

## Stress Management and Chronic Disease

**Fall 2013**

### ***Regional Diabetes Seminar***

***Thursday, November 14***

***12 noon to 1 p.m.***

***Provided by Webinar in each Northeast Colorado County***

This special program is sponsored by the Northeast Colorado Diabetes Task Force to bring diabetes education and resources to rural areas. This year's topic is "***Stress Reduction for Diabetes and Other Chronic Diseases.***"

The seminar will be broadcast live to at least one location in each county in Northeast Colorado. Participants in each location will be able to ask questions of the presenter as part of this interactive broadcast.

Managing any chronic disease can be challenging with most individuals reporting increased stress. Stress plays a powerful role impacting side-effects of chronic disease. For example, individuals with diabetes report increased levels of blood sugar during stressful times. We also know stress has harmful impacts on those with heart disease and it will impact the recovery time for those with cancer.

This seminar is provided by the Northeast Colorado Diabetes Task Force. There is *no fee to attend*, but registration is requested so sites will be prepared with adequate seating and handouts. Since it's during the noon hour, participants are encouraged to bring their lunch to the seminar.

Continuing Education Credits (1 CEU) are available through Morgan Community College for a small processing fee. Please indicate when registering if you need to complete CEU information. This is a great opportunity for those in health professionals to receive an update on disease management by attending a local seminar.

Contact your county Extension Office (phones in the box to the right) for details on location and to register.



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### ***Extension Online***

<http://www.goldenplains.colostate.edu>  
[www.extension.colostate.edu/logan](http://www.extension.colostate.edu/logan)  
[www.extension.colostate.edu/morgan](http://www.extension.colostate.edu/morgan)

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

## Tips for Buying Grandchildren Toys

**Tip 1. Don't get caught up in the hype of an advertised toy.** If it fits into your grandchild's passions and interest, go for it. But, don't buy one just because "everyone else has it".

**Tip 2. Buy a toy that is right based on what they love, and it's age-appropriate.** A toy which is too difficult to use will frustrate a child.

**Tip 3. Take advantage of lay-away plans if you have a limited budget.** This will let you stretch out your purchases over several months. However, beware of changing your mind since these plans usually have some type of service fee or a cancellation policy and most are non-refundable.

**Tip 4. Use phone apps to help you find the right gift at the best price.** Many of these apps allow you to scan the bar code while in one store and give you the price at competitor stores. This can save time and money from running between stores to check prices.



**Tip 5. Shop locally, if possible** Check out what local toy shops have to offer. Employees are usually trained to know the products inside and out, and they might offer special deals including free gift wrap.

**Tip 6. Shop early.** Many retailers carry limited quantities so they don't have leftover inventory on December 26.

**Tip 7. "Window Shop" before Black Friday and Cyber Monday.** The deals on these days are real. Take time to look for toys you want so you can complete your purchases quickly if you choose to purchase on these hot shopping days.

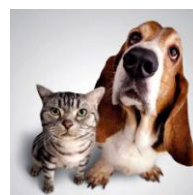
**Tip 8. Remember to get a gift receipt.** If the child gets duplicate toys, it can be returned or exchanged.

## Holiday Safety for Family Pets

It's the time of the year when friends and family gather to consume large quantities of food, socialize, and watch football. If your family includes a cat or dog, it a time when the pet hopes the aroma from the kitchen includes some tidbits from the table or other leftovers.

Unfortunately, this is also the time of year when veterinarians see an increase of animal related medical conditions. Keep these safety tips for your pets in mind this holiday season so their holiday is also stress free.

1. Plain turkey in small quantities might be okay for a pet, but most do not tolerate spicy seasonings or large quantity of "people food". Food high in fat like turkey skin can cause inflammation in dogs. Remind guests to not offer table scraps or appetizers to your pets.
2. Turkey stuffing may contain onions, garlic or raisins, all which are toxic to dogs. Also included on the toxic list are raw bread dough, grapes, chocolate, and avocados.
3. Dispose of turkey bones where the pet cannot get to it. These bones will splinter when chewed. Bones can get caught in a pet's esophagus or intestinal track which may be life threatening.
4. Rancid food is full of bacteria and can make a pet very sick, so make sure garbage is not accessible to the pet.
5. If the family pet is skittish around people and lots of noise, you may need to contain the pet in another area of the house or outside in a pen.
6. If your pet guards their "possessions" (food, toys, sleeping area), be proactive to ensure the pet does not feel threatened.
7. As guests arrive or leave, be aware an open door could result in a stressed animal escaping the situation. Be proactive and make sure your pet has an ID on a collar.



