

Home & Family Update

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From Past to Present: Treasuring Traditions

In the ever-changing and fast-paced world that we live and raise families in today, it becomes more and more important to find ways to connect and stay connected with those we care about. One of the ways that this can be achieved is by forming family rituals or traditions that can be passed down from generation to generation. Bear in mind that this doesn't mean that we toss old traditions out the window. There is room for old and new alike and it is necessary to consider all members of the family. Perhaps certain values, religions, etc. have changed so the ritual may also need to be changed. As families grow and evolve it becomes more and more important to take these things into consideration.



For traditions to be meaningful from one generation to the next, stories and memories need to be shared and enjoyed. Making changes can be very stressful for members of the family, although they may not understand why. Communication is key. Family meetings are the perfect opportunity for members to share memories and to be able to communicate what is important to them and new traditions and ideas that they would like to see the family participate in. Can you think of rituals or traditions that your family participate in? Does the entire family embrace them? Perhaps Grandma is no longer with us, but she always set the holiday table with her best china, so we still do today. Or, because it's Thanksgiving time we always have turkey on the table. The list is endless. It's important for families to understand that change is okay too, and in some ways, inevitable. Maybe not every tradition can be preserved, but it is up to families to determine which ones last and when new ones need to be introduced. If this is done with honor and respect, everyone wins.

Resources: "Barbara H. Fiese, Thomas J. Tomcho, Michael Douglas, Kimberly Josephs, Scott Poltrock, and Tim Baker; A Review of 50 Years of Research on Naturally Occurring Family Routines and Rituals: Cause for Celebration?," Syracuse University; Journal of Family Psychology, Vol. 16, No. 4.; "Family Routines, Rituals Beneficial";

www.todaysseniorsnetwork.com

Written by: Deb Rombough

WE NEED TO HEAR FROM YOU!

Tell us what you think... Please take a moment and click on or log on to the following site and answer our brief survey so that we can better serve your needs. Thank

you! If you do not have internet access and would like to answer the survey, please call us at 605-642-6200 or your local Extension office.

http://www.surveymonkey.com/s.aspx?sm=VwdagxYmr5dUqJTal2Fd_2fA_3d_3



Aging Attitudes: Medicare Part D Update

Medicare Part D 2009 Standard Benefit Plan Changes:



- Standard Deductible: \$295, up from \$275 in 2008.
- Initial coverage zone will provide 75% coverage, up to \$2700 in total drug costs, up from \$2510 in 2008.
- Catastrophic coverage begins at \$4350 in total out of pocket costs, up from \$4050 in 2008.

Open enrollment period November 15 to December 31, 2008. *SDSU Extension Service highly recommends comparing plans each year during the open enrollment period, as Part D plans and your prescription drug needs change.*

Volunteers are needed to assist beneficiaries with **MEDICARE Part D**. There will be a **2009 Volunteers Medicare Update** in **Rapid City** at the Rushmore Plaza Holiday Inn on Thursday, October 23rd from 10-3:30 pm. Contact SHIINE to register and for more details.

The **Heartline Plus Special Needs Medicare Advantage Plan** will be

discontinuing operation as of December 31, 2008. Those currently enrolled in the Heartline Plus Program will need to make some decisions before the end of the year. Basically, if you do not choose another Medicare Advantage Plan, you will be re-assigned to Original Medicare. However, you would have no supplemental coverage or prescription drug coverage unless you signed up for it.

You can switch to a different Medicare Advantage Plan between November 15th and December 31st; coverage would begin on January 1, 2009. You can choose and enroll in a Stand-alone Prescription Drug Plan between November 15th and December 31st; coverage would begin on January

1, 2009.

When a Medicare Advantage Plan leaves the Medicare Program, Medicare beneficiaries have a guarantee issue right to buy any Medicare Supplement Plan A, B, C, F, K or L plan that is sold in the state. This means that there will be no medical underwriting. Beneficiaries can apply for the new Medicare Supplement coverage up to 60 calendar days before the date that Heartline Plus ends. They must apply no later than 63 calendar days after Heartline Plus ends. Please contact your local SDSU Extension Office or a SHIINE volunteer to assist you with your Medicare questions.

*Adapted from:
SHIINE Newsletter—
September 2008
by Nancy Pauly*



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Nutrition Bites: Keep Festive Times Safe

A popular way to celebrate holidays or any party occasion is to invite friends and family to a buffet. However, this type of food service where foods are left out for long periods leave the door open for uninvited guests — bacteria that cause food borne illness. Here are some tips from the USDA's Meat and Poultry Hotline to help you have a SAFE holiday party.

Safe Food Handling

Always wash your hands before and after handling food. Always serve food on clean plates — not those previously holding raw meat and poultry.

Cook Thoroughly

If you are cooking foods ahead of time for your party, be sure to cook foods thoroughly to safe minimum internal temperatures.

- Beef, veal, and lamb steaks, roasts, and chops may be cooked to 145 °F.
- All cuts of pork to 160 °F.
- Ground beef, veal and lamb to 160 °F.
- All poultry should reach a safe minimum internal temperature of 165 °F.

