



Family & Consumer Science News

February, March, April 2020

Aging With Attitude Expo

Now in its' tenth year, the Aging With Attitude Expo continues to educate, inspire, and entertain seniors in Southeast Kansas, and this year will be no different. The expo is geared toward older adults, their families, and caregivers. It provides inspiration, answers to questions, and information to make the most of life.

Every year, new topics are chosen for classes. The 2020 sessions are:
(Morning)

- Disaster Preparedness
- Downsizing Made Easy
- Fraud Awareness: Protecting yourself from Scams
- Hemp Culture
- Telemedicine and You: Understanding New Healthcare Options
- Smart Homes: How to Make Your Home Safer and More Efficient

(Afternoon)

- Brain Boosters: Fads, Facts, and Fundamentals
- The Ideal Environment for Aging in Place
- Medicare Cost Savings Programs - A Review
- Telling Your Family Story: Did Mom Really Do That?
- Valuable Records Conversations

Along with the classes, attendees will meet with vendors at the Resource Fair, and enjoy a healthy lunch followed by the Keynote Speakers Marci Penner and WenDee Rowe of the Kansas Sampler Foundation. There's even snacks, some fun exercises, and a chance to win some awesome prizes.

You can find the expo on Facebook: Aging with Attitude Regional Expo or online: <https://www.southeast.k-state.edu/aging-expo/index.html>
Registration forms are available at your local extension office, or if you wish to register and pay online, you may do so at www.agingexpo.ksu.edu.

Mark your calendar now for April 24th, 9 a.m. to 3:30 p.m. at the Community Christian Church, 1919 Horton Street in Fort Scott.

Inside this issue

National Nutrition Month	2
Nutrition Tips, Walk Kansas.....	3
2020 Census Facts and Fiction.....	4
Radon in Your Home.	5
Easter Lily History and Tradition.....	6
Mark Your Calendar / FCE.	6

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Kansas State University is committed to making its services, activities, and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Carla Nemecek, Southwind District Director: 620-365-2242.
www.southwind.k-state.edu



March is National Nutrition Month

Eat Right Bite by Bite

National Nutrition Month highlights the importance of nutritious food choices in keeping our communities strong and healthy. During the month of March, people of all ages are encouraged to learn more about nutrition and try new, healthy foods!

Eating healthy doesn't have to be expensive - there are many low-cost alternatives, like choosing whole-grain bread instead of white bread or adding chopped vegetables to pasta sauce. And simple changes like these can make a big difference - for example, eating healthy can help lower the risk of many chronic diseases like heart disease, type 2 diabetes, and some types of cancer.

Eating right doesn't have to be complicated, either. Before a meal, think about what foods you are going to eat. Choose foods that provide the nutrients you need without too many calories.

Here are 20 health tips for 2020:

1. **Eat breakfast:** Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits, and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.
2. **Make half of your plate fruits and vegetables:** Fruits and veggies add color, flavor, and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned. They all count!
3. **Watch portion sizes:** Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.
4. **Be active:** Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym - take a walk after dinner or turn on some upbeat music and dance like no one is watching!
5. **Get to know food labels:** Reading the Nutrition Facts panel can help you shop and eat or drink smarter.
6. **Fix healthy snacks:** Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.
7. **Consult an RDN:** Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts. Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.
8. **Follow food safety guidelines:** Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly.
9. **Drink more water:** Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult, or live or work in hot conditions.
10. **Get cooking:** Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.
11. **Dine out without ditching goals.** You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions, and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.



Continued on next page.

20 Health Tips for 2020, continued

12. Enact family meal time: Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones, and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.
13. Banish brown bag boredom: Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed green with low-fat dressing and a hard boiled egg.
14. Reduce added sugars: Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts labels or ingredients list to identify sources of added sugars.
15. Eat seafood twice a week: Seafood - fish and shellfish - contain a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.
16. Explore new foods and flavors: Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable, or whole grain that's new to you or your family.
17. Experiment with plant-based meals: Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Eating a variety of plant foods can help. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.
18. Make an effort to reduce food waste: Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy what you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.
19. Slow down at mealtime: Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.
20. Supplement with caution: Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.

Information for this article is from The Academy of Nutrition and Dietetics.

Walk Kansas Begins Soon

Walk Kansas begins March 15, and you can register now! Walk Kansas is a team-based, 8-week healthy lifestyle challenge. Although physical activity is at the heart of this health initiative, the 2020 program will introduce you to healthful eating styles, help you form social connections that support healthy living, offer strategies to help lower your level of stress, help you focus on your sense of purpose, and more!

