

River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

rivervalley.ksu.edu

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Extension District

K-STATE
Research and Extension

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ksre.k-state.edu

Join us for *The Silent Epidemic*

A Real Story of Victory Over Severe Depression

Bring a friend and be inspired and challenged by their story!

Monday, November 18th at 6:30 p.m.

Belleville Blair Theater

1310 19th St.

Presented by: Coach Mark Potter and his wife, Nanette



Coach Potter and his wife provide a real, relevant, and raw story of his personal experience with severe depression. Mark discovered a person can have victory over mental illness and he shares his experiences to help others.

Nanette will share her perspective and give the caregiver practical suggestions to assist in the situation.

Mark shares his story of overcoming obstacles and even suicidal thoughts. He shares practical ideas to help everyone train their brain and be able to practice mental health and wellness strategies.

The Silent Epidemic is sponsored by
a Culture of Health Grant and
K-State Research & Extension: River Valley District.

For More Information Contact:
Sonia Cooper at 785-325-2121 or
Deanna Turner at 785-632-5335



Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact John Forshee, Director, River Valley Extension District #4, 322 Grant Avenue, Clay Center, KS 67432. Phone 785-632-5335.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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REFRIGERATOR MADNESS

Do you ever think about the refrigerator? Most of us just expect the refrigerator to work keeping the food cold and safe to eat. Know the temperature of your refrigerator. It should be at or below 40 degrees Fahrenheit. The refrigerator may have an external thermometer, however, to insure that the refrigerator is doing its job use an inexpensive freestanding appliance thermometer. This will allow you to monitor the temperature and adjust the setting of the refrigerator if necessary. Check the thermometer often, so that you know the temperature your refrigerator is running. A refrigerator thermometer can be purchased at the local grocery store or hardware store.

Keep the refrigerator clean. What's going on in your refrigerator? Is anything growing in there? Cleaning the refrigerator is not first on our list of things to do, but it is important to keep food safe for us and our families.

Here are some rules to help keep food safe to eat.

*It is best NOT to store perishable foods in the refrigerator door. Eggs should be stored in the carton on a shelf. Milk will last longer when stored inside the refrigerator. The temperature of the storage areas in the door fluctuate more than the temperature inside the refrigerator unit. Keep the door closed as much as possible.

*Avoid "overpacking". Make sure you do not pack the refrigerator with too much food. Air needs to move around the food to keep it cold.

*Is it covered? It is best to store refrigerated foods in covered containers or sealed storage bags. Continue to check the food for spoilage.

*What? spills? It happens. Wipe up spills immediately. Getting rid of spills, especially drips from thawing meats will help prevent "cross contamination" where bacteria from one food spreads to another.

*Dates on Foods. Check expiration dates. If food is past its "use by" date, discard it. If you are not sure, the simple rule is: "When in doubt, throw it out".

Most of all, know what is going on in the refrigerator and put cleaning the refrigerator as part of your TO DO list. For more information contact, Sonia Cooper, River Valley Extension District, Clay Center Office, 785-632-5335.

BE AWARE AND "QUICK CHILL"

Whether it is leftovers or foods you just purchased, it's important to get foods that need refrigeration into the refrigerator right away. Perishable foods should not be left out for more than two hours. Leaving perishable foods out for more than two hours allows bacteria to multiply rapidly. This can put a person at serious risk to acquire food borne illness. Let's think about groceries and leftovers.

*Groceries: When you get home from the grocery store, put your refrigerated items away as quickly as possible. Items such as raw meat, poultry, seafood, eggs, or produce that requires refrigeration should not be allowed to sit at room temperature for more than two hours. If the air temperature is above 90 degrees Fahrenheit, the limit is one hour. Also, it's

important not to leave groceries in your car longer than necessary. The car temperature is probably hotter than the typical room temperature.

