



Colorado
State
University

Extension

Spring 2008

Living Well

Strong People Stay Healthy

Tuesdays & Thursdays - Starting March 27
5:30 - 6:30 p.m., Centennial Manor, Brush

During these twice weekly programs, participants will learn how to properly use hand and ankle weights to increase strength and bone density as well as improve balance and flexibility. Studies conducted at the John Hancock Center for Physical Activity and Nutrition at Tufts University in Boston have shown that targeted strength training can combat weakness, frailty, and the debilitating consequences of these issues in older adults. By improving strength, older adults are often able to maintain their independent living.

In Strong People Stay Healthy, strength training is done 2 days a week for 1 hour each day for a minimum of 12 weeks. Based on a Senior Fitness Assessment completed at the start of the class, participants will begin with 1/2 to 1 pound ankle weights and 1 to 2 pound hand weights. Once the proper techniques are learned, participants will individually increase weights as they gain strength.

All weights used in the class are provided and Centennial Manor is providing the facility so there is NO COST to participate in this program. There is a limit of 10 participants with registration requested by Monday, March 24. After registering, participants will receive a packet of information to complete prior to the first class. Approval from your doctor is also required before you can use weights.

To register, or for more information, call Luann at 542-3544.



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.

Living Well

Benefits of Walking

Walking just 30 minutes a day can reduce your risk of Metabolic Syndrome, a condition that is linked to a sedentary lifestyle and obesity.

Metabolic Syndrome is a cluster of risk factors that increases a person's risk for heart disease, stroke and diabetes. A person diagnosed with Metabolic Syndrome will have at least three of the five risks: high blood pressure, high triglycerides, low HDL cholesterol (good cholesterol), high blood sugar, and a large waist measurement. It is estimated that about 25% of the adults in the United States have Metabolic Syndrome based on these risks.



A study at Duke University Medical Center conducted an 8-month exercise program with 171 middle-aged, overweight men and women. At the beginning of the program, 41% of participants met the criteria for Metabolic Syndrome. At the end of the 8-month program, the number was reduced to 27%. The study found that simple walking can have as much or more benefits than more rigorous forms of exercise.

All participants in the study that exercised lost inches around their waist during the 8 months. The control group which did not exercise gained an average of about one pound and added 1/2 inch to their waistline during the same 8 months. If that continued for 10 years, they would weigh 20 pounds more and have gained 10 inches to their waist.

(SOURCE: American Diabetes Association; American Journal of Cardiology, 2007)

Home Lead Tests

A study by the Consumer Product Safety Commission (CPSC) found many consumer lead test kits gave inaccurate results. CPSC used commonly available test kits on a variety of paints and other products containing different amounts of lead. Of 104 test results, more than half (56) were false negatives, and two were false positives. None of the kits consistently detected lead in products if the lead was covered with a non-lead coating.



CPSC studied two common types of home lead test kits that are based on chemical reactions involving rhodizonate ion or sulfide ion. Most test kits were developed to detect levels of lead in household paint that are usually much higher than the regulatory maximum level of 0.06%. CPSC found these kits may not be useful for detecting relatively low lead paint concentrations or for detecting lead in other materials, such as metal jewelry or vinyl products.

Based on this study, CPSC recommends that consumer lead test kits should not be used to evaluate products.

(Source: Consumer Product Safety Commission release #08-038)

Raising Kids

BrainWise

Tuesday, April 1

6:30 - 8:30 p.m., Thomson School, Brush

This program on April 1 will be the last in our 4 part series on BrainWise that we have presented during this school year.



Parents will find this interactive program effective to help children learn to use their thinking brain rather than emotional brain when reacting to situations. Even if you have not attended the earlier programs, you'll quickly learn about the 10 Wise Ways as we review prior techniques before discussing the final 3 approaches.

Registration of \$10 per person or \$15 per couple is due by Friday, March 28, and includes child care during the programs. Call 542-3544 to register or to get more information about this program.

Family Development Credential

Colorado State University Extension in Northeast Colorado will offer the Family Development Credential (FDC) Program beginning in August 2008. FDC is a professional development course for frontline family workers to learn and practice skills of strength-based family support rather than deficit-based.

Upon completion of the FDC program, participants will have developed the skills and knowledge to improve their work with families. Core competencies covered during the program are Family Development, Self-Reliance, Communication, Diversity, Assessment, Goal-Setting, Specialized Services, Home Visitation Skills, Facilitation Skills, and Collaboration.

FDC is 96 hours of instruction over a 9 to 10 month period that is culminated with submission of a portfolio of completed activities. After the portfolio is approved, participants will take a credential examination. Upon completion, the credentials will be issued by Cornell University.



Instruction will be on 2 Fridays a month (except November and December) and will conclude in early June, 2009. The first classes will be held in Fort Morgan but classes throughout 2008/2009 may be held in other Northeast Colorado locations, depending on where program participants reside.

To receive more information, including a registration brochure with details about the Family Development Credential program, call Luann at the Extension Center, 970-542-3544.

