

River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

rivervalley.ksu.edu

January 2020 Volume 15 #1

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Extension District

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Farm Financial Skills for Kansas Women in Agriculture



A statewide program to address financial risk amid a struggling farm economy

KANSAS STATE
UNIVERSITY

Agricultural Economics

Hosted by: River Valley Extension District

Republic Co. 4-H Building

901 O Street, Belleville

K-STATE
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Program Schedule:

January 15th, 2020:

5:30 pm Dinner
6:00 pm Local networking
6:30 pm Recordkeeping
8:30 pm Session ends

January 22nd, 2020:

5:30 pm Dinner
6:00 pm Balance Sheet
8:00 pm "This is different stress"
8:30 pm Session ends

January 29th, 2020:

5:30 pm Dinner
6:00 pm Income Statement
8:00 pm "Family Living Expenses"
8:30 pm Session ends

February 5th, 2020:

5:30 pm Dinner
6:00 pm Cash Flow
8:00 pm Goal Setting
8:30 pm Session ends

Program Description:

This workshop series will teach principles of recordkeeping to develop a balance sheet, income statement and a cash flow statement. Over the course of the four sessions, participants will work with a case farm to do performance analysis and understand how these statements can help with management decisions.

The program will be a combination of broadcasted keynote speakers, local speakers, and facilitators to assist in completing the hands-on activities. The goal is for participants to acquire financial management skills they can apply directly to their farming or ranching operations.

Registration Information:

\$40.00 registration fee* will cover all 4 sessions (meals and program materials)
*local scholarships may be available

Register for the series by visiting: www.AgManager.info under "Events"
or contact River Valley Extension District—Belleville at 785-527-5084.

Registration Deadline December 31st! After December 31st, contact Monica at 785-527-5084 to see if a seat is still available.

Thank you to our local sponsors for their financial support!



Bethany Swafford | (785) 527-5964



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IT'S NOT THE TURKEY!

Turkey gets a bad rap for causing the post Holiday meal nap. Give the poor bird a break! Tryptophan is an amino acid in turkey and many other foods. The body uses it to make serotonin which triggers happy and calm feelings, and is a pre-cursor to melatonin, which controls wake/sleep cycles. But there's not a lot of tryptophan in turkey to impact melatonin. What is it then? It's how much food we eat. We tend to overeat at the holidays which includes high carbohydrate foods, then include energy spent interacting with guests, extra time cooking and more. So, I just want to share the reason to take a nap can be due to Many Factors. Give the turkey a break. Source: Tufts, Health & Nutrition Letter, November 2019.

WISE CHOICES: CHOOSE, PLAN, AND MOVE FOR A HEALTHIER YOU

We all make choices every day. Some choices are about our nutrition and health. We will discuss: Planning – know what's for dinner. Shopping for value – check the Nutrition facts. Include physical activity every day. Keep food safe to eat.

Where: Wakefield Library – 205 Third Street, Wakefield, Kansas. When: Monday January 13, 2020.

6:00-7:00 p.m. Weather date: Monday January 27, 2020. 6:00-7:00 p.m. Classes are free and anyone is welcome. Questions: Contact Sonia Cooper, Nutrition, Food Safety and Health Agent, River Valley Extension District. 785-632-5335. srcooper@ksu.edu

FAMILY MEALS ARE IMPORTANT FOR KIDS DEVELOPMENT

Sandy Procter, Kansas State University Nutrition Specialist outlines benefits of eating together as a family in the publication she developed entitled, *Everyone to the Table: Family Meals serve us Well*. She says parents are serving up a lot more than nutritious food when they insist that their families eat meals together. “We could spend hours discussing the benefits.” “In all the research I've seen, the more meals that families eat together, the more positive results that are seen in the individual and family unit.” Even toddlers benefit from being with family during meal time. “This is where a lot of useful conversation happens, and young children who aren't able to speak yet are really picking up on language development and formation.” “It's shown to be a benefit to them as they're getting a start at forming words and interacting with conversation.” The publication adds as youth grow into teen years, family meals provide grounding and “a connectedness” to the family's values. Research shows that young pre-teens are

