



Illinois Extension

AUGUST 2022

Connections Newsletter

The College of Agricultural, Consumer and Environmental Sciences

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(closed 12 -12:30 pm)

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Visit our website: extension.illinois.edu/hmrs

Generations can learn from each other

Cheri Burcham, Family Life Educator

When children, teens and younger adults spend time with older adults, there are many benefits to everyone involved. Older adults can be great role models for children, while also passing on family stories, historical information and teaching the rituals and traditions of earlier times. Children can also improve their practical living skills and ability to problem-solve when applying the wisdom and life experiences gained from those that have lived for many years.

Older adults can also benefit from their interactions with youth. They too can learn new skills, like technology, and often feel rejuvenated and energized after spending time with young ones. The more time spent with each other can also bring greater understanding and appreciation of each generation – their beliefs, values, and behaviors.

There are many activities that are ideal for various generations to do together. Some of these activities include: genealogy, storytelling, scrapbooking, art, gardening, music, community service projects, technology, cooking, crafts, games, traveling, fishing, nature walks, movies and sports. Many of these provide opportunities for lessons learned and taught for everyone involved.

There is a wonderful 4-H project called "Walk in My Shoes" that teaches aging awareness to youth. Check out the website @ go.illinois.edu/WalkinmyShoes and see some of the activities that youth can participate in to learn more about getting older. Our Extension staff can also provide this program on request. Contact 4-H Educator Jennifer Peterson (309) 932-3447.

Also check out Penn State Extension's Inter-generational Activities Sourcebook @ aese.psu.edu/outreach/intergenerational which has lots of activity ideas like the one on the right: "Did you Ever...?"

When different generations spend time together – good things happen!!



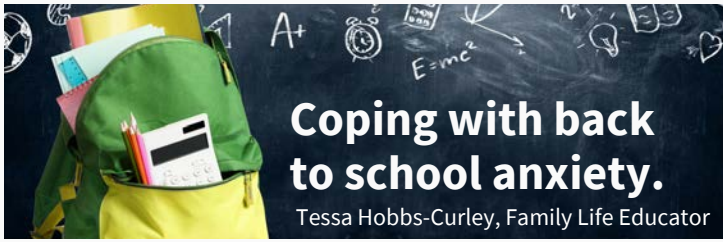
Did You Ever . . . ?

"Did You Ever . . . ?" is a game in which young people and older adults share an assortment of personal experiences. This activity can work with children as young as 5, to adults of all ages, as long as they are willing and able to share all sorts of memories.

Saying, "Tell me about your life," is usually a little too broad to evoke memories. It is important to zero in on a specific topic.

Each person in a group tells a true story about a specific topic. The stories should be in as much detail as possible. Remember the incident like a movie in your head, and explain what you see one step at a time—what happened, what you thought, and what you felt before, during, and after. Here are some topic ideas to get you started - have fun sharing and learning!

Did you ever . . . See a lion? Go on a boat? Stay on a farm? Sleep in a cabin or tent? Go to a county fair? See a circus? Act in a play? Win a prize? Have a good luck charm? Make something you were really proud of? Travel overseas? Drive in a convertible? Have a pet? Feel free to come up with your own topics.



Anxiety disorders are the most common psychiatric diagnosis in school-age children worldwide. Anxiety may appear in different forms, including separation anxiety, social phobia, generalized anxiety, panic with agoraphobia, obsessive-compulsive disorder, and specific phobic disorders causing numerous problems in their lives.

Several issues can develop due to untreated stress, including lower academic achievement, increased difficulties with peers and parental relationships, poor self-esteem and intensified negative self-perception. Some anxiety is normal but be aware of the extreme. Transitioning back to class as summer ends can be a stressful time for children and parents.

Here are a few tips to start working on a week or two before school starts to help with getting back to the school year routine:

- Start setting a sleep schedule that is conducive to the time that one needs to be getting ready for school and going to bed at a reasonable time.
- Organize activities with familiar peers before school starts. The presence of a familiar peer during school transitions can improve children's academic and emotional adjustment.
- Plan a visit to the school. Role-play as if the bus is picking them up or if you are dropping them off for school. Take advantage of "Meet the Teacher" events to help the child practice walking into class while you wait outside or down the hall.
- Develop a reward or prize system that a child(ren) could earn for separating from mom or dad as they attend school.
- Acknowledge and validate the child's worries as starting school can be challenging but soon becomes easy and fun.

