

Local Extension Centers

Bollinger County

302 Union Street
Marble Hill, MO 63764
573-238-2420

Cape Girardeau County

684 W. Jackson Trail
Jackson, MO 63755
573-243-3581

Madison County

137 W. Main
Fredericktown, MO 63645
573-783-3303

Mississippi County

109 N. First Street
Charleston, MO 63834
573-683-6129

Perry County

321 N. Main, Suite 1
Perryville, MO 63775
573-547-4504

St. Francois County

1 W Liberty, Suite 101
Farmington, MO 63640
573-756-4539

Briefings is published quarterly
by University of Missouri
Extension faculty for individuals
and families living in Southeast
Missouri.

Briefings on Family Matters

**For individuals and families living in Southeast
Missouri**

June 2018 - July 2018

Vol. 15, No. 2

In This Issue

Sugar Shakedown

By: Bethany Bachmann, Nutrition and Health Education Specialist

New Medicare Cards for Missourians

*By: Ashley Bales, Family Financial Education Specialist
& Accredited Financial Counselor®*

Keep Safe During the Gardening Season

By: Donna Aufdenberg, Horticulture Specialist

Like us on Facebook: <https://www.facebook.com/muextensionperry/>

Or visit our webpage www.extension.missouri.edu/perry

To receive a monthly email with a direct link to this newsletter, send
an email to perryco@missouri.edu

University of Missouri, Lincoln University, U.S. Department of Agriculture & Local
University Extension Councils Cooperating

UNIVERSITY OF MISSOURI
 Extension

an equal opportunity/access/affirmative action/
pro-disabled and veteran employer

Sugar Shakedown

Bethany Bachmann, Nutrition and Health Education Specialist

I often receive questions regarding the different forms of sugar and if one is healthier than the other. While the science behind sugars can get somewhat complicated, the answer to this question is quite simple. While your body may process some sugars differently, in the end, it is all the same.

As an example, we often see advertisements for maple syrup with information saying that it is healthier than high fructose corn syrup (HFCS). That statement is nothing more than a marketing ploy, as there is nothing healthier about maple syrup, or any type of sugar for that matter. It will still add to your caloric intake which can impact weight, inflammation, and triglyceride levels. In the long run, this can lead to fatty liver disease, heart disease and stroke.

As a society, Americans consumer too much added sugar in general. Did you know that there are over 50 different names for sugar that appear on food labels? Can you name them all? Probably not. Basically, anything processed has the potential to have added sugars.

Another misconception when it comes to added sugars is that if it is “natural” then it is better for you. Wrong. When I refer to natural sugars in my line of work, I am specifically speaking of the sugars that occur naturally in milk and fruit. Agave is one natural sweetener that has become very popular with consumers. The fact of the matter is, agave, which is touted as being “all natural”, actually has more fructose (or sugar) in it than high fructose corn syrup. Crazy, right? This natural product that so many people think is “healthy”, is higher in sugar than a processed sugar product.

So what’s the bottom line?

- 1.No form of sugar is better than another.
- 2.Focus on decreasing overall added sugar intake, instead of buying into marketing ploys to support one product.
- 3.Read food labels and educate yourself on common terms used to identify added sugars.

Upcoming Programs in Perry County

Cooking Matters for Adults

This program is designed for adults that currently receiving SNAP benefits. Each session of the program includes in-class nutrition education to help families make the most of their food budget. During each class, participants also help prepare a meal that they will enjoy as a group. (Flyer Included)

Finances on a Fixed Income

A financial education workshop for Medicare beneficiaries and those reaching retirement age. Learn more about managing month-to-month finances, Medicare basics, qualifying for extra help with medical costs, and finding local community resources. This free program also includes a light evening meal. See enclosed flier for more information. (Flyer included)

You are your own best defense against identity theft!

Identity theft made up 14 percent of consumer complaints in 2017. The most common type of identity theft reported was credit card fraud – someone opening up a credit card under another person's name.