*Leftovers: Food that is leftover needs to be refrigerated or frozen within two hours. Store hot foods in small shallow containers before putting in the refrigerator to speed cooling. <https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education>

HOLIDAY FOOD SAFETY

The holidays are quickly approaching. The holidays are fun and festive occasions when family and friends get together for parties and food galore! The last thing you want to invite to your party is food-borne illness. Use the following tips to keep your family and friends from becoming sick. Don't let bacteria (germs) crash your holiday parties.



*Preparing Food for your party. Always wash your hands with warm water and soap before and after handling food. Keep your kitchen, dishes, and utensils clean. Always serve food on clean plates – never use plates used for holding raw meat and poultry for cooked food.

*To prevent problems with bacteria growing in your food. Keep cooked foods hot (140 degrees Fahrenheit or higher). Use chafing dishes, slow cookers and warming trays to keep foods hot on your buffet table. Keep cold foods at 40 degrees Fahrenheit or colder. Keep foods cold by nesting dishes in bowls of ice or use small serving trays and replace them often. Cool foods quickly in your refrigerator. Divide large portions of cooked foods into smaller portions to cool quickly in your refrigerator. Bacteria can also multiply quickly in moist desserts that contain dairy products. Keep eggnog, cheesecakes, cream pies and cakes with whipped-cream or cream-cheese frostings refrigerated until serving time.

*Helpful Hint – Prepare serving platters and dishes ahead of time; store them in the refrigerator or keep them hot in the oven (set at approximately 200 to 250 degrees Fahrenheit) before serving. Then **replace** empty platters rather than adding fresh food to a dish that already had food in it. Many resources on holiday food safety can be found at www.ksre.k-state.edu/foodsafety/topics/holiday.html

CLEANING AND STORING CANNERS

As canning season winds down, it's time to clean and store the equipment for next year. Here's some tips for pressure canners.

*Clean the vent and safety valve with a pipe cleaner or small piece of cloth.

*Check the gasket for cracks and food debris.

*If the inside of the canner has darkened, fill it above the darkened line with a mixture of 1 tablespoon cream of tartar to each quart of water. Place the canner on the stove, heat water to a boil, and boil covered until the dark deposits disappear. Sometimes stubborn deposits may require the addition of more cream of tartar. Empty the canner and wash it with hot soapy water, rinse and dry. For more information, see http://nchfp.uga.edu/tips/fall/store_canning_supplies.html

MARKETPLACE HEALTH INSURANCE OPEN ENROLLMENT

Open enrollment for health insurance through the Federal Marketplace begins on November 1st and ends December 15th, 2019 for coverage beginning January 1, 2020. In the River Valley District, plans are available through Blue Cross & Blue Shield and Medica Insurance Company.

When choosing a new health plan or evaluating to renew, there are several factors to consider. Networks can vary within the same company so make sure your providers – doctors, hospitals, and other health care providers – are within the plan’s network. Coverage of benefits, deductibles, premiums and copayment amounts are very important to consider, also.

To enroll or check options through the Marketplace, visit www.healthcare.gov. For local assistance, Monica Thayer, Family Resource Management Extension Agent, is a Certified Applications Counselor and will be helping individuals and families with the process. She will be in the four counties of the River Valley District on the following days:

- Belleville (RVD Extension Office, 1815 M Street, Belleville, KS 66935)
November 4, November 12, November 18,
November 27, December 4, December 10
- Clay Center (RVD Extension Office, 322 Grant Avenue, Clay Center, KS 67432)
November 5, November 13, November 19,
November 25, December 3, December 9
- Concordia (RVD Extension Office, 811 Washington, Concordia, KS 66901)
November 1, November 8, November 14,
November 20, December 2, December 11
- Washington (Washington County Health Department, 104 E 2nd St, Washington, KS 66968)
November 7, November 15, November 21,
November 26, December 6, December 13

Call your local River Valley Extension District Office to schedule an appointment.

