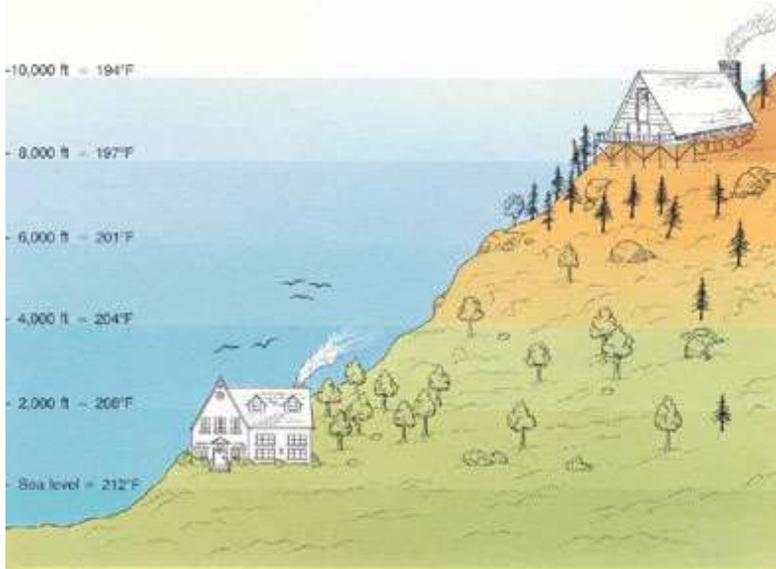


May – June, 2018

Preserve Smart



Most recipes and instructions for home-preserved foods are developed at sea level and can present both food quality and food safety challenges for cooks living above 3,000 feet--which is everybody in Colorado!

Did You Know?

Colorado's low point (3,315 feet above sea level at the Arickaree River in Yuma County) is the highest low point in the nation--higher than 18 states' high point!

Preserve Smart was developed by Colorado State University Extension in order to provide a trusted, *mobile-friendly* way to find and use tested food preservation recipes and instructions for any elevation--from sea level to high in the Rocky Mountains!

- Recipes and instructions provided are current, research-based recommendations for most methods of home food preservation as determined by Colorado State University Extension and the National Center for Home Food Preservation--established with funding from the Cooperative State Research, Education and Extension Service, U.S. Department of Agriculture (CSREES-USDA).

<https://apps.chhs.colostate.edu/preservesmart/>

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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.

Parenting information when you need it.

Finding reliable parenting information and advice on the web can be overwhelming! How do you know what you can trust — especially when you are busy and there's just so little time?

Just in Time Parenting is a free parenting newsletter that is delivered by email and specific to a child's age and needs – prenatal up through 5 years of age. Access the website to select from all the archived issues or sign up for the newsletter to be emailed to your family automatically - delivered to you just in time!

Each issue includes:

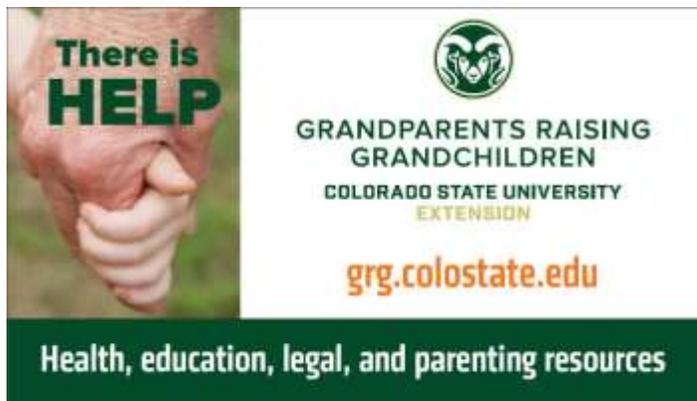
- Easy to use guides on how your child is developing
- Tips on raising a healthy, happy child
- Tools for solving common parenting problems
- Strategies for coping with the challenges of raising children

Why should parents choose Just in Time Parenting?