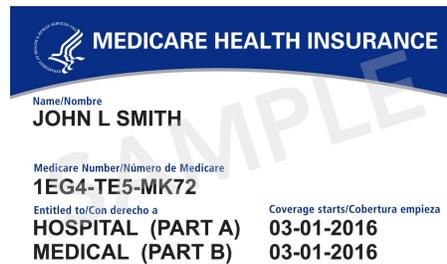
There are some actions you can take to limit your potential losses from identity theft or imposter scams:

- Shred credit card offers or applications that you receive in the mail
- Promptly remove mail from the mailbox; request a vacation hold if you will be out of town for several days
- Opt out of prescreened offers by calling 1-888-567-8688
- Do not give out personal information over the phone or through e-mail unless *you* have initiated the contact
- Register your phone with the Do Not Call Registry by calling 1-888-382-1222 (most sales calls will stop after one month)
- Place a freeze on your credit report

If you are interested in hosting or attending an identity theft or Medicare program, contact Ashley Bales, Financial Education Specialist at 573-783-3303 or e-mail at balesa@missouri.edu.

New Medicare Cards for Missourians

Ashley Bales, Family Financial Education Specialist
& Accredited Financial Counselor®



New Medicare cards are being mailed out! If you are enrolling in Medicare for the first time in 2018, you will be one of the first to receive the new card. For those already

enrolled in Medicare *and who are residents of Missouri*, new Medicare cards will be mailed out starting sometime *after June 2018*.

The new cards will no longer display individual Social Security numbers. Instead, they will show a unique identifying number that contains both numbers and letters. In the event that a beneficiary loses their card, a new card will be sent out with a different unique identifying number to help prevent identity theft.

New cards will be mailed automatically and **at no cost to beneficiaries**. Scam artists are trying to take advantage of the situation by calling individuals asking for personal information, payment for the new card, or threatening to cancel insurance benefits. If you receive a phone call like this, hang up and report the call to 1-800-MEDICARE (1-800-633-4227).

Once your new card is received, destroy your old card and start using the new one right away. If you are in a Medicare Advantage plan or have a Part D prescription drug plan, keep those cards!

If you have questions about the new Medicare cards, you can contact Family Financial Education Specialist, Ashley Bales, at the University of Missouri Extension office in Madison County by calling 573-783-3303. More information is also available at www.Medicare.gov/newcard/ or by speaking with a certified Medicare volunteer at 1-800-390-3330.

Keep Safe During the Gardening Season

Donna Aufdenberg, Horticulture Specialist

As the gardening season is progressing, many people are spending more time outdoors and it is very important that we make sure we stay healthy while doing gardening tasks during the summer months.

- *Do garden tasks in the morning or evening hours. Avoid the peak sun and heat hours during the day.
- *Use sunscreen. A fresh bottle will be most reliable. Watch the expiration dates and test it before using it. If it is clumpy, off-color or smelling funny, pitch it!
- *Wear shoes that are appropriate for the task. A blackened toe from a heavy object landing on it isn't funny. Or have you tried using a shovel with flip-flops on?
- *Wear good fitting, wide-brim hats to protect neck, face and eyes from the sun. A good hat will stay in place when you look down.
- *Sunglasses can protect eyes from the sun and bright light. It is best to use large-framed eye protection with a wrap-around design to protect against debris being blown or thrown into the eyes.
- *Your hands are two of the most important parts of your body -WEAR GLOVES! They provide protection against scratches, blisters, dirt stains, and drying out from contact with the soil.
- *Finding a tool that fits your hand or your height is important. My husband complains that my shovel hurts his back - my shovel has a short handle and he has to stoop over to use it.
- *Stretch before doing major tasks. This will help your muscles from becoming achy if much work is done.
- *Switch tasks often. Nobody wants tennis elbow. Planting 150 bulbs in one day taught me a lesson a couple of years ago. Limit your tasks to 10-15 minutes and then switch.
- *Take breaks and rest! Don't make gardening a chore. Keep it light and enjoyable and that way you keep an interest!

What Plants Do For Us!

Plants are the backbone of all life on Earth and they are essential for human wellbeing. Just think about how your everyday life is impacted by them.

⇒Plants create oxygen for the atmosphere and remove carbon dioxide.

⇒Plants return nutrients to the soil through decomposition. These nutrients feed other plants that feed us.

⇒Plants filter and clean indoor air.

⇒Plants regulate the water cycle. They help to distribute and purify the planet's water. They also help to move water from the soil to the atmosphere through transpiration.

⇒Fresh vegetables can lower high cholesterol, heart disease and hypertension.

⇒Gardening is a more effective stress-reliever than athletic activity.

⇒Money is saved with home-grown food.

⇒Indoor flower blooms can prevent winter depression.

⇒One-quarter of all prescription drugs come directly from or are derivatives of plants.