

Your county
extension office



UW
Extension
Cooperative Extension
Taylor County

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Focus on Families

<i>In this issue</i>	<i>Page</i>
----------------------	-------------

Add More Vegetables to Your Day	2
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8 Rules for New Caregivers	3-4
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Protecting Your Retirement: <i>What Every Adult Child Should Know</i> and Managing Your Money Program	5
---	---

Taking Care of You: Powerful Tools for Caregiving Program	6
---	---

Holiday Food Questions???	7
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This newsletter is also available for viewing on our website:
<http://taylor.uwex.edu/>

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Survey: Snacks account for nearly one quarter of teens' calories

If it seems that teens are getting more and more of their nourishment in the form of snacks, your perception may be right on target. The US Department of Agriculture's Agricultural Research Service compared data from 2005-2006 to a survey of adolescent snacking in the U.S. from 1977-1978 and found that snacks now provide almost a quarter of teens' daily calories (23 percent in 2005-6).

"In the latest survey, one-third of added sugars in the teens' diets came from snacks," says Susan Nitzke, an Extension specialist and Professor Emeritus of Nutritional Sciences at UW-Madison. The survey identified carbonated soft drinks, candy, fruit drinks, ice cream and cookies as the biggest sources of added sugars in teen snacks.

Mallory Koenings, a graduate student in nutritional sciences at UW-Madison, recommends that teens and adults consider a few simple adjustments to make snacking healthier.

--First and foremost, think about the reasons for snacking. If you're eating for reasons of habit or boredom rather than true hunger, skip the snacks altogether. "Try to be more mindful in choosing when to eat or drink, as well as in what you're selecting," advises Koenings.

--Instead of carbonated soft drinks and fruit drinks, get in the habit of drinking water between meals. Milk and 100 percent fruit juice are also good choices.

--The survey showed that potato chips and tortilla chips were the most popular snack food in the grains and vegetable food groups. For healthier choices, Koenings recommends baked chips made from sliced vegetables or whole grains. Salsa and yogurt seasoned with herbs are nutrient-rich dips.

--In the fruits group, look for whole fruits such as apples and pears. "Depending on the season, fresh, canned, and frozen fruit are convenient and economical, as well as nutritious," says Koenings.

In general, Koenings and Nitzke recommend cutting back on soft drinks and sweets such as candy and ice cream. Instead, fill up on nutrient-dense snacks, such as bananas, low-fat milk, yogurt, cheese, whole-grain crackers or walnuts.

10 tips

Nutrition
Education Series

add more vegetables to your day



10 tips to help you eat more vegetables

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1 discover fast ways to cook
Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2 be ahead of the game
Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.



3 choose vegetables rich in color
Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4 check the freezer aisle
Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

5 stock up on veggies
Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



6 make your garden salad glow with color
Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.



7 sip on some vegetable soup
Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

8 while you're out
If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9 savor the flavor of seasonal vegetables
Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



10 try something new
You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.

8 Rules for New Caregivers

1. Start with a candid conversation. Talk with your parents about how you will be helping them to meet their needs. Unless they are severely incapacitated, they should continue to make their own decisions and remain a central part of all discussions about their care. Encourage them to articulate their concerns: Most likely, your parents are worried about becoming a burden and losing control of their lives. Have an open conversation about what role your parents want you to play. Establish limits so they don't form unrealistic expectations.

2. Set your priorities. Make a list of what needs to get done and how you plan to do it. An organized approach puts you in control, reduces stress and ensures that your parents get the assistance they need. Be sure to create backup plans, and ask others to serve as reinforcements if necessary. Write down your plans and schedules, and give a copy to all involved family members. Consider using an online scheduling tool such as Lotsa Helping Hands to organize and keep track of who's doing what, when.

