

Why Immunize?

August 2015

Ask the Agent

Q: My flour is in a canister. I have no idea if it is self rising or not. Is there a way to test it to tell which it is?

A: Yes. Self rising flour contains two additional ingredients that regular plain flour does not—baking powder and salt. You can take a small portion and do a taste test. If the flour tastes salty, then you have self rising flour. Some tongues may not pick up on the light salty flavor so you might want to try another test. Take about a tablespoon of the unknown flour, place in a small bowl and add a bit of vinegar. If it begins to fizz, then you know you have self rising flour.

If you have a recipe that calls for self rising flour and you haven't any on hand, here is a recipe to make your own:

1 c. flour
1/2 t. salt
1 1/2 t. baking powder
Sift together and use as needed.

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For more information call the Geary County K-State Research and Extension office at 785-238-4161.

Whether you are sending your infant to child care for the very first time or returning your school-aged children back to the classroom, now is a good time to make sure your child is up-to-date with their age-appropriate immunizations. The Vaccines.gov website sponsored by the U.S. Department of Health and Human Services offers the following reasons to the question “Why Immunize?”:

Immunizations can save your child’s life. Because of advances in medical science, your child can be protected against more diseases than ever before. Some diseases that once injured or killed thousands of children, have been eliminated completely and others are close to extinction— primarily due to safe and effective vaccines. Polio is one example of the great impact that vaccines had have in the United States. Polio was once America’s most-feared disease, causing death and paralysis across the country, but today, thanks to vaccination, there are no reports of polio in the United States.

Vaccination is very safe and effective. Vaccines are only given to children after a long and careful review by scientists, doctors, and healthcare professionals. Vaccines will involve some discomfort and may cause pain, redness, or tenderness at the site of injection but this is minimal compared to the pain, discomfort, and trauma of the diseases these vaccines prevent. Serious side effects following vaccination, such as severe allergic reaction, are very rare. The disease-prevention benefits of getting vaccines are much greater than the possible side effects for almost all children.

Immunization protects others you care about. Children in the U.S. still get vaccine-preventable diseases. In fact, we have seen resurgences of measles and whooping cough (pertussis) over the past few years. Since 2010, there have been between 10,000 and 50,000 cases of whooping cough each year in the United States and about 10 to 20 babies, many of which were too young to be fully vaccinated, died each year. While some babies are too young to be protected by vaccination, others may not be able to receive certain vaccinations due to severe allergies, weakened immune systems from conditions like leukemia, or other reasons. To help keep them safe, it is important that you and your children who are able to get vaccinated are fully immunized. This not only protects your family, but also helps prevent the spread of these diseases to your friends and loved ones.

Immunizations can save your family time and money. A child with a vaccine-preventable disease can be denied attendance at schools or child care facilities. Some vaccine-preventable diseases can result in prolonged disabilities and can take a financial toll because of lost time at work, medical bills or long-term disability care. In contrast, getting vaccinated against these diseases is a good investment and is usually covered by insurance. The Vaccines for Children program is a federally funded program that provides vaccines at no cost to children from low-income families. To find out more about the VFC program, visit <http://www.cdc.gov/vaccines/programs/vfc/> or ask your child’s health care professional.

Immunization protects future generations. Vaccines have reduced and, in some cases, eliminated many diseases that killed or severely disabled people just a few generations ago. For example, smallpox vaccination eradicated that disease worldwide. Your children don’t have to get smallpox shots any more because the disease no longer exists. By vaccinating children against rubella (German measles), the risk that pregnant women will pass this virus on to their fetus or newborn has been dramatically decreased, and birth defects associated with that virus no longer are seen in the United States. If we continue vaccinating now, and vaccinating completely, parents in the future may be able to trust that some diseases of today will no longer be around to harm their children in the future.

Source: www.vaccines.gov

There are several locations in Junction City where you can get immunizations. In addition to the Geary County Health Department, children can get immunized at Dillon’s Pharmacy, Wal-Mart Pharmacy, and CVS Pharmacy. Health insurance policies typically cover a portion of, if not the entire, cost for immunizations. Call ahead to ask about coverage and cost, then make an appointment that can make a difference in the life of your child.



You Survived Summer! - Now, what?