## Avoid Charity Fraud

This time of year, we get many requests for donations to organizations, special holiday funds for the needy, and many other causes. Before responding to any request for money, you should be familiar with the organization, knowing what their mission is and how they will use the funds.

This is especially important for phone or mail solicitations. On the phone, you can simply ask for them to send you information about their organization so you can review before making a contribution. By mail, legitimate charities have contact information which may include a website.

You can also search for registered charities and paid solicitors on the Secretary of State website <http://www.sos.state.co.us/> and select Charities and Fundraisers and then Search Charities Database. Charities and paid solicitors who solicit more than \$25,000 annually must be registered with the State of Colorado licensing division.

Another source for checking out charities is the Better Business Bureau site at [www.give.org](http://www.give.org)

## Household Products Database

The Household Products Database is a guide which provides easy-to-understand information on the potential health effects of more than 2,000 ingredients contained in over 10,000 common household products.

This database allows consumers to find out:

- chemicals used in specific brands and what percentage.
- who manufactures specific brands and how to contact them.
- potential health effects of the chemical ingredients of a specific brand.

The database can be accessed on the government website [www.householdproducts.nlm.nih.gov](http://www.householdproducts.nlm.nih.gov).

## Beware of Debt Collectors

Debts which a bank or credit card company has given up collecting are now being sold to “debt buyers” who turn around and sell to another buyer. With each sell, the original file documentation about the debt may get whittled down so the details are incomplete or inaccurate.

If you get a letter or call about a debt you don’t owe, you should not pay it; but do not ignore it. Here’s what you should do.

- Write to the debt collector demanding proof of the debt and stating why you don’t believe you owe it. Keep a paper trail and send all letters via certified mail.
- Review your credit reports regularly to check about any erroneous debts recorded.
- Don’t ignore lawsuits. Even if you don’t owe a debt, file an answer with the courts. The National Association of Consumer Advocates ([www.naca.net](http://www.naca.net) or (202) 452-1989) has information on attorney assistance.
- To file complaints:

Northern Colorado Better Business Bureau  
970-484-1348 or [www.wyco.bbb.org](http://www.wyco.bbb.org)

Colorado Attorney General Consumer Protection Division  
Consumer Line: 800-222-4444  
[www.coloradoattorneygeneral.gov](http://www.coloradoattorneygeneral.gov) and select Consumer Protection Division on left sidebar

Source: Credit Union National Association, 2013



## Tame the Energy Vampire

Many household appliances use energy even when they are turned off. This “vampire” can end up accounting for 10 to 15 percent of your electric bill. How do you know if this is happening to you?

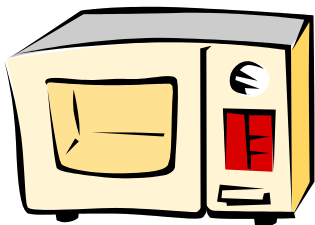
First, look at the standby power feature on your appliances. This could be a digital display such as a clock on your microwave; or it might be a quick-on feature. If it is an appliance you use occasionally and you cannot turn off the standby power feature, you should unplug it.

For example, a television with the quick-on feature will use \$30 to \$50 a year when turned off, but is still plugged in. Leaving a cell phone charger plugged in when not being used can add another \$50 per year to the bill. Since the average home has around 20 devices or appliances with standby power features, this can add up to \$500 to \$1000 a year.

One way to reduce the power draw is to use a high-quality surge protector for your audio or video equipment. Plug them into the surge protector and when finished using, flip the switch to break the circuit to all the equipment.

If you have equipment which has a long warm-up time (televisions), you may need to turn the surge protector on ahead of time but this will still save the money for the hours when you’re not watching.

To determine how much standby power an appliance uses, you can measure it with an electricity usage monitor. Extension Offices in Northeast Colorado have these monitors for loan to help you determine how much power you are losing to the “vampire”.



## Understanding Advertising

Do you know the psychology behind advertising phrases? Here are some commonly used ones which may lead you to make an unwise purchase. Think carefully about what these really say.

**Up to** makes people imagine they will get the maximum discount –which may not be true.

**Doctor recommended** may mean a physician was paid to make a recommendation – but what matters is whether your own doctor recommends a product for you.

**For pennies a day** and similar phrases make a costly item seem inexpensive by breaking down the price into tiny amounts, but can you afford it?

