

Kansas Currents

K-STATE RESEARCH AND EXTENSION NEWS

Central Kansas Extension District

centralkansas.ksu.edu

December 2022

January 2023

*District Extension
Agents:*

Debra Wood

Family Resource
Management



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Multi-state Land Management and Leasing Workshop Planned for Midwestern Women in Ag

An upcoming four-part extension workshop for women in agriculture will focus on the basics of land management, leasing and conservation for landlords and tenants.



“The Power of Negotiation and Communication: Land Leasing Strategies for Midwestern Ag Women” program will be a 4-part series, held in the College Center Conference Room at 2310 Centennial Road in Salina. The series will focus on writing agricultural lease agreements, landlord-tenant relationships, negotiations, and conservation practices. Workshops will be held from 5:30 to 8:30 p.m. Central time on Jan. 18, Jan. 25, Feb. 1, and Feb. 8.

The program is a collaboration between extension women in Agriculture programs at Purdue University, Kansas State University and the University of Nebraska-Lincoln.

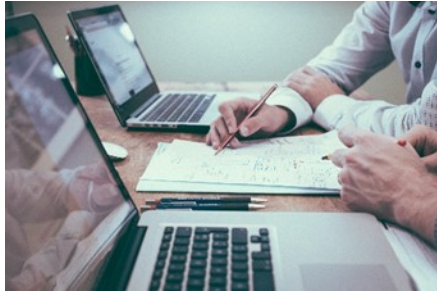
The workshops seek to help participants increase their awareness of local land values and cash rental rates and the factors that influence them. They will also cover the importance of having a written lease and the items that should be included in it to ensure an equitable agreement for all parties. Participants will learn negotiation strategies as well as best practices to improve relationships between landlords and tenants.

Conservation programs will also be covered, so that participants will have a greater understanding of compliance requirements and increase their awareness of voluntary conservation programs that are available to them.

The series of four workshops cost \$50 per person (includes dinner each night) and participants should plan to attend each session. A virtual option is available for those unable to attend a workshop site, although in-person attendance is highly encouraged to better network with other attendees and interact with speakers. More information and a registration link may be found at www.agmanager.info/events under the program “The Power of Negotiation and Communication: Land Leasing Strategies for Midwestern Ag Women”. The registration deadline is January 13.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

Preparing Your Budget for 2023



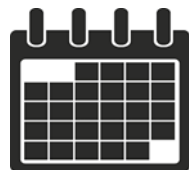
2023 is right around the corner. With the new year coming up, there are things you

should be doing now with your budget to prepare. Have your financial goals changed? Is inflation eating into what you have budgeted this year? You may need to adjust your spending and budget limits in other areas to free up money to cover your basic needs.

1. Evaluate your fixed bills (anything you can cut?).
2. Ensure your variable spending limits are realistic.
3. Look at your sinking funds – what needs to be started in 2023? What things do you need to save for in 2023? Work that into your budget.
4. Ensure your debt list is up to date and accurate – check-in with your debt payoff strategy.
5. Check back in with your priorities. Ensure your budget is aligned with your priorities.
6. Check all memberships and subscriptions (quarterly, yearly, etc.) and cancel all the ones you no longer use or need.

Photo by Scott Graham on Unsplash

Financial Calendar



- ✓ Calculate your net worth by reviewing your assets and liabilities. The end of the year is a great time to reflect on how the past 12 months went and prepare to set new goals in January. Experts suggest reviewing your net worth at least once a year. The goal is for your net worth to increase year after year. Keep a record of your net worth in your

financial binder and see the progress you are making over time.

- ✓ Adopt a money mantra. Choose a positive money phrase that acts like a mini rule of thumb for how you'd like to approach spending and saving money this year. Examples: "I have what I need, what I have is enough," "Does this purchase help or hinder my vacation savings goal?" or "I choose to spend less than I make."
- ✓ Shred old financial paperwork. Set a timer for 30 minutes to sort, organize, and shred. Check out the "Resources" tab on Utah moneymoms.com to download the free financial records printable, which teaches what to keep and where experts recommend keeping specific documents. Schedule additional time on your calendar to minimize future paper piles.