less likely to have anti-social and or delinquent tendencies if they have more family meals. There are some grounding benefits to meals that reach well beyond just the fact that it's nice for parents to know where everybody is at for a short period of time. Studies indicate that only 40% of teens say they eat meals with family three to six times per week. One-third of those surveyed reported eating with their family two or fewer times the previous week, and 14% said they had no family meals. “Eating together more than five times a week has been found to be linked to better mood and better mental health for kids in the school years, meaning ages 6-10 and teens.” Sandy said, “Sometimes our schedules get so crazy and it's hard to make it happen. People need to be a little forgiving of themselves and know that it won't happen every meal, but when you can make it happen, it's well worth the effort.” Following are a few more thoughts to get the family together around meals. *Don't limit family meals to dinner. If family meals happen at breakfast, that's great. The family's schedule may only allow for morning meals on some days, and evening meals on others. Be flexible. *Share in the work. Older children may be able to do some of the cooking, while setting the table is more appropriate for others. Encourage time when each member in the family has a responsibility and a task to focus on. *Put down the phone. Electronics are a distraction to productive family conversations. “We used to say in my family that the cell phone is not a member of the family. The TV is not a member of the family. So, they are not included in family meals.” Sandy said. The research around family meals suggests that if your family is one of those that doesn't have spontaneous conversation, then maybe you could try conversation starters, such as, “What are two things that you learned today that surprised you?” Finally, Sandy adds, “We used to laugh about those in my family; we felt like we needed flags or conversation stoppers because everyone tried to talk at the same time. But every family is unique, and it may take practice to get those conversations to flow.” For more tips on family nutrition and health, visit <https://www.ksre.k-state.edu/humannutrition>. Information used is taken from *Everyone to the Table: Family Meals Serve Us Well*. For more information about the publication contact Sonia Cooper, Nutrition, Food Safety, and Health agent in River Valley Extension District office in Belleville, Concordia, Washington, or Clay Center.

**FARMER'S TAX GUIDES
ARE AVAILABLE AT
ALL RIVER VALLEY DISTRICT
EXTENSION OFFICES**

MEDICARE 2020

The Social Security Administration announced that the cost-of-living adjustment (COLA) for Social Security benefits will be 1.6 percent for 2020. So there will be a raise in 2020.

Medicare Part B covers mainly physician services, outpatient hospital services, lab, durable medical equipment, and ambulance. The majority of Medicare beneficiaries who had Medicare Part B in 2019 had the standard Part B premium of \$135.50 deducted from their Social Security check. Some beneficiaries paid less than this amount.

The majority of Medicare beneficiaries who add Medicare Part B in 2020 will pay \$144.60 per month. Social Security will tell you the exact amount you will pay for Part B in 2020.

Medicare beneficiaries with a Plan D, G, K, L, M, or N Supplement Insurance will pay \$198 for their Part B annual deductible in 2019.

AVAILABLE FOR MEDICARE QUESTIONS

Have questions or concerns about your 2020 Medicare Part D Plan or other Medicare questions? Deanna Turner will answer questions and be in the following Extension Offices on these dates in January:

Clay Center Office -

Thursday, January 2, 8:30 a.m.-3:30 p.m.

Belleville Office-

Tuesday, January 7, 8:30 a.m.-3:30 p.m.

Washington Office-

Wednesday, January 8, 8:30 a.m.-3:30 p.m.

Concordia Office-

Friday, January 10, 8:30 a.m.-3:30 p.m.

Call for an appointment at your local office if you need assistance. You can call and leave a message for Deanna at the Clay Center Office, 785-632-5335.

Note-The Washington Extension Office is temporarily located at the Washington News building, 323 C Street (the former Stigge Department Store Building).

Deanna comes to Washington once a month to address questions. Additional upcoming dates are February 5th and March 20th. Call the Washington Office if you need an appointment. She comes to the other District Offices upon request throughout the year.

**REPUBLIC AND WASHINGTON
RVED OFFICES WILL BE CLOSED
ON WEDNESDAY, JANUARY 22, 2020
CLAY AND CLOUD OFFICES WILL BE
ANSWERING PHONES FOR THE
DISTRICT**

THANKS SCHICK COUNSELORS

Big thanks to these SHICK Counselors who helped Medicare beneficiaries shop and enroll in Medicare Part D Prescription Plans this fall. Deanna appreciates all these Counselors helping her with this big project every year. If you see one of these Counselors in town, please thank them. The Counselors are awesome to volunteer their time and expertise! They are very much appreciated.

