

July - August 2016

Exercise and Food are Medicine

Many of us know exercise and eating a healthy diet are important for our health and maintaining a high quality of life as we age. But, do we really know how much? Current research is showing exercise and food are the most powerful things that can be prescribed – far more powerful than any medicine that exists.

Low levels of physical activity causes a greater risk of dying than smoking, obesity, hypertension or high cholesterol. For older men, regular exercise can lower the risk of death by 40%. Being physically active on a regular basis can also reduce death and the risk of recurrent breast cancer by about 50%. It can lower the risk of colon cancer by more than 60%, the risk of developing Alzheimer's by approximately 40%, the incidence of heart disease and high blood pressure by around 40%, and the risk of stroke by 27%. Physical activity lowers the risk of type 2 diabetes by 58% and is twice as effective in treating it as the standard insulin prescription. All of these benefits are based on our arteries.

Two main artery dysfunctions that can occur are an increase in arterial stiffness and an impairment to dilate when our arteries are stimulated. These dysfunctions are directly related to increased blood pressure, coronary disease, kidney disease, stroke, cognitive impairment, Alzheimer's, and motor disorders (such as falls, balance, etc.). Research shows exercise protects against these aging conditions and can even preserve artery function in older people with existing health issues, such as high cholesterol and blood glucose.

Food paints a similar picture. What type and the amount we eat, even when we are eating a healthy balanced diet, can affect our artery health. Benefits have been shown in both normal weight as well as overweight older adults who eat less.

When we eat may also matter. There is very little data on intermittent fasting and the physical effects it has on aging, but some interesting studies are showing there may be a benefit to not eating between certain times of the day – allowing the body to “fast” for 8 hours or more.

Sodium intake has an impact as well. Reducing sodium to 1500-2400 mg has shown to improve artery function by 25% – 75%.

There is still a lot to be discovered and learned about the exact interactions between our health, exercise and food. However, it is very clear there are tremendous benefits to make physical activity and a balanced diet a part of your life and normal routine.

Source: “Your Prescription for Health. Exercise is Medicine,” Fact Sheet, www.exerciseismedicine.org/; “The Role of Exercise, Diet and Healthy Lifestyle – Mimicking Nutraceuticals on Physiological Aging,” Dr. Douglas R. Seals, PhD, Lillian Fountain Smith Nutrition Conference, May 2016

Colorado State University, U.S. Department of Agriculture, Logan County, Morgan County and Golden Plains Area Cooperating. Extension programs are available to all without discrimination

Joy Akey

Yuma County
joy.akey@colostate.edu
(970) 332-4151

Jennifer Cooney

Morgan County
jennifer.cooney@colostate.edu
(970) 542-3544

Tara Friend

Logan County
tara.friend@colostate.edu
(970) 522-3200, Ext. 2

Gisele Jefferson

Washington County
gisele.jefferson@colostate.edu
(970) 345-2287

Tracy Trumper

Phillips County
tracy.trumper@colostate.edu
(970) 854-3616

Extension Online

<http://www.goldenplains.colostate.edu>
www.extension.colostate.edu/logan
www.extension.colostate.edu/morgan

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, Logan County, Morgan County and Golden Plains Area Cooperating. Extension programs are available to all without discrimination.

Barbecuing and Food Safety

Fire up the grill and invite over your family and friends. Summer is the time to do outdoor cooking. More than half of Americans say they are cooking outdoors and especially during summer cookouts, 4th of July BBQ events, and family gatherings. Food safety is a crucial component of a safe and fun get together. Following simple food safety guidelines prevent bacteria growth and foodborne illnesses. Below are some simple guidelines for grilling food safely.



From the Store to Home:

- Separate raw meats and poultry in the shopping cart and grocery bags
- Refrigerate perishables within two hours of purchase
- Freeze any poultry or ground meat that will not be used in 1 or 2 days, and freeze other meats within 4 to 5 days.

