



Kansas Currents

K-STATE RESEARCH AND EXTENSION NEWS

Central Kansas Extension District

centralkansas.ksu.edu

Nov. – Dec. 2025

District Extension Agent:

Lisa Newman

Family & Community
Wellness

Melissa Schrag

Family Resource
Management



'Like' us on Facebook at
facebook.com/CentralKansasDistrict
for the latest news and events from
Central Kansas Extension District.

K-STATE
Research and Extension

K-State Research and Extension is an equal
opportunity provider and employer.

ksre.k-state.edu



Medicare Advantage OPEN ENROLLMENT

January 1 – March 31, 2026

**Already enrolled in a Medicare Advantage plan?
This is your chance to:**



Switch to another Medicare Advantage plan



Return to Original Medicare
(and Part D if needed)

Why consider a change?

- ✓ New health needs
- ✓ Moving to a new area
- ✓ Coverage or cost changes
- ✓ Extra benefits like dental & vision
- ✓ Provider network updates

How to switch:

- > Contact the new plan directly
- > Use Medicare Plan Finder

Need help?

Saline Co: 785-309-5850
Ottawa Co: 785-392-2147
1-800-MEDICARE

Low Income Energy Assistance Program (LIEAP)

The 2025 LIEAP application period has ended. The start date of the 2026 LIEAP season is contingent on approval of federal funding for the program. If the federal funding becomes available, DCF will continue planning the 2026 LIEAP. Information regarding the next application period will be provided when it is available.



For Dr. Oz, **healthy aging** is all about balance: balancing your body and balancing your diet. Follow these tips to help you stay strong, steady, and independent.

Balance your body: Falls are one of our biggest health risks as we age, but you can lower that risk with just a few minutes of practice a day. Regular balance exercises train the muscles and nerves that help you stay stable on your feet.

Two of his favorite balancing moves are:

-  **Weight shifts** — Stand with your feet hip-width apart and shift your weight from your left foot to your right foot, swaying side-to-side. You can also do this seated by sitting tall and slowly leaning left to right.
-  **Single-leg balance** — Grab a chair if you need extra support. Lift one foot and hold it for 10 seconds. Then, switch sides.

Watch Dr. Oz <https://www.youtube.com/watch?v=lr84kKfeYnE>

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.



November purchase dates: Nov. 13-18. Pick-up date and time: Friday, Nov. 21, 12-12:30 p.m.

December purchase dates: Dec. 11-16. Pick-up date and time: Friday, Dec. 19, 12-12:30 p.m.

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

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



LIVING WELL WEDNESDAY

K-State Research and Extension Webinar Series

Living Well Wednesday is a virtual learning series hosted by K-State Extension, Family and Consumer Sciences (FCS) professionals from across the state of Kansas. The fall 2025 series (October – December) has begun and we invite you to join us!

Register for all webinars in this series here: bit.ly/41E7kqJ □

November 19: The Buzz on Energy Drinks: Unpacking the Truth

Chelsea King, MPH RDN, Johnson County Nutrition, Food Safety and Health Agent

Energy drink consumption is on the rise, particularly among adolescents and young adults. These drinks are often marketed as a way to increase focus and performance, and to give a boost of energy. But what is really inside the can? Join us in November to learn more so you can make informed decisions about energy drink consumption.

Thawing Your Turkey Safely

Frozen turkeys are safe indefinitely, but once thawing begins, bacteria can grow quickly if the temperature isn't controlled. Never leave a turkey on the counter, in the garage, or in the car — always thaw using one of three safe methods:

Refrigerator: Allow 24 hours for every 4–5 pounds at 40 °F or below. Example:

- 4–12 lbs: 1–3 days
- 12–16 lbs: 3–4 days
- 16–20 lbs: 4–5 days
- 20–24 lbs: 5–6 days

A thawed turkey can stay in the fridge 1–2 days before cooking.

Cold Water: Allow 30 minutes per pound. Submerge the turkey (in a leak-proof bag) in cold water, changing the water every 30 minutes. Cook immediately after thawing.

Microwave: Follow manufacturer's instructions and cook immediately after thawing.

Reminder: Never thaw a turkey at room temperature — the outer layer enters the “Danger Zone” (40–140 °F) where bacteria multiply rapidly.

A whole turkey is safe cooked to a minimum internal temperature of 165 °F throughout the bird. Always use a food thermometer to check the internal temperature of your turkey and stuffing. For reasons of personal preference, consumers may choose to cook turkey to higher temperatures.



✓ **Teach Your Kids About Money**

Children learn about money by watching and practicing. Parents can guide them at every age to build strong money habits.

✓ **What Kids Can Learn at Each Age**

- Preschoolers – Counting coins, pretend play, learning money is exchanged for goods.
- Elementary-age – Basics of banking, saving, credit, and planning ahead.
- Teens – Income, comparison shopping, ads and sales tactics, budgeting.
- Young Adults – Auto loans, retirement accounts, and complex financial choices.