Belleville- Judy Uphoff
Belinda Robison
Lynn Elliott
Audrey Carlson

Concordia- Lynn Elliott
Clay Center- Jim Beck
Beverly Lang
Nola Unruh

Washington- Janet Elliott

North Central-Flint Hills Area Agency on Aging

Open Enrollment Events and Training Support
Throughout the Year

SHICK Counselors- Liz Shoemake & Jamie Tull

BECOME A SHICK COUNSELOR

Want to help people? Become a Senior Health Insurance Counseling for Kansas (SHICK) Counselor. SHICK is a program of the Kansas Department for Aging and Disability Services.

The rewards are numerous helping Medicare beneficiaries in your county enroll in Medicare Part D Plans during the Open Enrollment October 15- December 7th.

Senior Health Insurance Counseling for Kansas provides, free, unbiased, and confidential assistance to Kansans who have questions about Medicare and related insurance issues. Beginning counselors take two days of training and a self-study at home. Returning counselors attend a one-day update training every year. The training helps to answer questions of Medicare beneficiaries. Often the training is in Manhattan and counselors carpool with Deanna Turner. She will be happy to guide and mentor new SHICK Counselors in the River Valley District.

During the Open Enrollment for Medicare Part D Plans, Deanna coordinates the Medicare Part D appointments at the District Extension Offices where she and one or more counselors take appointments. A couple of Enrollment Events were held at the Belleville Public Library, one event at the River Valley District K-State Research and Extension Office in Concordia, and three Enrollments Events at the Clay Center Extension Office in partnership with the North Central-Flint Hills Area Agency on Aging SHICK Counselors. Contact Deanna at 785-632-5335 or dturner@ksu.edu if you are interested in becoming a SHICK Counselor. She will be happy to answer any questions and provide more information. Call today!

DOWNSIZING PROGRAM

Make your life easier by decluttering. Clutter has negative effects on your mental and physical health, too. It can leave you feeling anxious, stressed or even depressed. Studies have shown that cortisol (the stress hormone) levels are higher in people who have a cluttered home. Bring a breath of fresh air to your home and family. Try a couple different methods of downsizing to enjoy the space you are living in without the clutter.

March 12 10am Clay Center Extension Office
March 12 2pm Washington-TBA
March 13 10am Belleville Public Library
March 13 2pm Concordia Courthouse Basement
Deanna Turner, District Extension Agent, will be presenting this program. Please pre-register at your local Extension Office if you plan to attend.

BUILDING BLOCKS OF BABYSITTING

Being a babysitter is a great opportunity, whether just for one evening or the entire summer, but caring for a child is also a very big responsibility. Attend “Building Blocks of Babysitting” so you have the foundation to be the best babysitter possible. Topics covered will include ages and stages of children, basic first aid and emergency procedures, activity ideas, and more!

Monica Thayer and Sonia Cooper, Extension Agents for the River Valley Extension District, will offer Building Blocks of Babysitting in each of the counties in the River Valley District to youth that have completed 6th grade and higher. Mark your calendars now to attend! Registration details and more information will be released in February! All sessions are 9:00 a.m. to 3:00 p.m.

Monday, March 9th – FNB Bank – Washington

Thursday, March 12th – Resource Center – Concordia

Friday, March 13th – 4-H Building – Belleville

Wed, March 18th – 4-H Conference Center – Clay Center

If you have any questions, please contact Monica at 785-527-5084 or mthayer@ksu.edu.

JANUARY IS KANSAS RADON ACTION MONTH

According to the EPA radon risk chart, radon is a serious health problem. Have you tested your home for radon gas? If not, January is the month to take action!

Radon is a naturally-occurring radioactive gas that is inert, colorless and odorless. Most radon exposure occurs inside homes, schools and workplaces.

Radon is trapped indoors after it enters homes or buildings through cracks and other holes in the foundation. Breathing radon over time increases your risk of lung cancer. Radon is the second leading cause of lung cancer in the United States. Nationally, the EPA estimates that about 21,000 people die each year from radon-related lung cancer. Only smoking causes more lung cancer deaths.

You can take steps to reduce and control the amount of radon in your home. Testing is the only way to determine radon levels. Have your home tested, either by a professional or with a do-it-yourself home test kit. DIY home test kits are available for \$6 each at your local River Valley Extension District Office. Instructions to complete the test are included.

If radon levels are high, contact a certified radon service professional to fix your home. EPA guidance suggests mitigating if levels are at or above 148 Bq/m³ (4 pCi/L). Usually, radon problems are fixed using an underground ventilation system or by increasing the rate of air changes in the building.