3. Build a support network. In most families, one person assumes the role of primary caregiver. But that doesn't let others off the hook. Enlist the help of your siblings, of course, but also consider that cousins, nieces and nephews may be eager to help. Don't forget to include your friends, distant relatives, neighbors and acquaintances, such as members of your parents' civic or religious groups. Not all of these folks will volunteer to help, but many will get involved if you ask. Some, in fact, may feel hurt or left out if you don't seek their assistance.

4. Don't be afraid to delegate. Ask a friend to pick up groceries or get books from the library, a neighbor's child to adopt your parent as a grandparent, or a local teenager to help with yard work for a manageable fee. Investigate whether a civic group can provide free home repair or transportation services. Ask the newspaper carrier, a barber or an apartment superintendent to keep an eye out for your parents and to call you if anything seems wrong.

5. Offer alternatives. With family members, don't accept excuses for not helping without offering alternatives. A sibling who lives far away, for example, can help with paying bills, contacting doctors' offices or seeking support from local agencies. Siblings who have young children can cook meals or bring kids along for visits and outings.

6. Hold family meetings. Schedule them regularly, and bring in distant family by phone. Choose a neutral party to moderate if necessary. Draw up a clear agenda for each meeting, and agree on rules of conduct — for instance, don't interrupt, stick to time limits, avoid argument and focus the discussion on how to care for your parents. If meetings tend to be contentious, consider hiring a geriatric care manager to run the meeting.



Continued on Page 4

7. Involve your children. When you have parents and children who need your time and attention, you may feel pulled from both sides. Be honest with your children about the situation, and listen to their concerns. Encourage their questions, and answer them thoroughly. Carve out time for fun activities, and request your children's help. Teenagers can drive Grandma to the store, and even a toddler can make her feel loved.

8. Talk to your spouse. Have a discussion with your partner about your caregiving responsibilities. What role do you expect him or her to play? Suggest specific ways your spouse can help, and show appreciation for his or her efforts. Recognize that your responsibilities affect your spouse, and encourage him or her to talk about any frustrations. Your relationship is a priority — keep it that way.

Your To-Do List

Determine housing options and preferences: With your parents, discuss whether they want to continue to care for their home or whether they have considered living elsewhere. Depending on their health and well-being, they can either stay in their home with some changes and additional help or consider other options such as an assisted living residence or a continuing care retirement community.

Research helpful services: Consider home care, adult day services, meal delivery and help with everyday activities such as preparing meals and doing laundry.

Learn medical history: Ask your parents about any medical conditions or health problems and get a list of their doctors and medications. If your parents are unclear about the details, ask if you can go with them on their next visit to the doctor.

Assemble contact list: Gather names and contact information for those in your parents' personal support system. This should include close relatives and friends, neighbors, friends from their place of worship, clergy, housing managers or apartment front-desk staff, and even the local pharmacist.

Create a financial profile: While this information may be difficult to obtain, it is critical to have. Make a list of income sources such as Social Security and pensions, monthly and yearly income and expenses, bank accounts and investments, and a statement of net worth.

Review legal needs: Work with your parents to determine what relevant legal documents they have or want to have (wills, advance directives such as living wills, health care proxy forms, trusts and powers of attorney). Locate important documents, including their birth certificates, deed to home and insurance policies, and find out if they are up to date and express their current wishes.

Make a list of important accounts: Include Social Security numbers, bank accounts, credit cards, health and life insurance policies, and driver's licenses.



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Protecting Your Retirement & Other Financial Information for Family Caregivers: *What Every Adult Child Should Know*

Thursday, November 3 & 10, 2011*

1:30-3:30 PM or 6:30-8:30 PM

UW-Extension Meeting Room #2

USDA Service Center

925 Donald Street

Medford, WI 54451

This program is for family members who:

- have left or are considering leaving the workforce to care for a child or ailing spouse
- are planning to reduce hours to care for an elderly relative

Planning for long term care before a crisis is important for caregivers as well as care receivers.

