

Connections Newsletter

The College of Agricultural, Consumer and Environmental Sciences

Henry/Stark Counties

358 Front St. Galva, IL
(309) 932-3447
Tues, Wed, Thur. 8 am - 4 pm

Mercer County

910 13th St. Viola, IL
309-513-3100
Tues, Wed, Thur. 8 am - 4 pm

Rock Island County

321 W 2nd Ave. Milan, IL
(309) 756-9978
Mon-Fri. 8am - 4 pm

Visit our website: extension.illinois.edu/hmrs

Help the 4-H Food Squad Fight Hunger in Your Community

A rising hunger crisis has prompted 4-H Clubs in Henry, Mercer, Rock Island, and Stark Counties to join forces and launch a community-wide food drive, and they're inviting the public to participate in the fight against hunger.



Hunger Doesn't Discriminate.

It touches the lives of our neighbors, friends, and family members. In our four-county service area alone, over 20,000 people are food insecure.



The Need Is Growing:

Recent statistics reveal that the need for food assistance has surged by an alarming 35% in our local communities. At the same time, local food banks are grappling with a worrisome decline in donations by up to 29%.

The 4-H Food Squad To address this urgent issue, 4-H Clubs across our counties have come together to form the "4-H Food Squad," and they are calling on the community to join their mission. The goal is simple but powerful: make a real impact in the lives of those facing hunger.

How Can You Help?

You are invited to participate by donating suggested items to a [local 4-H Club](#), or by dropping off donations at one of the following Illinois Extension offices:

- Rock Island County 4-H
 - Address: 321 W 2nd Ave. Milan, IL
- Henry/Stark Counties 4-H
 - Address: 358 Front St. Galva, IL
- Mercer County 4-H
 - Address: 910 13th St. Viola, IL

Get Involved Today Help the 4-H Food Squad by donating what you can and be a hero in our fight against hunger.

Suggested Items:

Donors are asked to contribute five types of essential items:

1. **Fruits:** A can or jar of fruit for strength and health.
2. **Veggies:** A can of vegetables for a balanced diet.
3. **Grains:** A grain like rice, pasta, oats, or cereal for energy.
4. **Protein:** A protein-packed item such as peanut butter, or a can of tuna, chicken, beans, soup, etc., to provide essential nutrients.
5. **Basics:** A personal care staple like toilet paper, shampoo, deodorant, lotion or toothpaste.

Together, we can make a profound impact on the lives of those in need.

If you or someone you know is in need of food assistance, visit [Find Food Illinois](#)



The [Find Food IL map](#) that shows you places in your community offering free food or meals, including school and summer meal sites. This community food map also lists stores, retailers, and markets that accept SNAP/LINK or WIC coupons. Plus, it shows the DHS or WIC offices near you where you can sign up to receive benefits.

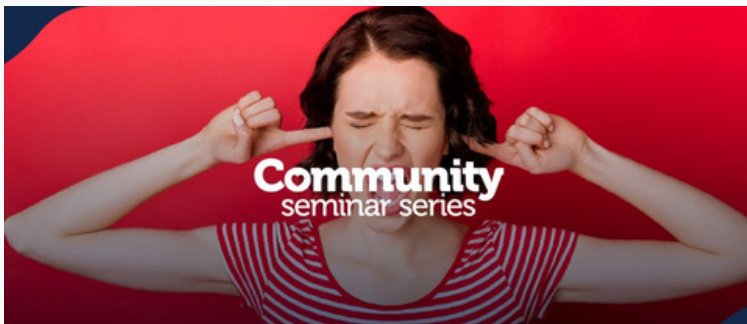
Health & Wellness



November 8 @ Noon | Management Beyond Food : Diabetes 101

Discover how to manage blood glucose and diabetes beyond diet and learn how to set goals, incorporate physical activity, manage stress, and much more.

