

Kansas Currents

K-STATE RESEARCH AND EXTENSION NEWS

Central Kansas Extension District

centralkansas.ksu.edu

May - June 2026

District Extension Agent:

Lisa Newman

Family & Community
Wellness

Melissa Schrag

Adult Development
and Aging



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Medicare Basics: New to Medicare Workshop

Thursday, May 28
11:30 am - 1 pm

K-State Salina Aerospace & Technology
College Center, Conference Rm #103
2310 Centennial Rd, Salina, KS

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.

Presenter

Melissa Schrag, Central Kansas Extension District Adult Development and Aging educator, and Senior Health Insurance Counseling for Kansas (SHICK) certified counselor.

What you'll learn

- Medicare eligibility
- Medicare benefits for parts A, B, C, D
- Medicare and Social Security
- Medicare enrollment process/timeline
- Information for those 65-plus and still working
- Coordinating benefits for Medicare and employer/retiree insurance
- Comparing Medicare Part D
- Medicare supplements also known as Medigap policies
- Programs available to assist low income individuals

Register

Please register for this event by calling the extension office in Salina at 785-309-5850 or emailing meliss89@ksu.edu.

This class is scheduled around lunchtime for the convenience of those still working. No food will be served but feel free to bring your lunch.

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Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Melissa Schrag 785-309-5850.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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Remote Patient Monitoring (RPM) is a legitimate health service that enables doctors to monitor a patient's health remotely using devices such as blood pressure cuffs and glucose monitors. Unfortunately, scammers are abusing this service by billing Medicare for care that was never needed or never provided.

How the Scam Works

- Seniors may receive a phone call, text message, or online advertisement offering a “free” medical device.
- The caller may claim to represent Medicare, a pharmacy, or a doctor's office.
- They ask for Medicare numbers or other personal information.
- Without the senior's full understanding—or any medical necessity—the individual may be enrolled in a monitoring program.
- Medicare is then billed for:
 - Medical equipment that was never requested
 - Setup or training that never occurred
 - Monthly monitoring services that never took place



How Seniors Can Protect Themselves

- Never share personal or medical Information with unexpected callers.
- Always talk with your personal doctor before agreeing to any new medical device or service.
- Refuse delivery of equipment you did not order.
- Review Medicare Summary Notices (MSNs) and Explanation of Benefits (EOBs) carefully and report unfamiliar charges.

If seniors living in Saline or Ottawa Counties Suspect Medicare fraud, they should report it to the North Central Flint Hills Area Agency on Aging, Inc. at 785-823-1277. NCFHAAA will report this to the Kansas Senior Medicare Patrol (SMP).

A graphic titled "Medicare Trivia" in large, bold, yellow letters on a dark purple background with a radial pattern. Below the title is a yellow circle with a white question mark. Underneath is a white rounded rectangle containing the question: "Which of the following services is not typically covered by Medicare?". Below this are four yellow rounded rectangular buttons with black text: "Dental services", "Hearing aids", "Eye exams and eyeglasses", and "Long-term care services and supports". At the bottom, the text "Answer: All of the above" is displayed in white.

Simply Produce

Simply Produce is a produce bundle program between Central Kansas District and Gene's Heartland Foods in Minneapolis.

Community members can purchase produce bundles containing fresh fruits and vegetables for \$15+tax at any register located at Gene's in Minneapolis. Contents in the monthly bundles do vary from month to month.



May purchase dates: May 7-12. Pick-up date and time: Friday, May 15, 12-12:30 p.m.

No Simply Produce in June or July – see you in August!

Purchasing location: Gene's Heartland Foods located at 218 W 3rd, Minneapolis.

Pick up location: Community Bible Church located at 929 N. Rothsay, Minneapolis.

Dial Gauge Pressure Canners

How important is it to know if your dial gauge canner is at the proper pressure? It is critical to the safety of any products you can in a dial gauge pressure canner.

Many local Extension offices have the ability to test specific brands of dial gauge canners. They include the brands **National**, **Presto**, **Magic Seal**, and **Maid of Honor**.

Dial gauges need to be tested yearly, and before any canning takes place. This reduces the possibility of using inaccurate pressure which could lead to under processed food and the potential of foodborne illness. A 1-pound error in a 20-minute process can cause a 10% decrease in sterilizing value. A 2-pound error can lead to a 30% decrease in sterilizing value. Knowing these differences can allow you to adjust, but it is best to replace inaccurate dial gauges.



Please note, we cannot test All American brand gauges. The manufacturer states to use the weighted gauge, not the dial gauge, to measure pressure.

Cooking Meat: Is it Done Yet?

A meal preparation study from the U.S. Department of Agriculture's (USDA) Food Safety and Inspection Service (FSIS) revealed that only 55% of people use a food thermometer to verify if their food is safe to consume, despite 88% of participants reporting that they own a thermometer. Instead, participants in the study relied on visual cues such as color, firmness and time. But are visual cues enough to prevent foodborne illness?