You can learn more about radon at https://www.rivervalley.k-state.edu/family_resources/Home_Care.html or contact Monica Thayer, Family Resource Management Extension Agent, at 785-527-5084 or mthayer@ksu.edu with any questions.

CHECK YOUR CREDIT

Empower yourself to make better financial decisions. One in five people have an error on at least one of their credit reports according to a study conducted by the Federal Trade Commission. When is the last time you checked your free credit report?

Credit reports affect many aspects of your life, including your ability to get a loan, rates for loans and insurance, and more. Sign up today for K-State Research and Extension’s *Check Your Credit* email program.

We’ll remind you to check your credit report three times during the year on February 2, June 6, and October 10 (2/2, 6/6, 10/10). We will also send you periodic emails with information about how to understand your credit report, correct errors, and use your credit report to your advantage.

There is no cost to participate and registration is easy!

Take a step towards financial well-being today by signing up for K-State Research and Extension’s *Check Your Credit* email program at <http://bit.ly/ksrecheckyourcredit>. Contact Monica Thayer, Family Resource Management Extension Agent for the River Valley Extension District, at 785-527-5084 or mthayer@ksu.edu for more information.

NEUTROLEUM ALPHA FOR ODORS

Neutroleum alpha® is a non-toxic liquid with a yellow-amber color and a characteristic minty odor that is used for the purpose of odor control.

Neutroleum alpha® is available at any River Valley District Extension Office and may be safely used for odor control in: vehicles, sick rooms, long-term care facilities, hotel/motel rooms, locker rooms, bars/lounges, garbage containers, smoking areas, and animal facilities. It is often used to help mask and remove odors in homes that have residual pet odors or when the friendly neighborhood skunk has left a little gift behind. The product may be used to launder clothes that have skunk or other hard to eliminate odors.

The product can be placed around the home as a deodorizer. It may be diluted with warm water and sprayed on floors and other surfaces of the home to remove odors or may be used as a direct cleaning solution.

Stop by any River Valley District office to purchase your two ounce bottle of Neutroleum Alpha®. The cost is \$8.00 for a two ounce bottle of undiluted product.

EVERYDAY MINDFULNESS

Mind Full? OR Mindful? Consider attending “Everyday Mindfulness” a lesson that Sonia Cooper, will be giving in four locations in the River Valley District. A person needs to be aware of their thoughts and feelings in the present moment of everyday life. Mindfulness practice increases awareness of thoughts and feelings and has been documented to have a positive impact on physical and emotional health and relationships with others. It emphasizes a process of growth and behavior change that helps individuals deal with the stresses of everyday life. Individuals will practice beginning mindfulness exercises that focus on the breath, the mind, and the body. Lessons will be held:

February 18th in Washington at Good Shepherd Lutheran Church at 10:00 a.m.

February 18th in Clay Center at the Extension office Meeting Room at 2:00 p.m.

February 19th in Concordia at the Courthouse Meeting Room at 10:00 a.m.

February 19th in Belleville at the Public Library at 2:00 p.m.

Questions? Contact Sonia in the Clay Center Office; 785-632-5335.

FEEDING BIRDS IN WINTER

Severe winter weather is not only hard on people but can be a life and death struggle for birds. Though birds also require water and shelter, food is often the resource most lacking during cold weather. Many different bird food mixes are available because various species often prefer different grains. However, there is one seed that has more universal appeal than any other, black oil sunflower. If you are new to the bird-feeding game, make sure there is a high percentage of this seed in your mix. White proso millet is second in popularity and is the favorite of dark-eyed juncos and other sparrows as well as the red-winged blackbird.

As you become more interested in bird feeding, you may want to use more than one feeder to attract specific species of birds. The following is a list of bird species with the grains they prefer.

-Cardinals, evening grosbeak and most finch species- Sunflower seeds, all types

-Rufous-sided towhee- White proso millet

-Dark-eyed junco- White and red proso millet, canary seed, fine cracked corn

-Many sparrow species- White and red proso millet

-Bluejay- Peanut kernels and sunflower seeds of all types

-Chickadee and tufted titmouse- Peanut kernels, oil (black) and black-striped sunflower seeds

-Red-breasted nuthatch- Oil (black) and black-striped sunflower seeds

-Brown thrasher- Hulled and black-striped sunflower seeds

-Red-winged blackbird- White and red proso millet plus German (golden) millet

-Mourning dove- Oil (black) sunflower seeds, white and red proso plus German (golden) millet

Extended cold periods can also make water unavailable.

