



Colorado  
State  
University

Extension

**Fall 2008**

## *Living Well*

### **Getting Older - Staying Fit**

Loss of flexibility and balance are part of the normal aging process, but older adults can take steps to reduce the deterioration that occurs. Loss of balance can be dangerous at any age. The Centers for Disease Control (CDC) reports falls are the fifth-leading cause of death for people 65 and older.

Decline in balance and flexibility doesn't just start when a person turns 65 - it occurs slowly over a long time. While many people don't equate balance with fitness, it is very important as a person gets older to help them manage their daily life and remain independent. Maintaining, or improving, balance and coordination involves regular exercises that focus on improving strength as well as making sure that nutrients such as calcium and vitamin D are consumed for adequate bone density.

The Strong People Stay Healthy program offered by CSU Extension in Northeast Colorado helps older adults build strength, increase bone density, and improve balance and flexibility. In the past 3 years, nearly 100 adults have completed the program and there are several on-going groups that meet regularly to continue their exercise program.

The next series of classes will begin in mid-October at the Fort Morgan Senior Center. Classes will be from 10 to 11 a.m. on Tuesday and Thursdays for a minimum of 12 weeks. Participants will use hand and ankle weights with a specific set of exercise. Each person will progress at their own pace based on health and physical assessment. A physician's approval is required prior to starting the program.

For more information, call Luann at 542-3544 or Jane Perkins at the Senior Center, 542-3922.



A handwritten signature in cursive script that reads "Luann K. Boyer".

Luann K. Boyer, CFCS  
Extension Agent  
Family & Consumer Education/  
Youth Development

Listen to the Morgan County Extension Report Monday through Thursday on 1400 KFTM and each Tuesday and Friday on 1010 KSIR.

Where trade names are used, no discrimination is intended, and no endorsement by Colorado State University Extension is implied.

Colorado State University, U.S. Department of Agriculture and Morgan County cooperating. Extension programs are available to all without discrimination.

## ***Raising Kids***

### **Keeping Kids Teeth Healthy**

The American Dental Association reports tooth decay is one of the most common chronic diseases among children. Children are five times more likely to develop tooth decay than asthma. To avoid this, it is important to teach children early to take care of their teeth.

- Children should see the dentist no later than their first birthday. Children should have a dental cleaning every year. Aside from maintaining clean teeth, this gives the dentist an opportunity to look for cavities and spot problems early.
- Supervise children to make sure they do a thorough brushing at least twice daily.
- Use the right amount of fluoride toothpaste (small amount about the size of a pea) and rinse well after brushing. Fluoride is important in preventing cavities, but if children under six swallow too much they may develop permanent white spots on their teeth.
- Have children floss daily to remove food between the teeth that can be missed when brushing.
- Provide children with a variety of healthy foods such as fruits and vegetables as well as milk and other foods that are good sources of calcium. Limit the amount of juice, candy, or other foods high in sugar.

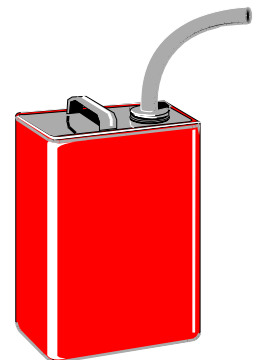


*(Source: Adapted from CHP Newsletter, March 2008; Centers for Disease Control)*

### **Child Proof Gasoline Containers**

A new law goes into effect January 17, 2009 requiring child resistant closures on all gasoline containers. Burns from gasoline contact injure and kill many children each year. Here are other recommendations for safety around gasoline.

- ✓ Buy a gasoline container that is child resistant. Keep gasoline, kerosene and other fuels out of the reach of children.
- ✓ Place a gasoline container in a well ventilated, cool area. Never store gasoline or other fuel inside the house, in the basement, or near a fuel-burning appliance, open flames, pilot lights, stoves, heaters, electric mowers, or any other sources of ignition.
- ✓ Never carry gasoline in the trunk of the car. Escaping vapors can easily ignite.
- ✓ Never permit children to play with matches or fuel.