**Warnings** to consumers of scammers in an industry. Beware - the company issuing the warning may be a scammer.



## Keep Your Money Safe

If you have charges placed on an existing credit card by an unauthorized person, report fraudulent charges immediately. If credit was used instead of debit on a bank card, you’re probably liable for up to only \$50.

If you've been notified your personal info has been lost, hijacked, or stolen, use the free credit monitoring which is usually offered. Add a fraud alert to your credit reports. Close affected accounts and change passwords on others. Check for incorrect charges or withdrawals after the breach.

If you have lost money from an account (other than credit card), had personal data used for a fraudulent purpose, or had a new credit account opened in their name by an unauthorized person, immediately notify authorities. Don’t worry about being embarrassed.

Don’t click on links or open attachments in e-mail purporting to be from government agencies. Have your bank alert you to possible fraudulent activity.

Source: Adapted from Consumer Reports, July 2013

## Holiday Meal Planning Tips

The holidays are a busy time filled with the three f's: family, friends and food. We take so much time with planning for those three important things we may forget to take care of ourselves and we end up paying for it later.

Those with health issues like diabetes should consider their nutrition needs during this fun and exciting time of the year. Recommendations for a person with diabetes are also good choices for anyone to follow towards good health.

Here are tips the American Diabetes Association recommends to help guide you through the next holiday event.

- ✓ Plan ahead and consider other things on your schedule which need to be completed.
- ✓ Focus on friends and family, not just the food you will be serving.
- ✓ Don't overdo it by planning too many activities, decorations, or even too much food.
- ✓ Don't worry about what is on the menu. The main purpose of the holiday meal is sharing with family and friends.
- ✓ Stay active during the holidays. Take time to take care of yourself and include some exercise 3 to 5 times a week. Remember, exercise is a dedicated time for physical fitness. It is what you do in addition to your daily activity.

For information on holiday meal planning for the holidays go to [www.diabetes.org](http://www.diabetes.org).



## Lunch Box Shortcuts

The morning rush of packing the lunch box can be pretty stressful. It's easy to fall back on the pre-packaged lunch products or other single-serving foods. While they may save time, they are not a wise nutritional choice plus they will increase your food bill.



As you plan the menu, keep it balanced which means having 1 whole-grain item, 1 protein, 1 vegetable, and 1 fruit. Don't forget to include calcium-rich foods like string cheese which can be kept at room temperature.

Since cold cuts are loaded with sodium and nitrates, cook your own turkey or roast beef to slice for sandwiches. Make the sandwiches in fun shapes by using a cookie cutter.

Boxed lunches of cold cuts, cheeses, crackers, and snacks are easy and kid-friendly. But, they are also pricey and high in fat, sodium, and preservatives.

Pack your own healthy smorgasbord by using a multi-compartment food safe box. Food choices include cheese cubes, grapes, cherry tomatoes, sliced fruit, hard-cooked eggs, baby carrots, and pasta salad.

On chilly days, prepare soup and send to school in a thermal container. Add "dip-able" chips, crackers, or veggies.

If the old standby PB&J sandwich has been banned from school due to peanut allergies, make some easy changes. Use white whole wheat bread spread with sunflower-seed or almond butter and 100% fruit jam instead of jelly. You can even add some thin slices of fruit like bananas, apples, or pears for some contrast of texture and more nutrients and fiber.

Any foods which should not be out of the refrigerator for 2 hours or less should be packed with ice packs to keep at a safe temperature.

Source: Adapted from: ShopSmart by ConsumerReports, Sept. 2010

## Tailgating Food Safety

Part of the fun of attending a football game is the tailgate party. But, these gatherings can be potentially harmful if safe food handling practices are not followed.

Any time you transport and consume food in outdoor settings, you need to be vigilant. Bacteria can be easily spread from hands, parking lots, vehicles, etc. You also need to plan for keeping hot foods hot and cold foods cold.

Keep perishable food on ice in a cooler. Pack the food last thing so it is out of refrigerator temperature as short as possible. Do not put food which needs to be cooked in the same cooler as food which is ready-to-eat. There is too much potential for cross-contamination of bacteria.

For cold foods, it's best to have 2 coolers - one for cold food and one for cold beverages. The beverage cooler will be opened more often and exposed to the air temperature. Keep the "cold" coolers in the shade to help them hold the temperature.

For hot dishes, sometimes they just don't fit in an insulated chest very well. You can make your own insulated container by taking a large cardboard box and lining with blankets, towels or newspapers. When the hot food is ready to transport, wrap the dish in more newspapers, towels, or blankets and set in the box. You'll be amazed how long the food will hold temperature.

