

Family & Consumer Science News

August, September, October 2019

September is National Family Meals Month

Each September, our country celebrates National Family Meals Month™ -- a nationwide event designed to support families in enjoying more meals together and reap the many health and social benefits of doing so.

The aim is simple: pledge to have one more meal together, at home, per week. Research continues to affirm the power of family mealtime. Eating together has positive influences on: family communication, nutrition intake, new and old family traditions, childhood obesity, and character and social development.

If family meals are not common for your family, it might seem difficult to know how to get started. A key to successful mealtime is planning. Research has shown that cooking at home is significantly more likely if you already know what you will have for the meal. Ask your family for ideas of what they would like to eat during the week. Plan your menu around food items you already have in the pantry. Choose a variety of meals including family favorites, budget stretchers, and quick fix meals.



Remember that meal time can be breakfast, lunch/dinner, supper/dinner or any other time when families engage in the act of preparing and/or eating meals. A picnic counts as a family meal time even though it is outdoors, on the ground, and in public, no table required. Sharing meal time can

also include the planning, preparing, and serving of meals. Limiting meal time to simply eating for your health ignores the processes that science and culture show are important.

Research continues to demonstrate that magic happens during family mealtime when children and parents gather around the table and engage each other in conversation. Family meals eaten at home have been shown to benefit the health and wellness of children and adolescents, to fight obesity, substance abuse and to make families stronger - helping to create a positive impact on our communities and our nation as a whole.

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Contact your local office

Erie Office

111 S. Butler
Erie, KS 66733
620-244-3826

Fort Scott Office

210 S. National Ave.
Fort Scott, KS 66701
620-223-3720

Iola Office

1 N. Washington Ave.
Iola, KS 66749
620-365-2242

Yates Center Office

211 W. Butler St.
Yates Center, KS 66783
620-625-8620

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



Heat is one of the leading causes of weather-related fatalities each year. Heat waves have the potential to cover a large area, exposing a high number of people to a hazardous combination of heat and humidity, which can be very taxing on the body.

Excessive Heat Warning—Take Action! An Excessive Heat Warning is issued within 12 hours of the onset of extremely dangerous heat conditions. The general rule of thumb for this Warning is when the maximum heat index temperature is expected to be 105° or higher for at least 2 days and night time air temperatures will not drop below 75°; however, these criteria vary across the country, especially for areas not used to extreme heat conditions. If you don't take precautions immediately when conditions are extreme, you may become seriously ill or even die.

Excessive Heat Watches—Be Prepared! Heat watches are issued when conditions are favorable for an excessive heat event in the next 24 to 72 hours. A Watch is used when the risk of a heat wave has increased but its occurrence and timing is still uncertain.

Heat Advisory—Take Action! A Heat Advisory is issued within 12 hours of the onset of extremely dangerous heat conditions. The general rule of thumb for this Advisory is when the maximum heat index temperature is expected to be 100° or higher for at least 2 days, and night time air temperatures will not drop below 75°; however, these criteria vary across the country, especially for areas that are not used to dangerous heat conditions. Take precautions to avoid heat illness. If you don't take precautions, you may become seriously ill or even die.

Excessive Heat Outlooks are issued when the potential exists for an excessive heat event in the next 3-7 days. An Outlook provides information to those who need considerable lead-time to prepare for the event.

Learn how to stay safe during a heat wave at www.weather.gov/heat

Know the Terms at <https://www.weather.gov/safety/heat-ww>

Prepare Kansas Take Steps Ahead of Disaster blog at <https://blogs.k-state.edu/preparekansas/>



Let's Get Canning

Sweeteners Other Than Sugar

From [University of Minnesota Extension](#):

Do not attempt to reduce the amount of sugar called for in traditional recipes. Reduction in the amount of sugar will interfere with gel formation and result in a product in which yeasts and molds can grow.

Corn syrup or honey can replace part of the sugar in jelly recipes. The flavor of the fruit may be overcome if too much honey or corn syrup is substituted. To substitute honey or corn syrup for sugar use these amounts. For example, if you are replacing 1/4 of the sugar in a 4 cups of sugar recipe, you would use one cup of the substitution, and three cups of sugar.

