



FAMILY Ties

Extension Web-

SUMMER INFORMATION

Summer is a great time to check the Food, Nutrition and Health Link from the Iowa State University Extension Website. Here are some of the things you can learn about:

- **Food, Recipe and Activity of the Week** - Recipes, shopping and storage tips for summer produce. A different produce is featured each week of the year. In addition, a fun physical activity is highlighted. For example, the last week of June featured fresh peaches, including nutrition, shopping and storage information and a recipe for peach crepes. It reviewed softball as a fun summer physical activity, including pre-game warm ups to prevent sore muscles. You can check out this link from the website, or sign up to receive this information weekly to your own computer e-mail.
- **Outdoor Summer Grilling** – Everything you ever wanted to know about grilling! Includes safety tips for using a gas grill and a charcoal grill as well as food safety tips. Recipes for a meat marinade, kabobs, grilled fruit, and even a recipe for making brown rice on the grill are also available.
- **Food, Fitness and Fun** – This monthly newsletter features tips, activities and recipes for families. Each month includes seasonal topics appropriate for that month. June featured ideas for a healthy Father's Day meal, including recipes for Grill-Bake Garlic Potatoes and Teriyaki Grilled Salmon Steak. You can view or download and print each monthly newsletter.
- **The H2O Race** – This fun on-line game helps athletes determine if they are getting enough fluids and helps them learn how they can do a better job of being hydrated. Six categories of physical activity can be selected, including biking, swimming, running, basketball, football or wrestling. The on-line quiz helps determine how to be adequately hydrated while participating in that particular activity/sport.

Answerline – Answerline is a help on issues related to home and family. The Answerline web site allows you to choose several different categories such as nutrition, food safety, food preservation, etc... Under each category are frequently asked questions that can help consumers make wise choices. For example, Under the 'Food Safety' category, one question is, "Is it safe to eat rhubarb throughout the growing season?" (Answer – It is recommended that you not harvest rhubarb after mid-June.) Answerline can also be contacted by phone to ask a specific question. In Iowa call 1-800-262-3804 Monday – Friday 9am – noon or 1 – 4pm.

So how do you get all this great information? Go to the ISU Extension homepage: <https://www.extension.iastate.edu/> Click on the Food, Nutrition and Health link on the left side of the page, or type in <https://www.extension.iastate.edu/healthnutrition/>

Need Help Buying Fresh Vegetables?

Iowa State University Extension has a new publication to help. Fresh Vegetable Guide, PM 2034 includes information about selection and storage of vegetables.

There is an easy to use monthly chart indicating which vegetables are in season during which months throughout the year. The guide also includes simple preparation steps for preparing fresh vegetables. Contact your local county extension office or download it on-line at <http://www.extension.iastate.edu/Publications/PM2034.pdf>

NORTHWEST AREA Family Newsletter

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Where Did I Put?

GETTING ORGANIZED

A few things can turn a person's life upside down as the death of a spouse or parent. Below are some suggestions to cope with financial issues related to widowhood? Do you know where to find your original birth certificate, phone number to credit cards, life insurance policies, bank accounts, marriage license?

During a time of stress would be able to obtain your rightful property? You will need to collect death certificates. Some of the insurance companies need an original not a copy. You will also need to find insurance policies, marriage certificate, birth certificate, the deceased's will, retirement plan (expension or IPERS) records, and a certificate of discharge from the military, if any.

Retitle a spouse's or joint held assets into your name, such as bank accounts, credit cards, auto titles, and deed to your house. Also review your will and update if needed. Review your retirement savings accounts, and insurance policies. You may need to change beneficiaries.

Identify and secure resources. Some examples would include life insurance policy proceeds, employee benefits, and Veteran's benefits. Don't make major financial decisions immediately.

If you do receive an insurance settlement or other payment, place it in a certificate of deposit or a money market mutual fund until you have time to explore longer-term investment alternatives. You will need to look to see if your interest earned will keep up with the cost of living, or would it be better to invest it in a municipal bond. Your financial consultant or planner good resource to ask.



Don't pay any large debts that your late spouse may have incurred until you check with a lawyer. Debts owed by the deceased are the responsibility of the estate and should be forwarded to the executor. If you pay the bills with out-of-pocket funds or personal savings, you could leave yourself short of savings, or necessary cash; both for living expenses and a financial emergency.

One resource that would help you or your family **prior to** this stressful time is a publication called Getting organized Pm-1121. Cost is around \$4.00. There is a section for you to list your property, insurance, financial records, retirement plans, and inventory of what is in the safe-deposit box, wallet and in a file at home and where it is located at.

Traveling Parents

HOW TO STAY IN TOUCH

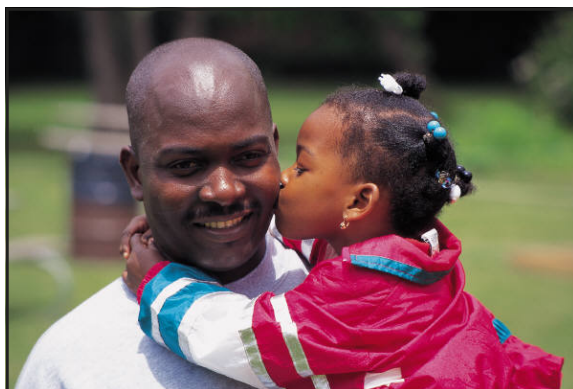
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Business travel often separates parents from their families, but preplanning can keep them in touch. Parents need to prepare young children for a mother's or father's business travel before, during and after a trip. When children know what to expect while parents are away, and have contact with traveling parents, their sense of comfort and security is strengthened.

You can have fun staying in touch by using some old ideas and some new technology. While it doesn't beat being at home with family, it does make work-related travel a less lonely experience for both parents and children.

Here are 10 tips to use before, during and after a parent is away.

- Tell children why, when and where the travel will occur. Use time concepts each child can understand.
- Clearly show on a calendar departure and return dates.
- Use children's books to help youngsters prepare for and understand a parent's departure and absence.
- Allow children to be part of family good-byes and greetings at airports and train or bus stations.
- Mark travel routes on a map and research information about the destination. Searching the Internet can help children learn about a particular site.



- Leave surprise messages where they will be found by children throughout the absence.
- Take pictures to show or send to children. Also, digital cameras allow pictures to be transmitted by e-mail or uploaded to a family Web site.

- Phone, fax or e-mail regularly. Send postcards or letters; children enjoy receiving their own mail.

- Upon return, spend individual time with each child, as well as plan family sharing time.

- Eat a favorite family meal the evening of a loved

one's return or together prepare a new recipe from the travel site.

A child's reactions to a parent's departure may vary with the child's age and characteristics of the parent-child relationship. Having a parent away from home can be confusing and disruptive for younger children, but it may be a welcome change for teenagers.

For more information, ask at the local county office of ISU Extension for child development and parenting publications such as PM 944B, Living With Your Teenager, The Changing Parent-Child Relationship; PM 1529D, Understanding Children - Fears; and PM 1259, A Guide For Parents With School-agers Who Are Home Alone. Also visit the ISU Extension Web site at <http://www.extension.iastate.edu>.