- Belleville 785-527-5084
- Clay Center 785-632-5335
- Concordia 785-243-8185
- Washington 785-325-2121

Appointments will take around 1.5 hours. You will be asked for basic information about your family and household. You will need names, birthdates, and Social Security numbers for everyone in your household, projected 2020 household income, tax information, and immigration documentation and supporting identification numbers.

If you plan to submit an online application, you must also have an email address and password to create an online Marketplace account. Monica can help you create an email account if you do not currently have one.

Contact Monica Thayer, Family Resource Management Extension Agent, at 785-527-5084 for more information.

PLAN YOUR HOLIDAY SPENDING

The holidays are quickly approaching, which means people are planning their Black Friday and Cyber Monday shopping, what meals to prepare, and more. People strategize the stores and websites, check out deals, schedule times, and create a plan of action. All the purchases can wreak havoc on your bank account if you aren’t careful. A budget or spending plan can help.

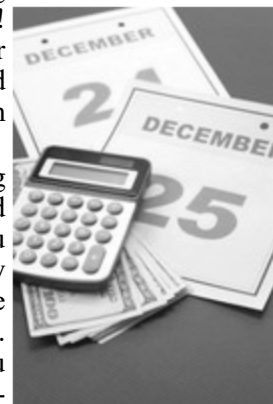
Unfortunately, the word budget is often taboo to many individuals. When you mention a budget, people think they are restricting. So, let’s throw out the term and use spending plan instead. Doesn’t that sound much more pleasant? A spending plan does exactly what its title says. It gives you a plan of where you can spend your money. Creating and sticking to a spending plan can help alleviate financial stress during the holidays.

If you already have a spending plan, great! Refer to it when deciding how much money is available for purchasing gifts, food, and any other items during the holiday season and year-round. If you don’t have a spending plan, now is the perfect time to start! Your spending plan is a map for your money. It includes your projected amounts of income and expenses with adjustments made for changes.

When using or creating a spending plan for holiday purchases, you need to consider how much money you want to spend and how much money you have available to spend as these can be two very different amounts. Once you have chosen an amount you can spend, decide who you are purchasing gifts for and what additional food or items you want to purchase.

It is beneficial to make a list of everyone you want to purchase for, ideas for gifts, and the total amount you will spend on each person as different people may warrant different spending allowances. You may also use this list when in stores or on websites to compare pricing and track what you have purchased.

Holidays can get hectic. Try to minimize your stress by being financially capable. To get started on creating an overall spending plan, refer to K-State Research and Extension’s “Essential Living Skills: Money Management” (S134G, <https://www.bookstore.ksre.ksu.edu/pubs/S134G.pdf>). Contact Monica Thayer, Family Resource Management Extension Agent, at 785-527-5084 for more assistance.



Upcoming River Valley Holiday Closings

- Monday, November 11- Veteran’s Day
- Thursday & Friday, Nov. 28 & 29 - Thanksgiving
- Thursday, December 12– Staff Training
- Wednesday, December 25—Christmas

2020 Medicare Part D Plans

Twenty eight Medicare Part D Prescription Drug plans (PDP) are available for 2020 in Kansas. Plan premiums vary from \$13.20 to \$74.70 in 2020. There are five new PDPs and three PDPs which are discontinuing coverage in 2020.

Plan Name Change

Humana Walmart RX changed to Humana Premier Rx (PDP) (S5884-170)

Note: The premium increased from \$23.60 to \$52.40.

Humana Preferred Rx changed to Humana Basic Rx Plan (S5884-109)

Aetna Medicare Rx Select changed to Wellcare Medicare Rx Select (S5810-301)

Aetna Medicare Rx Saver changed to Wellcare Medicare Rx Saver (S5810-058)

Aetna Medicare Rx Value Plus changed to Wellcare Medicare Rx Value Plus (S5768-147)

New 2020 Plans

Blue Medicare Rx Enhanced

Clear Spring Health Premier Rx

Clear Spring Health Value Rx

Humana Walmart Value Rx

Wellcare Wellness Rx

Four PDP plans have no deductible in 2020. Note: Silverscript Choice has a \$365 deductible in 2020.

