

# Geary County

K-STATE RESEARCH AND EXTENSION NEWS

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September 2018

## Ask the Agent

**Q:** Can I freeze apple pie filling instead of canning it?

**A:** Yes, you can. The process is the same as preparing the apples as if you were processing them in a boiling water bath canner. The "So Easy to Preserve" book published by the Cooperative Extension Service at the University of Georgia advise that the recipes for pie fillings that call for the use of a modified food starch called *Clear Jel*<sup>®</sup> will produce the best thickening. They go on to advise that you do not use any other form of *Clear Jel*<sup>®</sup>, such as *Instant Clear Jel*<sup>®</sup>. Additionally, the authors stress that no other form of thickener should be used outside of *Clear Jel*<sup>®</sup>. Source: *So Easy to Preserve—6th Edition*, E. Andress, J. Harrison; 2014; p 106.

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

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## Family Meals Month

September 2018

Hopefully, if you live in or around Geary County, you are aware that September is Family Meals Month. The initiative, developed and launched by the Food Marketing Institute Foundation (FMI), launched in 2015 and has continued to gain momentum. In 2018, the FMI reports that 78 grocery retailers, 30 food manufacturers, and 71 community collaborators (including Geary County K-State Research and Extension) have committed to getting the word out about the value of family meals.



Families are involved in so many activities that can draw them away from the home's dinner table; work, sports, organizations, school, and many other activities seem to steal from family meal time. It is all too easy to lose sight of how meal time spent together contributes to the health of a family.

Long-standing research shows that there are many health benefits to family meals.

People who eat the most home-cooked meals eat healthier and consume 130 fewer calories daily, on average, compared to people who cook less or not at all. SOURCE: WOLFSON, J. AND BLEICH, S. (2014). IS COOKING AT HOME ASSOCIATED WITH BETTER DIET QUALITY OR WEIGHT-LOSS INTENTION? PUBLIC HEALTH NUTRITION, PUBLISHED ONLINE 17 NOVEMBER 2014.

Participation in food purchasing and meal preparation is associated with better health outcomes than participating only in the mealtime activity itself. SOURCE: CHAN, JC AND SOBAL, J. FAMILY MEALS AND BODY WEIGHT. ANALYSIS OF MULTIPLE FAMILY MEMBERS IN FAMILY UNITS. APPETITE, 2011.

In a study examining the relationship between everyday family rituals and BMI measurements, boys who have a social dinner experience tend to have lower BMI, notably when the family stays at the dinner table until everyone is finished. The results are the same for parents. SOURCE: WANSINK, B. AND VAN KLEEF, E. (2014). DINNER RITUALS THAT CORRELATE WITH CHILD AND ADULT BMI. OBESITY, 22 (5).

Adolescents who participate in even one or two family meals per week are less likely to be overweight or obese in adulthood compared to adolescents who never participate in family meals. SOURCE: NEUMARK-SZTAINER, D. FAMILY MEALS AND ADOLESCENTS: WHAT HAVE WE LEARNED FROM PROJECT EAT (EATING AMOUNT TEENS)? PUBLIC HEALTH NUTRITION, 2010.

Further research suggests that teens who eat dinner with their parents regularly develop better relationships with them, do better in school, and are at lower risk of using drugs, drinking or smoking. SOURCE: THE IMPORTANCE OF FAMILY DINNERS VIII, A CASACOLUMBIA™ WHITE

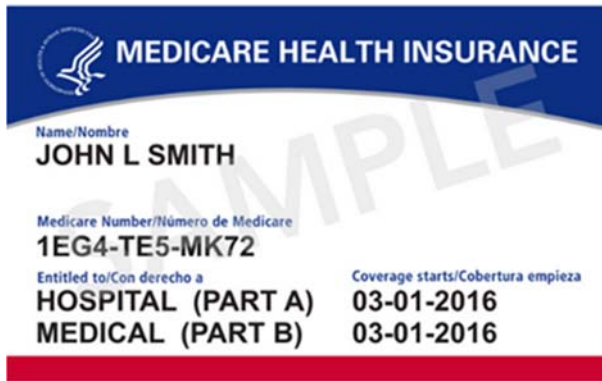
There is so much more research to share but it all points the same direction: Family Meal Time is Important to Overall Family Health and Well-being! Think about the many things you can do in your own home to promote family meals.

By setting the goal of having at least 1 more family meal around the dinner table, you are investing in the physical, emotional, and spiritual health the your members. Perhaps you don't have children in the home any more. Invite some friends over for a family-style meal. It doesn't have to be expensive or elaborate.

September as Family Meals Month. This would be the perfect time to commit to increasing family meals at home.



## Medicare and YOU!



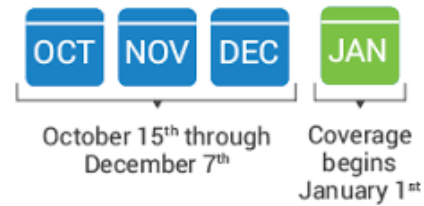
New Medicare cards should have arrived in the mailboxes of most current Medicare Beneficiaries in Kansas. Here are some things you should know about receiving your new card:

- ◆ Destroy your old Medicare card and start using your new one right away.
- ◆ Guard your card and share it with only those you trust to work with Medicare on your behalf. Your doctors, pharmacists and other health care providers will need to record your new number in their billing systems, too.
- ◆ Each person's Medicare number is unique. Social Security numbers are no longer being used on Medicare cards. Instead you have an 11 character number that contains both numbers and capital letters which results in your Medicare Beneficiary Identifier (MBI). Fraudulent use of SSNs led to the call for change. The MBIs are intended to protect people from identity theft and other illegal use of Medicare benefits.
- ◆ Your new card is paper. These will be easier for providers to use and copy, and they save taxpayers a lot of money. If you are concerned about them getting ripped and worn, you might consider getting them laminated.
- ◆ Carry your new card with you. You will need to show it to health care providers when you need care.