*(Source: Consumer Produce Safety Commission, July 18, 2008)*

# Spending Smart

## Credit Scores

FICO (Fair Isaac Corporation) is a credit scoring system commonly used to determine a person's ability to repay money they borrow. It is also used to establish rates for auto insurance, and even rental rates for apartments. Some employers may use it in the hiring process. The scoring ranges from 300 to 900. So what is used to determine your FICO score? The number is based on a statistical analysis of a person's credit files and is generally made up of 5 components:

- 10% on New Credit
- 10% on Types of Credit in Use
- 15% on Length of Credit History
- 30% on Amounts Owed
- 35% on Payment History



*(Source: Idaho's Two Cent Tips, University of Idaho Extension, July 2008)*

## Saving at the Grocery Store

If your budget is a little tighter than usual due to high fuel costs this summer and fall, here are some reminders of how to save at the grocery store.

1. Take a detailed grocery list with you to the store. Beware of impulse shopping so stick to the list as much as possible. But, be flexible if you see a bargain that will fit into your meal plans even if it wasn't on the original list.
2. Shop alone, if at all possible. Leave the children and spouse at home. Children want everything they see and they can also distract you and prevent you from shopping wisely. Spouses can also be persuasive about wanting special foods.
3. Don't shop when you are hungry. If you must shop before a meal - munch on some fresh fruit or veggies or crackers before you leave for the store.
4. Compare prices on different brands. Stores usually have the unit price posted on the shelf, although sometimes they aren't always updated as sales or other price changes occur. Have a small calculator with you to check.
5. Consider store brands, especially for staple items which are not perishable. For canned or frozen items, sometimes the store brands may be seconds or lower quality - although they are normally just as nutritious and definitely just as safe as national brands.
6. Read labels to make sure you know what's in the package. On ingredient lists, the item listed first is the one in the largest quantity, by weight. Most foods also have the nutrient value listed, so check that and try to purchase nutrient dense foods - those that have a lot of nutrients in relation to the number of calories.

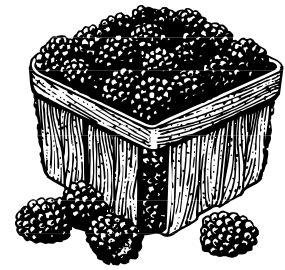
## *Eating Right*

### **Black Raspberries Slow Cancer**

New research strongly suggested that concentrated black raspberries have a mix of preventative agents that may effectively inhibit cancer. Black raspberries have vitamins, minerals, phenols, and phytosterols, many of which have cancer-preventing properties.

Research at Ohio State University Comprehensive Cancer Center has focused on esophageal cancer using a slurry drink made from black raspberry powder. The initial studies were conducted on animals and identified genes that were altered by a chemical carcinogen and then restored to normal activity when feed the berry powder.

Further research is now being conducted in human nutrition to determine the effect of the berries. Preliminary focus is on cancer of the esophagus, colon and mouth. Watch for updates on this exciting work.



### **Food Safety and Microwaves**

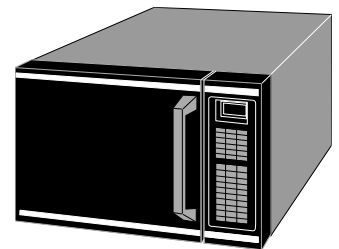
In 2007, over 300 people in the United States contracted some type of food borne illness due to inadequate heating of food in a microwave oven.

The number of microwavable foods has increased tremendously in recent years and while convenience is great, it is important to make sure you follow directions completely. Cooking instructions on a package may vary according to the power or wattage of the microwave. Do you know what the wattage is for your microwave? It is often displayed near the door or on the back of the oven, but sometimes it is only in the instruction manual.