Source: Utah Money Moms, <https://www.utahmoneymoms.com/>

New Agent Hired

Lisa Newman will begin duties as the Family and Community Wellness agent here in the Central Kansas Extension District on January 9, 2023. Lisa will be a familiar face to many of you, having served as the Family and Child Development agent between 2012 and 2017. Lisa will lead the development, implementation, and evaluation of research-based educational programming to build healthy, sustainable communities, families, and individuals in the district. If you are in the Minneapolis courthouse, stop by and welcome Lisa back!



Good Recordkeeping Year-round Helps Taxpayers Avoid Tax Time Frustration

Wading through a pile of statements, receipts and other financial documents when it's time to prepare a tax return can be frustrating for people who haven't managed their records. By knowing what they need to keep and how long to keep it, people can develop a good record-keeping system year-round and make filing their return easier.

Good recordkeeping can also help taxpayers understand their situation when they receive letters or notices from the IRS.

Good records help:

- **Identify sources of income.** Taxpayers may receive money or property from a variety of sources. The records can identify the sources of income and help separate business from non-business income and taxable from nontaxable income.
- **Keep track of expenses.** Taxpayers can use records to identify expenses for which they can claim a deduction. This will help determine whether to itemize deductions at filing. It may also help them discover potentially overlooked deductions or credits.
- **Prepare tax returns.** Good records help taxpayers file their tax return quickly and accurately. Throughout the year, they should add tax records to their files as they receive them to make preparing a tax return easier.
- **Support items reported on tax returns.** Well-organized records make it easier to prepare a tax return and help provide answers if the return is selected for examination or if the taxpayer receives an IRS notice.

In general, taxpayers should keep records for three years from the date they filed the tax return. Taxpayers should develop a system that keeps all their important information together. They can use a software program for electronic recordkeeping. They could also store paper documents in labeled folders.

Records to keep include:

- **Tax-related records.** This includes wage and earning statements from all employers or payers including payment apps or cards, such as Form W-2, 1099-K, 1099- Misc, 1099-NEC. Other records include interest and dividend statements from banks, certain government payments like unemployment compensation, other income documents and records of virtual currency transactions. Taxpayers should also keep receipts, canceled checks, and other documents that support income, a deduction, or a credit reported on their tax return.
- **IRS letters, notices and prior year tax returns.** Taxpayers should keep copies of prior year tax returns and notices or letters they receive from the IRS. These include adjustment notices when an action occurs on the taxpayer's account.
- **Property records.** Taxpayers should also keep records relating to property they dispose of or sell. They must keep these records to figure their basis for computing gain or loss.
- **Business income and expenses.** Business taxpayers should find a bookkeeping method that clearly and accurately reflects their gross income and expenses. Taxpayers who have employees must keep all employment tax records for at least four years after the tax is due or paid, whichever is later.



- **Health insurance.** Taxpayers should keep records of their own and their family members' health care insurance coverage. If they're claiming the premium tax credit, they'll need information about any advance credit payments received through the Health Insurance Marketplace and the premiums they paid.

For more information on what to do to get ready to file taxes, taxpayers should visit the Get Ready page of IRS.gov at <https://www.irs.gov/individuals/steps-to-take-now-to-get-a-jump-on-next-years-taxes>.

Reviewing Tax Credits and Deductions

Most people probably only think about tax credits and deductions when they're completing their tax return. However, a little early planning can make for a smoother filing process. By familiarizing themselves now, taxpayers can have a clear understanding of which credits and deductions make sense for them and the records needed to show their eligibility.



Here are a few facts about credits and deductions that can help with year-round tax planning.

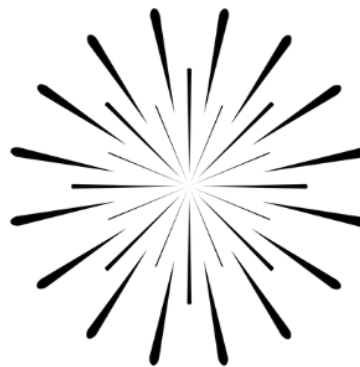
A few things to know about deductions:

- Deductions can reduce the amount of a taxpayer's income before they calculate the tax they owe.
- Most people take the standard deduction. The standard deduction is adjusted each year for inflation. The amount of the standard deduction depends on a taxpayer's filing status, age, whether they're blind, and whether the taxpayer is claimed as a dependent by someone else.