Anyone can participate in Walk Kansas! Gather five of your friends together, choose a captain, and your team of 6 can get started. Your team can be coworkers, family members, neighbors, members of civic and community organizations, or a faith-based group.

The cost to participate is \$10 per person and includes access to the online tracker, a weekly newsletter, program resources, and local activities. T-shirts are \$9.50.

In the 2019 program, there were 327 participants in the Southwind District. Together, they walked 42,913 miles. That's like walking across Kansas over 100 times! We hope you'll join us this year.

Sign up at www.walkkansasonline.org, or contact your local extension office for enrollment packets. The deadline to enroll is March 13.



2020 Census: Facts and Fiction

The U.S. Census Bureau is the federal government's largest statistical agency. They are dedicated to providing current facts and figures about America's people, places, and economy. Federal law protects the confidentiality of all individual responses the Census Bureau collects.

This year, new technology will make it easier than ever to respond to the census. For the first time, you will be able to respond online, by phone, as well as by mail. The data that the public provides will reduce follow-up visits.

The U.S. Constitution requires that each decade we take a count - or a census - of America's population. The census provides vital information for you and your community. Taking part is your civic duty.

- It determines how many representatives each state gets in Congress and is used to redraw district boundaries.
- Communities rely on census statistics to plan for a variety of resident needs including new roads, schools, and emergency services.
- Businesses use census data to determine where to open places to shop.



Each year, the federal government distributes more than \$675 billion to states and communities based on Census Bureau data.

The Federal Trade Commission is partnering with the U.S. Census Bureau to help you guard against potential census scams. Knowing how the 2020 Census process works, what information you will - and won't - be asked for, and some red flags will help you spot and report scams.

In mid-March, the Census Bureau will start mailing out invitations to participate in the 2020 Census. You should get yours by April 1. You can respond online, by phone, or by mail.

The Census Bureau has an important job: to count every person living in the United States. Starting in May 2020, census takers will start visiting homes that haven't responded to make sure everyone is counted. If you aren't home, or can't come to the door, the census taker will come back up to six times. Each time, they'll leave a door

hanger with a phone number so you can call to schedule a visit.

The census questionnaire asks how many people are in the home at the time you complete the form; their sex, age, race, ethnicity; their relationships to one another; phone number; and whether you own or rent your home.

The Census Bureau will NEVER ask for your full Social Security number, bank account or credit card numbers, money or donations, or anything on behalf of a political party. The Census Bureau will not ask citizenship status. Your data is confidential. Federal law protects your census responses. Your answers can only be used to produce statistics. By law, your information cannot be shared with immigration enforcement agencies, law enforcement agencies, or allow it to be used to determine your eligibility for government benefits.

Signs of a scam: Scammers may pose as census takers to get your personal information and then use it to commit identity theft and other frauds. But there are ways you can identify official census takers. Census takers must show a photo ID with the U.S. Department of Commerce seal and an expiration date. If you ask, the census taker will give you a supervisor's contact information and/or the census regional office phone number for verification.

If you suspect fraud, call 800-923-8282 to speak with a local Census Bureau representative.

The Census 2020 website is full of information about the census: <http://www.2020census.gov/en.html>

Have You Tested Your Home for Radon?

Location, location, location – Kansas is fortunate to have the scenic Flint Hills, a relatively low cost of living, and produces a valuable part of our food supply.

On the downside, there's a decent chance your home will test positive for radon, an odorless, colorless gas that is the leading cause of lung cancer in non-smokers.

According to the Centers for Disease Control and Prevention, radon is the number one cause of lung cancer for non-smokers, and the second leading cause of lung cancer overall. "Radon is an odorless, tasteless, colorless, naturally-occurring radioactive gas that comes from the soil underneath our homes," said Bruce Snead, an energy specialist with K-State Research and Extension. "Outdoors it's not a concern — but indoors it can build up, increasing our exposure to radiation, which increases our potential for developing lung cancer."

Testing for radon is easy. Test kits can be purchased through many local K-State Research and Extension offices, and other local and state agencies, for a nominal charge. For the most accurate results, Snead said the test must be conducted in the right location within the home. "The best place to test is on the lowest, lived-in level," he said. "If you have a basement with a family room, bedroom, living room -- any space like that, that's where you should test. If your basement is totally storage, then you probably want to test on the first floor, in a bedroom, living room, or family room."

The tests typically include a prepaid mailing envelope for returning the test to a lab for processing. The lab will send results by mail, as well as posting the results online, according to the serial number on your test kit. If the initial test results in a reading of 4 or higher, a longer follow-up test is recommended. If the follow-up test confirms the presence of elevated radon levels, special equipment can be installed to lower radon levels within your home.

