

# Kansas Currents

K-STATE RESEARCH AND EXTENSION NEWS

## Central Kansas Extension District

[centralkansas.ksu.edu](http://centralkansas.ksu.edu)

**March 2019**

*District Extension  
Agents:*

**Debra Wood**

Family Resource  
Management

**Leah Robinson**

Nutrition, Food Safety  
and Health



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Dates: March 17-May 11

Cost:

\$8.00 per person registration.  
Optional t-shirt \$9.25 plus tax.  
Optional baseball tee \$14.50  
plus tax, per person.

**REGISTRATION DEADLINE:** payment must be received in Salina or Minneapolis Extension office by 5 p.m., March 14th.

Walk Kansas is an eight-week, team-based fitness challenge that works by having individuals keep track of their weekly minutes of physical activity. Minutes can be reported individually online, or can be given to the team captain and reported by them.

Although the name of the program implies walking, many forms of physical activity counts towards Walk Kansas minutes/miles. Swimming, jogging, biking, basketball, or any other activity that is performed at a moderate to vigorous level. If you wear an activity tracker you can count steps you take after you reach 6,000 for that day.

You get 15 minutes of activity for

every 2,000 steps you take above 6,000.

Walk Kansas uses virtual trails for you to "walk" along. This is a fun way to see the different sights of Kansas without having to leave the comfort of your community.

There are 3 challenge options to choose from based on how ambitious your team is. The routes will trek you through the beautiful Kansas scenery but completely different from each other.

**Challenge 1:** Discover the 8 *Wonders of Kansas!* This journey requires each person to get 2 ½ hrs. of moderate activity per week.

**Challenge 2:** *Go Cross Country* From Troy (NE) to Elkhart (SW), which requires 4 hrs. of activity per person/week.

**Challenge 3:** *Little Balkans to Nicodemus*—a trail that takes you through SE Kansas and then up to Nicodemus with interesting stops along the way. This requires 6 hrs. of activity per person/week.

Teams must consist of 4-6 individuals. Team captains will register the entire team online (and  
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order apparel items for all members) online. Then, the captain must bring the team registration or Minneapolis extension offices by March 14th to complete the registration process.

Walk Kansas is a simple and affordable program to be a part of. Organizing and registering your team is very easy. Here's what you need to do:

- First, recruit a team of up to six people motivated to exercise. If you can't find six people for a team, that's ok! Teams can be 4–6 individuals.
- Choose a team captain and pick a name for your team.
- Team captains can register the entire team online at [www.walkkansasonline.org](http://www.walkkansasonline.org) **OR** pick up registration materials for your team from the extension office, in Salina or Minneapolis **OR** print team registration forms off the Central Kansas Extension District Website, [www.centralkansas.ksu.edu](http://www.centralkansas.ksu.edu). Team captains will be responsible for ordering the entire team's t-shirt or baseball tee's (optional) through the store tab on the Walk Kansas website.
- Have your team captain turn in team registration form and one check payment for the entire team's registration and shirt orders to either extension office by March 14.
- Keep track of the minutes you walk, any strength training activities, water intake, and servings of fruit and vegetable consumption. Individuals can report their own totals online **OR**, you can report all totals to your team captain, who can enter the entire team totals online.

- Make sure you have shoes that are good for many miles of walking or exercising.
- Plan to have lots of fun!

Each Walk Kansas team will set a team goal (challenge) that requires each person to log 2 ½, 4, or 6 hours of exercise per week.

Think about your personal goal and what you can realistically accomplish each week as you discuss the team goal with your teammates.

## **Creative Vegetable Gardening 'workshop to be held March 19th**

Tuesday, March 19th at 6:30

pm, Horticulture Extension agent Jason Graves will present a

free 'Creative Vegetable Gardening' horticulture workshop that will be held at the Minneapolis

Extension office at 307 N. Con-

cord Minneapolis, Kansas. This expanded vegetable gardening workshop will cover all the basics for growing great vegetables and will also include alternative gardening methods such as straw bale gardening and gardening in containers and raised beds. What's new and unique in the world of vegetables will also be covered. Call the Minneapolis Extension office at 785-392-2147 to reserve a chair.