Three new PDP plans have a monthly premium under \$20: Clear Spring Premier Rx-\$15.60, Humana Walmart Value Rx-\$13.20 and Wellcare Wellness at \$14.90.

Part D Late Enrollment Penalty

Have you delayed signing up for a Part D Plan and want to sign up for one now?

You would not count your initial Medicare enrollment period three months before you turned age 65, if Part D Plans were available, your birth month and three months after that. You would multiply the number of months you did not sign up for a Part D Plan past the initial enrollment period x \$.3274 @ month for the penalty. This amount would be added onto the cost of the monthly premium.

Reference to any specific commercial products, process, service, manufacturer, or company does not constitute its endorsement or recommendation.

2020 MEDICARE PART D PRESCRIPTION PLANS

Time is running out to shop and enroll in a 2020 Medicare Part D Plan. The open enrollment period for Medicare 2020 Part D Prescription Plans began October 15th and will continue only until December 7th. A limited number of counseling appointments are available. Lessen the stress in your life by shopping and enrolling now. A weight will be lifted if you get this decision made today.

Questions and answers concerning 2020 Part D Prescription Plans in Kansas:

Closing the Donut Hole in 2020

Q: Is there a donut hole or gap in 2020?

A: Yes. There will be a donut hole, but the brand name and generics drugs cost the same in the gap. In the donut hole a person pays 25% of the cost of brand name drugs and 25% for generics. In 2019 a person paid 37% of the cost for generics in the gap. A person will enter the donut hole at some point during the year if the average retail value of their drugs is over \$335 per month.

Plans with Coverage in Gap or Donut Hole

Q: Are there any plans that offer coverage in the gap or donut hole?

A: There are six plans that offer some coverage for drugs in the gap in 2020, the same number as last year. The gap or donut hole starts when the total money spent on your prescriptions from the insurance company and your part equals \$4,020. Medicare beneficiaries will then pay a 25% co-pay for brand name prescriptions and a 25% co-pay for generics as mentioned earlier.

Deductible Starts Over in 2020

Q: I had a Part D Prescription Plan in 2019. Does my deductible start over in 2020?

A: Yes. Your deductible will start over in 2020. Your deductible in 2020 may be up to \$435 depending on your

prescription plan. When you have met your deductible, your prescription plan will start paying their share toward your prescriptions. Some plans waive the deductible for generics.

Prescription Coverage with Same Company in 2020

Q: I am happy with my Part D Prescription Plan. Do I have to re-enroll?

A: If you are happy with your plan, have read all correspondence that has come from the company so you know what your premium, deductibles, co-payments and formulary is for 2020 and are still pleased with your plan, you do not need to do anything.

Coverage Period

Q: When will my coverage start?

A: If you enroll between October 15 and December 7, 2019, your coverage will begin January 1, 2020. This is the open enrollment time and only time of the year that a Medicare beneficiary can change to a different plan unless there is a circumstance of a special enrollment period.

Selecting Plans

Q: Which plan should I choose?

A: Choosing a plan is very much an individual decision which will need to be based on a number of factors including cost, convenience, the medications that you take and which plans will be accepted at your preferred pharmacy. Now is the time to comparison shop.

Help Available

Q: Where is help available?

A: **Help Available**- Unbiased assistance is available by a SHICK, Senior Health Insurance Counseling for Kansas, Counselors in your area. Counseling is available at River Valley District K-State Research Offices in Belleville, Clay Center, Concordia and Washington. SHICK Counselors are helping at some libraries too. A listing of area SHICK Counselors assisting Medicare beneficiaries during the enrollment period is available in the District Extension Offices. Call the Extension Offices, Belleville (785-527-5084), Clay Center (785-632-5335), Concordia (785-243-8185) or Washington (785-325-2121).