Register at go.illinois.edu/Diabetes101Registration



November 9 @ 1 PM | Navigating Noise: Clear Communication & Hearing Conversations| Community Seminar Series

Hearing in noisy situations can be a challenge for some people despite having no diagnosis of hearing loss. This can cause people to avoid social gatherings and affect their mental health. Discover the science behind hearing in noisy situations.

Register at go.illinois.edu/AutumnHealthPicks23



November 15 @ 1 PM | All About Process: How Ultra-Processed Foods Impact Health

Americans widely consume ultra-processed foods, yet their health implications remain unclear to many. Learn more about how these food products affect your health.

Register at go.illinois.edu/AutumnHealthPicks23



Don't Get Phished: Avoid Scams & Fraud | Get Savvy Webinar, Wed Nov 8, Noon - 1 PM

Criminals are finding ways to obtain sensitive data through new technologies, texts, calls, emails, or in person. Find out how to protect yourself or your company from fraud, recognize identity theft, and what to do if you are affected by social engineering or security breaches.

Participation is free, but registration is required at go.illinois.edu/getsavvywebinars



Don't Go It Alone: Connecting with Others | Lessons For Living | Thurs. Nov 9, 10 AM

Connection with others supports well-being and health. Research increasingly shows that social isolation and loneliness can deeply impact the quality of life, especially for older adults. And some studies show that more than a fifth of adults in the United States identify themselves as lonely, isolated, or both. This lesson will help participants to define the difference between social isolation and loneliness and identify the risk factors for both. The various consequences of isolation and loneliness will also be discussed, as well as, strategies for staying connected with others.

Register at go.illinois.edu/2023HCElessons



Planning & Growing Vegetables Through the Seasons Four Seasons Webinar, Tues Nov 28 17, 1:30 PM

The gardening season is wrapping up, but it is never too early to begin planning for next year's garden. Learn how to get the most out of a vegetable garden with tips for planning, planting, and garden maintenance for every season, as well as newer vegetable selections.

Register at go.illinois.edu/SeasonalGardening



November 9 @ 1 PM | Providing Natural & Artificial Homes for Bats | Everyday Environment Series

Learn what makes good natural and artificial roost habitats for bats and other ways to support the bat population.

Register at go.illinois.edu/HomesForBats

Knot Your Mom's Macramé : DIY Plant Hanger and Plant Propagation Class Tues. Dec 5, 1-3 PM at Illinois Extension, Milan, IL

Discover the fascinating world of house plant propagation while unleashing your creative flair in a unique, hands-on class. Learn the art and science of plant propagation with Emily Swihart, horticulture educator. Gain valuable knowledge about nurturing new plant life and expanding your indoor garden. Then create your very own knotted plant hanger under the guidance of Tracy Jo Mulliken, program coordinator, and Angie Harrison. The cost is \$25 person. Class size is limited, so register early to get a spot.

Register at go.illinois.edu/MacramePlantPropagation



Grow Your Tree Care Expertise with New Series

Proper tree care is essential for maintaining the health and aesthetic appeal of our community's trees. Build your tree care knowledge and skills with the help of Illinois Extension horticulture educators through the Community Tree Care series.

Choose from three tree care webinars, followed by an in-person workshop Feb 26 in Milan, IL. Webinars are from 9 to 11 a.m. and cost \$10 per session.

Tree Basics | Nov 13 | 9-11 a.m.

Learning what makes a tree thrive is essential to better care and its overall longevity. Participants will discuss the benefits of trees, basic tree identification and tree parts, and the importance of diversity in the urban forest.

Individual Tree Care | Nov 27 | 9-11 a.m.

There are many factors that affect the overall longevity and lifespan of trees as a whole, but each tree should be assessed individually. Participants will learn site and species selection, planting and establishment, pruning, and additional tree care methods.

Collective Tree Care | Dec 11 | 9-11 a.m.