If you don't receive your new Medicare card by April, 2019, call the toll free Medicare hotline at 1-800-MEDICARE (1-800-633-4227).

## Family Resource Management

### When Is the Open Enrollment Period?



### Have You Made Your Open Enrollment Appointment?

You should look at your Part D Prescription Plan each year to see if the plan you are currently on will be the best option for 2019. Plan formularies change and the medication costs can vary greatly from year to year and from company to company. Generics offer cost savings, too. Don't be afraid to take a close look at your medications to see if a generic is available.

During the 2017 Open Enrollment season, Medicare Beneficiaries who took advantage of this free service offered at the Geary County K-State Research and Extension office saved a total of over \$57,000 in costs – an average of \$461 per person.

Not everyone will find a better plan than they currently have but you won't know without looking in to it!

Call the Geary County K-State Research and Extension office at 785-238-4161 and Traci or Christina will be able help you make an appointment to evaluate your Medicare Part D Prescription Plan.

An infographic comparing Brand and Generic drugs. It features a blue header with a green pill icon and the text 'Brand vs. Generic'. The main content is divided into two columns. The left column, under 'Brand', explains that when the U.S. Food and Drug Administration approves a drug for the first time, there is only one manufacturer that makes and sells that drug under its patent. These new drugs get to be known by the brand name and are referred to as "brand name drugs" until the patent expires. The right column, under 'Generic', explains that a generic drug can be produced after the brand name drug's patent has expired. It is also called a "generic equivalent." Before a generic drug can be sold, the U.S. Food and Drug Administration must approve its use. A light blue footer contains the text: 'If you follow the directions on the drug's label, the generic and the brand name drug should have the same effects, safety and risks.'

## Cyberbullying—Protecting our Youth

The 2017 [Youth Risk Behavior Surveillance System](#) (Centers for Disease Control and Prevention) indicates that an estimated 14.9% of high school students were electronically bullied in the 12 months prior to the survey. It continues to have impact in our schools and with our families, but what can we do about it?

Bullying has become such a concern in the U.S. that our federal government established a website to offer resources to families, youth, and communities addressing this issue. The Department of Health and Human Services manages the website: [www.stopbullying.gov](http://www.stopbullying.gov). This website is a valuable resource for helping us better understand the impact bullying, of any kind, has on individuals. One area of focus is on Cyberbullying.

The stopbullying.gov site defines this type of bullying as: *“bullying that takes place over digital devices like cell phones, computers, and tablets.”* In today’s schools, 1:1 tablets (computers) is a key part of the educational design. An integrated model of technology alongside more traditional teaching methods has become the norm. Perhaps you feel that the school issued tablet is the main venue used to bully someone electronically. Unfortunately, it isn’t.

Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior.



The most common places where cyberbullying occurs are:

- Social Media, such as Facebook, Instagram, Snapchat, and Twitter
- SMS (Short Message Service) also known as Text Message sent through devices
- Instant Message (via devices, email provider services, apps, and social media messaging features)
- Email

Knowing about cyberbullying and the venues used by bullies is the first step to protecting our youth from getting hurt. What are some steps adults can take to help children who are targeted by cyberbullying or who witness it happening to others online?

Janet Olsen of [Michigan State University Extension](#) shares these strategies to help families and adults:

- Stress how important it is to **stay calm** and not react quickly out of anger or fear. Encourage kids to be aware of their thoughts and feelings before moving to action.
- **Don’t retaliate.** Even though a young person’s first response might be to use the same hurtful tools as the person doing the bullying, emphasize that retaliating can make a situation much worse.
- **Don’t feed the bully.** Share with kids that in some situations, the best response may be no response at all. Sometimes people are hoping for their targets to lose their cool and have a strong response so they can boast about this to others. In the virtual world, this can mean that many other people might see a victim’s response.
- Sometimes, if it is safe, it may be important for kids to use their voice to **respond publicly or privately**. Help them know when to use their voice publicly to show that they do not tolerate or support hurtful behaviors. Help them consider whether it would be helpful to follow up privately with the person who sent the hurtful message in a respectful and caring way that holds that person accountable.
- Whether kids respond to cyberbullying publicly, privately or both – in person or online – stress the importance of being **respectful, constructive and clear**. Sometimes people really do not know that their actions have been hurtful, and responding to them with clarity and without blame or shame can be very effective.
- Emphasize how important it is to **be a friend** to those who have been targeted. This may mean responding publicly to hurtful messages about others, and it also involves reaching out to victims to find ways to support them. When young people or their friends are targeted with threatening or ongoing negative messages, tell them to **keep the evidence** (such as screen names or links to messages). Help them follow up by logging complaints with the website or service where a message was posted or shared.

**Geary County**

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### Upcoming Geary County Extension Programs

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

#### October

- 15     **\*\*Medicare Prescription Plan Open Enrollment begins.** Any Medicare beneficiary that is currently enrolled in a Medicare Prescription plan should call to make an appointment to review the plan, prescriptions, and costs associated with Part D drug plans. Formularies change, companies make changes to their fee structure, and prescribed medications often get changed by physicians. Call the Geary County Extension office to make an appointment with Deb Andres to review options. Medicare beneficiaries who have not yet signed up with a prescription plan would benefit by making an appointment to explore options, as well. Consultations are by appointment only. Open enrollment begins October 15 and remains open until December 7, 2018.



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