SHICK Counselors Available to Help You

Belleville- Judy Uphoff & Belinda Robison

Concordia- Lynn Elliott

Washington- Janet Elliott

Clay Center- Nola Unruh, James R. Beck & Beverly Lang

All Locations- Deanna Turner

District Part D Prescription Drug Enrollment Events

Belleville Public Library- October 28 & November 4 & 25.

Five to six SHICK Counselors are available for appointments. Call the Belleville District Extension Office at 785-527-5084 for an appointment.

Clay Center Extension Office- October 31, November 1, 21 & 22.

Two to three SHICK Counselors are available for appointments. Call the Clay Center Extension Office at 785-632-5335 for an appointment.

Concordia Extension Office- November 12

Three SHICK Counselors are available for appointments. Call the Concordia Extension Office at 785-243-8185 for an appointment.

Ready, set, shop and enroll in a Medicare Part D Plan now. Call one of the River Valley Extension District Offices for an Appointment today!

WHAT TO DO WITH TREE LEAVES

It's that time of year again. Leaves are rapidly falling from deciduous trees so it's a good time to stop and think about options for handling the litter. Although a scattering of leaves won't harm your lawn, excessive cover will prevent sunlight from reaching turfgrass. Turf left in this state for an extended period will be unable to make the carbohydrates needed to carry it through the winter.

There are options for dealing with the fallen leaves other than bagging them up and putting them out for the trash collector. Composting is a great way to handle the litter. The compost can then be used in your vegetable garden and flowerbeds.



Another option is to mow the leaves with a mulching mower and let shredded leaves filter into the turf canopy. (A side-discharge mower also will work, but it won't shred the leaves as thoroughly). This method will be most effective if you do it often enough that leaf litter doesn't become too thick. Be sure to mow while you can still see grass peeking through the leaves. If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

FALL YARD CLEAN-UP

It's that time of year again when leaves are falling from deciduous trees. Now is a good time to stop and think about options for handling the leaf litter. Although a scattering of leaves won't harm the lawn, the excessive cover of leaves for an extended period will prevent sunlight from reaching the turfgrass causing the grass to be unable to make the carbohydrates needed to survive the winter.

There are other options for dealing with the fallen leaves rather than bagging them up and putting them out for the trash collector. Composting is a great way to handle the refuse. Compost can then be used in the vegetable garden and flowerbeds. If you do not compost, you can mow leaves with a mulching mower and let shredded leaves filter into the turf canopy. Mowing is often the most effective when the leaves aren't too thick.

While you are working to keep the leaves from piling up on your turf, you can also decide what needs to be cleaned-up in your flowerbeds.

Fall is traditionally a time for cleaning up flowerbeds. Normally, we recommend cutting down dead stems to help control insect and disease problems. With herbaceous perennials that have been pest free, you might want to consider leaving some to provide winter interest to your garden. For example, ornamental grasses can be attractive even during the winter months. Those near structures like your house, or sheds should be cut to the ground because when they get dry they could be a fire hazard. Perennials with evergreen or semi-evergreen foliage can provide color and structure.

Foliage can be left for a few other reasons as well. For instance, foliage left on semi-hardy plants will act as mulch to protect from harsh winter winds and help to ensure overwintering of the plant's crowns. Another reason to leave some foliage in your beds is because of wildlife. Birds will eat seeds from the perennials, and others will use the plants as shelter. This fall take the time to look around your yard and see what you can do to prepare your landscape for the winter months. If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

WINTERIZING ROSES

Now that the temperatures have been getting colder, it's time to think about preparing your landscape for the winter months. Most shrub roses are hardy to our Kansas winters, but a few types of roses could have problems adjusting to our weather. For example, the hybrid tea roses have certain species in their ancestry that originated in the warm climate of southern China. These roses need protection to survive Kansas winters. One way to help protect your roses is by mounding the soil about eight to ten inches high around each plant. When using soil, bring it in from another location. You do not want to pull from a part that has disease problems. Do not pull it from in-between plants because this can damage the roots or make them more susceptible to the cold.

