the National Sleep Foundation shares about how the lack of sleep effects your health:

**Your mind won't function optimally.** Sleep is critical for the formation and consolidation of memories—and for your ability to retrieve them while you're awake. Plus, when you're tired, it's more difficult to learn something new or to pay attention to whatever it is you should be attending to. These deficits can compromise your creativity, your ability to make decisions or solve problems, and your work performance.

**Your mood can take a nosedive.** Getting enough shuteye helps with mood and emotion regulation, so you might feel cranky, irritable, or emotionally out of sorts if you don't snooze enough. What's more, you could become more reactive to stress than usual.

**Your reaction time may suffer.** Believe it or not, going just 19 hours without sleep can compromise your speed and accuracy on tests of judgment and motor reaction time as much as if you were legally drunk. Naturally, this can increase your risk of having a

car accident, as well as performing badly at other tasks involving quick thinking and coordination.

**You can end up looking bad.** Literally! Consistently skimping on sleep can lead to premature wrinkling and sagging of your skin, partly because cortisol (a stress hormone that's released when you're sleep-deprived) can break down collagen, which keeps your skin smooth. You can also feel colder than usual because sleep is essential for body temperature regulation.

**Your heart can suffer.** Sleeping fewer than six hours a night can increase your risk of developing high blood pressure or worsen high blood pressure if you already have it. Plus, over time, skimping on sleep can increase your odds of developing cardiovascular disease.

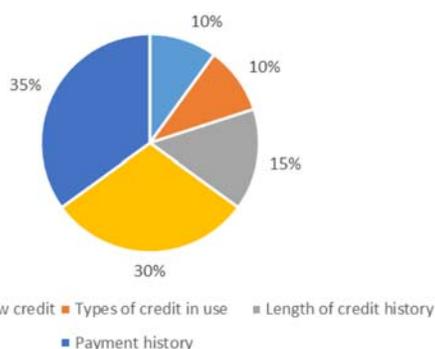
**Your appetite can go into overdrive.** When you don't get enough sleep, you may feel hungrier than usual and crave high-fat, high-carbohydrate foods, in particular. Your body's fullness (satiety) signals also get thrown out of whack. These effects can lead to unwanted weight gain.

**Your immune system will take a hit.** When you're tired and even moderately sleep-deprived, your immune function is compromised. This can leave you vulnerable to catching colds, the flu, and other infectious illnesses—and make it harder to recover from infections and heal from wounds.

*Source: Sleep.org sponsored by the National Sleep Foundation; [www.sleep.org](http://www.sleep.org)*

For more tips to help you improve and maintain your health, go to our Geary County K-State Research & Extension website at: <https://www.geary.k-state.edu/health-home-family/>

What is A Credit Score



Ever wonder how a creditor decides whether to grant you credit? For years, creditors have been using credit scoring systems to determine if you'd be a good risk for credit cards and auto loans. More recently, credit scoring has been used to help creditors evaluate your ability to repay home mortgage loans.

Credit Scores range from 300 (lowest) to 850 (highest.) The best credit ratings begin in the mid-700's and go higher. Since credit bureaus are not mandated to provide credit scores to consumers for free (as they are with credit reports), consumers generally have to pay a fee for the score. To purchase your FICO credit score, see [www.myFICO.com](http://www.myFICO.com).

**Geary County**

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**Upcoming Geary County Extension Programs**

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

**September**

27 **Medicare Basics\*\***— This FREE 2 hour program is being offered at the Dorothy Bramlage Public Library in Junction City from 2-4pm. Please call the Geary County K-State Research & Extension office by September 20 to reserve your seat 785-238-4161.

**October**

15\* **Medicare Open Enrollment Begins**—You should take a look at your Part D Prescription plan each year during open enrollment. You can evaluate your options to ensure you have the best and most economical coverage. Open enrollment runs from October 15 thru December 7. Appointments will be taken beginning October 7, 2019.



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