But, of course, it is recommended all foods be not out of refrigerator (for cold foods) or heated temperature (for hot foods) for more than 2 hours. Two hours is the optimal time when bacteria in a temperature around 70 degrees can reproduce and thus cause foodborne illness.



## Fitness Workout at Your Home

Wintertime weather can often make it difficult to get enough physical exercise. Cold weather keeps you from taking the daily walk or joining your regular exercise group. A person might choose to just hibernate until spring. But, did you know you can actually have a fitness workout at home using common items and structures of the house.

Marla Tappy from Colorado Plains Medical Center Physical Rehabilitation Department will present this program. She'll share ways to get both a resistance training and cardiovascular workout at home without special equipment. Being physically active is important for managing disease, sound sleeping, and mental health.



This monthly Diabetes Success Group program is a day earlier than the regular schedule of the second Friday. It will meet at Colorado Plains Medical Center **Thursday, November 7.** There is no cost to attend and participants are encouraged to bring their lunch.

## Icky Hand-Washing Habits

Only 5% of 3749 adults who were recently observed after using a public toilet washed their hands long enough to remove germs which can cause infections.

The study found they only washed for an average of seven seconds – far less than the 20 seconds of vigorous washing with soap and water needed to effectively dislodge germs. Even worse, about 25% did not use soap, and 10% didn't wash their hands at all.

Proper hand-washing is the most effective way to prevent the spread of infectious diseases. So, how long is 20 seconds? Do what school children do – sing or hum the “Happy Birthday” song twice.

## Understanding Glycemic Index

Since the Glycemic Index was developed in the early 1980s, it has caused much discussion about health and nutrition professionals.

The glycemic index (GI) uses a 100 point scale to measure how rapidly the carbohydrates in a food cause blood sugar to rise. The term Glycemic Load (GL) adjusts this number by taking into account serving sizes and the amount of carbohydrates per serving.

This attribute is important to people with diabetes and those trying to lose weight. Low-GI foods have been shown to suppress hunger because the blood glucose is more stable.

An International Scientific Consensus Summit recently released a statement concerning the health benefits of low-glycemic eating. The expert panel statement reported there is evidence diets low in Glycemic Index and Glycemic Load provide some tangible health benefits including:

- Improve glycemic control in type 2 diabetes.
- Reduce the risk of type 2 diabetes by improving insulin sensitivity and the function of cells in the pancreas.
- Reduce the risk of coronary heart disease by improving cholesterol levels and markers of inflammation.

Recent studies at Tufts University have linked low-GI diets with reduced risk factors for metabolic syndrome, a cluster of symptoms tied to both diabetes and heart disease. Other studies at Tufts associated low-GI diet with reduced risk of advanced macular degeneration (AMD), the leading cause of blindness among older Americans.

Here are key concepts of the Low-GI Diet.

- Only carbohydrate containing foods have a GI rating, not meats or fats.
- Low-GI foods include dried beans and legumes, non-starchy vegetables, nuts, most fruits, and many whole-grain products.

## Glycemic Index Continued



- Some of the High-GI foods include white bread, white rice, potatoes, bananas, refined cereals, cereals, and many processed foods. But sourdough bread or high fiber bread has a lower GI.
- The more ripe a fruit or vegetable is, the higher the GI.
- The more a food is processed or pulverized, the higher the GI. Juice is higher than whole fruit; mashed potatoes are higher than baked potatoes or cold potatoes used in potato salad.
- Foods that are cooked longer have a higher GI, such as soft-cooked versus al dente pasta.
- GI effects vary when food are eaten in combination; a low-GI food eaten with a high-GI food can balance out the blood-sugar spike.

Below are ways to select foods which will provide slow metabolism of the food and prevent blood sugar spikes.

- ✓ Choose breakfast cereals made from oats, barley and bran.
- ✓ Eat whole-grain breads and grain products, such as pasta and cereals.
- ✓ Eat plenty of fruits and vegetables.
- ✓ Eat fewer white potatoes, (especially mashed with gravy).
- ✓ Avoid oversized portions of rice, pasta and noodles.

Source: Adapted from "Tufts Health & Nutrition Letter," Tufts University



## Colorado AgrAbility

The 2014 workshop is on “*AgrAbility Farm and Ranch Adaptations & Financial Resources.*”

There will be 9 workshops offered across Colorado discussing resources available for agricultural operators needing adaptations to continue their family business.