A heated birdbath can be a tremendous draw for birds during times when all other water is frozen. If you have

HARDINESS OF FRUIT TREES

I know we are a few months away from spring, but it is never too early to start planning for next spring. If you are looking into purchasing fruit trees this spring, there are a few factors that you should consider when planting apricot and peach trees. Spring in Kansas is often an unsettled weather pattern, which can affect fruit trees. Apricot and peach tree flowers are very vulnerable to late frosts that can kill their fruit buds. Of course, the tree itself will be fine but there will be little to no fruit for that year. Late frosts can affect other species of fruit trees as well, but apricot and peaches are by far the most sensitive.

The closer a tree is to full bloom, the more sensitive it becomes to the frosts. Apricots are more likely to have frost kill flowers because they bloom earlier. Peaches are next on the list for greater chance of being caught by a late frost. With peaches, two characteristics become important when considering whether they can be damaged, bloom time and fruit bud hardiness. Like apricots, bloom time is very important but fruit bud hardiness is also important. Fruit bud hardiness refers to the hardiness of the bud to late frosts rather than the ability to survive extreme low temperatures during the winter. A few late blooming peach varieties include ‘China Pearl’, ‘Encore’, and ‘Risingstar.’

When choosing what varieties of fruit trees to plant, remember to look at the bloom time and fruit bud hardiness. These two things will help you choose the best fruit tree for your area, as well as give you the best chance for a bountiful harvest. Contact Kelsey Hatesohl for more information.

Interested in getting timely information on financial matters from Extension Agent Monica Thayer?

Read and subscribe to Monica’s Money Management Blog at bit.ly/monicasmoneymgmt!

2019 RIVER VALLEY EXTENSION DISTRICT LEASE SURVEY MEETING

Please join us on Monday, January 6, 2020 at 7:00 p.m. in the 4-H Building on the NCK Free Fair Fairgrounds, 901 O Street, Belleville, Kansas for the 2019 River Valley District Lease Survey Meeting.

K-State Research and Extension will be presenting the results of the 2019 River Valley District producer and landowner survey that was conducted in November of 2019. This is the eighth year of the district survey where the District asks both ag producers and landowners from across the district to tell us about their pasture leases, crop ground leases, and employee pay rates. We invite two survey participants from every township in the District to get a good cross-section of results. A number of other groups, such as the River Valley Extension Ag Program Development Committee and the NC Kansas Extension Farm Management Associations members, are invited to participate as well. This is the first year that the survey could be completed on-line as well and so all local producers and landowners had the opportunity to complete the survey by that means.

The evening will consist of a number of presentations relating to lease arrangements. Brett Melton, Livestock Production Agent for the River Valley District, will present on pasture rental rates, grazing density, fencing responsibilities, and problem weed species. John Forshee, District Director, Farm Management, and Community Vitality Agent for the River Valley District, will present on employee pay rates and other benefits they receive. Forshee and Melton will also discuss the latest rental rates on crop ground, custom operation rates (i.e. fertilizer application, planting, baling), and grazing cropland. The featured speaker will be Dr. Mykel Taylor, Farm Management Specialist at K-State University. Dr. Taylor will give updates and insight on land values and rental rates of the state.

Refreshments and cookies will be served. There is no fee to attend and no pre-registration is needed. For more information on the lease survey meeting or any lease issues contact Brett Melton at 785-243-8185, bmelton@ksu.edu; or John Forshee at 785-632-5335, jforshee@ksu.edu.

2018 Farm Bill Informational Meeting

Wednesday, January 8, 2020
1:00 to 3:00 p.m.

Republic County 4-H Building
NCK Free Fair Fairgrounds
901 O Street Belleville, KS

No pre-registration required
Conducted by: the River Valley District
Republic County Farm Service Agency

FARM BILL INDIVIDUAL CONSULTATIONS

Brett Melton and John Forshee will be conducting individual 2018 Farm Bill Decision Consultations around the River Valley District in January using the OSU/KSU Decision Tool as well as the Texas A&M Decision Tool.

Producers wanting an individual consult should obtain a FSA Form 156EZ for each farm number and complete the OSU-KSU 2018 Farm Bill Decisions Tool Inputs form that is the insert to this newsletter.

