

# Living Well

FAMILY AND CONSUMER SCIENCES NEWSLETTER FOR NORTHEAST COLORADO



## March-April, 2023

### 5 Cs of Parenting

Raising kids is one of the toughest and most fulfilling jobs in the world. As caretakers, we want to give our children a good start to life and prepare them for independence. Here are some tips that can help support you as a parent.

1. **Care:** As children grow, their needs change. Parents need to continue to show their children affection and love. Be your child's biggest fan and give them encouragement and praise, this will boost their self-esteem and confidence. Even when your child makes a mistake, choose your words carefully and be compassionate. Make time for your children and be present.
2. **Consistency:** Children need to know boundaries, so parents should set limits, explain, and model their expectations for behaviors. Be kind, but firm while parenting. Stay strong and do not give into your child's demands. Create a consistent and predictable environment for your children. It is imperative that both parents are on the same page and work together. Keep in mind that things might change and discuss those changes with your child.
3. **Choices:** Give your child a choice. When children participate in decisions, they are more motivated to carry them out. Choice helps children feel like they have some power and control. Making choices is a step in growing up and is a skill they will use for the rest of their lives. Make sure the choice options are something that you can agree upon and are realistic.
4. **Consequences:** Make sure your expectations are clear and that children understand what they mean. Try not to get frustrated with your child when problems arise. Discuss consequences and invite your child to work on a solution with you. Together decide what consequences would be fair for the situation. The consequences can be positive or negative.
5. **Communication:** Create a safe space for communication with your child and check-in with them regularly. Ask how they are feeling, what challenges they faced today, or topics in which they are interested. Be an active listener, try to see the situation through your child's eyes, and show empathy. Be available to talk day or night.

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## Inflammation and our Bodies



Inflammation in our body can affect the way our joints feel and can cause pain, swelling, redness, or stiffness. When something harmful or irritating affects our body, the body responds with inflammation. This raises the blood flow to the area of injury or infection. There are two types of inflammation—acute and chronic.

**Acute inflammation** is short-lived inflammation. An example of this would be when you cut your finger or stub your toe. You see and feel the signs of acute inflammation in your body, and tissues become red, swollen, and painful. It is part of the body's natural healing response to injury or infection.

**Chronic inflammation** occurs over time. It is a low level of inflammation occurring inside the body and is not visible. Chronic inflammation has been linked to the development of serious chronic diseases, including cancer, heart disease, diabetes, arthritis, and dementia. It can be caused by smoking, stress, excessive abdominal fat, and alcohol intake, as well as some foods.

While some inflammation in our body may require medication, a powerful tool to combat inflammation comes not from the pharmacy, but from the grocery store.

To fight chronic inflammation, eat a variety of foods full of anti-inflammatory phytochemicals. Phytochemicals are compounds produced by plants to help protect our cells. Foods with these compounds include whole grains, beans, nuts, colorful fruits and vegetables, plant oils, and cold-water fish like albacore tuna, salmon, and mackerel. Tea, onions, and spices such as turmeric and ginger also have compounds with anti-inflammatory effects.

Anti-inflammatory foods are most effective when you are also at a healthy weight. If you are overweight, a 5–10 percent reduction in weight can also reduce inflammation.

On the other hand, some foods—including processed meats, refined grains, and sugar-sweetened beverages—have been linked with increased inflammation. Saturated fat and trans-fat are specific components of food that may trigger inflammation. The key to a healthy diet is variety and moderation with all food!

Staying physically active and being properly nourished is one of the most important things we can do to stay healthy for life.

Source: [Academy of Nutrition and Dietetics](https://www.eatright.org), July 2019, ([www.eatright.org](https://www.eatright.org)), University of Nebraska Extension, and Harvard Health.edu

## Financial Literacy Month



April is Financial Literacy Month, which is a chance to reflect on the state of our personal finances. This national holiday can be used to start teaching children about money, come up with a plan to pay off debt, develop a budget, or learn something new about finances! Below are several ways to celebrate this holiday and some resources to help you get started!