Eating Right

Diabetes Success Group Meetings

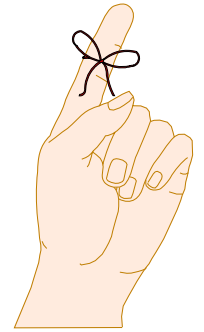
The meetings of the Diabetes Success Group will continue each month through May. The group does not meet in the summer but will resume in September 2008. Regular meeting time is the 2nd Friday, but **NOTE that the April meeting will be on the first Friday.**

Programs scheduled for the next 3 months are:

Friday, March 14 - Sugar Alcohols and Specialty Sweeteners

Friday, April 4 - Foot Care presented by Dr. Loren Brandon

Friday, May 9 - Keeping Hydrated presented by Joan Unrein



There is no charge for these monthly programs which are from 12 noon to 1 p.m. at Colorado Plains Medical Center in Fort Morgan. For more information, or to get on a list to receive monthly reminders, call the Extension Center at 542-3544

Diabetes - An Epidemic

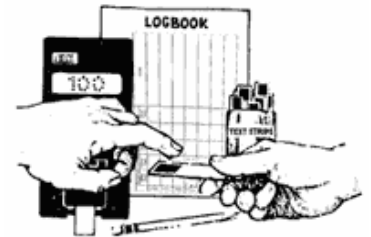
According to the Centers for Disease Control (CDC), diabetes and obesity are growing like a runaway train with no sign that it will slow down, or that we can put on the brakes

U.S. health surveys from 1963 to 2005 found **three distinct stages** in the diabetes epidemic.

Stage 1 - From 1963 to 2006, there was nearly a 100% increase in the prevalence of diabetes, going from 13.6 cases to 25.8 cases per 1000 Americans.

Stage 2 - From 1975 to 1990, the incidence of diabetes leveled off. It is thought this was due to the standardization of diabetes diagnosis in 1975.

Stage 3 - From 1990 to 2005, the prevalence of diabetes shot up again, doubling from 26.4 per 1000 people to 54.5 cases per 1000.



The CDC reports the increase in diabetes and the related deaths will likely undo any progress that has been made in reducing the number of early deaths due to other diseases such as heart disease. Diabetes is striking Americans at younger and younger ages and has severe complications that greatly affect quality of life.

Diabetes affects small blood vessels and nerve cells. It is the major cause of blindness due to retinopathy with the incidence expected to triple due to diabetes. In addition, diabetes doubles a person's risk of hearing impairment. CDC expects that 40% of people with diabetes may suffer some degree of hearing loss.

(Source: American Diabetes Association 67th Annual Scientific Sessions, 2007)

Eating Right

Cinnamon does not appear to have any impact on blood sugar or cholesterol levels in people with diabetes, according to a recent study conducted at Hartford Hospital. The study used 282 diabetic patients who randomly received a placebo or 1 to 6 grams of cinnamon daily for up to 16 weeks.

The use of cinnamon did not significantly alter hemoglobin A1c, which is a marker for control of blood sugar. The study also found there was no effect on fasting blood sugar levels or lipid levels. Analyses by subgroup and sensitivity did not alter the results. This study is significant because there is a common belief that adding cinnamon to foods may reduce the level of blood sugar.

(SOURCE: Diabetes Care, January 2008)

Spending Smart

Children and the Value of Money

What can parents do to help children learn that money is not an unlimited commodity and that spending means making choices? Here are tips to teach very young children about the value of money.

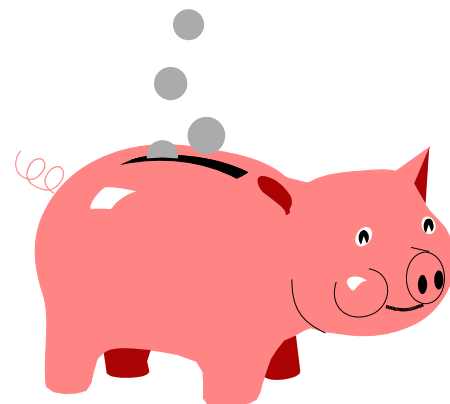
By the age of three, most children can identify certain coins and they understand that money is used to buy things. At this age, they are ready to learn basics of saving, spending, earning and borrowing. The easiest way to teach children about money is to talk about it. As you make financial choices, involve the child. Too often parents over-protect their children from the facts of family money management.

When you shop at the grocery store, discuss the price comparisons out loud and explain to children why you make certain choices. If you make a purchase with a credit card, explain to the child that you are "borrowing" money temporarily from a financial company and will have to repay it when the bill comes.

As you teach children how to spend money wisely, also teach them how to save money. Work with children on having them decide how much money they want to save for a future purchase, how much they want to give to charity, and how much they want to spend at the present time.

Very young children usually like to save using a piggy bank so they can "see" their money. As children get older, you can help them set up an account at the bank. When interest statements arrive, don't tuck them in a file, but rather work with children to teach them the concept of how money earns money.