Mounding is normally done by Thanksgiving. After the ground has frozen, add a 4-inch layer of mulch. The mulch can be made up of straw, leaves or hay for further protection. A small amount of soil may be spread on top of the mulch to keep it in place. Do not add the mulch before the ground freezes or mice may invade and feed on the roses over the winter. The purpose of these coverings is not only to moderate the cold, but also to prevent warm days during the winter or early spring from stimulating growth that is tender to returning cold weather.

If your roses have excessively tall canes they can be pruned to a height of 36 inches or tied together to prevent them from being whipped by strong winter winds. Wind can cause major damage to the crown of the plant by loosening the surrounding soil. Next spring, remove coverings from the crown before new growth starts. Wait until after the ground thaws, as the temperatures are more consistent. If you remove the coverings to soon the tops may begin growing before the roots can provide water to the new growth. If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

KAMS

Kansas Agricultural Mediation Services

1-800-321-FARM (3276)

Call toll-free to discuss options that may be available for farms financial issues.

WORKSHOP FOR CAREGIVERS OF THOSE WITH DEMENTIA

Are you a caregiver, family member or friend to someone with a type of dementia? Do you feel like you are running out of ideas on how to support them? Are you interested in learning new ways to engage them in meaningful pursuits? Looking for ways to lessen your stress?

Personhood and Dementia, a FREE workshop sponsored by the K-State Center on Aging, might be for you! It is being held on Thursday, November 7th, at 9-11am and 1-3pm at the Bluemont Hotel in Manhattan at 1212 Bluemont Ave. Recent publications have shown the creative arts to be an avenue for continued growth, focusing on the positive potential and personhood of people with dementia while also reducing caregiver stress.

This one-day workshop features Creative Arts Specialist, Linda Zimmer. While providing care for her mother through dementia, Linda developed her own “playful protocol” in which she utilizes the arts, animals and her background of creating puppets for *Mister Roger’s Neighborhood* to foster connection and joy. Linda, along with her poodle Toby and various puppet characters, will engage people for the day and teach easy ways to improve connections with loved ones.

Experience the power of your own creativity and see how it connects you to others. The event is FREE and NO registration is required. Free parking on site is available. Bring a friend or two and enjoy an engaging day of learning! The morning and afternoon sessions are unique, so plan to attend both! For more information visit this website: <http://www.he.k-state.edu/aging/outreach/personhood-dementia/>.

FARM STRESS—CULTIVATING A PRODUCTIVE MINDSET

Cultivating a Productive Mindset is a useful strategy for managing stress in agriculture. As with many of the tools we have offered up, we try to keep it simple in order to help alleviate stress and not add to it.

As we have discussed often, so many of the things that cause stress for farmers (weather, international policy, livestock disease, breakdowns, and accidents) are simply out of their control. One powerful tool that farmers can use to handle farm stress is controlling their mindset. Three tactics that can be used are: self-talk, breathing/mindfulness, and acceptance.

Self-talk: The body hears what the mind says so choose a set of words to use in times of stress to calm your mind. For example, I am calm, I am capable, I am in control!

Breathe: In times of stress the body will employ the fight or flight response and release cortisol. Find some breathing or mindfulness exercises that work for you and use them daily or especially in times of stress,

Acceptance: We can reduce stress by making a conscience decision to relax, assess which things are under or out of our control, and choosing to accept those things we cannot control and focus on those things that are within our control.

TIPS FOR MANAGING STRESS

Stress is defined as mental, emotional, or physical tension or strain and too much can negatively impact health. Some ways to lower stress are to make a conscious effort to spend more time in a lower gear, take time in between bursts to rest and recuperate, or learn how to change your point of view and look at the positive rather than the negative aspect of a situation. Most of us have felt “stressed out” from time to time, but when this feeling persists, stress becomes chronic and can negatively impact our careers, quality of life, and our bodies.