### Ways to Celebrate:

- **Read a new book** – Financial literacy can seem overwhelming. Luckily, finance experts have written books on many different topics. You can even check them out from your local library to help save money!
- **Discuss finances with family members** – Talking about finances can be a source of stress for many couples and families. Discussing money in an intentional way can help ensure that you are all on the same page and alleviate some of the stress that comes along with this topic. In addition, families who discuss basic money principles early on with children set them up for future success.
- **Clean up your credit report** – Your credit report is a crucial part of your personal finances. Potential lenders use this report to decide if they want to lend you money. It provides an easy snapshot of your current and past account payment history. You can assess whether your debts are pulling you down, whether it would be in your best interest to open a credit card, and if you could be paying off debts more quickly.
- **Set a budget or savings goal** – A budget brings immediate awareness to your finances. You cannot create one without looking at your spending habits and where your money is going. It can also open a door to communication about finances with your whole family! Looking at your spending habits can help you set financial goals that are attainable for you and your family. If you would like some help making your budget, look at the Budget Worksheet listed below.
- **Listen to a financial podcast** – Similar to reading a book, there are tons of financial experts who have podcasts on many financial topics. One great thing about listening to a podcast is that you can multitask. Listen while you do chores to save you time!
- **Take a pledge to change** – After reviewing your financials, think about a way that you can commit to change that will help you achieve your financial goals. If you need help making goals, check out the SMART Financial Goals sheet below.
- **Use financial management tools** – It can be difficult to manage all aspects of your finances. There are several tools that have been created that could help! These include money management apps, retirement calculators, and budgeting programs and can help you develop goals and maintain progress toward achieving them!
- **Take Financial Literacy Classes** – There are several organizations that provide free financial literacy classes. Reach out to your local Extension Office to see if they have one coming up!

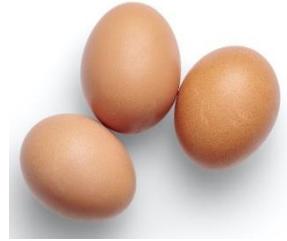
### Additional resources:

- CSU Extension Resources: <https://extension.colostate.edu/topic-areas/family-financial-stability/>
- Budget Worksheet from the Federal Trade Commission: <https://www.consumer.ftc.gov/articles/pdf-1020-make-budget-worksheet.pdf>
- SMART Financial Goals from the National Endowment for Financial Education: <https://www.nefe.org/initiatives/smart-about-money.aspx>

Article adapted from: <https://www.gobankingrates.com/money/financial-planning/ways-celebrate-financial-literacy-month-dont-cost-anything/>

## Water Glassing Eggs

There is a lot of clucking about eggs these days. Between the shortage and cost, people are trying to take advantage of storing any surplus supply they may find. This leads to more internet traffic and social media posts sharing ideas and techniques that may not be food safe. Water glassing eggs is one example.



Water glassing was a technique used in the early 1900's to preserve eggs for an extended amount of time. It entails submerging clean, unwashed eggs in a lime and water solution. Today, due to advancements and knowledge of egg safety, this method is not recommended.

Back when this method was popular, it was thought eggs were sterile inside and all bacteria came through the shell after the eggs were laid. However, research shows *Salmonella enteritidis* can contaminate eggs as they are being formed inside the hen. Bacteria may be present within the hen's reproductive tract before the shell is formed around the yolk and white so there is no way of knowing whether or not the egg is contaminated. This is even a greater risk for eggs from smaller home flocks which tend to have a higher incidence of Salmonella compared to large commercial operations.

Egg shells are also porous so another concern about the water glassing method is the fact the lime water could seep through the eggshell. This can create a strong bitter taste. In addition, eggs stored for long periods of time lose nutrients and undergo several oxidative reactions as well as changes in protein functionality. Some current posts on water glassing are claiming the lime water solution seals the eggshells so eggs can be stored up to two years.

