



Illinois Extension

FEBRUARY 2022

Connections Newsletter

The College of Agricultural, Consumer and Environmental Sciences

Rock Island County
321 W 2nd Ave. Milan, IL
(309) 756-9978
Mon-Fri 8am - 4 pm
(closed 12 -12:30 pm)

Henry/Stark Counties
358 Front St. Galva, IL
(309) 932-3447
Mon, Wed, Fri 8 am - 4 pm
(closed 12 -12:30 pm)

Mercer County
910 13th St. Viola, IL
(309) 871-5032
Tues, Wed, Thur. 8 am - 4 pm
(closed 12 -12:30 pm)

Visit our website: extension.illinois.edu/hmrs

Take Charge of Your Heart Health!

Kristin Bogdonas, IL Extension nutrition and wellness educator



February is American Heart Month, a time when all people can focus on their cardiovascular health. In 2022, the Division for Heart Disease and Stroke Prevention is shining a light on hypertension (high blood pressure), a leading risk factor for heart disease and stroke. Blood pressure is the pressure of blood pushing against the walls of your arteries. High blood pressure or hypertension occurs when this pressure is higher than normal. Typically, blood pressure fluctuates throughout the day. However, if it stays too high for a long time,



it can damage your heart and other organs. Learn more from this National Institute of Health (NIH) handout - <http://bit.ly/39qW6LD>

Here are 3 Tips to Keep Blood Pressure Under Control:

1) **Enjoy a heart-smart winter season**- Keep your blood pressure under control even during cold and flu season. Certain medications may raise blood pressure. **Learn more about how to keep your BP under control @<http://bit.ly/UnderstandingBP>**



2) **Find a friend and move your feet**- Physical activity has many health benefits.

It strengthens your heart, can help you maintain a healthy weight, lower your blood cholesterol and improve your blood pressure.

If motivation is a challenge, find a friend and workout together.

Working out with a partner boosts your physical and mental well-being.

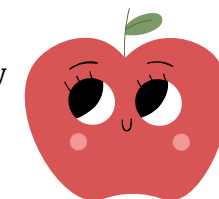
It provides motivation, makes the workout more fun and challenging, and you are much more likely to show up when you have a workout buddy.

Find a friend and get moving today! **Make physical activity part of your routine.**



3) **DASH to a heart-healthy eating plan**- The DASH eating plan is a balanced and flexible way to eat. It will help you create heart-healthy eating habits for life. DASH stands for Dietary Approaches to Stop Hypertension. This eating plan focuses on fruits, vegetables, and whole grains while limiting added sugar and salt. There are many health benefits to following the DASH eating plan. Research shows it can help lower blood pressure and LDL cholesterol.

Learn more about the DASH eating plan from this NIH publication @<http://bit.ly/3cfTSR3>



8 Fast Facts about the Heart:

1. Make a fist with your hand. That's the size of your heart!
2. Your heart beats around 100,000 times a day.
3. The heart pumps out about 83 gallons of blood each hour and about 2,000 gallons per day.
4. Your blood travels about 12,000 miles through your body. This is equidistant to 4 trips across the U.S. from coast to coast.
5. Your blood travels through 60,000 miles of blood vessels throughout your body.
6. Take a close look at a strand of hair. Some capillaries are ten times smaller than that.
7. Laughing is good for heart health so laugh often!
8. 45% of U.S. adults have high blood pressure.



HEALTHY EATS FOR A HEALTHY BEAT

Food choices can help improve your heart health!

Take steps today to help manage conditions like high cholesterol and high blood pressure by exploring key nutrients for improving heart health in our free, online series led by University of Illinois Extension nutrition and wellness educators.

Get links to the webinar and to tip sheets on sodium, fats, fiber and sweets at this link:

<https://extension.illinois.edu/food/healthy-eats-healthy-beat>



28 Days Toward a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

#OurHearts
one healthier together

Day 1
Call a friend and join the #OurHearts movement.

Day 2
Make a heart-healthy snack.

Day 3
Schedule your annual physical. Discuss your heart health goals with your doctor.

Day 4
Squat it out. Do 1 minute of squats.

Day 5
Sport red today for National Wear Red Day.

Day 6
Make today a salt-free day. Use herbs for flavor instead of salt.

Day 7
Visit Smokefree.gov to take the first step to quitting smoking.

Day 8
Get your blood pressure checked.

Day 9
Walk an extra 15 minutes today.

Day 10
Aim for 30 minutes of physical activity today.