- **For no-pectin-added jelly** — Corn syrup may replace ¼ of the sugar. Honey may replace ½ the sugar.
- **For pectin-added jelly** - Powdered pectin - Corn syrup may replace up to 1/2 the sugar. Honey may replace up to 2 cups of sugar.
- **Liquid pectin** - Corn syrup or honey can replace up to 2 cups of sugar.

Identifying and Handling Spoiled Canned Food

Do not taste food from a jar with an unsealed lid or food that shows signs of spoilage. You can more easily detect some types of spoilage in jars stored without screw bands. Growth of spoilage bacteria and yeast produces gas which pressurizes the food, swells lids, and breaks jar seals. As each stored jar is selected for use, examine its lid for tightness and vacuum. Lids with concave centers have good seals.

Next, while holding the jar upright at eye level, rotate the jar and examine its outside surface for streaks of dried food originating at the top of the jar. Look at the contents for rising air bubbles and unnatural color.

While opening the jar, smell for unnatural odors and look for spurting liquid and cotton-like mold growth (white, blue, black, or green) on the top food surface and underside of lid.

Spoiled low-acid foods, including tomatoes, may exhibit different kinds of spoilage evidence or very little evidence. Therefore, all suspect containers of spoiled low-acid foods, including tomatoes, should be treated as having produced botulinum toxin and handled carefully in one of two ways:

- If the swollen metal cans or suspect glass jars are still sealed, place them in a heavy garbage bag. Close and place the bag in a regular trash container or dispose in a nearby landfill.
- If the suspect cans or glass jars are unsealed, open, or leaking, they should be detoxified before disposal.

Did you know?

All of the Southwind Extension FCS agents and office professionals can check the gauge of your pressure cooker at no charge! Bring in the lid with the gauge for a quick check. Gauges that read high cause under-processing and may result in unsafe food. Low readings cause over-processing. Pressure adjustments can be made if the gauge reads up to 2 pounds high or low. We can let you know if it needs to be replaced.



Protect Your Nest Egg

For many of us baby boomers, our thoughts have shifted to thinking less about saving for a college education or making it to the kids' activities to a lot more about how to make our money last through a long, healthy retirement. That may involve re-evaluating and adjusting our spending habits.

Hopefully we have a little nest egg that will support those things we want to do in our retirement years. In the process, we need to make sure that nest egg is protected. This will likely involve some estate planning. That can be a daunting task, but it's an important step to take no matter how much the holdings and assets may be worth.

Each of us have different needs as we reach retirement. Some want to travel, some don't. Others may have more basic needs. Consider some of these common estate planning objectives:

- Provide security for a surviving spouse.
- Relieve surviving spouse of estate management responsibilities.
- Provide security for both spouses after retirement.
- Retire at age ____.
- Provide security for an incapacitated family member.
- Assure continuity of a farm, ranch or other business.
- Provide educational opportunities for beneficiaries.
- Minimize estate and inheritance taxes.
- Name guardians, conservators, or trustees for minor children
- Name a personal representative (executor) of the estate.
- Transfer specific property to specific people.
- Provide for charitable bequests to a favorite charity or organization.
- Minimize probate and settlement costs.



This is a general list and one to use as a starting place. There may be other goals you may have specific to your situation that need to be added.

As you consider estate planning, you will need to have an idea of what your monthly/annual income will be, which will include social security, retirement plans, and all other sources of income. What are your average annual living expenses? Then take into account other goals such as travel and supporting hobbies that may need to be considered in the financial equation.

Finding a good financial advisor and an attorney will be important steps to take in working through an estate planning process. Look for an attorney that specializes in estate planning. He/she will know current state and federal estate taxation laws and will consider the tools needed for your current financial situation with a focus of reaching your goals. Friends or relatives may be a good source for recommendations of where to start looking for these estate planning professionals.

If you have an estate plan in place, it's recommended that you re-visit that plan with your estate planning professionals every three to five years. State and federal taxation laws may have been amended since you established your estate plan. State laws may also change where other avenues are available for transfer of assets minimizing estate and inheritance taxes and probate and settlement costs.

Dining with Diabetes

Do you or a member of your family have diabetes? Is planning meals a real struggle? Nutrition and physical activity are keys to managing your type 2 diabetes, but where do you start? The *Dining with Diabetes* program can help!