Refrigeration is the best method of storing eggs safely. It also helps preserve the quality longer. Whole eggs can be stored up to five weeks from when they are purchased. The "Sell-By" date may expire during that time, but the eggs will be safe to eat as long as they have been stored and handled properly.

What if an egg floats in water? This basically means the egg is old and the air cell inside has gotten large enough to keep the egg buoyant. Typically, it is perfectly safe to use, but crack it separately to check for off-odors or unusual appearance before doing so.

The following resources provide more information on eggs and safe egg storage:

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/eggs/shell-eggs-farm-table>

<https://enewsletters.k-state.edu/youaskedit/2020/11/13/storing-eggs-safely/>

<https://food.unl.edu/freezing-eggs>

Source: Adapted from KS State University and Research, Karen Blakeslee, November 13, 2020.

## Teaching Good Money Habits to Children



In the same way children learn how to read, write, and count, they can and should learn the value of money. From their first piggy bank to their first debit or credit card, teaching children the value of money and how to save from an early age allows children to develop a healthy relationship with money. Taking the time to teach children sound financial habits allows them to become financially independent adults later in life. Knowing how to save money is key to building a secure financial future, and it's never too early to start.

There are numerous tips and methods that teach children how to become savvy savers. These include teaching them the values of and how to count currency, the differences between wants and needs, and ways to earn and save money as well as opening a savings account. Below are suggestions as to how you can help educate children on the importance of money.

### **The Value of Currency & How to Count it:**

- Purchase play money for your child to practice counting. When the child has mastered the concept of counting using play money, graduate to counting real money.
- Explain that money is used to buy things you want and need. Teach children why knowing how to count, add, and subtract numbers and money is important.
- Practice with play money on buying random things around the home such as food from the cupboards, clothes from the closet etc.
- Take your child to a store to reinforce the value of money and how to count it. Allow your child to select an item and ask them how much the item costs and give them some money to pay for it. Have your child count out the money.

### **Explain Wants vs. Needs:**

- Teach your child needs are the things we must have for our survival. Wants are considered extra. Although we may want certain brand name clothing, technology, or toys, there is a difference between necessities and wants.
- Make a list of needs and wants to ensure your child understands the difference.
- Talk to your child about various purchases such as cars, homes, education, entertainment, or extracurricular activities at school so your child understands minor and major purchases.

### **The Importance of Saving Money:**

- Help your child understand the value of saving money by teaching that money can be spent, shared, or saved.
- Help your child create a short-term savings goal and identify a specific purchase to save for. This may take a few weeks to save up for things such as a small treat or toy.
- Once your child masters the short-term savings goal, move on to a long-term savings goal that requires a month or more of savings.

### **Give Children the Opportunity to Earn Money:**

- Teach your child money must be earned, and work with your child on creating a list of ways they can earn money. This may mean giving your child an allowance for completing chores.
- Other small, nonmonetary rewards can also be effective. For those who provide an allowance, challenge your child to save ten percent or more of their earned money. Saving at least ten percent of their earnings is a way to teach them to pay themselves first.



### **Provide a Piggy Bank or Open a Savings Account:**

- Make savings fun! Provide young children with a piggy bank or let them create and decorate their own piggy bank.
- Take your child to your financial institution so they can learn by example as you deposit your own money into your savings account.
- Involve your child in the savings process by explaining what you are saving for and how your savings grow each time you deposit money. Use examples of how saving money allows you to purchase or pay significant or unexpected expenses in the future.
- When you think your child is ready, consider opening up a savings account with them and allow them to deposit money into their own savings account.

### **Reinforcement is Key:**

Focus on making savings a fun and regular part of your child's weekly routine. Developing money management skills can take time. Reward children for their hard work, when they meet their financial goals, and when they make smart spending decisions. Teaching and encouraging your child to save from a young age, not only helps children learn the value of a dollar earned, but helps them make wise financial decisions throughout their life.