Day 11
Plan your menu for the week with [heart-healthy recipes](#).

Day 12
Reduce stress using [relaxation techniques](#).

Day 13
Give the elevator a day off and take the stairs.

Day 14
Protect your sweetheart's heart: Plan a heart-healthy date.

Day 15
Swap the sweets for a piece of fruit for dessert.

Day 16
Stress less. Practice mindful meditation for 10 minutes.

Day 17
Head to bed with enough time to get a full 7-8 hours of sleep.

Day 18
Add a stretch break to your calendar to increase your flexibility.

Day 19
Eat vegetarian for a day.

Day 20
Share a funny video or joke that makes you laugh.

Day 21
Dance for 15 minutes to your favorite music.

Day 22
Call a relative and ask about your family health history.

Day 23
March in place during commercial breaks to get your heart going.

Day 24
Get a tape measure and find out the size of your waist.

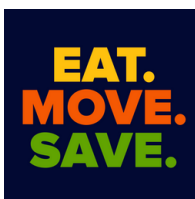
Day 25
Ask a family member or neighbor to join you for a walk.

Day 26
Fill half of your lunch and dinner plates with vegetables.

Day 27
See how many push-ups you can do in 1 minute.

Day 28
Pay it forward and tell a friend about [The Heart Truth](#).

nhlbi.nih.gov/heartmonth



Sign-Up for the EAT.MOVE.SAVE. Healthy Text Program!

Choose ONE of three ways to sign up to get 1-2 text messages per week! *Text message and data rates may apply. Text STOP to unsubscribe at any time.*

Use a smartphone camera to scan and sign-up with an online form.



OR

If you live in Rock Island or Mercer County:
Text "rockisland7" to (833) 369-2916

If you live in Henry or Stark Counties
Text "henry7" to (833) 369-2916

Plan ahead - Register now to attend these Upcoming Programs



8 Dimensions of Wellness Email Series

Wellness is multi-dimensional encompassing physical, financial, emotional, social, spiritual, environmental, vocational, and intellectual dimensions. They should work in harmony to help achieve optimal health and well-being.

IL Extension has put together a weekly email series offering guidance on each dimension. Every Monday from Feb 7- March 28, you will receive an email with a new dimension of wellness to explore, a menu of activities to engage with, and a link to submit your completed activities.

Register by Feb 6th to participate

@ go.illinois.edu/8DimensionsOfWellness

Cultivating Your Own Blue Zone

Feb 17, 10 AM via Zoom

Create a plan for a lifestyle more in rhythm with community and nature. What if life was simpler? Could we enjoy balance in all dimensions? Learn what distinguishes Blue Zones of the world, and common lifestyles that contribute to health and longevity.



Register @ go.illinois.edu/DiscoverWellness

Bi-State Conservation Action Network Presents:

Nature is Local Webinar Series

Thursdays at Noon March 3, 10 & 17

University of Illinois Extension is partnering with BiCAN to offer a three week lunch and learn series on topics that will help you incorporate native plants in your landscape.

Here are the topics:

March 3: Enrich Your Yard with Native Plants

March 10: Prairie Establishment & Maintenance Techniques

March 17: BiState Resources and Funding

Register @ go.illinois.edu/NatureIsLocal

Money in Relationships: Get Savvy Series

Feb 9, Noon via Zoom

Don't let the beast money ruin the beauty of your relationship. Whether you're just dating, or you've been together for years, conversations about money can be challenging. Learn ways to talk with your partner about spending, saving, traveling, education, debt, and overall money management. Don't delay, register today @ go.illinois.edu/GetSavvyWebinars



Four Seasons Gardening Webinar

Organic Gardening |

Feb 15, Noon via Zoom

Learn about what organic gardening is and how you can implement organic practices in your own vegetable garden with Ken Johnson, IL Extension horticulture educator.

Register @ go.illinois.edu/FourSeasonsWinter22



Growing Great Vegetables Webinar Series

6 Tuesdays | Feb 15 to March 15 | 5-8 pm

Dig in with confidence this spring with a five-week webinar series starting February 15 that will advise you on how to grow a vegetable garden from seed to harvest. Log on for a weekly online workshop covering a new topic, engage with IL Extension horticulture experts, and receive emails with even more research-based tips and fact sheets.



Sign up by Feb 9 to participate!

Register at go.illinois.edu/GrowingGreatVegetables

The cost to participate is \$10.

Can't make a live session? Sign up anyway! Sessions will be recorded and sent to registered participants.