Thermometer Use

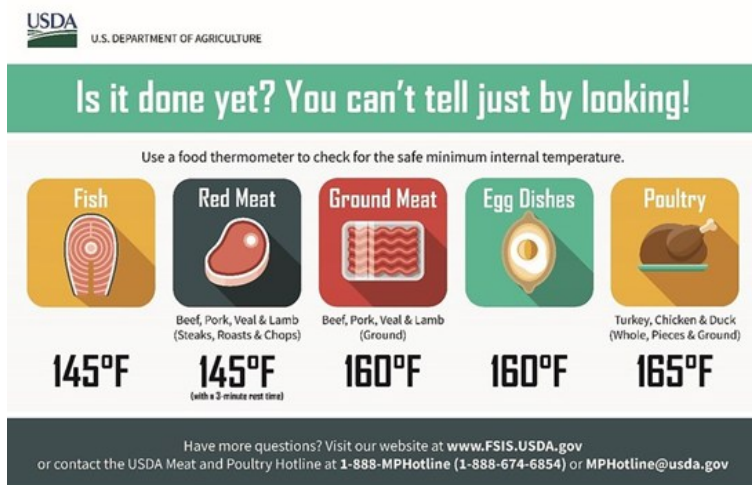
USDA recommends never relying on color, firmness or time as an indicator to know if your food is fully cooked. Always cook all meats to a minimum safe internal temperature as measured with a food thermometer to prevent foodborne illness. So how does one know "is it done yet?"

- Cook raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145 F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before cutting or consuming.
- Ground meats: Cook raw ground beef, pork, lamb, and veal to an internal temperature of 160 F as measured with a food thermometer.
- All poultry: Cook poultry (ground or whole) to an internal temperature of 165 F as measured with a food thermometer.

To obtain an accurate reading, the food thermometer should be placed in the thickest part of the food, away from bone, fat or gristle.

Too many temperatures to remember? Save this graphic for a quick and easy reference. The Extension office also has free "Is it done yet?" magnets that look just like this graphic. Call the Extension office and ask for Lisa to get one.

For more information, call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854), email MPHotline@usda.gov to reach a consumer service representative or chat live at ask.usda.gov from 10 a.m. to 6 p.m. Eastern Time, Monday through Friday.



Tips for Making Safety Part of your Summer Fun

Summer is coming. With more time spent outdoors comes more opportunities for injuries, many of which are preventable. No matter the activity, make sure you and your family know what it takes to stay safe.

Sun safety

After a long winter, it's easy to forget the strength of the summer sun.

To protect yourself from skin cancer and sunburn:

- Apply an appropriate amount of broad-spectrum sunscreen according to the directions. Remember to apply sunscreen to easy-to-forget areas like the back of your neck, tips of your ears and tops of your feet.
- Wear a hat, sunglasses and ultraviolet (UV) light-blocking clothing.
- Avoid sun exposure between 10 a.m. and 4 p.m. — even on cloudy days — when the sun is at its peak.

Lawn and yard safety

Yard work is a regular activity during the summer. Each year, however, about 9,000 children in the U.S. end up in the emergency department with lawn-mowing injuries.

Follow these tips for yard safety for all ages:

- Avoid mowing on steep banks when the lawn is damp or when there's not enough daylight.
- Clear the mowing area of any objects such as twigs, stones and toys that could be picked up and thrown by the lawnmower blades.
- Wear ear and eye protection, long pants and closed-toed shoes when mowing.
- Make sure children are physically capable of using a lawnmower. The American Academy of Pediatrics recommends children be 12 or older to operate a push mower and 16 or older for a riding mower.
- Never touch the lawnmower blade with your hands or feet, even if the engine is off.
- Store lawn chemicals and pesticides in their original containers and out of reach of children. Read the labels for instructions on using and disposing of chemicals.
- Wear a helmet, safety glasses and ear protection when cutting wood or trimming trees.
- Consider hiring someone to do jobs at high risk for falls or injuries, such as climbing ladders, carrying fertilizer or seed bags, cleaning out gutters or trimming trees.

Additional safety steps can be found by visiting: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/summer-fun-safety-tips>

Summer's Coming – Is Your Car Seat Ready?

Before you hit the road for those summer vacations and long weekend getaways, it's a great time to double-check your child's car seat. Did you know that *more than 50% of car seats are not used or installed correctly*? A quick check can make all the difference in keeping your little ones safe. If you're unsure whether your seat is installed correctly—or just want peace of mind—reach out to our office. Lisa is a certified tech and is happy to help schedule a car seat check.

Car Seat Recommendations for Children

There are many car seat choices on the market. Use the information below to help you choose the type of car seat that best meets your child's needs.



- Select a car seat based on your child's age and size, choose a seat that fits in your vehicle, and use it every time.
- Always refer to your specific car seat manufacturer's instructions (check height and weight limits) and read the vehicle owner's manual on how to install the car seat using the seat belt or lower anchors and a tether, if available.
- To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements.
- Keep your child in the back seat at least through age 12.



Please join us for a

SAFE SLEEP COMMUNITY BABY SHOWER

SATURDAY, JUNE 6th
10am TO 11:30am

K-State Extension
315 W. 3rd, Minneapolis

*For all expectant parents and
families with infants under age
1 year.*

*FREE portable cribs, giveaways,
and refreshments provided!
(while supplies last)*

Hosted by Ottawa County Health
Dept
785-392-2822



Public Health
Protect. Promote. Prevent.
Ottawa County
Health Department



KIDS
SAFEsleep™
COMMUNITY
BABY SHOWER

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Save the Date!

Ottawa County expectant or new parents with infants under age 1 year, please plan to join us!

Please call the Ottawa County Health Department 785-392-2822) to RSVP.

Notice of Non-Discrimination

K-State Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact (Lisa Newman or Melissa Schrag) two weeks prior to the start of the event. Contact Lisa at 785-309-5850 or lmnewman@ksu.edu or Melissa at 785-309-5850 or meliss89@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request.

Central Kansas Extension District

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2218 K-State Road North
Salina, KS 67401

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.

Salina Office

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