Adapted from: <https://www.aces.edu/blog/topics/home-family/how-to-teach-children-to-be-savvy-savers/>

<https://www.alliantcreditunion.org/money-mentor/teaching-kids-to-save-money>

## Honey & Health



Honey is super beneficial to our health and a great natural sweetener. Bees create honey using the main ingredient pollen which was thought to help with allergies if you consumed honey collected locally. Although honey has not been proven to help with allergies, the different varieties of honey from all the different pollens have promising medicinal uses! Honey contains mostly sugar as well as a mix of amino acids, vitamins, minerals, iron, zinc and antioxidants. In addition to its use as a natural sweetener, honey is used as an anti-inflammatory, antioxidant, and antibacterial agent. People commonly use honey orally to treat coughs and topically to treat burns and promote wound healing.

Research on honey for specific conditions includes:

- **Cardiovascular disease.** Antioxidants in honey might be associated with reduced risk of heart disease.
- **Cough.** Studies suggest eucalyptus honey, citrus honey and Labiatae honey can act as a reliable cough suppressant for some people with upper respiratory infections and acute nighttime cough. Some studies have also indicated honey could help to reduce asthma symptoms.
- **Gastrointestinal disease.** Evidence suggests honey might help relieve gastrointestinal tract conditions such as diarrhea associated with gastroenteritis. Honey might also be effective as part of oral rehydration therapy.
- **Diabetes.** While more studies need to be conducted, there is early evidence honey could help with the treatment of diabetes mellitus by lowering the glycemic index.
- **Neurological disease.** Studies suggest honey might offer antidepressant, anticonvulsant and anti-anxiety benefits. In some studies, honey has been shown to help prevent memory disorders.
- **Wound care.** Topical use of medical-grade honey has been shown to promote wound healing, particularly in burns.

Results might vary because there are no standardized methods for producing honey or verifying its quality.

As science towards food pharmacology grows, we are finding so many benefits of the food we consume. Honey is delicious, and packed with antioxidants and other properties that benefit our health!

Here are some tips for including honey in your diet:

- Use it to sweeten you dressings or marinades
- Add it to your coffee or tea
- Drizzle it on top of toast or pancakes
- Mix it into yogurt, cereal or oatmeal
- Make honey roasted nuts for snacks
- Add it to a smoothie
- Eat a peanut butter, banana and honey sandwich

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5424551/>

## Spring Break on a Budget

Spring break is right around the corner. While students may be ready for a break from school, parents might be worrying about what to do for a whole week without breaking the bank. Here are some tips for planning a vacation or staying entertained at home!



### Planning a family vacation on a budget:

The first step is to plan how much your family has to spend on this vacation. Once you have a general budget established, have everyone look up some vacation ideas that are within that budget. You can use a chart that outlines possible expenses such as hotels, meals, transportation, admission fees, and kennel or pet-sitting fees. Each family member can present the vacation idea they are most excited about and the family can then vote on their favorite option.

While you are on vacation, set up a tracking system to make sure you are staying within your budget. You can keep a notebook, start a spreadsheet, or find an app for your phone to help you track. You can even get the kids involved to help them learn about budgeting and tracking spending!

### More tips for saving money:

- Compare the lodging prices on travel websites to find the lowest price. Keep the amenities in mind as well. A complimentary breakfast can help you save on meals and a pool can provide free entertainment! Hotel shuttles can also help to decrease your transportation costs. If you are staying in a condo or house, you can use the kitchen to cook some of your meals rather than eat out.
- You may find cheaper hotel prices by calling the hotel directly. Some hotels may not be advertised on travel websites and they may offer discounts that are not shown through the travel website.
- Plan to only eat one meal out a day. You can pack food like granola bars, canned or dried fruits, and canned juices for breakfast if it is not complimentary at the hotel.
- Go out to lunch. Many restaurants offer the same menu items at lunch for a lower cost than the dinner menu. Beverages can add to the cost, so consider sticking with water when eating out.
- Eat like a local. Ask local residents about their favorite coffee shops, diners, and restaurants. These restaurants may be a little farther away, but they usually have lower prices than restaurants that cater to tourists.