- Timely automatic delivery directly to your inbox
- Available in English and Spanish
- Access to full-color PDFs for printing and sharing
- Links to podcasts, videos, and other resources
- Commercial free — no toy or product ads
- Based on research and written by experts who are parents themselves!



<http://jitp.extension.org/> or En Española <http://www.extension.org/pages/70394/crianza-justo-a-tiempo>



Grandparents Raising Grandchildren

Although grandparents raising their grandchildren is not a new trend, the significant rise over the last two decades is alarming. As a result, grandparents are in need of resources as they meet the most basic needs (i.e. food, shelter, clothing, etc.) of one or more grandchildren who live with them. Local Colorado grandparents raising grandchildren have expressed a desire for online resources to be available to help them overcome barriers, answer their questions, and enhance their relationship with their grandchildren.

The GRG website includes research based information to HELP grandparents. HELP stands for Health, Education, Legal, and Parenting concerns. Our website is updated monthly and includes stories from other grandparents raising grandchildren in the community, community resources, information on community support groups, frequently asked questions, and the ability to ask questions to an expert in the field. It is our purpose to increase grandparents' knowledge about the issues impacting them, while empowering and uniting grandparents who may feel isolated, invisible, or overwhelmed.

<http://grg.colostate.edu/>



Do You Know the Benefits?

May is National Physical Fitness month. Celebrate this month by adding more physical activity to your day. Regular physical activity is one of the most important things you can do for your health. Here's why:

1. Controls Weight

- Physical activity helps you maintain weight or lose weight and keep it off.
- The amount of activity to either maintain or lose weight varies from person to person, but the minimum recommendations for adults are 150 minutes of moderate activity, 75 minutes of vigorous, or a mix of the two each week.

2. Reduces risk of heart disease

- Heart disease and stroke are the top leading causes of death in the US. Following the guidelines of getting at least 150 minutes (2.5 hours) of moderate activity lowers your risk. It can also lower blood pressure and improve cholesterol levels.

3. Reduces risk of Type 2 diabetes & metabolic syndrome

- Regular physical activity can reduce your risk for developing Type 2 diabetes or help you control your blood sugar levels if you already have it.
- Metabolic syndrome is when you have a combination of too much fat around your waist, high blood pressure, low HDL cholesterol, high triglycerides or high blood sugar. This combination puts you at much greater risk of developing diabetes.

4. Reduce risk of colon and breast cancer.

5. Strengthen bones & muscles

- Helps maintain ability to do daily living tasks as we age, reduces risk of hip fractures, helps with arthritis and other joint conditions, helps maintain strength

6. Improves mental health & mood

- Improves ability to think & learn, reduces risk of depression, helps you sleep better, reduces stress.

7. Improves ability to do daily activities & prevents falls

8. Improves quality of life and chances of living longer

- People who are physically active for about 7 hours a week have a 40% lower risk of dying early compared to those getting less than 30 minutes a week.

9. Anyone can do it – no matter your age, size, shape or gender!

CSU's Annual Flower Trials reveal this year's winners

The 2018 gardening season is upon us and if you want to know what flowers to plant this growing season, a list of great possibilities comes from Colorado State University's Annual Flower Trial Garden. The garden, which spans nearly three acres on the east side of the Fort Collins campus, is a Northern Colorado showpiece with a focused research and outreach purpose. Each year, the Annual Flower Trial Garden tests and analyzes the performance of more than 1,000 varieties of annual bedding plants in Colorado's harsh growing conditions. Dozens of expert evaluators rate the plants for vigor, growth pattern, bloom and other characteristics. The trial results help home gardeners identify annual bedding plants that are most likely to succeed.



"The Annual Flower Trial Garden – also a vital training ground for CSU horticulture students – is a part of a network of trial gardens at land-grant universities nationwide," said Jim Klett, faculty coordinator and professor in CSU's Department of Horticulture and Landscape Architecture. "It's the largest garden of its kind west of the Mississippi River." Winners from the 2017 evaluation are now available at area nurseries and garden centers for the 2018 home gardening season. For more detailed descriptions and photographs, visit www.flowertrials.colostate.edu.

