Welcome, Woodson County

On July 1, the Woodson County Extension Office joined Southwind District. With that union came two more Extension Agents: Dale Lanham, Sheep and Goat Management; and Barbara Stockebrand, Adult Development and Aging. Andrea Hilyard is the Office Professional. Together, the three of them bring 74 years of Extension experience. Their office is located at 211 W. Butler in Yates Center.

Alzheimer’s 101

Kansas’ aging population is rapidly increasing and with that will come unique opportunities as well as challenges, one of which is Alzheimer’s disease. Everyone with a brain is at risk for Alzheimer’s disease and one in three Kansas seniors will die with Alzheimer’s disease or another form of dementia.

On Wednesday, September 26, the Allen County FCE Council is hosting “Alzheimer’s 101” as a Knowledge at Noon offering to the public. Barbara Stockebrand, Family and Consumer Sciences Agent, will be presenting this program. The meeting will be held at noon at the Allen County Courthouse meeting room, and the public is invited to attend.

Currently, Alzheimer’s cannot be prevented, cured, or slowed, and it is the sixth leading cause of death in the United States. The concern is clear: Alzheimer’s is a terrifying and timely issue affecting over 100,000 Kansans every day. This lesson will provide understanding Alzheimer’s, the 10 warning signs of Alzheimer’s disease, the benefits of early detection and diagnosis, and steps to better brain health.
Disasters Happen. Prepare Now. Learn How.

September is Preparedness Month. This year’s overarching theme for National Preparedness Month is **Disasters Happen. Prepare Now. Learn How.** Kansas Preparedness Month will remind Kansans to be prepared for tornadoes, floods, wildfires, blizzards, and other disasters.

Disasters don’t plan ahead. We have a good idea of the many disasters we may face each year and can plan ahead. Take some time to make and practice your plan. Getting started can be as easy as a conversation with your family over dinner.

To coincide with national and state preparedness activities, K-State Research and Extension has been challenging Kansans to prepare for emergencies and disasters during the month of September since 2013. This year’s challenge is to complete the activities on the card below. Regularly check the blog [https://blogs.k-state.edu/preparekansas](https://blogs.k-state.edu/preparekansas) and weekly video with hints and helpful information related to completing the tasks.

<table>
<thead>
<tr>
<th>Make an Emergency Plan</th>
<th>Install and/or Inspect Smoke Alarms</th>
<th>Share a picture of your Emergency Kit on social media, include the hashtags #PrepareKansas and #PrepareNow</th>
<th>Plan financially for the possibility of emergencies, including natural disasters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sign up for Alerts and Warnings</td>
<td>Share what you are doing to #PrepareNow on social media, include the hashtag #PrepareKansas</td>
<td>Create or Update a Household Inventory</td>
<td>Create a Financial Grab and Go Box</td>
</tr>
<tr>
<td>Practice your emergency plan</td>
<td>Learn how to turn off utilities in your Home</td>
<td>Review Your Insurance Coverage</td>
<td>Share something you learned from the #PrepareKansas blog on social media, include the hashtags #PrepareKansas and #PrepareNow</td>
</tr>
<tr>
<td>Post a picture of you in your safe place on social media, include the hashtags #SafePlaceSelfie and #PrepKans</td>
<td>Build or Update an Emergency Kit</td>
<td>Learn about Flood Insurance</td>
<td>Ready to increase your rainy day fund? Take the Kansas Saves pledge at</td>
</tr>
<tr>
<td>Get tech ready</td>
<td>Don’t forget to make a plan for pets and animals!</td>
<td>Know that Hazards We Face in Kansas</td>
<td>Share what you are doing to #PrepareNow on social media, include the hashtag #PrepareKansas</td>
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**K-STATE**

Research and Extension

Prepare Kansas
Food Recall Trends

Food recalls occur almost daily either voluntarily by a food company or issued by the USDA or FDA. Between 2004-2013, there were 4,900 food recalls. Some of the highly publicized outbreaks were due to spinach (2006), peanut butter (2009), eggs (2010), and cantaloupe (2011).

