POWERFUL TOOLS FOR CAREGIVERS CLASS

You take care of a friend, or family member and you know how hard it is to be a caregiver. Physically, Mentally, Emotionally - caregiving can be exhausting.

This 6 week course will cover a wide range of topics on how to take care of yourself while you take care of another person.

This will be a Face to Face education series with all Covid19 precautions in place. We will use social distancing space with multiple tables. Masks are encouraged but not mandatory.

Classes start Tuesday, September 15th through Tuesday, October 20th.

Time: 12 Noon—1:30 p.m. These classes will be taught as a Lunch n Learn series. Please bring a sack lunch.

Cost: $10 for the 6 weeks.

Place: Troy Fairgrounds 4-H Building.

Please Register by calling the Doniphan County Extension office at 785-985-3623 by September 11th.

THE SEARCH FOR CANNING SUPPLIES

Gardens popped up in a lot of new locations this year since everyone had more time at home and many garden supply stores sold out of plants and seeds. Now that gardens are producing, food preservation supplies are disappearing off store shelves.

Canning lids are few and far between. But remember, do not reuse canning lids! Do not use old, dented, or deformed lids, or lids with gaps or other defects in the sealing gasket. When jars are processed, the lid gasket softens and flows slightly to cover the jar sealing surface, yet allows air to escape from the jar. The gasket then forms an airtight seal as the jar cools. Gaskets in unused lids work well for at least 5 years from date of manufacture. The gasket compound in older unused lids may fail to seal on jars.

*** I have a limited number of canning lids, wide mouth, here at the office. I will sell them to you at cost. Like the stores—only one box per request!

LETS TALK TEMPERATURE!

Normal human body-temperature (normothermia, euthermia) is the typical temperature range found in humans. The normal human body temperature range is typically stated as 97.7–99.5 °F

Recent studies suggest that normal body temperature may be falling over time to well below the commonly accepted measure of 98.6°F. An analysis of 20 studies between 1935 and 1999 found that the average oral temperature was 97.5°F. And a 2017 study of more than 35,000 people found a similar result. 2020www.healthharvard.edu
Thermometers: Understand the options

Thermometers come in a variety of styles. Understand the different types of thermometers and how to pick a thermometer for you.

By Mayo Clinic Staff

Choosing the thermometer that's best for your family can be confusing. Here's what you need to know about the most common thermometers.

**Digital thermometers**

Regular digital thermometers use electronic heat sensors to record body temperature. These thermometers can be used in the rectum, mouth or armpit.

Armpit temperatures are usually the least accurate. Rectal temperatures provide the best readings for infants, especially those 3 months or younger, as well as children up to age 3. For older children and adults, oral readings are usually accurate — as long as the mouth is closed while the thermometer is in place.

If you plan to use a digital thermometer to take both oral and rectal temperatures, you'll need to get two digital thermometers and label one for oral use and one for rectal use. Don't use the same thermometer in both places.

The pros:

- Most digital thermometers can record temperatures from the mouth, armpit or rectum — often in a minute or less.
- A digital thermometer is appropriate for newborns, infants, children and adults.

The cons:

- Parents may worry about causing discomfort when taking a child’s temperature rectally.
- You need to wait 15 minutes after eating or drinking to take an oral temperature. Otherwise, the temperature of your food or drink might affect the thermometer reading.

It can be difficult for children — or anyone who breathes through the mouth — to keep their mouths closed long enough to get an accurate oral reading.

**Digital ear thermometers**

Digital ear thermometers, also called tympanic thermometers, use an infrared ray to measure the temperature inside the ear canal.

The pros:

- When positioned properly, digital ear thermometers are quick and generally comfortable for children and adults.
- Digital ear thermometers are appropriate for infants older than age 6 months, older children and adults.

The cons:

- Digital ear thermometers aren't recommended for newborns. Earwax or a small, curved ear canal can interfere with the accuracy of a temperature taken with a digital ear thermometer.
Temporal artery thermometers

Temporal artery thermometers — often sold as forehead thermometers — use an infrared scanner to measure the temperature of the temporal artery in the forehead.

The pros:

- Temporal artery thermometers can record a person’s temperature quickly and are easily tolerated.
- Temporal artery thermometers are appropriate for infants older than age 3 months and for older children. New research suggests that a temporal artery thermometer also might provide accurate readings for a newborn.
- Additional research suggests that temporal artery thermometers are the most accurate alternative to rectal digital thermometers for taking a child's temperature.