Complete the Seven Vital Tasks of Life Review!

Join many others who wrote to their loved ones using our simple “Dear Friends and Family” template. Your loved ones will cherish your letter and you will have the mental peace knowing that you have completed an important life task. The goal of Who Matters Most Letter template is to help all Americans complete the seven vital tasks of life review while they still can. Stanford University designed this project based on years of clinical experience caring for thousands seriously ill patients and families. The template was pilot-tested and refined after extensive discussions with patients from diverse cultures and traditions to identify the seven tasks of life review.



On completing the process of doing a life review, most people are able to achieve a measure of peace that comes from deep reflection about key life experiences and the important relationships they have cultivated. Sadly, almost everyone forgets to do this or postpones it until it is too late. Thus, they never have an opportunity to express the deep love, gratitude, and commitment they feel towards their friends and family.

The Who Matters Most Letter template will help you complete the following tasks of life review in minutes:

Task 1: Acknowledge the important people in your life: It is very important to start the process of life review by identifying key people in your life. Take the time to express your pride in their achievements.

Task 2: Remember treasured moments from your life: The second life review task is to recall the most special, meaningful instances in your life, including those involving your loved ones. These moments or events can range from important life milestones or simple family moments that you treasure.

Task 3: Apologize to those you love if you hurt them: In our experience, many patients worry about specific past instances when they have hurt the people they love. In doing a life review, it is important to take a moment to ask forgiveness from those you have hurt. Also, take this time to forgive yourself for any mistakes you feel you have made in the past.

Task 4: Forgive those who love you if they have hurt you: Now is the time to give solace to those who may have hurt you. Let them know that you acknowledge what they have done, but that you ultimately have forgiven them. This will give you and them a sense of release and peace. It will also give you peace when you successfully let go of old resentments.

Task 5: Express your gratitude for all the love and care you have received: Thank your loved ones for their concern through the trying times in your life and for everything else that they have done for you. You might mention specific instances you hold close to your heart.

Task 6: Tell your friends and family how much you love them: Sometimes it is hard to express your love for someone in speech, so take advantage of this opportunity to write to those you love and express how much you care about them.

Task 7: Take a moment to say "goodbye": The final life review task is to bid adieu to your loved ones. If you feel comfortable, take this time to ensure you and your loved ones have a proper parting without any regret or guilt. In working with diverse Americans, some have expressed reluctance to complete the task of saying “goodbye” due to cultural taboos. If you are uncomfortable completing the “goodbye” task, it is perfectly fine to defer this for later.

Source: <http://med.stanford.edu/letter/friendsandfamily.html>

Functional Foods for Health

The concept of food as medicine is not new and has been around for thousands of years. In fact, the tenet “Let food be thy medicine and medicine thy food,” was put forth by the father of medicine, Hippocrates, approximately 2500 years ago.



Quick Facts...

- The term “functional foods” is used to describe foods or food ingredients that provide health benefits beyond meeting basic nutrition needs.
- Inclusion of these types of foods can provide further protection against chronic disease and condition development.
- Different compounds most often work together synergistically to alter one or more physiological process in the body, so including a variety of foods is best.
- “Superfood” and “miracle food” are marketing terms, and advertising foods as such can lead to unrealistic expectations.
- Consuming plenty of plant foods and choosing variety among foods can help increase intake of functional foods and the positive effects they may have on the body.