### Things to do while staying at home:

- Look for craft ideas on the internet. There are many dollar store crafts that can be done for a low cost.
- Invite your neighbors over for a game night or pot luck
- Create a scavenger hunt for kids with clues leading them all around the house.
- Build a blanket fort
- Visit your local library
- Go on a bike ride
- Go camping in the back yard or the living room
- Go on a picnic
- Try a new recipe
- Make a homemade bird feeder and see how many bird species you can find
- Plant a garden

## **Program Highlights**

Throughout the year, local Extension Offices will be doing several programs relating to healthy aging! For example, starting on May 3<sup>rd</sup> our Eastern Region Health Specialist will be running Aging Mastery program on Mondays and Thursdays from 11:00-12:00 until May 4<sup>th</sup>. If you are interested in joining virtually, please contact Ginger Williams ([ginger.williams@colostate.edu](mailto:ginger.williams@colostate.edu)). In addition to Aging Mastery Program, we host programs such as Diabetes Webinars, Dining with Diabetes, and dementia and caregiving all of which provide information on healthy aging.



## **Upcoming Events!**

- **Thriving Farm Families in 2023**
  - Join this webinar on March 2<sup>nd</sup> from 6:00-8:30 p.m. and will have presentations from Dr. Brent Young- CSU ABM Regional Specialist, Jaci Wagner- Logan County Family and Consumer Science Specialist, Chan Reznicek- Behavioral Health Specialist, and three CSU Health Specialists, Ginger Williams, Calandra Lidnstadt, and Jennifer Aengst. For more information, contact Brent Young at (970) 582-2204 or register for the event at: <https://zoom.us/meeting/register/tJYrfu6ppzIjGtxHS8pStjiEcCVE1lwxtT86>
- **Logan County Smoothie Workshop**
  - This workshop will take place March 2 from 12:00-1:00p.m. at the Logan County Extension Office. Call (970) 522-3200 x5 or email [jaci.wagner@colostate.edu](mailto:jaci.wagner@colostate.edu)
- **Morgan County Smoothie Workshop**
  - This workshop will take place on March 18<sup>th</sup> from 10:00-11:00 a.m. at the Morgan County Extension Office. Call (970) 542-3544 or email Katie at [Katie.seelhoff@colostate.edu](mailto:Katie.seelhoff@colostate.edu)
- **ServSafe Managers Training**
  - Thursday, March 23<sup>th</sup> from 8:00 a.m. to 5:30 p.m. at the Burlington Community Center. For more information or to register, contact Joy Akey at (970) 332-4151 or [joy.akey@colostate.edu](mailto:joy.akey@colostate.edu).
- **Aging Mastery Program**
  - This series will take place virtually from April 3<sup>rd</sup> to May 4<sup>th</sup> on Mondays and Thursdays from 11:00 a.m.-12:00 p.m. To RSVP, contact Ginger Williams at [ginger.williams@colostate.edu](mailto:ginger.williams@colostate.edu)
- **Be sure to check our Facebook page listed below to stay up to date on all our upcoming events.**



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

CSU Extension – Phillips County: <https://www.facebook.com/PhillipsCountyExtension/>

CSU Extension – Logan County: [https://www.facebook.com/csuextensionlogancounty/?\\_tn=%2Cd%2CP-R&eid=ARCS5-NbtiQryVnN5X513c5--hwVu-1ZfnhynwZsPotP7AZIVStJaoCEoaVYzZjBFhCH0tHJLHaJxC](https://www.facebook.com/csuextensionlogancounty/?_tn=%2Cd%2CP-R&eid=ARCS5-NbtiQryVnN5X513c5--hwVu-1ZfnhynwZsPotP7AZIVStJaoCEoaVYzZjBFhCH0tHJLHaJxC)

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