

Living Well

FAMILY AND CONSUMER SCIENCES NEWSLETTER FOR NORTHEAST COLORADO



March-April, 2022

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Intentional Springtime Family Fun

It is sometimes easy to forget to stop, relax, and have fun with your kids and family. Rules, responsibilities, schoolwork, and the day-to-day grind can prevent us from enjoying life as a family. That's where intentionality comes in. Take a moment this spring to laugh and enjoy your family. As springtime weather approaches, many more outdoor activities are an option for exercise and play. March and April are also a time of spring vacation for many families. It's a time to recharge, get ready for the last bit of school year activities, and prepare for busy summer schedules. Whether you have a spring break trip planned or are taking it easy and working on projects at home, there are many *intentional* activities you can do with your family.



1. Play outdoor games and remember the classics: hide and seek, fly a kite, blow bubbles, freeze tag, sidewalk chalk, or play an organized sport like baseball or basketball together.
2. Create a beautiful flower garden or veggie garden with your kids. This project will continue throughout the summer creating many opportunities to work together, relax, and enjoy the fruits of your labor.
3. Fun family picnics, bike rides, or a quick trip to the park to play or unwind away from home are other easy and affordable options to spend intentional time together.

Spring weather isn't always nice and cheery, so planning a few indoor projects as an alternative may be necessary. Family Fridays or Funday Sunday are great ways to designate a day of each week to focus on family time big or small.

1. Cook a favorite family meal where everyone helps with some part of the meal. Pretend the kitchen is a restaurant and everyone has a role: preparation, chef, server, or hostess. Then end the night with a family movie and popcorn.
2. Decorating spring cookies, dyeing eggs, or constructing a spring craft are always fun options that allow everyone to express their creative ideas.
3. Visiting the local library, museum, or rec center are often activities that get overlooked. Many times we have great local resources we forget about and have fun activities all could enjoy, so check out your area resources.

Whatever springtime activity is best for your family, inside or outside, plan with intention, but also don't forget to live in each moment and enjoy the little beauties and moments springtime brings with your family and friends.

Financial Literacy Month Resources

April is Financial Literacy Month, which is a chance to reflect on the state of our personal finances and start taking steps to improve them. This national holiday can be used as a way to start teaching younger children about money, come up with a plan to pay off debts, or develop your own budget. Below are several different resources to help you start celebrating Financial Literacy Month.



- Money Management International has a 30 day challenge with 30 steps to help identify money weaknesses and turn them into strengths. You can find these steps and take the pledge to complete them at <https://www.moneymanagement.org/blog/financial-literacy-month>
- If you are looking for some resources to help get started, Colorado State University has several publications on financial literacy topics for both personal and business finances found at: <https://extension.colostate.edu/topic-areas/family-financial-stability/>. This webpage includes information on financial literacy programs available in Northeastern Colorado, how to teach kids about money, important types of documentation, and tools to evaluate various financial situations.
- The National Endowment for Financial Education is another great resource for many different financial topics.
 - Spending and saving: <https://www.smartaboutmoney.org/Courses/Money-Basics/Spending-And-Saving>
 - Debt and credit: <https://www.smartaboutmoney.org/Courses/Money-Basics/Credit-and-Debt>
 - Financial well-being: <https://www.smartaboutmoney.org/Courses/My-Financial-Well-Being-Plan>
 - Investing: <https://www.smartaboutmoney.org/Courses/Money-Basics/Investing>
 - SMART financial goals: <https://www.smartaboutmoney.org/Portals/0/Worksheets/NEFE-smart-about-money-activity-SMART-Goals-Worksheet.pdf>
 - Mindful Spending worksheet: <https://www.smartaboutmoney.org/Portals/0/Worksheets/NEFE-smart-about-money-activity-Mindful-Spending-Worksheet.pdf?ver=2016-10-12-164324-227>
 - Spending Detective worksheet: <https://www.smartaboutmoney.org/Portals/0/Worksheets/NEFE-smart-about-money-activity-Spending-Detective-Worksheet.pdf?ver=2016-10-12-164328-537>
- The Federal Trade Commission offers consumer information with tools to help both evaluate and improve one's financial position.
 - Credit scores and credit reports: <https://www.consumer.ftc.gov/articles/0152-credit-scores>
 - Budgets: <https://www.consumer.ftc.gov/articles/pdf-1020-make-budget-worksheet.pdf>
 - Credit and Loans: <https://www.consumer.ftc.gov/topics/credit-and-loans>
 - Dealing with Debt: <https://www.consumer.ftc.gov/topics/dealing-debt>

