

Disaster Preparation

Preparing your Finances for Times of Disaster was presented to Saline County Women in Ag in April 2017. Participants indicated the program was very informative, interesting, useful, and thought-provoking. Participants indicated they planned to take action by reviewing their insurance coverage, creating their grab-n-go box, and creating or updating a home inventory, and just in general 'getting their affairs in order.'

The District also participated in Prepare Kansas, a social media campaign designed to raise awareness of disaster preparation during National Preparedness Month in September. This year's theme was financial preparation. Agent Deb Wood wrote a guest blog post for the Prepare Kansas blog which was shared on Facebook. The Facebook post reached 769 people, with 96 clicking through the link to read the blog post. Twenty-nine people reacted, commented or shared the post. Weekly infographics and Facebook live events were also shared to help consumers get financial prepared ahead of a disaster.



Soil Testing Doesn't Cost, It Pays

Soil testing services are offered to CKD farmers and landowners through K-State Research & Extension at affordable costs. Soil testing is beneficial to the economical, agronomic, and environmental success and sustainability of our CKD farming operations. K-State research shows soybeans yields greatly benefit from liming soils below a pH of 5.8. Soil tests can identify fields that are below the recommended pH threshold and lime recommendations can be made. Farmers have been returning expired CRP land to crop farming. Soil tests submitted by farmers confirm soil test phosphorus values are very low. Fertilizer recommendations to build soil test phosphorus will increase crop yields and profitability. Farmers using profile nitrogen test to measure residual nitrogen from a previous crop were able to save fertilizer dollars and keep excess nitrogen out of surface and ground water.

Impact of Serving as 4-H Counselor

In order to serve as a 4-H Camp Counselor, youth go through an application and interview process. During the interviews, returning counselor applicants were asked how they felt they had changed as a result of serving as a camp counselor the year(s) before. The responses were outstanding and included: as a result of serving as a camp counselor, I have changed by stepping up to be more of a big sister at home; being more social and outgoing; working better with younger youth; growing in my leadership skills; being able to be a more effective educator at my place of work; better at creating relationships with campers and other young people; getting out of my comfort zone; learning how to better work with young kids; taking things more seriously - campers depend so much on us counselors; and growing more in personality - people are always watching what I do so I need to set positive examples.

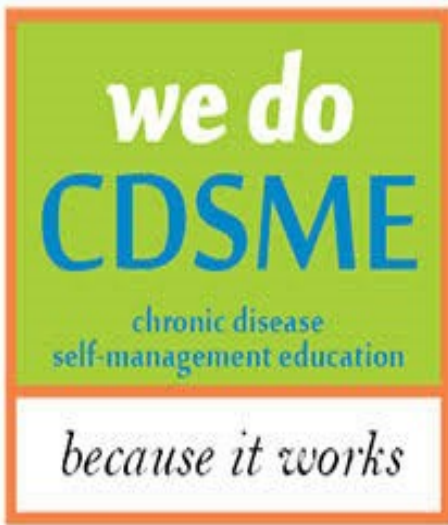


Community Vitality

What is it that extension can do? The programs reach across all areas and agents specialties. The Board Leadership a four session program that cover topics to make community boards successful and how you can be a good Board member. Held in Salina with more than 20 participating to learn about agendas, recruitment, finances, conflict management, and legalities to name a few of the topics. Programs have assisted Chambers, pride groups, economic development coordinators, WRAPS, Civic Groups, local committees, and other groups with everything from equipment to facilitation of community discussions. The education and activities as covered all age groups from pre-school to the elderly. Some examples Salina Water Festival Group to educate 600 fourth graders on the importance of water, Ag Awareness Day to expose 250 youth to agriculture and were there food comes, Talk Salina to more than 200 to discuss criminal to racial issues in the community.

Website: www.centrankansas.ksu.edu

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Chronic Disease Self-Management Education

Medical and pharmaceutical advancements are allowing people to live longer than ever before. However, our increased longevity continues to be complicated by multiple chronic illnesses. For many, growing older means learning to live with health conditions such as arthritis, fibromyalgia, heart disease, diabetes, chronic pain, etc. To help these individuals positively manage their illnesses, Central Kansas District partnered with the Ottawa County Health Department to provide "Tools for Better Health; Chronic Disease Self Management Program". This researched - based program created by Stanford University was taught over the course of six weeks by Nutrition, Food Safety, and Health Extension Agent Leah Robinson and Ottawa County Health Department Administrator Sarah Hodges. Class participants learned several self-managing coping strategies such as; guided imagery for pain management, effective communication skills to use with loved ones and physicians, physical health benefits of proper nutrition and exercise and how to take of their mental and emotional needs. Another benefit of this class is the group support it provides to individuals. Living with a chronic condition is not only physically taxing, it is also emotionally isolating.

Developing Tomorrow's Leaders: Extension Master Gardener Training

Gardener volunteers are a valuable asset to Extension and the local community. These volunteers extend the reach of the horticulture agent and program greatly through educational efforts such as our local demonstration garden, booths at local events, public speaking, and large outreach events such as the Garden Fair and Garden Tour. In 2017, 16 new volunteers were trained over an 8 week period on 15 common horticulture topics and on volunteering in the local community. They also received advanced training at monthly meetings throughout the year. These newly trained volunteers have already become active in helping Master Gardeners meet its mission in the Central Kansas District. Master Gardeners recorded over 3000 volunteer service hours and over 3,500 contacts in their various outreach activities during the last year.



Navigating A Struggling Farm Economy

Depressed commodity prices have created a muddy picture for the national farm economy. Kansas has seen sharp declines in annual farm income and the future looks even more bleak. To address the situation CKD hosted "Top 10 Considerations To Navigate A Struggling Farm Economy" in Salina. In total 133 producers, lenders, and allied industry professionals attended the workshop from 24 Kansas counties to learn. On a scale from 1 to 5, 5 being the highest rating, participants rated the program a 4.21. When asked the question "How will what you learned here affect your management decisions" attendees responded:

- "Currently negotiating a losing cattle lease, so info helps think through the process and if it can be fixed or walk away."
- "The information I received will help me to help my husband make good business decisions." - "Look at our debt structure, and manage it better."
- "Better help with borrowers and for my cattle operation - more attention to feed costs."



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