Partners in AgrAbility are Colorado State University Extension and Goodwill Industries. They work with other agencies such as Colorado Vocational Rehabilitation (CVR) to do on-site evaluations and use equipment modification and assistive technology.

Each workshop is from 9 am to 12 noon and includes lunch for those who pre-register at least one week prior to the workshop attending.

Workshops in Northeast Colorado are:

Tuesday, February 11, Holyoke  
Extension Office Event Center  
22505 Highway 385, Holyoke  
Registration Contact: 970-345-2287

Wednesday, February 12, Fort Morgan  
Morgan County Extension Center  
914 E. Railroad Avenue, Fort Morgan  
Registration Contact: 970-542-3540

You can also register or get more information about Colorado AgrAbility Project, from Dr. Bob Fetsch, robert.fetsch@colostate.edu or call 970-491-5648. You can visit the website, <http://www.agrability.chhs.colostate.edu>.

## The Senses Race

The human body can taste faster than it can see, feel, or hear. A University of California Davis sensory scientist has researched how fast the body perceives, measured in thousands of a second, a sense after initial simulation.

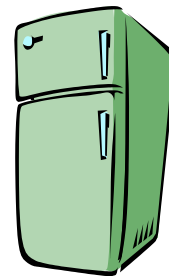
Here are the results.

*Taste:* 1.4 to 4.0 milliseconds  
*Touch:* 2.4 to 8.9 milliseconds  
*Hearing:* 13 to 22 milliseconds  
*Sight:* 13 to 45 milliseconds



## When the Power Goes Out

Winter weather on the High Plains of Colorado is not unusual and when it comes with wind, power lines can be damaged resulting in no electricity for a while. If that happens to you, here are some basic food safety tips.



The refrigerator will keep food cold for about 4 hours if not opened.

A full freezer will keep the temperature for approximately 48 hours if not opened. A half-full freezer will keep food frozen for about 24 hours. Because cold air falls, a chest freezer keeps food longer than an upright model.

If you have access to dry ice or block ice, it can help keep food in the refrigerator or freezer at a safe temperature for prolonged periods of time. Fifty pounds of dry ice should hold the temperature in an 18 cubic foot refrigerator or freezer.

If, at any point during the power outage, the temperature of the food is above 40 degrees for 2 hours or longer, discard it. Remember, ***If In Doubt, Throw It Out.***

Many believe freezing kills bacteria, but it does not. It only prevents it from multiplying to an amount which can cause foodborne illness. Once the food reaches temperatures above 40 degrees, bacteria growth can occur rapidly.

If you eat food which has remained in the refrigerator or freezer at a safe temperature, you still need to make sure each item is thoroughly cooked to the proper temperature before consuming.

For more information, the CSU Extension fact sheet 9.357 - If Your Freezer Stops is available at [www.ext.colostate.edu](http://www.ext.colostate.edu) and select Online Publications, or stop by your local Extension Office.



## Mark Your Calendars

For details on any event listed, contact the Extension Office in the county where the event will occur. Contact information for each office is listed on the first page of this newsletter.

*As the year winds down, many Family and Consumer programs also wind down so our clientele can spend time during the holidays with their families. We'll be resuming a wide range of programs in January. A complete listing will be in the Winter Newsletter coming out in early January.*

### October --

- 31 **Cooking Matters**, a 6-week nutrition and cooking workshop begins this day and continues on Thursdays through December 12 (no class November 28) from 10 am – 12:30 pm, Morgan County Extension Center meeting room, Fort Morgan

### November --

- 7 **Fitness Workout at Home**, Morgan County Diabetes Success monthly meeting, 12 Noon, Colorado Plains Medical Center, Fort Morgan (details on page 6)  
11 Veterans' Day Holiday, Extension Offices Closed  
14 **Stress Reduction and Chronic Disease**, free webinar presented in 8 Northeast locations, 12 noon to 2 pm (details on page 1)  
28/29 Thanksgiving Day Holiday, Extension Offices Closed

### December --

- 25 Holiday Observance, Extension Offices Closed

### January --

- 1 New Years' Day, Extension Offices Closed



### CSU Extension - NE Colorado FCS on Facebook

Hey, Facebook fans –  Like us on Facebook.

<https://www.facebook.com/CSUExtensionNortheastFCS>

The social media tool of Facebook is a place to share some tips and links, and see your interests and concerns. Please visit this joint page for the five Family and Consumer Science agents in Northeast Colorado. Some agents also have a county page ([Phillips County Extension](#)) or an individual page ([Gisele Jefferson](#)).

Let us know what's on your mind. We would love to hear from you!