## 7 Tips for Coping with Hearing Loss

Hearing loss is a common problem for older adults. About one in three people between the ages of 65 and 74 have hearing loss.

Here are seven tips on how to cope:



1. If you notice signs of hearing loss, seek professional advice.
2. Let people know you have a hearing problem.
3. Ask people to face you and to speak more slowly and clearly. Also, ask them to speak louder without shouting.
4. Pay attention to what is being said and to facial expressions or gestures.
5. Let the person talking know if you do not understand what he or she said.
6. Ask the person speaking to reword a sentence or try again.
7. Find a good location to listen. Place yourself between the speaker and the sources of noise and look for quieter places to talk.

Source: National Institute of Aging

## Strengthening communities: Grant writing workshop planned

Do you know how that playground equipment at the park down the street was purchased? Or the new sign leading visitors to a local landmark? How about initial money for a festival? In any community, chances are that someone, or a group of individuals, wrote a grant proposal and received funding to help with the project.

Individuals and community groups can learn more about writing successful grant proposals at a workshop planned in Salina on Tuesday April 9, 2019. The workshop is presented by

Nancy Daniels, a community vitality specialist with K-State Research and Extension and the author of many grant proposals. The final hour Brenda Gutierrez, Director of the Salina Area United Way, will cover United Way forms. The training will be at the K-State Polytechnic Conference Center, 2310 Centennial Rd., from 9:30 a.m. to 4:00 p.m. and includes lunch. The cost to attend is \$20, and the registration deadline is April 5.

“This workshop is for everyone, whether they’ve never written a proposal before and have no idea where to start, to those who have experience but are looking for ways to improve their approach,” Daniels said. “The magic that happens in a local community when people find out they don’t have to wait to get something done, that they can do it themselves, is incredible.”

Participants also learn from each other, Daniels said, adding that even experienced grant writers pick up tips and are reenergized after coming together with peers in their communities. Participants are encouraged to bring their grants or grant ideas to share.

Workshop topics include:

- Sources of data for community needs (where do you find the numbers to back up your request?);
- Where to find grants;
- The five common elements of a great grant proposal;
- Practicing the grant writing elements.

More information and registration is available by contacting Carl Garten, [cgarten@ksu.edu](mailto:cgarten@ksu.edu) or 785-309-5850.

## Medicare Basics

Many people don't give Medicare a second thought until they approach 65 and find themselves in the middle of a big decision about their future. It's important to understand requirements, eligibility and benefits when considering your future health care coverage.



Demystify the world of Medicare at an informational session with a local expert. Those turning 65 in the next six months or over 65 and thinking about retirement are encouraged to attend, although all ages are welcome, especially those who help aging parents with insurance and financial matters.

March 23 10 – 11:30 a.m.

Salina Public Library, Prescott Meeting Room  
301 W Elm, Salina

Call 785-309-5850 to register

March 25 9:30-11 a.m.

Salina Polytechnic Welcome Center Classroom  
2310 Centennial Rd, Salina

Call 785-309-5850 to register

April 17 6:30-8 p.m.

Ottawa County Courthouse Meeting Room  
307 N Concord, Minneapolis

Call 785-392-2147 to register

## Medicare's New Mobile App

Is your medical item or service covered by Medicare Part A and/or Part B? Now there is a quick way to check!



Download Medicare's official "What's Covered" app, available free in both Google Play and the Apple App Store.

Use the app at the doctor's office, in the hospital, or anywhere you use your smartphone or tablet. Once it is installed, you can use "What's Covered" even when you are offline.

Search or browse in the app to learn what items and services are covered, how to get benefits, and basic cost information. Learn more about the new app at Medicare.gov.

## Help Paying for Medicare

With the announcement of the 2019 Federal Poverty Guidelines comes the adjustment to income and asset limits for Extra Help and Medicare Savings program eligibility. Beneficiaries who meet both income and asset limits may qualify for assistance with Medicare Part B and Part D premiums and prescription drug plan copays.

Do you qualify? You may qualify for assistance with your Part D premium and copays if your assets, or resources, are below \$14,390 for an individual and \$28,720 for a couple AND your income is below \$1,581/month for an individual and \$2,134/month for a couple.

