Quarterly Companion

AROUND THE TABLE

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Financial Emergency Plans

Disasters and other emergencies can disrupt our finances and sense of normal. Being prepared for financial emergencies can help you plan, recover, and rebuild. Unscramble hints below to find tips for financial emergency planning — then complete the word search!

1.	A disaster can cause	damage
	that affects [OPPRYTRE] [NANALIFIC]	_ well-being.
2.	Review insurance	[AOGCERVE].

	account. [ASTHIEBLS] [NASGVSI]
4.	important documents, such as
	records. [MEPLICO] [ALDMICE]

an emergency

5.	records regularly.	[TUEPAD]

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Χ	\forall	Ε	M	Χ	S	Α	Н	Р	Η	U	M
U	Q	U	0	Ε	G	А	R	Ε	V	0	С
Р	С	Y	S	R	\forall	S	M	0	L	Α	\mathbf{E}
D	D	J	M	Ι	R	Ε	Η	Τ	K	S	Η
Α	L	A	С	Ι	D	Ε	M	Н	В	G	S
Τ	Y	Τ	R	E	Р	0	R	Р	0	N	I
Ε	U	F	Τ	M	Y	Y	Ν	Τ	Α	Ι	L
Н	K	В	N	Y	Q	N	D	R	Χ	\forall	В
R	R	U	Ε	Q	J	\forall	S	Ε	Y	А	Α
Z	Ε	L	Ι	Р	M	0	С	N	S	S	Τ
F	Z	D	Н	\forall	A	K	0	W	J	Χ	S
I	S	F	Ι	N	A	N	С	Ι	А	L	Ε

(answers on page 2)

<u>FEMA.gov</u> shares tips for creating an emergency financial first aid kit (EFFAK): <u>bit.ly/FEMAeffak</u>

Protect Your Heart

3.

Limit sodium intake to reduce the risk of heart disease. Test your sodium knowledge and try practicing easy tips for staying at or below the recommended daily sodium intake of 2300mg.

Which Has Less Sodium?

- 1. 4 slices of bacon or 3 ounces of ham?
- 2. 10 potato chips or ½ cup potato salad.
- 3. 1 cup tomato juice or 1 cup spaghetti sauce.

(answers on page 2)

Tips for Reducing Sodium Intake

- Read nutrition fact labels for sodium content.
- Choose garlic powder rather than salt, make your own seasonings, or use fresh or dried herbs and spices.
- Add a squeeze of lemon and lime juice.
- Rinse canned vegetables before using.
- Split a meal when you dine out.
- Ask for sauces on the side.
- Cut back on breads.
- Choose reduced or low sodium products.

Life's Reflections

Reflecting on our life's events and coming to terms with both the good and bad memories is an important way to support healthy aging and comes with many benefits:

- Puts things into perspective.
- Releases burdens of the past and validates experiences.
- Provides opportunity for others to understand you.
- Offers a sense of joy and inner peace as stories are passed along.

Not all memories are happy ones. Some may be painful when they resurface, yet the retelling can be cathartic with distance and time from the experiences.

Write down some of your own memories and share with family members or friends.

Get started with these prompts:

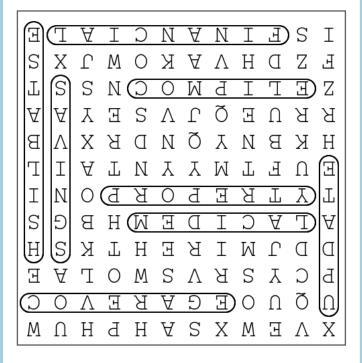
- What did you do on hot summer days as a child? Or on snowy days?
- Write about memories from school (early years, middle years, or later years).
- Describe a typical day with your family when you were a child.
- Describe your grandparents.
- What are your mother or father's best traits?
- Write about a disastrous trip.
- Write about an object you treasure.

Answer Keys

Confirm answers to this issue's activities:

More Sodium 3 oz. Ham	Less Sodium Less Sodium Less Sodium	Ţ
muibos gm4111	muibos gm843	
که C. Potato Salad muibos وmککه	20 Potato Chips 2000 sodium	2.
1 C. Spaghetti Sauce 900-1400mg sodium	1 C. Tomato Juice muibos gm⁴19	ω.

Which Has Less Sodium?



SAVINGS

3. ESTABLISH,

7. COVERAGE 5. UPDATE

T. PROPERTY, 4. COMPILE,

Financial Emergency Plans

- facebook.com/Family.Finances.Food
- twitter.com/famfinancefood
- instagram.com/family.finances.food
- youtube.com/UIExtension