Examples of Functional Foods, Bioactive Food Components, and Potential Health Effects

Food	Bioactive Food Component/Class	Potential Health Effects
Tomatoes	Carotenoids (e.g. lycopene, beta-carotene), vitamins C and A, and potassium	Supports cardiovascular health; may reduce the risk of certain cancers such as mouth, pharynx, larynx, prostate, and lung cancers
Blueberries	Flavonoids (e.g. anthocyanins, phenolic acids), pterostilbene, vitamins C and K, manganese, and dietary fiber	Supports cardiovascular, metabolic, and brain health; may reduce the risk of cancer such as mouth, pharynx, larynx, and lung cancers
Fermented milk/dairy	Bioactive peptides, probiotics, calcium, and protein	Supports gut, immune, cardiovascular and metabolic health
Walnuts	Ellagitannins, phenolic acids, omega-3 fatty acids (alpha-linolenic acid), phytosterols, melatonin, vitamin E, copper, manganese, and magnesium	Supports cardiovascular and brain health; may reduce the risk of certain cancers such as breast and prostate cancer
Broccoli and cruciferous vegetables	Glucosinolates, vitamins C and K, manganese, folate, potassium, fiber	May reduce the risk of certain cancers such as colorectal, mouth, pharynx, larynx, and lung cancer; cardio-protective; may improve antioxidant defenses
Salmon and other fatty fish	Omega-3 fatty acids	Supports eye, brain, and cardiovascular health
Whole grains	Flavonoids, saponins, lignans, resistant starch, B-vitamins, vitamin E, selenium, manganese, dietary fiber, and protein	Supports gut and cardiovascular health; may reduce the risk of colorectal cancer

Incorporating functional foods into the diet can be easily achieved with a little thought and planning and does not have to be expensive. Including an abundance of plant foods as well as healthy protein and dairy foods in your diet is a sure way to increase your intake of functional foods.

For more information: <http://extension.colostate.edu/topic-areas/nutrition-food-safety-health/functional-foods-for-health-9-391/>

Program Highlights!

A Healthier Weigh – 12-Week Health & Fitness Challenge

Yuma County AHW Results Summary: 7 teams and 1 individual (out of 10 teams and 4 individuals) completed (34 people)

- 149.7 pounds = 3.3% weight loss
- 54.5 inches reduced from waist = 6% waist circumference reduction



Phillips County AHW Results Summary: 7 teams and 8 individuals (out of 8 teams and 12 individuals) completed (36 people)

- Lost 48.25 inches of waist circumference and 186.3 pounds
- Over 45,000 minutes of moderate activity - 76% of participants also reported vigorous exercise, strength training and stretching exercise.

Washington County Results Summary: 100% completion (30 people)

- 95 pounds = 1.6% weight loss (Top Team lost 6.72%; Top Individual lost 5.1%)
- 57.2 inches reduced from waist = 4.6% reduction (Top Team lost 9.7%; Top Individual 5.5%)
- 54,204 Total Exercise Minutes (Top Team 9,403 minutes – averaging 195.8 min/week)

Youth Sewing Club – Washington County

Two adult volunteers and Gisele Jefferson met monthly with up to 10 youth & teens, helping them learn beginning sewing skills.



Upcoming Events!

May 31 – Mediterranean Diet Cooking Class, Yuma Community Center, Yuma, 5:30 pm – Contact the Yuma County Extension Office for more information

June 12 – Yuma County Cake Show, Yuma County Fairgrounds Concession Building, Yuma, 9:15 – 4:00 – Open to adults and youth. Contact the Yuma County Extension Office for more information

June 19 – ServSafe Food Handlers Training, Logan County Extension Office, Sterling, 9:00 am – 3:00 pm

June 28 – Camp Cooking Class, Yuma Community Center, Yuma, 5:30 pm - Contact the Yuma County Extension Office for more information

Couch to 5K Challenge starting May 21st at the Holyoke High School track at 6am. The challenge will be for 9 weeks. Pretty much anyone can participate- call Tracy Trumper at 970-854-3616 or email her at tracy.trumper@colostate.edu.

Babysitting Basics Class- 11-14 year olds. June 2nd, 9am to 4pm, Phillips County Event Center. \$25 call 970-854-3616 or email at tracy.trumper@colostate.edu.

Youth Robotics Camps: for youth 9-14 years of age! Akron June 4-8 and Yuma June 18-22 – half-day sessions from 8:30 a.m. to 11:45 a.m. For information: gisele.jefferson@colostate.edu or 970-345-2287/