Eggcellent Eggs

Eggs can be a quick, delicious, affordable part of your family's regular diet. They are packed with the highest quality food protein known and 13 different important vitamins and nutrients. Eggs are also easy to prepare, suitable for any meal and an ideal way to involve your child in helping in the kitchen. However, raw and undercooked eggs can pose a food safety risk, so it is important to carefully handle and prepare them.



Live poultry may carry bacteria such as salmonella. Sometimes this bacteria contaminates the inside of the egg when the shell is being formed. Salmonella can cause symptoms of fever, diarrhea, vomiting and stomach cramps or more serious illness, especially for higher risk groups such as young children, older adults, pregnant women and people with weakened immune systems due to things such as transplants, cancer, HIV/AIDS and diabetes.

Sickness from salmonella can be avoided simply by handling eggs and egg dishes properly.

- Inspect eggs when buying to be sure there are no cracks or breaks in the shells which provide areas for bacteria to enter. Do not buy them if they are cracked and damaged.
- Eggs should be stored in the refrigerator at 40° F at all times until ready to use.
- Wash hands with warm water and soap for at least 20 seconds before and after handling raw eggs.
- Wash all utensils, equipment, and work surfaces with hot, soapy water before and after coming in contact with raw eggs or foods containing raw eggs.
- Fully cook eggs and egg dishes to 160° F.
- Consider using pasteurized eggs, especially for recipes that call for raw or lightly cooked eggs, such as homemade salad dressings or homemade ice cream.
- Leftover eggs or egg dishes should be refrigerated promptly. Do not leave them out at room temperature for longer than 2 hours.

For some, this time of year brings Easter egg decorating and hiding. When shell eggs are hard-boiled, the protective coating is washed away which leaves the pores in the shell more susceptible to bacteria entering the egg. Along with the above recommendations, here are some additional tips to keep in mind for Easter eggs.

- Use food-safe coloring and decorations for Easter eggs that will be eaten.
- Return dyed eggs to the refrigerator immediately after decorating until they are ready to be hidden.
- Hide eggs in areas protected from dirt, pets and other sources of bacteria.
- The total time for hiding and hunting eggs should not exceed two hours. If eggs are left unrefrigerated past this time, they should be discarded.
- Only uncracked eggs should be returned to the refrigerator and eaten.
- Properly refrigerated hard boiled eggs should be eaten within one week.

Protein for Better Aging

Research suggests older adults may need more protein than younger individuals.

Sarcopenia, the gradual loss of muscle mass that can occur with aging, affects 15 percent of people over age 65 and 50 percent of people over age 80. As people lose muscle mass, they lose strength. If they lose too much strength, their ability to function suffers. Fortunately, emerging research is shedding new light on the role dietary protein plays in maintaining muscle, functionality, and health related to aging.



The gradual, age-associated loss of muscle mass, strength, and function has many contributing factors including: decreased physical activity, hormonal changes, increase in low-grade inflammatory processes, and changes in dietary intake including a decline in protein intake.

Protein and Muscle: The body's ability to manufacture muscle from protein decreases a bit with aging, so increasing dietary protein—in concert with muscle-building exercise—helps to maintain muscle mass and strength. Higher protein intake may translate to less frailty, disability, or physical dysfunction. Being active is important, too. Muscles tend to atrophy if not used much. Research suggests more exercise and more protein may work synergistically to build and preserve muscle mass.

Meeting protein needs in aging populations appears to be important not only for maintenance of lean muscle mass, strength, and physical function, but also for potentially counteracting age-related changes in the inflammatory response. Older age is associated with a state of low-grade, chronic inflammation, called 'inflammaging.' This in turn is associated with frailty as well as cardiovascular disease and other chronic disease states.

TAKE CHARGE!