Designed especially for people with type 2 diabetes, the program will help you learn the skills needed to promote good health. You will learn how to prepare meals that have less fat, sugar, and salt, without cutting out taste.

Adults with type 2 diabetes and their family members, caregivers, and support persons are invited to participate. The program consists of four sessions, and a follow up a few month after the sessions. The sessions include:

- ♦ Planning meals and snacks with delicious and healthy recipes
- ♦ Cooking demonstrations and food sampling
- ♦ Motivation and support - connect with others who are living with diabetes
- ♦ Ideas for being more active
- ♦ An understanding of how diabetes affects your overall health



You will learn about reading food labels, using a variety of sweeteners, the role of fiber in the diet, the difference between various types of fat, the importance of exercise, setting personal goals to manage your diabetes, and more.

The next Southwind Extension District Dining with Diabetes classes will start on September 12 at the Courthouse meeting room in Iola. Classes are from 1-3pm. Call the Iola office today and get on the road to healthier living: 620-365-2242.

Upcoming Programming

See calendar on next page for dates and location.

Planning for Retirement - Learn about Advance Directives, Health Insurance Options, Funeral Pre-planning Options, and Financial Planning.

The ABCs and Ds of Medicare - At this class, you can bring your lunch and learn about Medicare. The topics include Medicare Eligibility, Enrollment, Medicare Parts A, B, C, and D, Medigap & Medicare Advantage Plans, Penalties, and Income Variances. RSVPs are required.

Know the 10 Signs of Alzheimer's - Early diagnosis is critical so that you and your family can prepare for what lies ahead. You can also take advantage of available medications and treatments to improve symptoms.

Master of Memory - This is a 3-part series that will help you understand how memory works and what may affect memory. It has been found to help identify and use strategies to improve memory function.

Stay Strong Stay Healthy - This 8-week strength training program helps older adults develop the fitness, flexibility and balance to enable them to live independently longer.

Call your extension office if you have questions or need additional information.

Mark Your Calendar With These Important Dates

9/1 - District-wide - Early Bird registration date (save \$20!) for State FCE Conference

Beginning 9/3/19 - Yates Center - Stay Strong Stay Healthy classes at Town Hall, 9:00 a.m. on Tuesdays and Thursdays. The classes are full - watch for additional classes at a later date.

9/5/19 - Fort Scott - 'Planning for Retirement' meeting, 6:30 pm, Ft. Scott Community College, Dick Hedges Administration Bldg., Heritage Room

9/6 - 9/15 - Kansas State Fair, Hutchinson

9/6 - Chanute - Stay Strong Stay Healthy class pre-registration and assessments, Chanute Recreation Center, 8:30 a.m.

Starting 9/10 - Chanute - Stay Strong Stay Healthy classes at Chanute Rec. Center, 8:30 a.m. on Tuesdays and Thursdays

9/10/19 - Chanute, 'Planning for Retirement' meeting, 6:30 pm, Memorial Hall Alliance Room, 101 S. Lincoln

9/12, 9/24, 9/19, 9/20 - Iola, Dining with Diabetes, Courthouse meeting room, 1-3pm

9/17 - Bronson Library, 'The ABCs and Ds of Medicare', noon -1pm. RSVP by 9/13: 620-431-2980

9/17 - Bronson Library, 'Know the 10 Signs of Alzheimer's', 6:00 pm.

9/19 - Iola, 'Planning for Retirement' meeting, 6:30 pm, Courthouse Lower Level Meeting Room

9/23 - Yates Center, 'The ABCs and Ds of Medicare', noon -1pm, Ambulance Meeting Room. RSVP by 9/20: 620-431-2980

9/24 - PDC Zoom Meeting, in-person host sites TBA

10/3 - Yates Center 'Planning for Retirement' meeting, 6:30 pm, Ambulance meeting room

10/7-10/9 - Fort Scott, State FCE Conference

10/29 - Southwind FCE Fall Follies, Bronson Community Center, 6:00 pm "Fall Flowers, Bulbs, and Putting Your Garden to Bed". Watch for your invitation and more details.