The top three food product categories for these recalls were meat, poultry, and seafood (16%); prepared foods and meals (14%); and nuts and seeds (11%). Disease-causing pathogens accounted for 41% of all recalls. Undeclared food allergens accounted for 27% of all recalls, nearly double the average number of allergen recalls over the decade.

Geographic distribution of regional food recalls, 2004-13

Most food recalls are regional in nature.

From 2004 through 2013, only 25 percent of recalls included products intended for nationwide distribution.

The remaining recalls included distribution areas that ranged from a single city or county to dozens of States, with the average regional recall impacting five States. California, New York, Texas, Illinois, Pennsylvania, and Florida—the six most populous States—experienced the greatest number of recalls.

2018 FCE Fall Follies

Hosted by Bourbon County FCE, the 2018 Fall Follies will be held on Monday, November 5th at the First Baptist Church, 123 Scott St., in Fort Scott.

Dinner will start at 6:00 p.m. followed by the program and Heart of FCE county nominations.

The program is The American Flag presented by Arnold Scholfield, Historian. He will share lots of interesting, new information about the American Flag, flag etiquette, etc.

The Heart of FCE Presentations will be by County Council Presidents.

RSVP by Thursday, November 1, 2018 to K-State Research and Extension Southwind District Fort Scott Office at 620-223-3720 or joymiller@ksu.edu.
The Opioid Crisis - What You Need to Know

With no shortage of news coverage about the opioid crisis affecting people from every socio-economic level in communities large and small across the country, it’s helpful to step back and take a look at exactly what opioids are, the risks, and how to respond whether they’re a problem in your home or your community. A fact sheet, “The Opioid Crisis: What You Need to Know,” developed by Kansas State University assistant professor Erin Yelland is available online or at local K-State Research and Extension offices. Yelland is a specialist on adult development and aging with K-State Research and Extension.

Opioids are a class of drugs that include powerful prescription pain relievers, including oxycodone, codeine, morphine, and fentanyl, and the illegal drug heroin. The prescription drugs can be an important part of treatment and are commonly prescribed by doctors for pain. They also carry the significant risk for addiction and overdose because of the euphoria they create and the tolerance that occurs after repetitive dosing.

Many people are prescribed these medications by a doctor for legitimate reasons – often for pain management – but anyone who takes a prescription opioid for an extended period of time or does not take it as prescribed is at risk for misuse and abuse.

From 1999 to 2015, the amount of prescription opioids dispensed in the United States nearly quadrupled, yet there has been no verifiable change in the amount of pain that Americans report, according to the U.S. Centers for Disease Control and Prevention. At the same time there has been a dramatic increase in prescription opioid misuse, abuse, overdoses, and deaths.

“Although Kansas is far from being one of the states that has been hardest hit by the opioid epidemic, it is crucial that we take steps to bring awareness and education to Kansans on the crisis before it gets worse,” Yelland said. “K-State Research and Extension is dedicated to providing unbiased, research-based information on a variety of issues important to Kansans, and we are now providing educational resources and education on the opioid crisis and steps that individuals, families, and communities can take to help prevent further deaths in our state.”

Education at both the individual and community levels is one of those steps needed to help reverse the opioid epidemic, she added

“By helping individuals understand what opioids are and the risks associated with taking them, we hope to empower them to be proactive in their own healthcare and seek appropriate alternatives if opioids are not a good fit for them. We are also working to provide individuals with the skills to recognize addiction and overdose so that they can help people in need. Finally, we are working to provide community leaders and stakeholders with the tools they need to reduce the impact of the opioid crisis on their local communities,” Yelland said. “By educating Kansans on what they can do to help themselves and each other, we hope to avoid the devastation that states like Ohio and West Virginia have already experienced.”

Southwind District FCS Agents are available to present on the opioid crisis on request. To schedule a presentation, contact any of the Southwind District offices.
September is Food Safety Education Month

Since 1994, food safety has been the focus during the month of September to increase awareness of food safety education. September is Food Safety Education Month and National Family Meals Month — and the holiday season is right around the corner. To set the table for terrific meals at home, the Partnership for Food Safety Education offers four core practices of food safety:

CLEAN: Wash hands and surfaces often. Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, countertops and food. Wash your hands with warm water and soap for at least 20 seconds before and after handling food. Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.