Thaw Safely

- Completely thaw all meats prior to grilling for even cooking
- Slowly thaw meat in the refrigerator, or use the microwave to quickly defrost
- Never thaw meat on the counter

Marinating

- Marinate foods in the refrigerator, not on the counter
- Marinate poultry or cubed meat for up to 2 days and beef, veal, pork, lamb, chops, and steaks for up to 5 days
- Boil any marinade that came into contact with raw meat to destroy harmful bacteria

Cook Thoroughly

- Cook all meats to a safe minimum internal temperature to destroy bacteria
- Meat and poultry tend to brown more quickly on the grill, therefore, use a thermometer to ensure food has reached a safe internal temperature
 - Cook all raw beef, pork, lamb, veal, and roasts to a minimum internal temperature of 145 degrees
 - Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 degrees
 - Cook all poultry to a minimum temperature of 165 degrees

Keep Hot Food Hot and Serving Food

- Keep meat and poultry on the grill until served at 140 degrees or warmer
- Use a clean platter to remove food from the grill
- Never leave food sitting out for more than 1 hour in temperatures above 90 degrees

Safe Smoking

- Smoking is a much more slow process than grilling, so smoker temperatures should be consistently maintained at 250 to 300 degrees for safety

Pit Roasting

- Cooking requires at least 10 to 12 hours and a food thermometer must be used to determine the meat's safety

Source: "Barbecue and Food Safety" USDA, July 2013

Collecting Rainwater

Recently with the passage of House Bill 16-1005, the majority of homeowners in Colorado are allowed to use rain barrels to “harvest” or collect rainwater. The maximum collection and storage of rainwater is 110 gallons, equivalent to two rain barrels. Collection can occur from multiple locations including rainfall runoff from rooftops, concrete patios, driveways, and other raised surfaces. Typical collection barrels can be inexpensive and simple, including above ground plastic containers, but each container must be equipped with a sealable lid.

In order to address public health concerns there are several steps lawmakers addressed while drafting and approving House Bill 16-1005, including the following:

- The requirement of containers equipped with sealable lids addresses the concern of water collection barrels becoming breeding grounds for mosquitos.
- Rainwater is untreated; therefore, collection barrels may not be used for drinking water or any other form of indoor water use.
- Collected rainwater may only be used for irrigation purposes for outdoor plants, gardens, and lawns.



The primary allowance for the collection of rainwater as noted above is for irrigation purposes, such as lawns, gardens, flowers, and plants. Maximum collection of 110 gallons approximately equates to the irrigation of a lawn or garden area of 180 square feet or a 15 foot by 15 foot area. Recommendations for irrigation of lawn and garden areas suggest 1 inch of water during each cycle and an average rain barrel can expect between 10-15 barrel loads per year, therefore supplemental irrigation is necessary for maintenance of a lawn and/or garden.

Of note, there are several outdoor activities that include water use that are not acceptable forms of use, including washing vehicles and filling hot tubs and/or pools. Finally, rain barrel collection and use of rain water does not establish water rights, therefore, proper use of rain barrels in accordance with Colorado law is crucial.

Source: “Rainwater Collection in Colorado,” Colorado State University Extension, April 2016

Tips for Staying Healthy this Summer

Summer is time for enjoying more sun and fun with friends and family. For many people, vacation can also be a challenging time to stay healthy. Social gatherings and trips are often centered around not-so-healthy habits. Moderation, variety and enjoying the summer’s bounty of fruits and vegetables are key to enjoying summer festivities and staying healthy.

- Keep active. Take long walks each day, go for a bike ride, and swim as often as you can!
- Stay hydrated. Drink lots of water, especially when you are out in the sun for long periods of time. Even when you are enjoying your favorite cold beverages, alternate with glasses of water!
- Choose more vegetables. At some restaurants you can order vegetables in place of a second side dish. This is a great way to get more vitamins, minerals and fiber to help give you more energy and stamina for those long vacation days!
- Do anything that is not routine. Go on weekend road trips, see new sights and walk new trails, visit a museum, or learn to play an instrument or speak a new language. The brain’s ability to grow, known as plasticity, never stops. When you treat your brain with new experiences, the brain forms new neurons and connections. It literally gets bigger and more vibrant. Remembering stimulates the same neurochemistry as the experiences itself. Your brain wants to be stimulated, and reliving your travels is yet another great way to do it.

Start Planning for Financial Emergencies

Protecting yourself when an emergency occurs is as important as increasing your savings. Simply putting away 5, 10, 15 dollars a month or a pay check can add up to a nice nest egg for when the unexpected arises, like a natural disaster, theft, major repair, sudden illness or death. There are more steps you can take now to prevent financial issues later. Here are the *Quick Facts* you can use from The Colorado State University Extension Fact Sheet, *Financial Emergency Preparedness*, (Porter, N. and Kubin, L.).