Getting your children back in the groove of school takes time, money, and planning. Here are some tips from my colleagues at Michigan State University Extension that may get you all off to a good start:

- 1) Visit School— Most schools are open a few week before the first day of class. Take your children on a tour. Help get them get acquainted (or re-acquainted) with their school. If the school offers an open house, make it a priority to attend.
- 2) Meet the teacher— Waiting until the first day to meet the teacher can make children nervous. Call the school to see if you can make an appointment with the teacher to drop by to say “hello.” This will make it more comfortable for your child as they readjust.
- 3) Make new friends—If your child is new to the building, see if you can arrange a play date with other children going into the same grade or in the same class. Having a familiar face in the room on that first day can help your child feel much more confident and comfortable.
- 4) Be prepared— Include your child in back-to-school shopping. This will give them the opportunity to help select special items for their school experience.
- 5) Adjust the schedule— As the final days of summer break wind down, start moving your child into a school schedule. Begin by moving bedtime and waking time up by only 10–20 minutes a day until you reach the school schedule times. Elementary and middle school aged children still need 10–11 hours of sleep each night.
- 6) Don’t try to squeeze too much into the last week before school starts— This will tire your child and make the transition more difficult. Instead, try to run through a typical school morning schedule for a few days before school begins. Walk through getting dressed, eating breakfast, and getting ready to ride to school. This will reduce the “morning madness” that so often accompanies school mornings.
- 7) Think about a safety plan as part of your child’s day— Walking, carpooling, and riding a bus all present their unique safety needs. Review these safety guidelines with them.
- 8) Plan for healthy meals— Research shows that kids who eat a healthy breakfast and lunch get better grades and are more attentive at school.
- 9) Assistance is available— Your family may qualify for nutrition assistance through the National School Lunch Program. This program provides for free or reduced-price school lunches and in some cases breakfast, as well. Contact your child’s school for more information.

Take time now to help your child adjust later!

Teaching Young People About Money

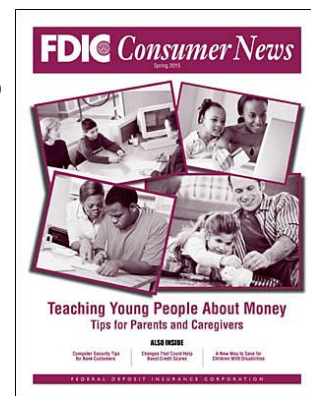
In the Spring 2015 edition of Consumer News published by the Federal Deposit Insurance Corporation (FDIC), they offered a wide range of tips for parents and caregivers in helping teach young people about money. Here is a taste of what the 16-page newsletter has to offer:

- 1) Start early or start late—just start! It’s important to introduce financial concepts to young people, regardless of their age.
- 2) Engage in regular conversations about money-related topics. When managing money at home, explain what you are doing, why you are making the choices you make, and the process you go through in making those choices.
- 3) Consider giving an allowance as a teaching tool. Even preschool children benefit from receiving a nominal amount of money to help them begin to grasp the purpose it has. When you start a younger child on an allowance, take time to help them pre-determine how much should go in savings and how much is for spending now. Help them consider their long term goals—saving for a new doll, video game, or something bigger like a gaming system or a pet.
- 4) Help your kids develop a healthy skepticism of advertising and unsolicited inquiries. Teach

children how to analyze advertisements so that they can realize the those “special offers” often are not the great deal they are presented as. Even young consumers can fall prey to identify thieves and become victims of scams and rip-offs. Help children understand the impact of sharing personal information about themselves via the internet or unsolicited “marketing” phone calls.

If you would like a copy of the entire newsletter, you can stop by the Geary County K-State Research and Extension office to pick up a free copy OR you can download it directly to your personal computer by going to: <https://www.fdic.gov/consumers/consumer/news/cnspr15/>

Children learn from what you intentionally set out to teach them as well as those things they observe you doing. They will pick up on both your good and bad habits. It is important for parents and child care givers to **both teach and model positive money management practices.**



Healthy Habits

Are you getting enough????

Only 1 in 10 Americans eat enough fruits and veggies.

For the first time, CDC (Center for Disease Control) researchers have broken down the fruit and vegetable consumption on a state-by-state basis. How is Kansas doing? Average daily consumption of fruit is 1.0 servings per day, the same as the national average rate. For vegetables, Kansans are averaging 1.6 servings per day compared to 1.7 to the national average.

The US Dietary Guidelines recommend adults eat 1.5 to 2 cups of fruit and 3 cups of vegetables each day. Of the 18,000+ Kansas respondents to the survey, only 10.4 percent were meeting the daily recommendations for servings of fruit while 8.3 percent were meeting the daily recommendation for servings of vegetables.

It's not hard to eat the recommended amount of fruits and vegetables each day. Snack on a banana, apple, strawberries or an orange. Drink juice or eat fruit on breakfast cereal. Add lettuce, sliced tomatoes or spinach to a sandwich. Shop at the local Farmers' Market. Eat summer fresh corn, tomatoes, green beans and pea pods.