- Some people are required to itemize their deductions, and some people may choose to do so because it reduces their taxable income more than the standard deduction.
- As a general rule, if a taxpayer's itemized deductions are larger than their standard deduction, they should itemize.
- Taxpayers can use the Interactive Tax Assistant at <https://www.irs.gov/help/ita> to see what expenses they may be able to itemize.

Things to know about tax credits:

- Taxpayers can subtract tax credits from the total amount of tax they owe.
- Some tax credits, like the earned income tax credit, are even refundable, which means a taxpayer could get a refund even if they don't owe any taxes.
- To claim credit, taxpayers should keep records that show their eligibility for it. Properly claiming tax credits can reduce taxes owed and boost refunds.
- Taxpayers can check now to see if they qualify to claim any credits next year on their tax return. The Interactive Tax Assistant link above will help you determine if you are eligible.



Happy New Year!

Simply Produce

Gene's Heartland Foods of Minneapolis and Central Kansas Extension District are excited to announce Simply Produce ordering and pickup dates for January and February. This program offers customers approximately 15 pounds of produce for \$15.00. Produce baskets are available once a month and contain a variety of fresh fruits and vegetables. Contents will be different for each month. In addition to produce, customers will receive a recipe highlighting basket items, as well as educational materials on food storage and produce handling.

Produce baskets are purchased through the grocery store register and must be paid for at time of ordering. The purchase is taxable. Order deadlines and distribution/pick-up-days are listed below. Pickup is at the Community Bible Church, 929 N. Rothsay Ave. on the third Friday of the month. It is a mobile pick-up line from noon—12:30 p.m.

Place Orders:	Pick up Basket:
Jan. 12-17 (noon)	Jan. 20 (12-12:30 pm)
Feb. 9-14 (noon)	Feb. 17 (12-12:30 pm)

Stop by Gene's IGA in Minneapolis to order your basket. Please call the extension office in Minneapolis at 785-392-2147 if you have any questions or would like to volunteer to assist on distribution days.



Removing Odors from Refrigerators and Freezers

As winter approaches, so does the possibility of power outages.

Refrigerators and freezers can hold cold temperatures for a short amount of time.

But if power outages linger, food can become unsafe, spoil and can leave residual odors.



Food odors can be hard to remove. Dispose any spoiled or questionable food. Remove shelves, drawers, and ice trays to wash in hot soapy water. Rinse with a bleach sanitizer of one tablespoon bleach per gallon water. Wash the appliance interior with a mix of hot water and baking soda, then sanitize. Leave the door open to air dry. These steps may need to be repeated several times. Some other tips to remove odors are on the USDA website at <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/emergencies/removing-odors-refrigerators-and>.

If meat juice or spoiled food has lingered in an appliance, it may have seeped into the insulation. At this point, the appliance may need to be discarded. Remove the door, if possible, or lock it in some manner to make it child proof.

Source: Karen Blakeslee, K-State Rapid Response Center; Photo: USDA Flickr



Emergency Water Assistance Program

The Emergency Water Assistance Program (EWAP) is a federally funded program that is being administered for Kansas residents by the Kansas Department for Children and Families (DCF). The program's sole focus is to restore or prevent disconnection of water to Kansas households earning less than 150 percent of the Federal Poverty Level which equals \$3,313 a month for a family of four.



The EWAP program provides a one-time payment to restore or prevent disconnection of drinking water and wastewater services. DCF is required to pay public water utility vendors directly on behalf of qualifying households.

Applications will be accepted until funding is depleted. Once the funding is exhausted, the program will end. EWAP is a separate benefit from the LIEAP energy assistance program (information below).

Applications, instructions, and income limits can be found online at www.DCF.KS.gov/EWAP.

Low-Income Energy Assistance Program

The Low-Income Energy Assistance Program (LIEAP) is a Federally funded program that helps eligible households pay a portion of their home energy costs by providing a one-time per year benefit.

The 2023 LIEAP application period runs from January 3 through March 30, 2023.

Applications must be received prior to 5 p.m., March 30.