- ✓ Organizing your financial information is a first step towards being prepared for an emergency.
- ✓ Sales receipts and contracts should be filed for easy access if an insurance claim is necessary.
- ✓ Photocopy the front and back of each credit and debit card for easy access to important information if they are lost or stolen.
- ✓ Keep an inventory of personal and household property current with copies in two different locations.
- ✓ Organizing your tax records makes tax preparation much easier and is essential in preparing for an audit.
- ✓ Financial information should be carefully secured and protected against unauthorized access.

Here is the list of contents suggested for a fire box and/or for a safe deposit box:

- Birth certificates for household members
- Social Security cards for household members
- Marriage certificates for household members
- Religious certificates
- Adoption papers
- Driver's licenses (color copies)
- Passports (color copies)
- Deed to your residence
- Mortgage documents and other loan documents
- Title for vehicles
- Insurance policies and agent/agency contact information
- Health insurance, prescription and other benefit cards
- Credit/debit/ ATM cards (color copies both sides)
- Photographic inventory of household and office items
- Tax returns for minimum of three years
- Wills, Living Wills, Power of Attorney, Letters of Instruction, and Health Care Power of Attorney
- Trusts for which you are trustee
- Location of safe deposit boxes and key location and names of authorized signatories
- List of contact information for advisors, personal representatives, trustees, guardians, doctors, dentists
- Recent bank statements and brokerage statements,
- Several blank checks from each checking account
- Identification cards issued by your banks
- Documents that prove ownership of investments
- List of all electronic access user IDs and passwords
- A complete list of assets and liabilities, with details of ownership and the contact information for all persons and entities relevant.



Visit <http://www.ext.colostate.edu/pubs/consumer/09156.html> for the full article and additional worksheets for recording your financial information. After putting your documents in order, your spouse and children, or anyone that is designated to handle your personal affairs should know the location of all papers, documents, and contracts. Use the listed bullet-points as a check list to start preparing for emergencies now. By taking steps now you will be ensuring that your estate and your loved ones will be cared for properly. In addition, stress and unrest among family members will be decreased.

Fun Ways to Keep Your Child Reading This Summer



Reading is one of the most important skills you should try to boost outside of school. The following ideas can make reading a fun summertime activity for your child:

- Have kids read *parents* a bedtime story. Create a list of some of your favorites for your child to read. Check them out at the library or dig them out of your collection if you have them.
- Read the Book; See the Movie. Does your child like movies? Encourage them to read the book and then check out the movie. For example, read Rapunzel and then see the movie, Tangled. Or your older child could read the Diary of a Wimpy Kid series and then check out the films.
- Have a book-themed celebration. Read “Green Eggs and Ham” and have that for breakfast; enjoy an ice cream sundae after reading “Charlie and the Chocolate Factory”; make caterpillars after reading “The Very Hungry Caterpillar.”
- Take the opportunity to encourage your child to practice their reading skills during casual encounters. Ask them to find letters or read short words on street signs. Older children can read cooking instructions or newspaper headlines for you. If you’re planning a vacation, encourage your child to help read maps and travel books related to your trip.
- Children love high-tech e-book readers. Amazon.com and BarnesandNoble.com have classic literature available to download for free. Find free options by searching for “0.00” or “0.00” (the price) on these websites.
- Help your child write a letter or postcard to a friend, grandparent or other relative about their summertime adventures. One of the best parts is getting a letter back in return!
- Schedule a *Mad Libs* family game night. Mad Libs are a fun grammar activity anyone age 9 and up will love. The silly fill-in-the-blank stories help kids learn adjectives, verbs, nouns, exclamations and other parts of speech.
- Buy a special notebook for your child to use to record their life’s many adventures. It could be a travel journal or everyday diary. If your child is computer-savvy or artsy, have them take digital pictures and write captions to create an online slideshow of their summer fun. Keeping a journal every school year or summer will provide a very special keepsake and a great way to show how their writing improves each year.

Source: “10 Ways to Keep Your Child Reading While Having Fun,” Family Education, FamilyEducation@news.familyeducation.com

Sports Nutrition for the Young Athlete

Young athletes need to learn what foods are good for energy, when to eat certain foods, how to eat during an event, and when and what to eat to replenish after activity. Clearly, what athletes eat matters. Here are some tips to help fuel your young athlete while they are off-season training.