Feb 15: Grow a Great Garden In Whatever Space You Have

Feb 22 - Seed and Plant Choices

March 1 - Cool Season Vegetables

March 8 - Warm Season Vegetables

March 15 - Insects and Diseases

For more information, contact Ken Johnson at kjohnso@illinois.edu.

Join us at the Winter Wellness Event



Sat. Feb. 26, 9 am - Noon

Singing Bird Nature Center, 1510 46th Ave, Rock Island, IL

University of Illinois Extension and Citizens to Preserve Black Hawk Park Foundation have teamed up to offer a free winter wellness event. Come enjoy family fun for all ages with hands-on activity stations and presentations inside Singing Bird Nature Center. Masks will be required for indoor activities.

BIRDS

Learn about Midwestern birds and what you can do to support their life cycle from IL Extension Master Gardener & Master Naturalist volunteers. Make and take a window cling to prevent bird collisions at your house.



KIDS CREATE

4-H will be offering hands-on nature crafts, a scavenger hunt, and make and take bird feeder activity. Kids can also learn about winter weather and play with magic SNOW with Mercer County Ag Literacy.



SOUP & HOT COCOA

Warm up! Illinois Extension SNAP-Ed will offer free soup and hot cocoa. Pick up recipes and other nutrition and wellness resources.



HAND KNITTING

Pre-register for a workshop at 9 am to explore fiber art as you learn a simple hand-knitting process to make your own pillow. \$10 for supplies – class size limited to 10 with advance registration only at link: illinois.edu/HandKnitting



NATURE & WELLNESS

@ 11:00 A.M.

Emily Swihart, IL Extension horticulture educator, will share findings on how interacting with nature can help sooth your body, mind and spirit during her Nature & Wellness presentation at 11 am. (seating is limited, first come, first served.)



HYGGE & HEALTH

@ 10:30 A.M.

Winter is a great time to embrace hygge - a Norwegian word for a mood of coziness with feelings of wellness and contentment. Learn more about the concept and how your health can benefit from having more hygge in your life at 10:30 a.m. from Anette Svendesberget, a Moline chiropractor who grew up practicing hygge in her hometown of Rena, Norway. (seating for the presentation is limited, first come, first served.)



WINTER WALK

Head outside and visit our winter wellness signs along the pathways between Singing Bird and Black Hawk State Historic Site for tips on ways to stay active and healthy.



MUSEUM VISIT

Visit the Hauberg Museum which tells the story of the Sauk and Meskwaki through interpretive maps, artifacts, and seasonal dioramas.



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Get the details @go.illinois.edu/WinterWellness



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Serving Henry, Mercer, Rock Island & Stark

Join us for discussions with University of Illinois agriculture experts, Prof Gary Schnitkey and Sarah Sellers, as they share the latest findings on agricultural carbon market opportunities and PCM for farmers.

Precision Conservation Management (PCM) & Carbon Markets 101: What Questions Farmers Should Ask

Date	Thurs. February 24
Time	9 AM to Noon
Location	Holiday Inn, 226 17 St. Rock Island, IL
Fee	\$3/person, Coffee, tea, snacks included. Masks required.
Register	go.illinois.edu/CarbonMarkets101



Precision Conservation Management (PCM)

Gary Schnitkey, Professor of Farm Management and Soybean Industry Chair in Agricultural Strategy at University of Illinois

Professor Schnitkey will examine the economics of various sustainability practices using Precision Conservation Management (PCM) data. Specifically, the economics of nitrogen application, tillage practices, and cover crops are evaluated. Nitrogen results support using the Maximum Return to Nitrogen (MRTN) recommendation. The PCM dataset also consistently demonstrates that excessive tillage results in lower operator returns. There are some economic challenges related to cover crops. There are farms in the dataet where no-till, MRTN level nitrogen applications and cover crops are incorporated profitably. Explore thse issues and others as they relate to PCM.

Carbon Markets 101: What Questions Farmers Should Ask

Sarah Sellers, PhD candidate, University of Illinois College of ACES, Masters in Agricultural Economics from Purdue University

The emergence of agricultural carbon market opportunities for farmers has led to a lot of questions for farmers before deciding whether to enter a market. We will discuss some background on agricultural carbon markets, talk about how agricultural carbon markets work, consider the economics of carbon markets, share some resources for carbon market information, and discuss the policy environment that led to carbon market opportunities.

Special thanks to Big River Resources & Gold Star, Cambridge, IL for supporting our local agriculture programs.



Big River Resources, LLC