Understand that it is natural for children to have some worry as they transition back to school. One may feel shy or worry about schedules, friends, schoolwork, and athletics, but if you are noticing physical or behavioral changes, it may signal a problem. As parents, we can model a positive attitude about returning to school. Optimism is contagious, so work on eliminating the negative talk. Remember you are your child's biggest fan so, think about how you can help create a supportive environment.



Your school lunch staff works hard to serve you healthy meals that taste great. Meals must meet the Dietary Guidelines for Americans and also provide at least one-third of the Recommended Dietary Allowances of protein, vitamin A, vitamin C, iron, calcium and calories. This is a great opportunity to try new foods you aren't used to!

Whether you eat lunch prepared at school or bring your own from home, it's important to make smart choices so you can refuel your brain and body. School is hard work! You need enough energy and nutrients to keep healthy and grow as well as possible. Here are some tips when choosing foods from the lunch menu:

- Choose foods from each of the 5 food groups. Variety is key when it comes to a balanced diet.
- Select and eat more fruits and vegetables. This could be as easy as adding lettuce and tomato to sandwiches or eating the fruit as your dessert. After all, it is called "nature's candy"!
- Choose items lower in sodium and added sugars. Fresh fruits and vegetables are always great choices because they are low in sodium and contain natural sugar (fructose).
- Skip the vending machine. Although convenient, these foods tend to be higher in sodium and sugar. Pack some healthy snacks from home instead.

HOW TO PACK YOUR LUNCH

STEP 1: starch + protein

- hummus and crackers
- peanut butter sandwich
- turkey in a pita pocket
- beans and rice
- chili and crackers
- chicken salad sandwich



STEP 2: fruit

- clementine
- apple slices
- grapes
- applesauce
- fruit kebobs
- kiwi



STEP 3: veggie

- carrot sticks
- broccoli and cauliflower
- celery
- salad
- snap peas
- cherry tomatoes



STEP 4: snack

- trail mix
- granola bar
- string cheese
- yogurt
- 100% fruit snacks
- energy bites



STEP 5: water

- try fruit and veggie infused water



Aug 3 @ 12 PM | The Golden Years: Cognitive and Brain Changes Observed in Healthy Aging

If we're fortunate, the golden years of our lives will be spent engaging in rewarding activities with family and friends. What cognitive changes can we expect during this time and what does healthy aging look like in the brain? Grace Clements, Ph.D., will take us on a tour of the cognitive system and the brain across middle and late adulthood to learn that although some changes can be expected, they are not all bad news.

Register at go.illinois.edu/SelfCareSeries

August 10 | Diet, Gut Microbiome, and Child Health: Truths & Myths

Within our gastrointestinal tract there are over 1000 species of microbes, whose composition and function are shaped by genetics and other modifiable factors, including diet. Is all the hype surrounding the gut microbiome and its emerging role in child health warranted? How might diet be playing a role in this relationship? Join Arden McMath, MS, as we discuss the current state of the science in regards to links between diet, the gut microbiome and child health!

Register at go.illinois.edu/SelfCareSeries

Aug 18 @ 2 PM | Happy Hacks for More Positivity and Improved Well-Being | Lessons for Living

Our lives are bombarded with negativity, stress, and countless threats to our emotional well-being, work, and closest relationships. New research in neuroscience and positive psychology shows that when we experience happiness and positivity, it turns on all the learning centers in the brain and fuels positive outcomes in all aspects of our lives. Participants of this program will learn about the common barriers to positivity and personal well-being and find out more about simple science-backed principles and practices, or happy hacks, to boost both positivity and productivity as well as mood and attitude.

Register at go.illinois.edu/2022HCELessons



Aug 11 @ 1PM | Cover Crops and Gardens | Everyday Environment

There is a lot of talk about the use of cover crops in agricultural settings. What about in gardens? Join Duane Friend as he discusses cover crop use in gardens, its benefits, and field demonstrations of its potential.