Trees are a beautiful and vital part of our communities, providing many long-term benefits to the public. Trees impact the local environment, economy, and overall quality of life. Participants will learn to identify tree stressors in community environments, hazardous tree defects, and assess and mitigate risk.

In-person Tree Care Workshop Feb. 26 | Milan, IL 8:30 - 11:30 a.m. \$20 per person.

Get hands-on training during the time of year when tree care is applicable to apply learned skills, discuss local issues, identify needs in your community, and more. Workshop is subject to change due to winter weather instances.

To register, visit go.illinois.edu/TreeCareSeries or call Illinois Extension at (309) 756-9978.

November is National Diabetes Month

Understanding the Impact of Diabetes & Taking Control of Your Health

By Kristin Bogdonas, nutrition and wellness educator

November is National Diabetes Month. Did you know... 1 in 10 Americans has diabetes? That's more than 37 million people. In our area alone, 13% of adults have diabetes. Another 11% have been told they have pre-diabetes or "borderline" diabetes.

Don't let prediabetes take you by surprise. You can have prediabetes for years without symptoms which makes sense why more than 80% of people don't know they have it! Once you know your blood glucose (or blood sugar) levels are elevated, you can make necessary lifestyle changes to prevent or delay disease progression. If you don't do anything, many with prediabetes will develop type 2 diabetes within 10 years.

Both, diabetes and prediabetes increase your risk for heart disease and stroke, so don't delay. Taking charge of your health today may help you prevent diabetes health problems down the road involving your heart, eyes, and nerves.

Find out your risk for prediabetes by taking a 1-minute quiz online at doihaveprediabetes.org/take-the-risk-test/



With the rise in food costs, it can be a challenge to eat a well, balanced diet AND pay for health care costs.

It's estimated that a person with diabetes pays more than twice as much a year for health care as a person who doesn't have diabetes. Here are few tips from the CDC (Centers for Disease Control and Prevention) on how to save money on diabetes care:

1. To save on medicine, call your health insurance company to find out which medicines are covered at the lowest cost to you and compare pharmacies for the least expensive prescription prices. Your neighborhood drug store may not have the lowest.
2. To save on supplies, consider buying in bulk online rather than buying as needed. You can also ask you diabetes educator for samples.
3. To save on treatment, ask your doctor about research studies for free care or supplies or ask to be referred to a diabetes education specialist. They often know about additional discounts and resources that may not be public knowledge.

Eating healthy doesn't have to cost a fortune.

Here are some money-saving tips:

1. **Prep at home.** Are you paying for produce AND prep work? Those pre-cut packages of vegetables and fruit can save time but you can save some serious money if you slice and dice the produce yourself.
2. **Stock up on various forms of food.** Fresh is not always best. Stocking up on lots of fresh produce generally leads to lots of food waste, especially if you're only cooking for one or two. Frozen and canned fruits and vegetables can be equally nutritious if you select the low-sugar/sodium varieties. Frozen foods are also packed at peak ripeness so they preserve a lot of the nutrients that might be lost during transport to the store.
3. **Eat more plant-based proteins.** Enjoy smaller portions of fatty meat and more servings of beans, lentils, and chickpeas. This will reduce the amount of saturated fats in your diet and boost your fiber intake without sacrificing protein. This swap is good for your heart and also your wallet.

For more information, recipes and meal planning ideas, visit diabetes.extension.illinois.edu.



96
Million

96 million American adults—more than 1 in 3—have prediabetes



More than 8 in 10 adults with prediabetes don't know they have it

BLOOD SUGAR



With prediabetes, your blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes

PREDIABETES RISKS

Prediabetes increases your risk of:



Type 2 Diabetes



Heart Disease



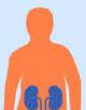
Stroke

TYPE 2 DIABETES HEALTH RISKS

If you ignore prediabetes, your risk for type 2 diabetes goes up — type 2 diabetes increases your risk for serious health complications:



Blindness



Kidney Failure



Heart Disease



Stroke



Loss of toes, feet, or legs