Although most U.S. adults get plenty of protein, older adults who get too little could be at increased risk for frailty and illness. Follow these tips to make sure you're getting enough...but not too much:

- **Include a protein-rich food in every meal.** Try to spread protein intake out evenly throughout the day.
- **Add more plant proteins** (beans, lentils, soy, nuts), along with seafood and dairy, not just more meats and poultry.
- **Choose proteins low in saturated fat** and rich in nutrients, like plant foods and fish/seafood/poultry.
- **Don't overdo it.** Too much protein can weaken bones and put stress on the kidneys.
- **Balance increased protein** with increased fruits and vegetables to protect bones. Eat these foods in place of refined carbs, sweets, and starches.

How Much, What Kind, and When: Protein does not just refer to meat. Dietary protein comes from both animal sources (meats, poultry, fish, eggs, and dairy) and plant sources (like beans, lentils, and nuts.) The best way to get protein is to choose sources low in saturated fat and rich in nutrients and use them to replace starches and refined carbohydrate foods. Eggs and dairy products like milk and yogurt are excellent protein sources as are all fish/seafood and poultry. Plant foods (particularly beans and legumes, but also nuts) contain protein that adds to your daily total, and plant proteins are a good choice.

Examples of Protein Sources		
Food	Typical Serving	Protein (g)
Beef and Pork	3 oz	24
Chicken (skinless, boneless breast)	3 oz	24
Salmon	3 oz	18
Shrimp	3 oz	17
Lentils, cooked	1 cup	16
Yogurt (Greek)	6-oz container	14
Eggs	2 eggs	12
Tofu	½ cup (about 4 oz)	10
Soybeans (edamame), shelled	½ cup	9
Quinoa, cooked	1 cup	8
Milk	1 cup	8
Peanut butter	2 Tbsp	7
Beans (various)	½ cup	6-8
Nuts (various)	1 oz	4-6

g= gram; oz = ounce; Tbsp = tablespoon
Source: USDA FoodData Central database

Timing of protein is arising as an important consideration. Emerging evidence suggests spreading protein intake out throughout the day may be as important as getting enough. It's important to think about including protein-containing foods as a part of every meal. To preserve muscle and bone, minimize inflammation, and maintain physical function, get enough healthy protein choices...but not too much. Depending on body size, daily protein intake can range from 58 to 100 grams per day.

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Adapted from Tufts Nutrition Letter: https://www.nutritionletter.tufts.edu/healthy-aging/protein-for-better-aging/?MailingID=308&st=email&sc=WU20211024-EndEverydayPainFor50&utm_source=ActiveCampaign&utm_medium=email&utm_content=Protein+for+Bette+r+Aging&utm_campaign=WU20211024-EndEverydayPainFor50&vgo_ee=KotLHFjq5WzMTF%2B2ZzojzH1QiyxwPWbmxUIL5hiUiLo%3D

Outdoor Vs. Indoor Exercise



Exercise is crucial to living a healthy lifestyle. It really doesn't matter if we exercise indoors or outdoors, but there may be benefits to moving our exercise routine outdoors. We have been cooped up all winter, so a change of scenery does everyone a favor. Although this is Colorado and the weather has a mind of its own, Spring brings warmer days. On these warmer days we have a chance to get some fresh air! When we walk outdoors our sheer focus isn't towards the exercise itself. We are taking in the flowers blooming, the birds, the squirrels, or the cars passing by. Outdoor walks can put daily stressors on hold while we enjoy time to ourselves .

Outdoor activity allows for different opportunities we may not receive indoors. In the spring we prepare our gardens by pulling weeds, working the ground, or hunting down gardening tools. Although it isn't in a gym, the constant moving means we are participating in physical activity. When we can incorporate the daily task of exercise into a hobby we enjoy, it moves higher up on our to-do list.

The simplicity of walking is great exercise. When we take it from indoors on the treadmill to outside, we are varying the intensity and difficulty level. The treadmill has a perfectly even surface, while walking outdoors provides options of uneven terrain and naturally increasing and decreasing inclines. Going on a walk around the block or up the county road may provide slopes in places that give an increased intensity level because of incline and decline. When scoping new places to walk outdoors take slope into consideration!



When uneven terrain is approached cautiously, it can help build stability.

