

Kansas Currents

K-STATE RESEARCH AND EXTENSION NEWS

Central Kansas Extension District

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Sept. - Oct. 2024

District Extension Agent:

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Family & Community
Wellness



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Child Passenger Safety

Car crashes are a leading cause of death for children.

Studies have shown that parents can be overconfident in their ability to select and install the right seats for their children; in fact, approximately half of all car seats are not correctly installed.

NHTSA (National Highway Traffic Safety Administration) urges parents and caregivers to double-check and make sure their children are in the right seats (rear-facing car seats, forward-facing car seats, or booster seats) and that the seats are installed correctly. "Good enough" may not be good enough in a crash.



Did you register your car seat or booster seat?

It's free, quick and easy! Once done, you will be notified about any safety issues, including recalls in the future.

To check for a car seat or vehicle recall visit <https://www.nhtsa.gov/recalls>

Watch the Central Kansas District Facebook page during Child Passenger Safety Week beginning September 15 for more information on child passenger safety.

AOK Medicare Basics

The Area Agency on Aging, with the help of SCHICK volunteers, is presenting Answers for Older Kansans (AOK) Medicare Basics. These presentations are designed to help people who are turning age 65, people who are new to Medicare or who just want to learn the basics about Medicare. Medicare Basics is free to attend. To register, call 800-432-2703 or go online at www.ncfhaaa.com

Basic Medicare Dates:

September 4	Medicare Basics Part 1 via ZOOM 5:30 - 7 p.m.
September 5	Medicare Basics Part 2 via ZOOM 5:30 - 7 p.m.
September 18	Medicare Basics Part 1 via ZOOM 5:30 - 7 p.m.
September 19	Medicare Basics Part 2 via ZOOM 5:30 - 7 p.m.

Help from Medicare is available 24 hours a day, 7 days a week, except some federal holidays. Call 1-800-MEDICARE (1-800-633-4227).

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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.

September purchase dates: Sept 12-17. Pick-up date and time: Friday, Sept 20, 12-12:30 p.m.

October purchase dates: Oct 10-15. Pick-up date and time: Friday, Oct 18, 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.



Kansas Senior Farmers Market Nutrition Program

Have you applied for this program? The Kansas Senior Farmers Market Nutrition Program provides annual benefits to low-income seniors to purchase fresh fruits and vegetables, herbs and honey from authorized farmers at Farmers Markets in Kansas.

Benefits are given out on a first-come, first-serve basis. **To complete an application, contact the North Central Flint Hills Area Agency on Aging at 1-800-432-2703.**

Benefits are distributed to eligible applicants between June 1 and September 15, 2024 or until benefits are gone, whichever happens first. Should you apply after September 15, 2024, or you are told benefits are no longer available, you will be added to a waitlist and contacted if additional farmers market benefits become available.

Applicants who qualify will receive a booklet of \$5 coupons for a **one-time annual benefit of \$50** to purchase eligible foods from authorized farmers.

Pressure Cooker VS. Pressure Canner

Does it matter which one you use to preserve your food? The answer is YES!

A pressure cooker is not designed to preserve food. When food is preserved or 'canned' a specific temperature is needed for a certain amount of time to reduce microorganism levels to a safe level. A pressure cooker does not allow the entire thermal process to occur, while a pressure canner does. Therefore, canning in a pressure 'cooker' is considered an unsafe method for food preservation.



Photo Credit: Univ of Missouri Extension

Some appliances on the market indicate they are able to preserve food as well as cook food. In these cases, it is very important for the user to consult with the manufacturer about the items that can be preserved safely because limited research has been done. We cannot assume that when a product says it can be used for canning that the appropriate research has been done.

Consumers should be cautious if they see claims being made especially for low-acid foods such as vegetables and meats. These items need to be pressure-canned for proper preservation.

Contact your local extension office if you are ever in doubt about an appliance. Learn about pressure canning safely and more at <https://www.ncrfsma.org/north-central-food-safety-extension-network-ncfsen>

Interested in receiving the Preserve it Fresh, Preserve it Safe newsletter? Scan and sign up here!



NORTH CENTRAL FOOD SAFETY EXTENSION NETWORK NCFSEN

NEWSLETTER
**PRESERVE IT FRESH,
PRESERVE IT SAFE**

SCAN AND
SIGN UP HERE!

Healthy Halloween Treats

Halloween is right around the corner, which means a lot of candy. But with all that candy comes a lot of sugar. Children in the US consume up to 17% of sugar in their diet daily. Sugar is often hidden in packaged foods and drinks and is highly processed. Too much sugar, especially in young children, can lead to issues with obesity, tooth decay, diabetes, and other health problems down the road.

Here are some healthy Halloween-themed snacks you can make with your child that don't require baking:

1. Apple Monsters

1. Grab an apple of your choice and cut it into slices (green apples are a good choice)
2. Take two slices and spread your choice of nut butter onto one side of each slice.
3. Place the edges of the slices together to look like an open mouth.
4. Use your choice of seeds (slivered almonds are a good choice) to use as teeth by sticking them into the nut butter at the open edges of the apple slices.
5. Take a slice of cheese and cut it into a triangle.
6. Place the cheese slice into the nut butter on the bottom apple slice with the pointed end of the cheese sticking out like a tongue.
7. You can also place a small bit of nut butter on the top of the top apple slice and place candy eyes on the nut butter.

2. Banana Ghosts

1. Peel a banana and cut it in half.
2. You can get fancy and cut the bottom of the banana into edges.
3. Use semi-sweet or dark chocolate chips and push the tip into the banana to create eyes and mouth. Vegan chocolate chips are also an option.