7 Ways to Enjoy Tomatoes

1. Serve a couple slices of tomatoes with your meal. Just rinse, slice and serve.
2. Add tomato slices to your favorite sandwich or salad.
3. Add chopped tomatoes to a pizza and bake.
4. Snack on cherry tomatoes and grape tomatoes. They are a fun finger food.
5. Top cottage cheese with chopped tomatoes.
6. Sprinkle shredded mozzarella cheese on chopped tomatoes. Sprinkle with a little chopped fresh basil if desired.
7. Serve fresh salsa with tacos, quesadillas or enchiladas.

Here's a quick recipe to get you started!

Fresh Tomato Salsa

3 chopped fresh tomatoes
1/4 c. chopped red onion
2 T. chopped fresh cilantro
juice from 1/2 lime

Stir tomatoes, red onion, cilantro and lime juice together in a bowl and serve.

Source: Nutrition Matters: Nubites No. 234, July 2015



Trying to Beat the Heat with the kids?

Summer days can be (and have been) long and hot. Are you needing some "go to" ideas for inside activities that will keep bodies and tempers cooled off? Try some of these ideas:



For Preschoolers: A classic in my mind, the board game Candy Land (Milton Bradley) is hard to beat.

Although it is mildly competitive, its fun and whimsical nature is sure to catch the attention of young and old alike. (Just be prepared to play it more than once!) For kiddos that can count, another classic is Chutes and Ladders (also Milton Bradley.) I personally like to add sound effects has I slide my token down a chute or climb up a ladder.



School Age: The use of a simple deck of cards can keep this age group entertained for hours. There are the old standby games: Slap Jack, War, or Go Fish. You can also look up additional card games and their rules on the internet. Check the Today's Parent website to add



Connecting with Kids

to your card game repertoire:

<http://www.todaysparent.com/family/activities/10-kid-friendly-card-games/>

Tweens/Teens: Crack open the Cranium game (Cranium, Inc.) It provides a wide variety of challenges that would offer something for everyone; word puzzles, trivia, charades, and the like. Test their



vocabulary and spelling skills with a game of Scrabble (Hasbro), which still remains a favorite among tweens/teens.

What games do YOU like to play?

Think about teaching your children or grandchildren one of those so that you both can enjoy spending time together!



At my house, my kids beg to play Rummikub (Pressman Toy) —a tile version of the classic Rummy card game. It is a game of numbers, melds, runs, and strategy.

The heat is on outside, but you can cool off with fun and family inside! Slow down, relax, and enjoy!

Upcoming Geary County Extension Programs

**Requires pre-registration.

August

- 13** Chapman Schools back in session. All students will report for a half day session on Thursday, August 13.
- 17/18** Geary County Schools back in session. The Middle School 6th graders and all students new to the district will have a half day of school on August 17. All students will have their first FULL day on August 18.
- 25** MPI Parenting Class**—12th Street Community Center at 1002 W. 12th Street, Junction City, is a 6-session class open to any parents with children ages toddler to teens to help support and equip parents with the challenging task of raising children. Please call the Geary County Extension office to register for the program—785-238-4161. The class consists of 6 consecutive sessions held from 6-8 p.m. held on Tuesday nights. A \$10/session registration fee is required before the class begins. The total cost for the class is \$60.00 per individual or \$90.00 for the parent and a support person. The class continues through September 29.

September

- 1** Kansans Move Into Health** —12th Street Community Center Nutrition Education Series. *Kansans Move into Health* helps individuals identify healthy lifestyle behaviors, overcome barriers that could prevent them from being healthy, and set goals for maintaining a healthy lifestyle. This free program begins at 3:30 pm. Call Susie Bilderback at 785-564-3685 by August 28 to reserve your seat.
- 3** Knowledge at Noon**— Healthy Herbs, Valley View Estates, 1440 Pearl Drive, Junction City, KS. Discover the culinary and health benefits of fresh herbs. The session will include both traditional and unique uses of fresh herbs in the home. This free program begins at noon. Call the Extension Office by August 28 to reserve your seat. 785-238-4161.
- 11-20** Kansas State Fair— Hutchinson, Kansas
- 21** Medicare Basics**— Are you turning 65 in the next six months to a year? Do you assist your parents with medical issues? Does the word Medicare send a shiver down your spine? Are you confused about your options and what to expect once your insurance changes? If you answered “yes” to any of these questions, then the Medicare Basics workshop is for you. This free class will help you gain the knowledge you need to make informed decisions. The free program will run from 6:30—8:30 p.m. at the 4-H/Senior Citizens Center at 1025 S. Spring Valley Road, Junction City. Call the Extension Office by September 18 to reserve your seat. 785-238-4161.



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