For help paying your Part B premium, income must be below \$1,426/month for an individual and \$1,923/month for a couple. Asset limits are stricter for this program. They must be below \$7,730 (individual) and \$11,600 (couple).

For more information, download our *Medicare: Programs That Help You Pay* document from <https://www.centrankansas.k-state.edu/home-family/health-insurance/LIS-MSP.pdf>.

If you think you may qualify, and would like assistance with the application process, call Deb at the extension office in Salina at 785-309-5850.



## Tips for Managing Your Time During Retirement

- Use a planner or online calendar to keep track of your commitments. Observe the week or month ahead and ask yourself, “Am I doing too much?”
- Schedule in downtime for yourself. Maybe your downtime will be relaxing and reading a book, or maybe you have to schedule time for exercise. Regardless, make sure you are taking time for yourself.
- Many people will have a list of things they want to accomplish once they retire. Try to spread them out over a period of time, rather than trying to conquer everything at once.
- Be sure to understand what is expected of you in volunteer opportunities before you agree to participate. Consider the role and decide if you will have enough time to fully participate

## The ABC’s of Health News

The news comes at us from many sources so confusion can occur quickly. Use the “ABC” approach to identify good information.

**Authority**—look for experts from reputable organizations or in publications that specialize in a specific field. Authors and reviewers should be listed and easily found. References also increase validity of information.

**Bias**—Whether blatant or not, look for personal bias or a slant on the topic. Inconclusive or “cherry picked” information can be problematic. Look for the funding source. While industry and trade groups offer funding, research must remain unbiased.



**Complete and Current**—Science evolves to show direction of research. A single study rarely gives a dramatic breakthrough. Websites should show updates and when information was last reviewed. Expect quality in spelling and grammar to increase professional merit.

## Egg Safety from Hen to Consumer

Eggs are very nutritious and versatile. But, they also bring a food safety risk due to *Salmonella* contamination. This risk can occur inside the egg and on the egg shell.



If a chicken is infected with *Salmonella*, it can contaminate the egg when it is formed inside the chicken. Farmers, big and small, must be vigilant to identify infected chickens and separate them from the rest of the flock. Chickens are messy, and they can pick up pathogens anywhere in their environment. Keeping coops clean is important.

Eggs are refrigerated for safety. If temperature abuse happens, that causes the egg to sweat and the porous shell will pull any contamination from outside the shell into the egg interior through osmosis.

In some locations, consumers are demanding cage-free egg production. This type of production only removes the cages. The chickens are still under one roof. The debate is ongoing whether this will be an advantage to make eggs safer.

Source: Food Safety Magazine

## A Potential Vaccine for Celiac Disease

The possibility is getting closer for a potential vaccine to treat celiac disease. The therapeutic vaccine, Nexvax2®, is an immunotherapy treatment to use the body's own immune system to treat celiac disease. The immunotherapy is given in several treatments to build up resistance in the immune system and to the HLA-DQ2.5 gene most commonly associated with celiac disease.

The treatment essentially tricks the immune system to accept gliadin, the protein that commonly causes celiac disease, to be a normal part of the diet. This reprograms the immune system to learn to accept gluten.

As of January 2019, the FDA has put this vaccine on the fast-track to speed up development and review because celiac disease is a serious or life-threatening condition. Learn more at [www.beyondceliac.org/celiac-disease/vaccine/](http://www.beyondceliac.org/celiac-disease/vaccine/).

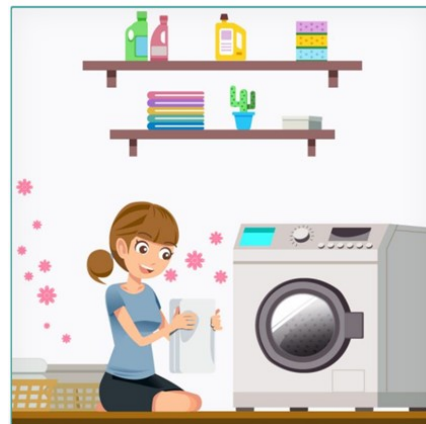
## How Often Do You Need to Wash Your Stuff?