- **Eating Before Exercise** – allow the body enough time to digest - meals should be consumed 3 to 4 hours before exercise and be 500 to 900 calories. 30 to 60 minutes before exercise eat a snack high in simple carbohydrates if the body tolerates it. This could be drinking a portion of a sports drink up to 10 or 15 minutes before competition or a protein/energy bar before a strength workout.
- **Eating During Exercise** - For sports that are under 90 minutes in duration the body should be prepared enough to last the entire workout. For exercise over 90 minutes, low-fat carbohydrate rich foods like a banana or a sports drink can help maintain energy stores.
- **Eating After Exercise** - Rehydration after exercise is important to avoid dehydration. Within 30 minutes of exercise eat a snack high in simple carbohydrate and moderate in protein (about 3 to 1 ratio) to replenish muscle energy stores and avoid losing muscle tissue. Chocolate milk soon after a workout or competition is a common source of the carbohydrate/protein snack. A balanced meal including carbohydrates, protein and healthy fats should follow about 3 to 4 hours after exercise.

What's Been Happening

Logan County Sewing Workshops - Tara has been doing workshops once a month at Quilts-n-Creations for 4-H members; and she just finished Cloverbud Camp June 16 & 17.

CDEI- Community Development for Extension Agents Conference held in Jackson, Wyoming from May 22nd through May 24th. Many agents are receiving more training to help support local governments, 501c3's and other entities in the area of public deliberation and group facilitation. Thus, agents are becoming more deliberate in how they can help their communities continue to improve and move forward into the future.

Cooking Matters – Gisele team taught this 6-series class on nutrition, budget conscience shopping and food preparation, in Cope during the month of May for a fun group of 13 participants.

Matter of Balance – 8-week series on fall prevention concluded May 16th at the Morgan County Extension office with a fun group of 9 participants.

Upcoming Events!

Yuma County Healthy Child Clinics – July 20, 9 a.m. – Noon, Wray; July 22, 9 a.m. – Noon, Yuma

County Fairs - Open Class Home Ec. and Horticulture

Kit Carson County Fair – July 25-30, Burlington http://www.kitcarsoncounty.org/County_Fair.html

Logan County Fair: Entries brought to fair Wednesday, August 3rd 7:30-10:30. To pre-enter online go to: <http://logan.fairwire.com> User Name: logan Password: hero11 Open Class Entry Blank located in the Exhibitor's Guide or at the Extension Office. Deadline for Open Class July 22. Late Entries (fee \$1.00 per entry) Wednesday, August 3rd 7:30-10:30 a.m.

Morgan County Fair – July 29- August 4, Brush <http://www.coopext.colostate.edu/morgan/mcf/>

Phillips County Fair – July 18-24, Holyoke <http://phillipscofair.com/>

Sedgwick County Fair – July 27-31, Julesburg - <http://www.sedgwickcountygov.net/servicesdepartments/county-fair/>

Washington County: Entries Tuesday, July 26th, 1-6 p.m., County Event Center, Fairgrounds, Akron, Fair runs July 26-30. <http://www.co.washington.co.us/roundup.htm>

Yuma County 4-H Fashion Revue Program, August 2nd, 7:00 p.m. in Kitzmiller Auditorium, Wray School

Yuma County Fair – August 6-10, Fairground, Yuma http://www.yumacounty.net/county_fair.html

ServSafe Food Handlers Training, August 29, 9 a.m. – 3 p.m., Washington County Event Center, Akron

Basic Food Preservation Class, August 30, Yuma – contact Joy Akey, Yuma Co. Extension for more information.

Diabetes Webinar – Diabetes & Mindfulness – August 31, Noon – 1 p.m., contact your local Extension Office for more information.

Tuesday Night Line Dancing Lessons at the Holyoke Vets Club- 7 p.m., no charge, food and drinks available at participants' expense.

Youth Running Club- Monday mornings at 8 a.m. Meet at the Holyoke track. Elementary through 8th graders - all welcome to learn running technique, drills, importance of stretching, warming up and learning about all of the events.



CSU Extension – NE Colorado FCS - Hey, Facebook Fans – please LIKE us on Facebook

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