To manage stress, the first step is to pinpoint your stressors. To identify true sources of stress, look closely at your habits, attitude, and excuses. Pinpointing stressors may be difficult because some of them may be very subtle. Sometimes we fail to notice our own stress-inducing thoughts, feelings, and behaviors.

Tips to Help Manage Stress:

*Know your limits. It may be surprising to discover the number of stressors that can be reduced and/or eliminated. Learning to say no is an important part of knowing your limits and sticking to them. Whether it is for personal or professional reasons, taking on more than one can handle is a guaranteed recipe for stress. Be mindful of your current schedule and commitments.

*Alter stressful situations. If it’s not possible to avoid a stressful situation, try to alter it. Deal with problems head on and do your best to anticipate and prevent them. Poor time management can cause stress. When you’re stretched too thin and behind, it’s hard to stay calm and focused. Plan ahead and make sure you don’t overextend yourself.

*Pinpoint stressors. Try starting a stress journal. Each time you feel stressed, keep track of it. You will start to see patterns and themes. Things to write down include: the cause of stress, how you felt (physically and emotionally), your reaction, and what you did to make yourself feel better. Think about how you currently manage and cope with stress. Are your strategies healthy or unhealthy?

*Try changing the reaction. If changing a stressor is not possible, try changing the reaction to it. Adapting to stressful situations can help regain a sense of control by altering expectations and attitude. Try to view stressful situations from a more positive standpoint. Take perspective of the situation. Ask yourself how important it will be in the long run.

*Nurture yourself for improved health. Beyond a take-charge approach and a positive attitude, stress levels can be reduced by nurturing yourself. Set aside time to relax in your daily schedule. Do something enjoyable every day, whether it is playing the piano, dancing, singing, going for a walk, calling a good friend, working on crossword puzzles, reading a book, working in the garden, or going fishing.

*Increase your resistance to stress. Regular physical activity and healthy eating patterns can help combat stress. Make time for a least 30 minutes of activity every day. Find activities that are enjoyable and that can be done with a friend or group to increase accountability. Sources:

http://www.heart.org/HEARTORG/GettingHealthy/StressManagement/FourWaystoDealwithStress/Four-Ways-to-Deal-with-Stress_UCM_307996_Article.jsp. <http://www.cdc.gov/features/handlingstress/>

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PERMIT NO. 3****Address Service Requested****RIVER VALLEY DISTRICT****“2019 UP-COMING MEETINGS & EVENTS”**

DATE	TIME	PROGRAM	LOCATION
Nov. 1, 8, 14, 20 & Dec. 2, 11		Marketplace Health Insurance Open Enrollment	Concordia- Extension Office
Nov. 4, 12, 18, 27 & Dec. 4, 10		Marketplace Health Insurance Open Enrollment	Belleville- Extension Office
Nov. 5, 13, 19, 25 & Dec. 3, 9		Marketplace Health Insurance Open Enrollment	Clay Center– Extension Office
Nov. 7, 15, 21, 26 & Dec. 6, 13		Marketplace Health Insurance Open Enrollment	Washington-Health Dept., 104 East Second
Nov. 7	9-11am	Personhood and Dementia (Session 1)	Manhattan-Bluemont Hotel, 1212 Bluemont
Nov.7	1-3pm	Personhood and Dementia (Session 2)	Manhattan-Bluemont Hotel, 1212 Bluemont
Nov 11		RVD Offices Closed for Veteran’s Day	
Nov 18	6:30pm	The Silent Epidemic-Victory Over Depression	Belleville-Blair Theater, 1310 19th Street
Nov. 21	8-4pm	2019 KSU Swine Day	Manhattan-KSU Alumni Center
Nov. 28&29		RVD Offices Closed for Thanksgiving holiday	
Dec. 12		RVD Offices Closed for Staff Training	
Jan. 6	7:00 pm	RVD Lease Survey Summary Meeting w/Mykel Taylor	4-H Building, Fairgrounds, Belleville