✓ **Talk about Money Every Day**

- Teach kids to count—it's the basis of all exchange.
- Have age-appropriate conversations about how your family earns and spends.
- Share your household budget.
- Stay calm and positive—money is emotional, but discussions don't have to be.

Dinner Table Conversation Starters:

1. "If you found \$100, what would you do with it?"
2. "What are two inexpensive things our family can do for fun?"
3. "If you could start a business, what would it be?"

✓ **Help Kids Make Smart Consumer Choices**

- Preschoolers respond to ads without understanding them.
- Elementary kids can learn that ads try to persuade.
- Teens & young adults should resist high-pressure sales.
- Encourage critical thinking: "Do I need this? What are my options?"

✓ **Needs vs. Wants**

- Needs = food, shelter, clothing.
- Wants = extras that add fun but can lead to overspending.
- Teach kids to prioritize needs before wants.

✓ **Allowances—A Tool for Learning**

- Do: Give a set amount regularly.
- Don't: Tie allowance to chores, rewards, or punishment.
- Let kids manage their money, make mistakes, and learn.

✓ **"Spend, Save, Share" Rule**

- Spend: up to 80%
- Save: at least 10%
- Share: at least 10% (gifts or charity)

✓ Start early, talk often, and make money lessons part of everyday life.



Source: Adapted from Arkansas Cooperative Extension Service (2025)

Why Our Bodies Need Water

Water is critical to overall health. Every cell, tissue and organ in the human body relies on it to function properly. According to the Mayo Clinic, water makes up about 50 to 70 percent of body weight. Water is critical to your health, because it:

- Regulates body temperature
- Flushes waste from the body
- Supports a healthy immune system
- Lubricates and cushions joints
- Promotes healthy digestion
- Improves memory, alertness, mood, and sleep quality

How much water should you drink?

For the average healthy adult, the general recommendation for water intake is eight 8-ounce glasses of water per day — that's 64 ounces a day. Everyone's needs vary, however, depending on their activity level and even the climate in which they live. So, how much water do you actually need to drink in order to stay hydrated? Here are some general guidelines, according to the National Academies of Sciences, Engineering and Medicine:

For men, about 13 cups of total beverages, including water (100 ounces)

For women, about 9 cups of total beverages, including water (74 ounces)

Other water-based beverages such as tea, milk and coffee contribute to this total beverage recommendation. Plain water is best and calorie-free so aim for most of you 9 to 13 cups to be water.



Canning Equipment Storage

For some home canners, the canning season is ending. Here are some tips to store equipment so it is in good working order for next season.

1. Clean equipment with hot soapy water. Any grease or food residue left behind can lead to bacterial growth or mold growth. Always check small parts of equipment for any leftover food residue.
2. Hard water can leave a darkened residue, especially on aluminum. Fill the canner with water above that hard water area, add 1 table spoon cream of tartar to each quart of water and bring it to a boil, covered, until the dark area disappears. Drain out this water and wash with hot, soapy water, rinse and dry completely.
3. On pressure canners with gaskets, remove rubber gaskets and wash. Check for cracks or brittleness. Check the rubber plug in the lid for cracks or dryness. Both of these items can be replaced.
4. Check the vent pipe to be sure it is clear. Run a string, small piece of cloth or a pipe cleaner through the hole to clear any food residue.
5. Now is a good time to check dial gauges for accuracy. Many local Extension offices have the dial gauge testing equipment to test Presto, National, Maid of Honor and Magic Seal brands. We cannot test All American pressure gauges or any other brands of gauges.



Medicare Trivia



An individual or their spouse must have paid 20 quarters of Medicare taxes to be eligible for Medicare.

A TRUE

C FALSE

FALSE: An individual or their spouse must have paid 40 quarters (10 years) of Medicare taxes to be eligible for premium-free Medicare Part A.

Notice of Non-Discrimination

K-State Research and 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.

SCAN ME



The Falun/Salemsborg Parish Farm & Ranch Transition Workshop

Secure your Farm's Future!

Speakers



Ashlee Westerhold
Director of AgKansitions
Kansas State University



Joseph R. Aker
Attorney
Hampton & Royce, L.C.

Saturday, Nov. 22, 2025
8:30 am to 12 pm
Salemsborg Fellowship Center
3831 W. Salemsborg, Smolan

- Large or small acreage
- Family Farms
- Buisness operations
- Tax considerations
- Legal aspects
- Documentation needs



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.

Salina Office

K-State Salina Aerospace
& Technology Campus
2218 K-State Road North
Salina, KS 67401-8196
785-309-5850
Fax: 785-309-5851

Minneapolis Office

Courthouse
307 N. Concord, Suite 190
Minneapolis, KS 67467-2129
785-392-2147
Fax: 785-392-3605