

HAPPY MOTHERS DAY TO ALL MOMS!



NEW RETRO CANNING JARS

This year, jars for canning are going retro again! Ball® jars are now available in the amber color. They are in wide mouth pint, wide mouth quart, and wide mouth half-gallon sizes. The first amber colored jars date back to the late 1800s. The color was made because emissions from the coal furnace permeated the glass pots causing clear glass to become amber in color.



Lots of accessories are available to transform jars into many non-canning uses. There are also accessories for adding decoration or for transforming jars into beverage containers and special lighting.

Replacement parts for Ball® appliances are also

available.

While some of these items may be available at your local store, all items can be found at www.freshpreserving.com.

Food Preservation Classes

The following date and location are now scheduled to help you learn about home food preservation. Contacts are listed for more information and registration.

June 27, 2018—Meadowlark District, Cindy Williams, csw@ksu.edu, 785-863-2212 or Brown county, Matt Young, mayoung@ksu.edu, 785-742-7871

NEW BREAD SCULPTURE Contest at Kansas State Fair

“Find Your Fun” and have some fun with food! A new contest for the State Fair has been developed by the Kansas Wheat Commission to bring out your creativity with bread sculptures.

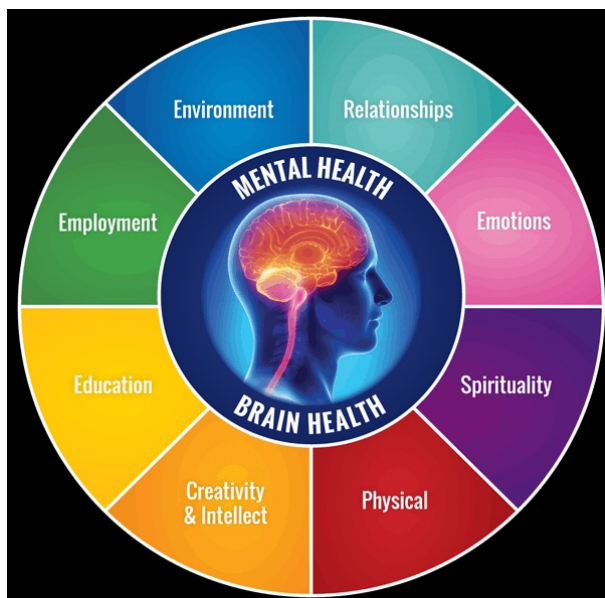
Individuals may enter their item in the “Open Class” Bread Sculpture contest at the State Fair.

Judges will consider creativity, originality, imagination, attention to detail, design, color, and instructions.

For more information, the contest flyer can be found at

<http://www.rrc.kstate.edu/judging/index.html> under “Foods & Nutrition.”





Alzheimer's 101

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***I have been teaching this lesson and have learned so much about this disease! Here is a chapter of the Alzheimer's 101 lesson:**

According to the Alzheimer's Association, there are 10 ways to love your brain:

- 1. Break a sweat.** Engage in regular exercise for at least 150 minutes per week.
- 2. Hit the books.** Take a class online or at your local community center. Formal education at any age can help reduce your risk of cognitive decline.
- 3. Butt out.** Smoking cigarettes increases your risk for numerous health concerns, including cognitive decline. Quit smoking now.
- 4. Follow your heart.** Risk factors for cardiovascular disease — such as high blood pressure and obesity — also increase your risk for cognitive decline.

Living a heart-healthy lifestyle is also best for your brain.

5. Heads up! Wear a helmet, use your seatbelt, and prevent fall-related injuries. Protecting your head, and your brain, can help reduce your risk of cognitive decline.

6. Fuel up right. Eat a healthy and balanced diet. Be sure to consume plenty of fruits, vegetables, and whole grains.

7. Catch some Zzz's. A lack of sleep can contribute to memory loss and trouble thinking. Strive to get 9 hours of sleep per night.

8. Take care of your mental health. Some studies have linked a history of depression with an increased risk of cognitive decline. If you have symptoms of depression, or are unsure, seek advice from a doctor.

*****9. Buddy up.** Staying social throughout your life span may support better brain health. Get together with friends, engage in your favorite hobbies, volunteer, and be a part of your local community.

10. Stump yourself. Challenge your brain! Playing cards, doing puzzles, and trying new things — such as building a piece of furniture or learning a new skill — can have numerous brain boosting benefits.

Alzheimer's disease is a worldwide crisis until a medical breakthrough occurs. Because of current limitations in pharmacological treatments, the best advice that can be given to anyone experiencing cognitive changes is to see your doctor as soon as possible. *It might not be Alzheimer's disease*, but if it is, there are steps that you can take to prepare yourself and your loved ones for a life with Alzheimer's disease. Be proactive in your own health care.