The con:

A temporal artery thermometer may be more expensive than other types of thermometers.

Mercury thermometers

Once a staple in most medicine cabinets, mercury thermometers use mercury encased in glass to measure body temperature. Mercury thermometers are no longer recommended because they can break and allow mercury — which is toxic — to escape.

If you have a mercury thermometer, don’t throw it in the trash. Contact your local trash collection program to see if there’s a hazardous waste collection site in your area.

ADVANCE HEALTH CARE PLANNING IN KANSAS BOOKLET

Do you worry about the medical care you would receive if you became ill and were unable to speak for yourself? By stating your health care preferences in writing before a health crisis occurs, you can ensure that you will receive the type or degree of care that you want. There are many different and unique documents to help you plan for your future. This booklet, AVAILABLE AT THE EXTENSION OFFICE, will guide you through these valuable tools and give you the resources to plan for your future needs.

Why should I plan ahead? As long as you are able, you have the right to be informed and decide your medical treatment. But what happens if you become unable to speak for yourself during a health care crisis? Advance directives allow you to voice your future healthcare wishes and appoint someone to be your voice should you become unable to speak for yourself. Unless you have these documents in place, decisions can be made on your behalf that don’t align with your wishes. Sadly, less than one in four American adults have advance directives in place. Don’t be a statistic. Take an active role, and complete your advance directives while you’re still able. Doing so is often considered a gift by family members and friends faced with making decisions about your future care.

Can I change my mind? Yes! Any of your advance health care planning forms can be revised at any time, provided you are still competent to do so. It is recommended that you review your documents once a year to ensure that they still align with your preferences and that your health care agent is still able and willing to make decisions on your behalf. You should also review your documents any time you go through a major life event, such as a marriage, divorce, or separation. If you need to make changes, you should complete a new form and ensure that old documents are shredded or destroyed. You should give an updated copy to anyone (physician, family, and friends) who you listed.
Zucchini Bread

3 eggs
2 cups sugar
1 cup oil
2 cups zucchini grated fine
1 tsp. vanilla
Beat eggs well. Add sugar and beat thoroughly.
Add oil, then zucchini and vanilla.

Sift together:
3 cups flour
1 tsp baking soda
1 tsp. baking powder
1 tsp. salt.
Add dry ingredients to egg and sugar mixture. Add 1/2
cup nuts if desired.
Put in 2 loaf pans and bake at 350° for 50 minutes.

16 servings
310 calories; 15g fat; 270mg sodium; 26g sugars

Apple School Brownies

1/4 cup butter
1 egg
1/2 tsp. baking soda
1/2 tsp. cinnamon
1 large cooking apple
1 tsp. vanilla
1 cup sugar
1 cup all purpose flour
1/4 tsp. nutmeg
3/4 cup chopped walnuts
Cream together oleo and sugar in medium size bowl.
Beat in the egg. In another bowl, mix together the dry
ingredients and spices. Stir into the batter. Peel, core,
and dice the apple. Stir into the batter along with the
walnuts and vanilla. Pour into 8”x8” greased and
floured baking dish. Bake for 30 minutes at 350°. Cool
in pan on wire rack. Slice into squares. 9 servings

230 calories; fat 10g; sodium 120mg; sugars 24g

Crock Pot Apple Butter

6 1/2 pounds apples, peeled, cored, finely chopped
1/4 tsp. salt
4 cups sugar (or less)
4 tsp. cinnamon
1/4 tsp. cloves
Fill 6 quart crock-pot of chopped apples. Drizzle sugar
(sweet apples require less sugar), cinnamon, cloves and
salt over apples. Cover and cook on high 1 hour, lower
heat and cook all day, until thick and dark in color. Stir
occasionally. Put in small jars, cool and freeze (leave
room to expand). Makes 6 pints. Serving size 2 TB

50 calories; Fat 0g; Sodium 0mg; Sugars 12g

Ice Cream Dessert

Submitted by Mary Linn Johnson

2 1/2 cups crushed rice chex
1/2 cup brown sugar
1 stick margarine (soft)
1/2 cup nuts, optional

Work together and press half of the mixture into a 9x13
pan. Use 1/2 gallon ice cream, (any flavor). Slice and
place over crumb mixture. Put remaining crumbles on
top. Freeze. 15 servings

240 calories; fat 11g; sodium 180mg; sugars 23g

Recipes are due
October 15, 2020 from
Happytime Homemakers.