Register at go.illinois.edu/CoverCropsGardens



Aug 16 @ 1:30 PM | Late Summer and Fall Blooming Plants | Four Seasons Gardening

As the summer flowers fade away to cooling temperatures and shorter days, the growing season still has one last flower spectacle. In this session, Illinois Extension horticulture educator Chris Enroth, will go beyond mums to give us a few more options for our late summer and fall landscapes..

Register at go.illinois.edu/FourSeasonsSummer22

Have gardening questions?

Fill out an Ask the Master Gardener form online to get your gardening questions answered @ go.illinois.edu/AsktheMasterGardener

Or call the IL Extension Master Gardeners



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Be Prepared When Disaster Strikes Webinar Series Mondays @ Noon in August, 1, 8, 15, 22, 29

Disasters don't operate on a schedule, but pre-planning can help families and communities prepare for unexpected emergencies. A series of five workshops by University of Illinois Extension will outline proactive steps to take before, during, and after a disaster. Join us on Mondays over lunch in August for this free series. Your knowledge and preparation may be invaluable if you are faced with an emergency. Pick and choose sessions based on your interest and register at go.illinois.edu/BePrepared

Workshop topics and dates include:

- **Aug 1: Creating an emergency kit & family communication plan**

Do you have an emergency kit ready to go? FEMA recommends individuals and families prepare to be on their own for at least 72 hours after a disaster occurs. Learn about the recommended items you should include in your basic emergency kit and how to plan for the unique needs of your family. Develop a practical family communications plan that will allow you to manage and maintain contact during a disaster scenario.

- **Aug 8: Securing emergency food and water**

When emergencies occur, it could be days or weeks before power is restored. Learn how to build an emergency supply and techniques to extend the shelf-life of food. Discover the food safety measures you can take after a power outage, flood, and fire.

- **Aug 15: Identifying emergency food assistance programs and resources**

Hunger doesn't discriminate, as we were reminded during COVID-19. Many people in America are just one job loss, illness, or missed paycheck, away from hunger. Learn about food insecurity, the health impacts of food insecurity, and how to identify emergency food assistance programs and resources.

- **Aug 22: Managing storm-damaged trees**

Preparing to care for trees before and after natural disasters can help preserve trees and protect people. Learn what actions can be taken to prepare trees to be more resistant to storm damage, what professionals should be contacted in the event of a downed tree, and how to protect yourself during the initial aftermath.

- **Aug 29: Being financially prepared for emergencies:**

Many financial problems occur after a disaster or emergency. Learn ways to organize and manage your finances, develop valuable resource lists, and ways to reduce anxiety and stress as a result of a disaster. You'll explore resources to help build or rebuild your financial preparedness toolkit.

Join IL Extension for Farm in the Park Tues. Aug 9, 11 am – 1 pm at Veteran's Park in Galva, IL. Free activity stations, petting zoo, and lunch for sale!

Illinois Extension and 4-H are pleased to be back offering a fun day of activities at their 5th Farm in the Park event at Veteran's Park in Galva, IL, (located across the street from our Henry/Stark Counties Extension office at 358 Front St.)

Illinois nutrition and wellness staff will have a variety of interactive stations where youth and families can play games as they learn the healthy ways to eat and move. Get recipes and taste samples from Illinois Extension's Eat Move Save nutrition program. Pick up a 2022 IL Extension Recipe Calendar, and a reusable grocery tote, while supplies last.

Learn about the important role agriculture plays in our everyday lives at interactive stations. A petting zoo will be on hand with a variety of farm animals. There will also be make and take crafts and "farmer for a day" stations where kids can simulate picking apples, gathering eggs, and milking a cow. Prizes will be given to kids who fill out their activity passport card.

Explore horticulture! Illinois Extension Master Gardeners will be there to answer your gardening questions and provide a variety of resources.

Come for lunch! Buy a hot dog meal deal for \$5 which includes chips, apple slices, cookie and drink, with proceeds to benefit Henry County 4-H. We will also have Whitey's ice cream malts for sale. We look forward to seeing you there!