10/29, 11/5, 11/12 - Bronson Library, 'Master of Memory' series. Time TBA. Check the Southwind Extension District website for updates: www.southwind.k-state.edu

Individual Medicare Open Enrollment Oct. 15 - Dec. 7 and Marketplace Health insurance Open Enrollment Nov.1 - Dec. 15. Individual assistance and enrollment available with Joy Miller by appointment. Call 620-233-3720 or email joymiller@ksu.edu. Monday - Ft. Scott, Tuesday - Erie, Wednesday - Iola, Thursday - Yates Center.

NAFCE Meeting Notes

2019 National Association for Family and Community Education, was held July 18-21, 2019, at the Marriott St. Louis Airport Hotel, St. Louis, Missouri.

- Thursday, July 18, began with the “Sights of St. Louis” Tour. The afternoon session was called to order by Ardyce Snyder, National President, of South Dakota. The Presentation of Presidents during the Opening Session featured Bonnie Teeple as the Keynote Speaker. Bonnie is the ACWW USA Area President, elected at the ACWW 29th Triennial in Australia.
- Friday, July 19, was the Annual Business Meeting, the Spirit of FCE Luncheon, and the Family Community Leadership Workshops on (1) Are You Driving, Miss Daisy? (2) Communication in the 21st Century; and (3) Lasagna Gardening. Family Community Leadership Presentations and the Awards Banquet followed the workshops.
- Saturday, July 20, started with the Alumni Breakfast. Then there were General Workshop Sessions on Effective People Skills – Part 1 of FCL by Margaret Mai; and Human Trafficking – with a presentation by Sean Levesque, Executive Director of Love2Hope (a non-profit organization). Hearth Fire Afternoon Workshops were (1) Somebody’s Asking – What is ACWW and how does FCE fit in; (2) Someone’s in the Kitchen – Using Their New Gadget; and (3) Effective People Skills – Part 2 FCL by Margaret Mai. The evening included the FCL Benefit Dinner with banquet musical entertainment presented by Jayke (Past National President Lynn Maples’ grandson) and Storyteller Dianne Moran of Missouri Humanities Foundation with her presentation on Zerelda James (Frank and Jesse James’ mother).
- Sunday, July 21 was the Memorial and Inspiration Service. It was followed by the Sharing Time Activity, new this year and facilitated by Scott Teeple, Oregon FCE President. Members had the opportunity to share ideas that are working in their area. It was excellent and there were many good ideas. The Closing Luncheon recognized the Essay and Artwork Contest winners and also included the Heart of FCE Awards Ceremony, Installation of Officers Ceremony, and Say Goodbye to our new and old friends.
- Attending from Kansas with Nancy Kernick were Faye Spencer, Vice-President; Geneva Wedel, Marketing. Past Presidents were Dorene Reimer, Sharon Giacometti, Judy Fullmer, and Peggy Martens. Marlene Faul is the National Secretary.
- National Community Projects are “Zero Hunger Challenge” with half of the proceeds to go to ACWW and half to hunger relief designated project. Another community project will be “Books for Newborns” that are new books suitable for parents to read to their new babies.

Nancy Kernick, Kansas FCE President, has been appointed by Ardyce Snyder, National FCE President, to serve on the National By-Law Committee along with Connie Larrington and Jeanette Howey.

The 2020 National FCE Conference will be July 26-23, in Portland, Oregon



Kansas Association for Family & Community Education
68th Annual KAFCE Conference
Program
October 7-9 2019 Ft. Scott, KS
“FCE-Building ON the Future Thru History”

CONFERENCE LOCATION:

Community Christen Church
1919 S Horton, Ft. Scott, KS 66701

DRIVING DIRECTIONS – HWY 69, Turn Right on 19th Street. Go 4 blocks west, Church is on the left.

MOTEL LOCATION: Sleep Inn & Suites
302 E Wall Ft. Scott, KS
620.223.2555. Special conference rate of \$104.99/night plus tax, includes complimentary breakfast. Mention KAFCE Conference when making reservations. **Group Name:** Kansas FCE
Group Code: CN29K4. Conference rate will be held until midnight September 15.

DRIVING DIRECTIONS: Conveniently located South HWY 69 exit Wall Street.

CONFERENCE QUESTIONS:

Linda Leonard Cell 620-473-0456
Sharon Giacometti Cell 620-704-1554

CONFERENCE PURPOSE:

To promote Kansas Association for Family and Community Educations (KAFCE) programs, broaden Kansans' perspectives, celebrate awards, and achievement, receive leadership direction and learn of NAFCE updates. To conduct the annual KAFCE business meeting, including elections. To enjoy meeting others from across Kansas.