In order to qualify applications must meet the following requirements:

1. An adult living at this address must be personally responsible for paying the heating costs incurred at the current residence, payable either to the landlord or a fuel vendor.
2. Applicants must demonstrate a recent history of payments toward purchase of the primary heating energy.
3. The combined gross income (before deductions) of all persons living at the address may not exceed 150% of the federal poverty level.

More information can be found at <https://www.dcf.ks.gov/services/ees/Pages/EnergyAssistance.aspx> or by calling 1-800-432-0043.

KDADS Invites You to Check out GetSetUp

The Kansas Department for Aging and Disability Services has partnered with Get-SetUp, the largest online social learning platform designed specifically for older adults to learn new things, connect with others, and unlock new life experiences.

This partnership offers all older Kansans FREE access to more than 4,000 interactive classes, all taught by older adults, on topics such as physical fitness, cooking, travel, health and wellness and so much more. In addition, KDADS has created 11 exclusive classes relevant to our community.

Just in time for the holidays, older Kansans can join GetSetUp's vibrant community of older adults who find meaning and purpose by sharing their knowledge and passions, having

fun and socializing together. To sign up, go to <https://www.getsetup.io/partner/kansas>.

Changes to Social Security

The Social Security Administration announced an 8.7% increase for Social Security benefits and Supplemental Security Income (SSI) payments in 2023. The estimated average monthly benefit for all retired workers is \$1,827, and the average benefit for an aged couple, both receiving benefits, is \$2,972.



The annual earnings limit for those drawing Social Security benefits was also adjusted for inflation. Individuals who reach their full retirement age in 2023 can earn \$56,520 or less in the months before your birthday and not lose any Social Security benefits claimed in 2023. Benefits are reduced \$1 for every \$3 earned over the limit in the year of your full retirement age. Once you reach full retirement age there is no earnings cap.

Individuals who filed early can earn up to \$21,240 in the years prior to turning their full retirement age. Social Security temporarily withholds \$1 for every \$2 earned over that limit.

The base Medicare premium will be \$164.90 in 2023, down \$5.20 from 2022. If your benefit statement shows a Part B deduction greater than this, it may be due to the Income Related Adjustment Amount (IRMAA) or due to a late enrollment penalty. While the late enrollment penalty is for life, IRMAA is recalculated every year and is based on two years prior income, so the 2023 premium is based on your income in 2021. This is looked at each fall to determine premiums for the following year so if IRMAA applies to you this year, it is not a permanent increase if your income drops in the future. If

you are no longer working or reduced hours and your income is less now as a result, or if you got married or divorced, or your spouse died, you may qualify to have that additional premium reduced by filing a Life Changing Event form.

2023 National Festival of Breads

The 2023 National Festival of Breads is going virtual! This is a yeast bread competition for adult amateur bakers. So start your mixers and get baking!

Four categories for this year's contest include Quick and Easy, Wholesome and Healthy, Go Nuts, and Say Cheese. Recipes must be original, which means never published in the same or substantially the same form. Recipes must state the brand and type of flour along with the brand and type of yeast. It must contain at least 75% wheat flour and produce one or more loaves or one dozen or more rolls.

Contest entry begins at 12:00 AM CST on January 1, 2023 and ends at 11:59:59 PM CST on February 13, 2023. Refer to the 2023 Official Rules and Regulations at <https://festivalofbreads.com/2023-rules/> for all details.

Food Safety in Blessing Boxes

Many communities have Blessing Boxes, Parking Lot Pantries, or similar efforts to offer easy access to foods and other items for people in need, which helps improve food security. Such boxes also are convenient places for people to donate food and other items. However, because these pantries are normally outside and subject to extreme temperatures in various seasons of the year, not all foods are safe to donate. It is critical that foods available through "Blessing Boxes" are as safe and nutritious as possible to truly be a blessing to those using the boxes. For recommended dos and don'ts, download the North Central Extension Region publication on this topic at <https://store.extension.iastate.edu/product/16592> or contact the extension office for a copy.

Central Kansas Extension District

Salina Office

K-State Polytechnic
2218 Scanlan Ave
Salina, KS 67401-8196

Address Service Requested

The enclosed material is for your information. If we can be of further assistance, feel free to call or drop by the Extension Office.

Sincerely,



Debra Wood

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Family Resource Management
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Salina Office

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