



**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](http://extension.illinois.edu/hmrs)

### Adopt a brain-healthy lifestyle

*Kristin Bogdonas, IL Extension nutrition and wellness educator*

June is Alzheimer’s and Brain Awareness Month. It’s never too late or too early to start living a brain-healthy lifestyle. If you have a brain, this information is for you!

Your brain is the most complex organ you have and it’s always changing. This process is called brain plasticity. The brain is able to grow new connections and repair broken ones. While changes are normal, there are several things we can do each day to stay at the top of our game and maintain brain health as we age.

Adopting healthy lifestyle habits not only contributes to your physical well-being, but is also good for your brain. It’s never too early to start living a brain-healthy lifestyle so follow these tips to improve cognitive health as you age.

- Adopt a Mediterranean eating pattern which has been shown to have protective effects for the heart and brain. In general, opt for more whole foods and less processed foods. Incorporate more plant-based proteins like beans and lentils plus healthy fats like olive oil and avocados.
- Get at least 150 minutes of exercise each week (about 30 minutes on most days). If you’re able, walking is a great place to start. It doesn’t matter how long it’s been since you’ve exercised. Start with an activity that doesn’t strain your body and consult with your doctor about the type and amount right for you. Regular physical activity may reduce risks of diabetes, heart disease, depression and stroke, prevent falls, and improve connections among brain cells.
- Manage other health conditions you may have like high blood pressure or diabetes. Healthy lifestyle habits can have a protective effect for your brain, so consult with a registered dietitian for support with an eating plan that fits your needs. Whether you’re taking prescription or over-the-counter medications, talk with your doctor if you notice changes in your cognitive function.



While you may not have control over all of your risk factors- like genetics- you do have control over many others like the foods you choose, your level of activity, and how well you’re managing other health conditions.

#### Start with one small step in the right direction:

- Schedule a health screening or physical exam
- Review your medicines with your health care provider
- Add at least one more daily serving of vegetables to your diet
- Start a food, activity, or health journal to track your progress
- Spend more time with family and friends
- Engage in mentally stimulating and challenging activities

Adopt these habits to help improve your cognitive health... It’s a no-brainer!





*With rising food costs, IL Extension has tips to save.*

## Planning ahead is key to saving money!

“The tips I learned on saving money at the store have been so helpful. I am able to now save money to purchase other things that my children need and also save money for our family.” said one [Eat.Move.Save](#) user.

## Getting Started

- Check the pantry, refrigerator, and freezer before you go shopping.
- Check the sales advertisements and coupons that may be available.
- Plan meals for the week based on what you have already available and what is on sale! This really helps save you money. Use our recipes section to find new favorites!
- Make a shopping list and stick to it! Limit impulse purchase at the store.

## Where to Shop Near You

Where do you shop for foods and beverages? You can purchase foods at the local grocery store, corner store, super center, or farmers market!

- For a list of Farmers Markets in Illinois that accept the Illinois LINK Card, visit [go.illinois.edu/LinkMarkets](http://go.illinois.edu/LinkMarkets)
- Food pantries are located throughout communities to assist with providing free food to those in need. To find local food assistance, visit <https://riverbendfoodbank.org/find-food/>



## Farmers Markets Near You!

Farmer's markets are a great place to shop for homegrown produce and baked goods, jams, and handmade craft items like candles, and soaps. Below is a list of some of our local Illinois farmer's markets:

### QC Farmers' Market, Rock Island

**Now open Saturdays, 8 am - noon**

17th St. and 1st Ave, (West lot of Schweibert Park)

### Aledo Main Street Farmer's Market

**Thursdays, June 9 - Sept 29, 4 - 6 pm**

Central Park (west end) Aledo, IL

### Geneseo Farmer's Market

**Saturdays, 8 am - noon**

**June 4 to October 8, 2022**

Pearl Street (between 2 sides of the city park)

### Kewanee Farmers' Market

**Wednesday & Saturdays, 8 am - noon**

**May 14 - Oct 29 2022**

Tremont & Third Streets, (next to the Amtrak Station).

## What are your favorite money saving tips at the store or market?

Aisle by aisle, there are savings all over the store! Find out how to save more money next time you shop by following the tips below.

### Fruits and Vegetables

Fruits and vegetables are great choices at the store! You can find them fresh, canned, frozen, and dried. Look for those that are on sale to save money. For fresh items that are not on sale, purchase those that are less processed. For example, buy a head of lettuce that you would need to cut up at home instead of bags of pre-cut and pre-washed lettuces. Canned, frozen, and dried items are often just as good for you as fresh! Limit canned, frozen, and dried fruits that have added sugars

### Grains and Cereals

Choose grain products, like breads, cereals, pasta, and rice, that are on sale. Stock up if you can when a good price hits! Breads can be frozen for longer storage. Look for store versions of name-brand favorites.

### Protein Foods

Check the sales ads before you go shopping to plan meals based on these. Canned meats (such as chicken or tuna), beans, peanut butter, and eggs are also great protein choices to try at home.

### Dairy and Eggs

Check the advertisements and different stores to find the best milk and eggs prices in town. If you eat shredded cheese, it is usually lower cost to buy a block of cheese and shred it yourself!

## Overall Tips

- Make sure to check the sales advertisements each week before shopping.
- If your favorite store has a savings card or program, think about signing up for additional savings.
- Compare prices between store brands and name-brand items to get the best bang for your buck.
- If you use coupons, make sure they are for items you really will use at home and that are really saving you money!