(Source: Adapted from Family and Consumer Sciences Hotline, Sedgwick County, Kansas Extension Newsletter)



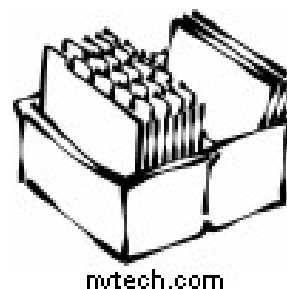
Spending Smart

Household Inventories

While you are completing your annual tax report, it is also a good time to get other household records and information organized. An inventory should list all possessions, including furniture, appliances, clothing, electronics, jewelry, antiques, and recreational equipment. While not mandatory for filing an insurance claim for loss or damage, having an inventory certainly makes it easier to document any losses.

Here are tips to make it easier to put your household inventory in order.

- List and describe items and include any model numbers and serial numbers. Include receipts that you have to document what was paid for an item.
- Update your records when you purchase new items or discard household possessions.
- If you have appraisals for antiques, jewelry, or other unusual or one-of-a-kind items, attach the documents with the inventory.
- Photograph items. You may want to photograph each room and also include close-ups of individual items, especially those with significant value. Make copies of the photographs. If you use digital photography, store a copy on a CD.
- Keep one copy of the inventory and photographs in a location away from home.



Opportunities

County Fair Dates

The 2008 Morgan County Fair begins with 4-H events in mid-July. Events at the fairgrounds begin Friday, August 1 with Creative Cooks in the morning and rabbit and poultry judging in the afternoon. Saturday is the Horticulture Show with Crops and Garden Sunday. Open Home Economics is Monday, August 4. The 2008 Fair Book will be available in June.



Fair Volunteers Needed

If you enjoy fair activities and have some extra time, we are always looking for more fair volunteers. There are several different opportunities available, both with 4-H events and open class. For Open Class Home Economics, we use volunteers to prepare the exhibit area about a week before the fair begins and then they help on Monday, August 4 during entry, judging and exhibit set-up. Final responsibility is on Thursday, August 7, to assist with taking down and checking out exhibits. We are currently working on the fair book and volunteer assignments. Call Luann at 542-3544 or email luann.boyer@colostate.edu if you would like more information about volunteering.

Mark Your Calendar

Meetings are scheduled for the Morgan County Extension Center, unless otherwise indicated.

March --

- 14 Diabetes Success Group, 12 noon - 1 p.m., Colorado Plains Medical Center, 1000 Lincoln Street, Fort Morgan
- 20 Morgan Talks, KFTM Radio, 8:30 a.m.
- 20 Morgan County Fair Board meeting, 7 p.m., Morgan County Administration Building
- 25 ServSafe Manager's Training, 8:00 a.m. - 5:30 p.m., Event Center, Brush Fairgrounds
- 27 Strong People Stay Healthy begins, 5:30 - 6:30 p.m., Centennial Manor, 612 Ray Street, Brush
- 29 Northeast Colorado 4-H Consumer Choices Invitational, 9:00 a.m., Event Center, Brush Fairgrounds



April --

- 1 BrainWise, 6:30 p.m., Thomson School, Brush
- 3 Morgan Matters, B106 Radio, 8:10 a.m.
- 3 Northeast Colorado Talks, KSIR radio, 8:35 a.m.
- 4 Diabetes Success Group, 12 noon - 1 p.m., Colorado Plains Medical Center, 1000 Lincoln Street, Fort Morgan
- 7/8 CSU Extension Northern Regional Meeting, Morgan County Extension Center
- 14 *A Healthier Weigh* weigh-out, Morgan County REA
- 17 Morgan Talks, KFTM Radio, 8:30 a.m.
- 19 9 Health Fair, Event Center, Brush Fairgrounds
- 29 National Teach Children To Save Day
- 29 ServSafe Food Handler's Training, 1:30 to 6:00 p.m., Yuma



May --

- 2 Morgan Matters, B106 Radio, 8:10 a.m.
- 2 Northeast Colorado Talks, KSIR radio, 8:35 a.m.
- 5 Morgan County Extension Advisory Meeting, 7 p.m.
- 6/7 Rocky Mountain Food Safety Conference, Denver
- 9 Diabetes Success Group, 12 noon - 1 p.m., Colorado Plains Medical Center, 1000 Lincoln Street, Fort Morgan
- 15 Morgan Talks, KFTM Radio, 8:30 a.m.
- 28 Memorial Day Holiday, Extension Center closed



June --

- 6 Morgan Matters, B106 Radio, 8:10 a.m.
- 6 Northeast Colorado Talks, KSIR radio, 8:35 a.m.
- 7 Kids Culinary Camp, Location and Details TBA
- 10 ServSafe Food Handler's Training, 1:30 to 6:00 p.m., Brush Fairgrounds
- 12/13 Lillian Fountain Smith Nutrition Conference, Fort Collins