Use Shallow Containers

Divide cooked foods into shallow containers (2") to store in the refrigerator or freezer until serving. This encourages rapid, even cooling. Reheat hot foods to 165 °F. Arrange and serve food on several small platters rather than on one large platter. Keep the rest of the food hot in the oven (set at 200-250 °F) or cold in the refrigerator until serving time. REPLACE empty platters rather than adding fresh food to a dish that already had food in it.

The Two-Hour Rule

Foods should not sit at room temperature for more than two hours. Keep track of how long foods have been sitting on the buffet table and discard anything there two hours or more.

Keep Hot Foods HOT and Cold Foods COLD

Hot foods should be held at 140 °F or warmer. Cold foods should be held at 40 °F or colder. *Written by Ellen Eddy*

FAMILY FOCUS: Nov. is National Family Month!



YOU ARE IMPORTANT TO ME

When a person takes time to be with you, it sends a very powerful message: “You are important to me.” When a person has fun with you, it sends another powerful message: “I enjoy being with you.”

Effective time together can come in either small or large doses. Many things that we do with children take more than a minute, but it can help us as parents if we are prepared to dedicate blocks of time to our children. Nothing we do is any more important than being a part of their lives. When a child asks for some of our time, we can think of it as an unwelcome interruption or an invitation to be involved in the child’s life.

Have fun while doing other things at the same time.

For example, sometimes we can have fun grocery shopping together. We can use travel time in the car to talk about what’s happening in their lives. We can make mealtime a fun time to talk. We can use TV or movie time as a togetherness time to enjoy carefully-chosen programs.

Make time together fun. Avoid criticizing or using time together to comment on the child’s problems. Use the time to enjoy being together.

Making time. We all have many things happening in our lives. Even when we cannot take time immediately to be with a child, we can assure them, “Right now, I must go to a meeting. I will be glad to read you a story when I get home about 8:30.”

Schedule appointments. You might plan some small event with them every day. Make dates with them to do the fun things they enjoy. There is hardly a better way to show children that you care about them than taking time to be with them.

When your child talks to you, do you take time to listen? Most of us need to make a better effort to listen to our children. When they talk to you, turn to them and pay attention.

When you make a promise to spend time with a child, do you honor that commitment? If an emergency interrupts your plans, do you apologize and schedule a new time?

Source: University of Arkansas Cooperative Extension Service publication *Showing Love by Taking Time* at www.arfamilies.org.

Written by: Amanda Diede



FRAUD FACTS: Getting the Most From Your Gas Purchases

Be skeptical of claims for gas-saving products or devices that will “boost your mileage by...” or “improve your fuel economy by ... percent”. The US Environmental Protection Agency has tested more than 100 gas-saving devices (including mixture enhancers and fuel line magnets) and has not found one to significantly improve gas mileage. In fact, some of the products caused engine damage or increased exhaust emission.

Most companies offer money back guarantees. Contact the company even if the guarantee has expired. If you are not satisfied with the company’s response, contact the South Dakota Attorney General’s Division of Consumer Protection at 1-800-300-1986 or at consumerhelp@state.sd.us.

What can we do to save our gas dollars?

On the road drive more efficiently – stay within posted speed limits – gas mileage decreases rapidly above 60 miles per hour – avoid “jackrabbit” starts and stops – anticipate traffic conditions – avoid idling and turn off the car – use overdrive and cruise control when appropriate – remove excess weight – avoid packing items on top of the car. Maintain your car – keep the engine tuned – keep your tires properly inflated and aligned – change your oil – check and replace air filters regularly.

Use the octane level you need – your owner’s manual recommends the most effective octane level for your car – unless your engine is knocking, buying higher octane is a waste of money.

Plan and combine trips – combining errands into one trip saves you time and money. *Written by: Sally Park-Hageman*

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Shopping for Toys & Toy Safety During the Holidays

Toys are a fun and important part of any child's development. That's why it's important to choose your child's toys carefully. The production of toys is bigger than ever which makes following safety standards increasingly harder. Last year, an estimated 140,700 children were treated in U.S. hospital emergency rooms after toy-related incidents and 13 children died. These statistics were found by the U.S. Consumer Product Safety Commission (CPSC).

Here are some general guidelines given by the CPSC to keep in mind when toy-shopping:

- Toys made of fabric should be labeled as flame resistant or flame retardant.
- Stuffed toys should be washable.
- Painted toys should be covered with lead-free paint.
- Art materials should say nontoxic.

Crayons and paints should say ASTM D-4236 on the package, which means that they've been evaluated by the American Society for Testing and Materials.

Another important safety issue that surfaces while shopping is how much noise a particular toy emits. Some toys such as rattles, whistles, and musical or electronic devices can be severely loud for your child; especially if the sound is held directly to the child's ear. Be sure to check the noise intensity before purchasing a hazardously loud toy.

When shopping, compare toys by the recommended age on the label. Do not choose a toy for an infant that is labeled "3 years and older." This could pose a threat for the infant child as, for example, the toy may contain small parts which are a choking hazard. The labels are marked this way to guide the consumer. It is important to follow them.

By following these safety guidelines and using smart consumerism, you will be well on your way to the success of toy safety! Check out more guidelines at www.cpsc.gov.

Written by: Karen Beranek