Here is a simple way to determine wattage. Put 1 cup of water in a 2-cup glass measure. Add ice cubes and stir until water is cold. Discard ice and pour out extra water so you have 1 cup of water. Set the microwave oven on high (100% power) for 4 minutes, watching to see when the water boils.

- ⌚ Boils in less than 2 minutes, it is very high wattage of 1000 or more.
- ⌚ Boils in 2-1/2 minutes, it is high wattage of 800 or more.
- ⌚ Boils in 3 minutes, it is average of 650 to 700 watts.
- ⌚ Boils in more than 3 but less than 4 minutes, it is slow with 300 to 500 watts.

If your oven is high wattage, use the minimum cooking time. If it is slow, use the maximum cooking time. For ovens with very high wattage, you may need to reduce the minimum cooking time. Of course, the only way to know for sure if a food has reached the safe temperature of 165 degrees for all foods cooked or reheated in a microwave is to use a food thermometer.



# *Eating Right*

## **Diabetes Meal Planning**

Over 24 million Americans have diabetes with more people being diagnosed daily. For most, their first thought often is, “What can I eat?”

Increasingly, those with diabetes seek an Extension educator trained in diabetic nutrition or a Registered Dietitian so they can develop a realistic meal plan to ensure healthy eating. The good news is those with diabetes can usually eat whatever they wish - with a few guidelines



- ☺ Food that is good for you is the **same food** that is good for your whole family!
- ☺ You can eat a wide variety of foods - restriction of foods is “out.”
- ☺ Standardized “diabetic diets” are a thing of the past. You do NOT need a special diet.
- ☺ Eliminating carbohydrate from your diet and eating large amounts of protein is NOT a good substitute for healthy eating and weight loss.
- ☺ Snacks between meals and at bedtime may be needed depending on your individual activity level.
- ☺ Foods that contain sugar can be part of your daily intake - they just have to fit within your carbohydrate recommendations.
- ☺ You do not have to give up your family's favorite foods, BUT you may need to make some modifications in preparation methods and/or portion size!
- ☺ Moderate weight may result in improved blood sugar control. To achieve this, reduce some fat from your diet and use monounsaturated oils.
- ☺ You do not need special vitamins and minerals unless you are on a calorie restricted diet or have food allergies or intolerance.
- ☺ Create a plan before you eat out to help you choose healthy options that fit within nutrition guidelines. AND, it’s okay to splurge a little — just don’t do it every day.



*(Source: Adapted from American Diabetes Association e-newsletter)*

## *Living Well*

### **Diabetes Success Group**

Join this monthly meeting which is provided free of charge. The group meets on the second Friday from September through May from 12 noon to 1 p.m. at Colorado Plains Medical Center in Fort Morgan. Here is the schedule for the next 3 months.

Friday, September 12 - ***Impact of Diabetes on Dementia***  
Speaker: Bonnie Wacker, Alzheimer's Association

Friday, October 10 - ***Food Allergies and Intolerances***  
Speaker: Luann Boyer, CSU Extension, Morgan County

Friday, November 14 - ***Coping with Flu and Sick Days***  
Speaker: Cheryl Kraich, NE Colorado Health Department

If you would like to be on a mailing list to get program reminders, call Morgan County Extension Center at 542-3544.

### **Diabetes and Sleep Apnea**

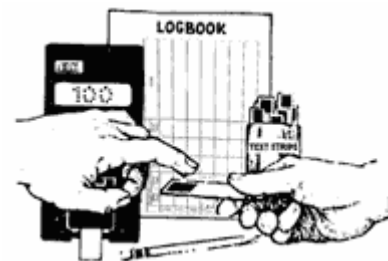
Recent research shows a person with diabetes who also suffers from sleep apnea significantly increases their risk of death from heart attack and stroke.

This study found that people with sleep apnea had greater fluctuations of blood glucose during the night than people without sleep apnea. We know that glucose fluctuations lead to diabetes complications.