SEPARATE: Cross-contamination is how bacteria can be spread. When handling raw meat, poultry, seafood and eggs, keep these foods and their juices away from ready-to-eat foods. Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.

COOK: Cook to safe temperatures. Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause foodborne illness. Use a food thermometer which measures the internal temperature of cooked meat, poultry and egg dishes, to make sure that the food is cooked to a safe internal temperature. Contact your Extension office for a meat and poultry safe temperature chart.

CHILL: Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Never defrost food at room temperature - defrost in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

Electronics and Food Safety

Think about where you use your smartphone, tablet or laptop. Do you use it in the kitchen? If so, the bacteria on those electronic devices could contribute to foodborne illness. While no incidences have been linked to electronic devices, it is good to be aware of the possibility.

In the 2016 Food Safety Survey, conducted by the FDA in collaboration with the USDA, consumers reported taking electronic devices everywhere - work, the bathroom, the gym, shopping, just everywhere. Then they use them in the kitchen, usually to view a recipe to cook. These devices are so integrated into our lifestyles, that the thought of food safety does not relate to the consumer.

What can you do? Wash your hands before and after handling the electronic device to keep hands clean.
Fresh tomatoes, peppers and onions equal...what else? Salsa, of course!

Summer vegetables are arriving by the armload in kitchens across the country. And plenty of those tomatoes, peppers, onions and herbs are going into homemade salsa.

Not all salsas are created equal, however, according to Kansas State University’s Karen Blakeslee.

Recipes created in home kitchens for salsa are suitable for eating fresh or freezing, but if you’re planning to preserve the popular condiment for later by canning, stick to tested recipes that keep ingredients at safe pH levels.

“No one wants to end a party with everyone getting sick from the salsa,” said Blakeslee, who is the Rapid Response Center Coordinator with K-State Research and Extension in food science.

Salsas include high-acid and low-acid ingredients and are considered acidified food, appropriate for boiling water bath canning if the final pH is less than 4.6, she said. The safety of home canned salsa depends on the combination of ingredients, procedures used in preparation, the acidity, and consistency of the final product.

Just because the lid seals on the jar, doesn’t mean it is safe if the recipe is not safe for canning and if safe canning procedures are not used. Canning is a science!

The size of jar can also affect safety. All tested salsa recipes are canned in pint jars. If larger jars are used, the safety of the salsa can be in jeopardy.

“Using a process time from another recipe is only a guess for homemade recipes and can cause spoilage and potential foodborne illness,” she said.

Blakeslee, who is an avid cook and home canner herself and a proponent of making the most of your (or your neighbor’s) vegetable garden, says to start with high-quality, disease-free produce.

She adds, “Be smart about food preservation. Look for reliable recipe sources to increase your chances for safe food. It is a waste of good food if safety is ignored from beginning to end.”

K-State Research and Extension has publications free for viewing and downloading, including “Preserving Tomatoes” or the Spanish version “Conservas Frescas, Conservas Seguras, Tomates. Also available are “Preserve it Fresh, Preserve it Safe” “Sassy Safe Salsa at Home” plus a Spanish version “Atrevida Salsa Casera Segura.”

Mark your Calendars

September 26 - Alzheimer’s 101, Allen County Courthouse at noon
October 1 - 3, 2018 - KAFCE Conference, Russell KS
October 14-20, 2018 - National FCE Week
October 14 - December 7 - Medicare Open Enrollment
November 1 thru December 15 - Marketplace Health Insurance Open Enrollment
November 8, 2018 - Southeast Area FCE Fall Workshop
November 18-24, 2018 - National Family Week

Stay Strong, Stay Healthy Exercise Program began September 10 in Fort Scott, Moran, and Humboldt. It’s not too late to participate in this program! Call your local Extension office for more information.