SPECIAL ASSISTANCE: The Sleep Inn is handicapped accessible and some accessible rooms are include in the

conference block of rooms. Be sure to reserve one if needed before September 15. After that date, the motel will make every effort, but cannot guarantee that room type will be available.

REGISTRATION & CONFIRMATION:

EARLY Bird Registration must be postmarked by September 1, 2019 in order to received discounted conference rate. Make check or money order payable to: KAFCE State Conference.

Mail to: Sharon Giacometti ©620-704-1554
221 East 670th Ave.
Farlington, KS 66743-4096

Confirmation will be sent via e-mail, if provided, or postcard. Please print e-mail legibly on registration form.

LATE REGISTRATION/REFUND:

Registrations postmarked after September 15, 2019 cannot guarantee meals. No refunds after September 15, except for major medical emergency or immediate family member death. However, after September 11 registrations can be transferred to another attendee, but not refunded.

Meals: registration before September 15 includes Tuesday banquet and Wednesday lunch, After September 15, registration cost will remain same but can not be guaranteed meals.

Displays: FCE groups or individuals must reserve space by September 15 to set up an informational display, special project or educational lessons. Reserve by contacting Janie Williams--
jwilliams5844@gmail.com

Mail to: Sharon Giacometti 221 East 670th Ave Farlington, KS 66734-4096

2019 KAFCE ANNUAL CONFERENCE REGISTRATION FORM

“FCE BUILDING ON THE FUTURE THRU HISTORY “

Print NAME (to be on name tag) _____

Detailed Schedule-Please indicate with a check mark, your planned participation.

Monday, October 7, 2019

_____ 1:30-4:30 pm	Registration at Community Christian Church	
	Set up Displays & “Prizes by the Yard”	
_____ 1:00-2:30 pm	Relive History aboard Dolly the Trolley (Limit 24)	\$2.00
_____ 1:00-2:30 pm	M&T Having Fun with Salt and Sugar Scrubs	\$5.00
_____ 1:00-4:30 pm	KAFCE Board Meeting	
_____ 2:30-4:00 pm	Relive History aboard Dolly the Trolley	\$2.00
_____ 2:30-4:00 pm	M&T - Gnome Craft	\$5.00
_____ 4:30-7:00 pm	Twin Lyons Mansions Tour w/dinner at Nates Place	\$15.00

Tuesday, October 8, 2019

_____ 9:00 am-12:00 pm	Registration at Community Christian Church	
	Set up Displays & “Prizes by the Yard	
_____ 9:00am-12:00 pm	KAFCE Board Meeting	
_____ 9:00 am-10:00 am	Tour-Gordon Parks/ Lowell Milken Center for Unsung Heroes	\$2.00
_____ 9:00-10:00 am	M & T Christmas Cabinet Door Decoration (Limit 15)	\$8.00
_____ 9:00 am-9:45am	Session-Quilting-- Nancy Swanwick	
_____ 10:00-10:45 am	Session-“Under Pressure! Meals in Minutes”-- Barbara Ames	
_____ 10:00-10:45am	Session-Tea Time-- Martha Scott	
_____ 10:00-11:30 am	Tour-Ft. Scott National Historical site (Walking Tour)	\$ 2.00
_____ 12:00-1:00 pm	Lunch on your own.	
_____ 1:00-2:30 pm	KAFCE Annual business Meeting	
_____ 3:00-3:45 pm	Session-“Under Pressure! Meals in Minutes”-- Barbara Ames	
_____ 4:00 -5:00 pm	Session-The Allure of Lavender	
_____ 4:00- 5:00 pm	Session- Cricut/ Susan Bancroft	
_____ 6:00 – 8:00 pm	Banquet/ Patty LaRoche	
_____ 8:30	“Prizes by the Yard” Closes Winners Draw	

Wednesday, October 9, 2019

_____ 8:30 - 9:00 am	Registration at the Church	
_____ 9:00 - 9:45 am	SPKR – History of Flour Sacks	
_____ 10:00-10:45 am	Program –Life in a Jar	
_____ 11:45-2:00 pm	Luncheon / Speaker	
	Installation of officers and recognition	