Snead said the typical radon mitigation system involves a permanently-installed venting pipe and fan. "It works by drawing, or sucking the radon from beneath the home with a small, continuously running fan, and venting it into the air above your home, where it dissipates into the atmosphere," he said. Finding a qualified contractor to install a radon mitigation system will require some research, but Snead said there are tools to help.



"Contact your state radon program to see if they have a list of certified or require certified individuals or you can contact one of two national radon proficiency programs where contractors voluntarily meet guidelines and standards," Snead said. "Those are the National Radon Proficiency Program and the National Radon Safety Board and both have websites where you can search for contractors in your state or area." Any home can be fixed, he said, and the discovery of an elevated radon level is neither a reason to sell a home and move, or to resist buying a new home that you've had your eye on.

"Every home has radon and if it's high, every home can be fixed. It's really important that you test your home, fix if necessary, and save a life."

Pathways to a Healthy Kansas - for Chanute and Bourbon County Readers

Chanute and Bourbon County have Blue Cross Blue Shield Pathways to a Healthy Kansas Grant and part of the grant process is to determine the citizens perception regarding the health of their community. Youth and adults may complete the survey. Please take a moment to complete a Community Perception Survey if you live in Chanute (<https://www.surveymonkey.com/r/YV6LHG3>) or Bourbon County (https://bourboncountyks.az1.qualtrics.com/jfe/form/SV_diiAHldWDSzEMsJ).

The History and Tradition of the Easter Lily

Year after year during early spring, we see flowering plants fill the stores. One of these traditional, white flowers is the Easter lily, which holds a long-standing tradition in Spring as the flower seen in churches and at Easter gatherings. You've probably seen this flower, but do you know it's history?

The Easter lily takes its roots back to the Ryukyu Islands in southern Japan. It was first introduced to America in 1880. Lily bulb production was centered in Japan and the southern U.S. in the late 1800s and on, but in 1941 during WWII, the Japanese source was cut off. This resulted in the increased value of the lily bulb. Soon, growers in the U.S. boomed, and by 1945, there were about 1,200 growers from Vancouver, Canada to Long Beach, California. This has since reduced in size, leaving only about 10 growers in a small region of the Oregon-California border. Today, the region is called the Easter Lily Capital of the World, where over 95% of potted Easter lily bulbs are produced.



The bulbs are harvested in fall, then packed and shipped to commercial greenhouses. In order to get the flowers to bloom for Easter, they are planted in pots and forced to bloom under controlled conditions. This can be a challenge because Easter falls on a different date each year, but commercial greenhouse growers have got it down to a science. They look for bud and leaf development timing to determine if bulbs will bloom at the correct time or not. If the plant is going to bloom too early or late, the growers can adjust the humidity and temperature of the greenhouse to achieve the desired bloom time.

Beyond its history, the Easter lily has traditional and spiritual meaning. Mentioned many times in the Bible, the white lily symbolizes purity, rebirth, new beginnings and hope and is most often associated with the resurrection of Jesus Christ as observed on Easter. In Pagan traditions, the Easter lily is associated with motherhood and is often gifted to mothers as a symbol of gratitude. Across many religions and beliefs, the white lilies are symbols of purity and grace.

Whatever the Easter lily means to you, it's important to know how to care for one in your home if you are gifted one this Spring. First, remove any decorative wrapping and put the pot on a saucer to catch excess water. It is recommended to remove the anthers from the center of the flower to increase the life of the bloom and reduce staining of pollen on the white petals. Choose a spot in your home with bright, indirect light and make sure the temperature stays around 60-68°. When the soil is dry to the touch, water the plant thoroughly. Water that pools in the saucer should be discarded. To promote new growth, remove withered flowers. Once night temperatures are above 50°, the flower can be planted outside.

When you see the white Easter lily at an Easter or Spring gathering, you will now have a perfect conversation starter.

Content of this article from University of Nevada Cooperative Extension.

Mark your calendars with these important FCE dates

March 17 - Southwind Extension District Spring Recognition; 6pm at the Bronson Community Center.

May 6 - Southeast Area FCE Spring Recognition, Cherokee, KS. Details available soon!

You may also be interested in these events:

March 10 - Advance Healthcare Planning - Bronson

March 25 - Landscaping for Hummingbirds - Chanute

March 30 - Protecting the Pollinators - Fort Scott

April 8 - Protecting the Pollinators - Yates Center

Various April Dates - Herbs: From Seed to Seasoning at locations across the Southwind District

Reach for the stars! When you bring a friend to a meeting, and she joins your FCE unit, you will receive a gold FCE Star pin, and you'll be able to get one for every new member you recruit! Details and the pin request form are both available on the Southwind District website.