If you're like most moms and dads, having clean clothes and linens to put away is immensely satisfying – once it's finally done! If you find yourself doing loads and loads and loads of laundry, this advice should help you. Maybe, *just maybe*, you're washing some things more than you need to.

How often DO you *really* need to wash your stuff? Here's the dirt.

- Outer clothes like dress shirts and khakis can be worn a few times before washing (unless they are stained), so fight that urge to toss them in the laundry basket after just one wearing.
- Sheets can be washed every two weeks (unless you're a sweaty sleeper, in which case it's once a week), and towels should be washed after 4-5 uses (just be sure to let them dry out between showers). If they're ultra-sweaty-gross, wash them sooner.
- For exercise clothes, it depends on how sweaty you got while working out. Definitely wash dirty gym clothes asap!
- Jeans can typically be worn three times – maybe more – before washing them. We are hearing that some people don't wash their jeans but put them in the freezer instead – they say that freezing temps can kill some of the bacteria resulting from routine wear, without risk of shrinking. Don't believe this hype! The bacteria (frozen or not) is actually not that big of deal. But you'll still need to wash away stains, sweat and any skin that is sloughed off...
- PJs can be washed after three or four wears – even more if you shower before wearing them. More often if they are worn for more than sleeping!

And, items that might absorb a lot of sweat or be worn closest to your skin like t-shirts, camisoles, tights, bathing suits and socks, may need to be washed after each time you wear them. To get the best results for all your washables, read and follow the care labels on your clothes and detergent packages.



# 12 Tools for Your Wellness Toolbox in Times of Farm Stress

1

**Exercise 20 minutes or more daily (walk, swim, ride a bike, etc.).**  
Physical activity enhances feeling good.

Physical

2

**Get a medical checkup with a local health-care provider.**  
Stress can cause or add to physical challenges.

3

**Spend 10 minutes to plan your day and priorities.**  
A few minutes of planning reduces stress and helps you stay focused.

Mental

4

**Take regular five- to 10-minute breaks in your day to relax and recharge.**  
Doing this multiple times a day renews your energy.

5

**Write down three things that you are grateful for daily.**  
Conscious gratitude calms your mood.

Emotional/Spiritual

6

**Share concerns with a counselor or other professional.**  
A listening ear helps lift your burdens.

7

**Take 15 minutes each day for uninterrupted conversation with a spouse or family member.**  
A few minutes of planning reduces stress and helps you stay focused.

Personal/Relational

8

**Get involved or stay connected with a friend or group of friends.**  
Doing this multiple times a day renews your energy.

9

**Discuss needs of the farm operation but do not let them occupy all other aspects of life.**  
Plan other daily work tasks to shift your focus.

Work/Professional

10

**Seek constructive feedback on your farm operation and ways to grow or improve.**  
Others can share ideas or assist in new ways.

11

**Create a family budget and seek to live within your means.**  
This helps give you a sense of financial control.

Financial/Practical

12

**Select three healthy habits you will try to practice daily.**  
**Start today!**

## My Wellness Commitment

Circle or list at least three wellness tools you can begin doing today and post this in your home, office or vehicle as a reminder.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

For more information on wellness tools and farm stress, visit the NDSU Extension website at [www.ag.ndsu.edu/drought/stress-resources](http://www.ag.ndsu.edu/drought/stress-resources) or the K-State Families website: [www.ksre.ksu.edu/families](http://www.ksre.ksu.edu/families)

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**Central Kansas Extension District**

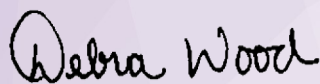
**Salina Office**

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**  
District Extension Agent  
Family Resource Management  
dwood@ksu.edu

**Salina Office**  
K-State Polytechnic  
2218 Scanlan Ave.  
Salina, KS 67401-8196  
785-309-5850  
Fax: 785-309-5851



**Leah Robinson**  
District Extension Agent  
Nutrition, Food Safety and Health  
lmrobins@ksu.edu

**Minneapolis Office**  
Courthouse  
307 N. Concord, Suite 190  
Minneapolis, KS 67467-2140  
785-392-2147  
Fax: 785-392-3605