Walking on a gravel road with uneven sand and different sized rocks can create a higher difficulty level of walking. For example, youth athletes with weak ankles may be advised to practice walking on uneven surfaces to help strengthen their ankles. If you struggle with balance, it is encouraged to stick to flat and even surfaces when walking.

Walking on gravel, grass, or other soft surfaces help absorb impact on joints. This is not to say avoid exercising on firm surfaces, but when given the opportunity to walk on softer surfaces, do so. An option that is usually outdoors, which is an even surface and absorbs impact, is a school track! Some facilities may have options for both indoor and outdoor tracks..

Exercise is crucial to living and maintaining a healthy lifestyle. Exercise strengthens our heart, skeletal muscles, and keeps our bones dense. Outdoor activity helps break up some of the monotony of walking on a treadmill or exercise videos we do all winter. At this time in our life many of us are working from home which makes leaving the house something to look forward to. Freshening our routine with outdoor physical activity will help keep motivation high while giving us that dose of fresh air we all need.

Emergency Preparedness

As we have seen recently, there is sometimes very little notice before an emergency occurs. The best way to ensure you and your family stay safe is to prepare ahead of time. READYColorado is a project started by Colorado Division of Homeland Security and Emergency Management (DHSEM) to give Coloradans the tools they need to be ready for any situation. Some of the tips found on their website are:

Sign up for emergency alerts

Many different services will send out alerts for emergencies happening near you. They can range from weather, missing persons, crime, evacuation notices, etc. Most of these services will allow you to select what type of notifications you would like to receive and how you would like to receive them. Signing up for these services can help you get the information you need as fast as possible.

Make a plan

It is important to create a plan together as a family so everyone knows what to do in an emergency situation. Plan for things like communication, how to care for loved ones with special needs, and where to go if you have to evacuate your home. Spend some time with your family creating a plan of action in case of various emergencies. It helps to write these plans down and review them occasionally so if you are in an emergency situation, everyone remembers what to do.



Build a Kit

Various types of emergencies may require different materials to help you stay safe. Building a few emergency kits can help ensure you have everything you need. You can build a kit for your car, a kit to keep at your house, and a kit you can grab quickly if you need to evacuate. There is even a “build a kit” game you can play with your kids to get them involved and learning about emergency preparedness!

Did you know that winter storms are referred to as “deceptive killers?” Since March is the snowiest month of the year in Colorado, here are some ways to prepare..

- Before the storm:
 - Know the difference between storm watches and warnings. DHSEM will issue Winter Weather Advisories, Winter Storm Watches, Winter Storm Warnings, Blizzard Warnings, and Frost/Freeze warnings.

- Make sure you have a shovel or other snow removing tools and salt on hand before the storm starts.
- In some cases, regular heating fuel sources may be cut off. Make sure you have a safe backup plan for heat such as a small well-ventilated wood, coal or camp stove with fuel.
- Keep pipes from freezing by wrapping them in insulation or layers of old newspapers, then with plastic to keep moisture out, and letting them drip. Make sure you know how to shut off water valves in case they do freeze.
- Have disaster supplies on hand such as flashlights, extra batteries, a battery-operated radio, first aid kit, and a one-week supply of food that does not require refrigeration or cooking.
- Develop an emergency communication plan in case family members are separated during the storm. Consider asking an out of state family member to serve as the “family contact.”
- During the Storm
 - Stay indoors when possible and dress warmly.
 - Listen to a radio or television to get the latest information.
 - Ensure all animals have access to sheltered areas, food and water.
 - Open kitchen and bathroom cabinet doors to allow warmer air to circulate around plumbing.
 - Close off any unused rooms to conserve heat in the main areas of the house.
 - Keep the thermostat set to the same temperature to keep pipes from bursting.
 - If you have to go outside, make sure to dress warmly in loose fitting, layered, lightweight clothing. Remove layers to prevent perspiration and chill. Make sure the outer layer of your clothing is water repellant. Wearing mittens instead of gloves can allow your fingers to generate warmth faster when they are touching.
 - Protect your lungs from cold air by covering your mouth when you are outside.
 - Cold weather puts an added strain on the heart. Exercises such as shoveling snow or pushing a car can bring on a heart attack or make other medical conditions worse. Make sure to not overexert yourself.
 - Be aware of symptoms of dehydration, frostbite and hypothermia.
 - Switch out clothing if it starts to get wet because wet clothing loses all of its insulating value and transmits heat quickly.
 - If possible, check on your neighbors who may require special assistance.