Topics include:

- family finances
- protecting caregiver's retirement
- communicating effectively
- wills, living wills, Power of Attorney for Health Care
- alternative caregiving arrangements
- paying for care



Please call **715-748-3327** to pre-register for this **FREE** 2-part* program.

MANAGING YOUR MONEY



Mondays

November 7, 14, & 21, 2011*

1:00—3:00 or 6:00—8:00 PM

Ground Floor Conference Room

Courthouse—Medford

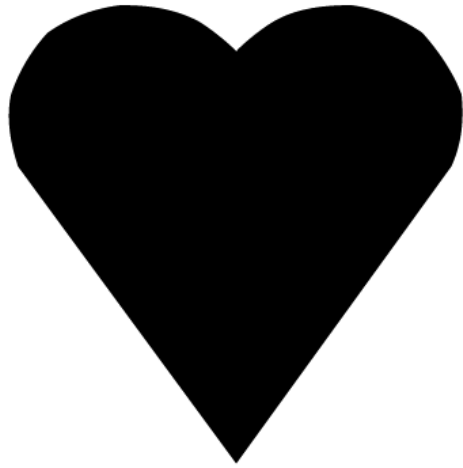
Develop your personal spending plan and learn how to keep track of your spending.

***This is a 3-part series.**

Call the UW-Extension office, at **715-748-3327**,
before the first class in the series to pre-register.

Class size is limited.

There is **no fee** to attend this program.



**You are invited
to join other
caring people**

Participate in an educational program designed to support family caregivers.

“Taking Care of You”

Powerful Tools for Caregiving

“Taking Care of You”...Powerful Tools for Caregiving is an educational program designed to provide family caregivers with skills to help them take good care of themselves. This 6-week series provides tools to help caregivers to:

- Build effective communication skills
- Reduce stress, anger, guilt and depression
- Learn relaxation techniques

A six-week series will be offered Thursdays, January 5th through February 9th, 2012 (snow dates are February 16th & 23rd) from 1:00 – 3:30 P.M. in the Medford Multipurpose Room, 845 E. Broadway, Medford, WI. The fee for all six classes is \$10, which includes The Caregiver Help Book. Free respite care is available.

- Class size is limited -

For more information or to register contact:

**Diane Niggemann, Director
Taylor County Commission on Aging
845B East Broadway
Medford, WI 54451
(715)748-1499**

Get Ready For The Hunt

Some bulletins available at Taylor County UW-Extension office for the hunting season include:

- Wisconsin's Wild Game: Enjoying the Harvest
B3573.....\$2.50
- Canning Meat, Wild Game, Poultry & Fish Safely
B3345.....\$2.50
- So You Got a Deer
G1598.....FREE
- Processing Your Deer
G3847.....FREE

Aim For Safety

Please Hunt Carefully



Holiday Food Questions???

UW-Extension, Taylor County

Peggy Nordgren

Family Living Agent

715-748-3327

Weekdays - 8:00 a.m. to 4:30 p.m.
peggy.nordgren@ces.uwex.edu

USDA Meat & Poultry Hotline

1-888-MPHotline

1-888-674-6854

Email: mphotline.fsis@usda.gov

www.fsis.usda.gov

Butterball®

1-800-BUTTERBALL

1-800-288-8372

10:00 a.m. to 7:00 p.m. CST

The **Turkey Talk-Line** is open to consumers during the months of November and December.

Bilingual support is available.

Email: talkline@butterball.com

www.butterball.com

Ocean Spray Consumer Helpline

1-800-662-3263

10:00 a.m. to 5:00 p.m. CST

Monday-Friday

www.oceanspray.com

Fleischmann's Yeast

Baker's Helpline

1-800-777-4959

www.breadworld.com

Land O'Lakes

Consumer Affairs

1-800-328-4155

9:00 a.m. to 3:30 p.m. CST

Monday

8:00 a.m. to 3:30 p.m. CST

Tuesday-Friday

www.landolakes.com

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