## Yes, You Can! Water Bath & Pressure Canning Basics June 7 | 5:30 - 8:30 pm

Canning is a great way to use the foods you have grown in your garden or have purchased from your local Farmer's Market. Moreover, it allows you to enjoy the incredible tastes of summer all year long while keeping food safe. However, a lot of science goes into safely preserving food.

If you are interested in learning what it takes to preserve food safely, or perhaps you simply need a refresher, this class is for you. Participants will learn the basics of home food preservation, food safety guidelines, and the most recent methods used to preserve food safely.

Register at [go.illinois.edu/CanningBasics](http://go.illinois.edu/CanningBasics)



## Natives vs. Cultivars Four Seasons of Gardening Webinar June 21 | 1:30 pm



Breeding and selection programs have given gardeners a vast array of choices when it comes to plants for the home landscape. In addition to seeking the newest, most unique plant cultivars, many gardeners are also wanting to plant for pollinators and beneficial insects.

Illinois Extension horticulture educator Emily Swihart will explore the cross section of these two gardening trends to better understand how we can plant to impress creatures large and small.

Register at [go.illinois.edu/NativesCultivars](http://go.illinois.edu/NativesCultivars)



Illinois Extension

## Elements of Healthy Aging Webinar



### Elements of Healthy Aging | June 28 @ 10 AM

The key to aging successfully is all about remaining vital, not about staying young. There are many ways we can add quality to our years and make the most of the precious time we have. It's never too late to make your health and wellness a priority. Kristin Bogdonas, nutrition and wellness educator, will highlight 6 key elements of aging well. Register for this free webinar and walk away with a fresh take on the future and tools to help you add more life to your years.

Register by June 27 at [go.illinois.edu/AgeWellWebinar](http://go.illinois.edu/AgeWellWebinar) or call IL Extension in Milan at 309-756-9978 for help registering.

### Have gardening questions?

Fill out an Ask the Master Gardener form online to get your gardening questions answered @ [go.illinois.edu/AsktheMasterGardener](http://go.illinois.edu/AsktheMasterGardener)

Or call the IL Extension Master Gardeners



**HORT HOTLINE**  
217-300-0240



### Find Your Healthy Eating Style Today

Free online tips and resources for you and your family

**EAT.  
MOVE.  
SAVE.**

Healthy Text Program  
[go.illinois.edu/HealthyText](http://go.illinois.edu/HealthyText)



Monthly e-newsletter  
[go.illinois.edu/EatMoveSave](http://go.illinois.edu/EatMoveSave)





# 4-H Workshops & Events

## Mercer County Ag Literacy Farm in the Park Fri, June 10 | 3:30 – 6 pm | Central Park, Aledo



Come to this free family-friendly event for all ages to explore agriculture.

Visitors will enjoy:

- Hands-on activity stations
- Live farm animals at a petting zoo
- Jumping in the bounce house
- Learning about nutrition from SNAP-Ed

This event is organized by University of Illinois Extension, the Mercer County Farm Bureau, Mercer County Soil and Water Conservation District, and the Mercer County YMCA.



## Disney's Encanto | Free Outdoor Movie Fri, June 10 | Dusk | Aledo Central Park

Bring your blanket or lawn chairs and relax with family and friends watching the Disney movie "Encanto" at Dusk.

*This movie is brought to you by Aledo Main Street.*

## A delicious way you can support 4-H!



## Mercer County 4-H BBQ Friday June 10 | 5 - 7 pm Aledo Fire Station



Mercer County 4-H has a delicious way to support the program with their annual 4-H BBQ on Friday, June 10 from 5 – 7 pm at the Fire Station, 211 SE 3rd St, Aledo, IL. 4-H Clubs are hosting the event and providing the desserts and pies. The pork producers are manning the grill. Dine In, Carry our or Drive Thru.

The pork chop sandwich meal is \$10 and includes sandwich, baked beans, apple sauce and dessert. The hot dog meal is \$5 and includes hot dog, apple sauce, chips and dessert. Dine-in guest will have choice of tea or lemonade. Whole pies will also be available for purchase. "We are excited to be back in person again this year." said Tracy Fowler-Pestle who coordinates the 4-H program in Mercer County. The funds will go to the Mercer County Extension & 4-H Foundation to provide financial support of the 4-H program.

## 4-H at the Henry County Fair Cambridge, IL | June 11 - 19

Check out the 4-H Shows during the annual Henry County Fair. The 4-H Food Stand will also be open. It's a great way to support the program while you enjoy a fresh squeezed lemon shakeup, grab a hamburger, prime rib sandwich, hot dog, chips and more!

## Henry County 4-H Shows Sat, June 11

General Projects Judging, 9-11 am  
Small Pets Judging, 2 pm  
Dog Obedience & Showmanship, 3 pm

## Thur, June 16

Horse Show, 9 am  
Bucket Calf Show, 11 am  
Master Showmanship, 6:30 pm



## Fri, June 17

Sheep Show, 8 am  
Goat Show (after sheep show)  
Beef Show (steers, heifers), 9 am  
Swine Show, 10 am  
Junior Livestock Auction, 6:30 pm



## Saturday, June 18

Rabbit Show, 8 am  
Poultry Show, 9 am