3. Clementine Pumpkin

1. Peel a clementine.
2. Cut a celery stick into small, thin ribs.
3. Place a celery piece into the top of the clementine.



Photo Credit: Clemson Cooperative Extension

Estate Planning is Worth the Effort

Estate planning can be overwhelming, but it is worth the effort. Having a plan in place can give you peace of mind, knowing that your wishes will be carried out. If you have a plan, review it regularly to make changes or updates. Make sure a trusted family member or fiduciary knows where to find important documents as part of your plan.

Unscramble the hints to learn more about estate planning.

1. A _____ is a document that specifies who is to inherit assets and who is responsible for handling the estate. (HINT: LIWL)
2. An arrangement where assets are held on behalf of another person is called a _____. (HINT: STRUT)
3. The _____ is a person named in a will that carries out the terms of the will. (HINT: XTECEURO)
4. An _____ tax is a tax on your right to transfer property at your death. (HINT: TASETE)
5. The part of the judicial system that handles wills and estates is called _____ Court. (HINT: TPEORBA)

Answer Key : 1) will 2) trust 3) executor 4) estate 5) probate

We have updated our information about estate planning. Visit our bookstore to see one of the updated fact sheets about beginning the estate process. <https://tinyurl.com/bdkdbtdj>

Understanding Hospice

As of 2024, former President Jimmy Carter is the oldest living former president in United States history. Carter, now 99, battled cancer and significant physical challenges over the years. When a life-limiting cancer returned, he “decided to spend his remaining time at home with his family and receive hospice care instead of additional medical intervention.” Carter’s decision to start hospice care brought national attention to this model of high quality, compassionate care.

What is Hospice? Hospice focuses on comfort, not curing. It is a customized model of care that helps people with life limiting illnesses live with dignity. Hospice focuses on maintaining quality of life for the person, rather than aggressively treating the disease or illness. Hospice is not giving up on life.

Hospice addresses the health and well-being of the whole person, including managing pain and the symptoms of disease, and providing emotional, spiritual, and social support for the person and their caregivers. The benefits of hospice include:

- Developing a customized care plan.
- Managing pain and maximizing comfort.
- Maintaining independence for as long as possible.
- Upholding strong emotional bonds with family, friends, and caregivers.
- Supporting and providing instructions for caregivers.

- Assisting with daily tasks, such as bathing, dressing, and dining.
- Prescribing medications and medical equipment.
- Providing grief support and counseling.

There are four levels of hospice care: routine care, respite care, continuous care, and general inpatient care. Hospice care can be provided in various locations including residential homes, independent living communities, assisted living facilities, nursing homes, hospice houses, and hospitals.

For more information about understanding hospice, visit our bookstore to learn more: <https://tinyurl.com/y948xzpp>



What Do Salmon, Flaxseed, Chia Seeds, and Walnuts Have in Common?

Omega-3 fatty acids are a type of fat shown to help lower triglycerides (one of the fats measured in your blood cholesterol panel) and lower the risk of heart disease. These are essential nutrients, meaning your body does not produce them on its own and, therefore, must be consumed through food.

There are three main types of omega-3s:

- alpha-linolenic acid (ALA)
- eicosapentaenoic acid (EPA)
- docosahexaenoic acid (DHA)

ALA is mainly found in nuts, seeds, and plant oils, while EPA and DHA are commonly found in fish and seafood. While most people get plenty of ALA, getting EPA and DHA can be more of a struggle.

To increase EPA and DHA intake, the Dietary Guidelines for Americans recommends adults eat at least eight ounces of fatty fish per week. Cold water fatty fish, such as salmon, Atlantic mackerel, albacore or skipjack tuna, herring, and sardines, have higher amounts of omega-3s.

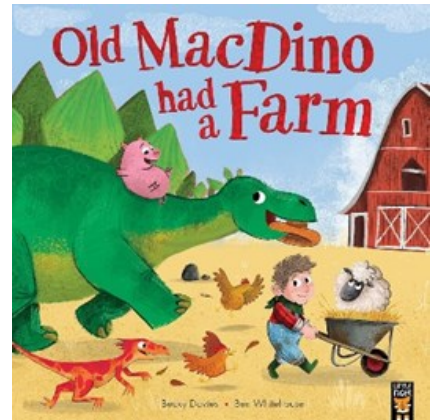
Unless directed by a doctor, supplements are not recommended at this time. Fish oil supplements can interact with medications, including blood thinners, so tell your physician if you are taking them.

StoryWalk® at Markley Grove Park

Families are encouraged to visit Markley Grove Park in Minneapolis to see the new StoryWalk®.

North Ottawa County USD 239 Parents as Teachers and Central Kansas District are excited to offer this fun activity for local families and visitors.

The selected title for September is “Old Mac Dino Had a Farm” by Becky Davies and illustrated by Ben Whitehouse.



Benefits of StoryWalks

StoryWalks can help children develop early literacy skills, such as listening, speaking, and vocabulary. They can also help families engage in literacy while being active, and enjoy the mental and physical health benefits of the outdoors.

Dolly Parton’s Imagination Library

The magic of Dolly Parton’s Imagination Library is open to any Kansas child from birth to their 5th birthday. Children receive free, age-appropriate books mailed directly to their home every month. The goal is for every Kansas child to receive high-quality books that will nurture a love for reading and continue to enrich their lives throughout school and beyond!

For more information and to enroll online visit:
<https://tinyurl.com/mvjyd72e>



KANSAS

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Central Kansas Extension District

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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,



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