Adapted from: <https://dhsem.colorado.gov/info-center/readycolorado/colorado-hazard-information/winter-storm/blizzard>

<https://dhsem.colorado.gov/info-center/readycolorado>

Welcome – New CSU Extension FCS Agent in Phillips County!!



Stephanie grew up on a farm outside of Haxtun, Colorado. She attended Haxtun High School and participated in numerous extra-curricular activities such as 4-H, FBLA, FFA, Volleyball, Basketball, Track, and Softball. After graduating from Haxtun High School, she went on to play one year of basketball at Northeastern Junior College before transferring to Colorado State University to gain her bachelor's in Health and Exercise Science with a concentration in Health Promotion. Throughout her life, she has always had a passion for being active, outside, and exploring nature. Health and Exercise Science has allowed her to live a life full of purpose, passion, and connection. In 2012, she moved back to Haxtun, CO after experiencing her own health obstacles. This gave her a newfound appreciation and perspective on what it truly means to be well and live your best life. She is now an avid hiker and enjoys adventuring whenever the opportunity presents itself. In her free time you can usually find her on a mountain top or playing in a river. She feels the most useful and fulfilled when she can help others take steps towards improving their own wellness through various programming avenues. She currently lives on a farm in Sedgwick, County with her husband, Seth, two dogs and enjoys the peace, pace, and people rural Colorado offers.

Before becoming an Extension Agent, Stephanie had over a decade of experience working in Health Promotion as a Personal Trainer, Group Fitness Instructor, Wellness Coach, Lifestyle Coordinator, and Exercise Specialist. A career in Health Promotion has allowed her to work in all settings such as homes, gyms, corporations, resorts, schools, and health clubs throughout Vermont, Texas, and Colorado. She has also worked just shy of a decade in the financial sector as a Bank Teller, Credit Union Member Service Representative, and Accounts Manager. However, her true passion is in conducting wellness programs that integrate a whole-person wellness approach that incorporates many aspects of health promotion such as nutrition, fitness, as well as behavior and emotional health. She is excited to dive back into her passion of wellness programming to help the residents of Phillips County not only enhance their life skills through CSU Family and Consumer Science Extension Programs but also promote a positive lifestyle change.

Program Highlights

We are getting ready to start the 2022 ServSafe classes around the Golden Plains Area. These trainings will be taught by Colorado State University Extension and Northeast Colorado Health Department. There are two different types of trainings that will be offered. One is specifically for managers or those seeking certification and the other is for handlers. If you plan to attend or have questions about the trainings please contact Joy Akey at (970) 332-4151.



Upcoming Events!

- Strengthening Families Program 10-14 – This program is designed for all families with youth between the ages of 10 and 14 and provides an opportunity to strengthen relationships and open up lines of communication. Families work together during the fast paced, fun and educational series of seven sessions while learning strategies to support positive decision making, dealing with increased peer pressure and setting appropriate limits and consequences while showing affection and support. The SFP 10-14 program is sponsored by the Yuma County PROSPER Team and Colorado State University Extension. Sessions will be on Sundays beginning March 27th from 4:00-6:00 PM at Wray Schools. To register, contact Joy Akey at the Yuma County Extension Office at 332-4151 or joy.akey@colostate.edu
- Diabetes Webinar – March 28, Noon – 1:00 pm – Join us to learn more about navigating the world of insurance for diabetes care with Shannon Christen, RD and Diabetes Educator with UC Health. Contact your local Extension Office for host sites or the opportunity to join virtually.
- **ServSafe Food Handlers' Training** – March 8 from 9:00 am – 3:00 pm at the Logan County Extension Office in Sterling. For more information or to register, contact Joy Akey at (970) 332-4151 or joy.akey@colostate.edu.
- Be sure to check our Facebook page listed below to stay up to date on all of our upcoming events.



CSU Extension – NE Colorado FCS: <https://www.facebook.com/CSUExtensionNortheastFCS>

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