To learn more about sleep apnea and diabetes, attend the 5th Annual Northeast Colorado Diabetes Health Fair October 18 at Northeastern Junior College in Sterling from 8 a.m. to 12 noon. The featured presentation for 2008 will be given by Gina Rutz, RRT, RTSPT, from East Morgan County Hospital speaking on ***Impact of Sleep on Health***.

Besides the presentation, there will be various diabetes screenings including glucose, blood pressure, and dental. Exhibitors will have information on various diabetic products and resources. Extension educators will present demonstrations on holiday meal planning showing how you can still have those favorites - stuffing, sweet potatoes, and pie.

All events are free of charge except the optional A1c self-test and flu shots, if the vaccine is available. Transportation to Sterling is also provided free by County Express by calling 970-867-6494. For more information, call the Extension Center at 970-542-3544.

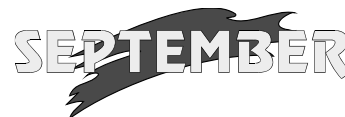


## Mark Your Calendar

Events will be held at the Morgan County Extension Center meeting room, unless otherwise noted.

### September --

- 5 Morgan Matters, B106 Radio, 8:10 a.m.  
Northeast Colorado Talks, KSIR Radio, 8:35 a.m.
- 10 Spanish ServSafe Food Handlers, 1:30 - 6 p.m.
- 12 "Diabetes and Dementia", Morgan County Diabetes Success Group, 12 noon,  
Colorado Plains Medical Center, 1000 Lincoln Street, Fort Morgan
- 16 Morgan Talks, KFTM Radio, 8:30 a.m.
- 26 District 1 FCE Meeting, Akron



### October --

- 1 ServSafe Managers' Training, 8 a.m. - 5:30 p.m., NJC, Sterling
- 1/2 Extension Annual Forum, Colorado State University, Fort Collins
- 3 Morgan Matters, B106 Radio, 8:10 a.m.  
Northeast Colorado Talks, KSIR Radio, 8:35 a.m.
- 10 Morgan County Diabetes Success Group, 12 noon, Colorado Plains Medical  
Center, 1000 Lincoln Street, Fort Morgan
- 13 Office Closed, Columbus Day Holiday
- 14 Strong People Stay Healthy begins, Fort Morgan Senior Center, 110 Sherman
- 15 FCS Conversation Café, Fort Morgan High School, 5:30 - 7:00 p.m.
- 16 Morgan Talks, KFTM Radio, 8:30 a.m.
- 18 Northeast Colorado Diabetes Health Fair, 8 a.m. - 12 noon, NJC, Sterling
- 23 Rocky Mountain Conference on Aging, The Ranch, Loveland
- 31 Last Day to Pick Up Morgan County Fair Premium, 8 am. - 5 p.m.



### November --

- 7 Morgan Matters, B106 Radio, 8:10 a.m.  
Northeast Colorado Talks, KSIR Radio, 8:35 a.m.
- 12 ServSafe Food Handlers', 1:30 - 6 p.m., NE Colorado Health Department, Sterling
- 14 Morgan County Diabetes Success Group, 12 noon, Colorado Plains Medical  
Center, 1000 Lincoln Street, Fort Morgan
- 20 Morgan Talks, KFTM Radio, 8:30 a.m.
- 27/28 Office Closed, Thanksgiving Holiday



## Congratulation.....

...to the 2008 Morgan County exhibitors in the State Fair Creative Arts Division. We sent 25 exhibits to State Fair and all but 3 earned ribbons with several also receiving special awards. Exhibitors brought back \$225.00 in premium money — WOW!!!. You too can enter, so start planning now for 2009 and show off your special skills. Exhibits DO NOT have to win first at our county fair to be entered at State Fair. Thanks to the Morgan County Commissioners for supporting these exhibits. Watch for 2009 details next May and June.



In Morgan County

Living Well



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