No appointments are necessary. Producers may just walk in to any of the following locations during the scheduled time to meet with Brett or John and work through the decision tool. Brett and John will be available from 9:00 a.m. to 4:00 p.m. at all locations. Locations and dates are as follows:

Friday, January 10 Extension Office, Cloud County Courthouse, Concordia

Friday, January 17 Extension Office, Republic County Courthouse, Belleville

Friday, January 24 Health Department, Washington

Friday, January 31 Extension Office, Clay Center

For questions relating to the 2018 Farm Bill call Brett Melton at 785-243-8185 or John Forshee at 785-632-5335

WOMEN IN AGRICULTURE SERIES

This educational series is for women in the agriculture industry who would like to advance their business and management skills to become more involved in farming or ranching

Women in Agriculture is a seven session course with participation limited to 25 people.

Sessions will be held on Thursdays from February 13 through March 26 at PrairieLand Partners Meeting Room, 1181 18th Road, Clay Center from 5-9pm. Dinner will be provided for each session.

Sign up is now open. Contact the River Valley Extension Clay Center Office at 785-632-5335 to register. Cost is \$50.

Sponsors include: AgMark, PrairieLand Partners-John Deere, Kansas Crossroads RC&D, United State Bank, Salava Veterinary Clinic, Farm Bureau Financial Services, Gavel Roads Online Auctions, United Bank & Trust, Key Feeds, Nutrien Ag Solutions, The Citizens National Bank, Gene Francis & Associates-Real Estate Brokers & Auctioneers, Lori Rogge-Realtor & Auctioneer, Wilbur-Ellis Agribusiness, Clay County Farm Bureau, GN Bank, and Polansky Seed.

Contact Kelsey Hatesohl for more information.

“THE SILENT EPIDEMIC” PROGRAM A SUCCESS

Thanks to everyone who attended one of “The Silent Epidemic” programs in Clay Center August 13 and in Belleville on November 18th. The evening programs in Clay Center and Belleville were sponsored by an Extension Culture of Health grant. 184 people attended in Clay Center while 129 people were at the Blair Theater in Belleville. A Republic County Community Foundation grant sponsored the afternoon school program where 283 Republic County High School and 65 Pike Valley students attended.

Mental illness is seldom talked about in the United States. Mark and Nanette Potter’s presentation opened the curtain to discuss depression and their experiences dealing with it at the height of Mark’s basketball coaching career. They had a powerful, frank message.

Depression affects people from all walks of life, no matter what their background. It affects one in ten people of all ages. For some people, major depression can result in severe impairments that interfere with or limit one’s ability to carry out major life activities. A loss of a job and financial disparity can occur. A person may feel trapped like there is no way out. A sense of no hope may prevail in depression. It is the primary reason why someone dies of suicide about every 13 minutes in the United States.

Depression is very treatable but only about half of all Americans who are diagnosed with depression in a given year get treatment. Those who do seek treatments may wait months or years to get help. Mark and his caregiver wife, Nanette, expressed how important getting treatment by a medical doctor, seeking counseling by a mental health therapist and taking prescription medications was for him to overcome severe depression.

Thanks to Mark and Nanette Potter for sharing their story with people in the River Valley Extension District. To contact the Potter’s, communicate on their web site at d2up.speak@gmail.com or call 316-640-9059.

If other schools or groups are interested in having the Potter’s speak at an event, please contact the River Valley Extension District. We are working to obtain sponsorship grants to get this important message out to the citizens of the River Valley Extension District.

Sonia Cooper and Deanna Turner, District Agents, Culture of Health Grant Coordinators

WHO IS YOUR HEALTHIEST SELF?

Ask, who is your healthiest self? When asking this question, consider emotional wellness. Emotional wellness is the ability to successfully handle life’s stresses and adapt to change and difficult times.

Here are tips for improving your emotional health: **REDUCE STRESS**. Everyone feels stressed from time to time. Stress can give you a rush of energy when it’s needed most. But if stress lasts a long time—a condition known as chronic stress—those “high alert” changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience. To Help Manage Stress: *Get enough sleep. *Exercise regularly. Just 30 minutes a day of walking can boost mood and reduce stress. *Set priorities. Decide what must get done and what can wait. Say no to new tasks if they are putting you into overload. *Think positive. Note what you’ve accomplished at the end of the day, not what you’ve failed to do. *Try relaxation methods. Mindfulness, meditation, yoga, or tai chi may help. *Seek help. Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope. www.nih.gov/wellnesstoolkits National Institutes of Health

FCC APPROVES THREE DIGIT SUICIDE HOTLINE NUMBER

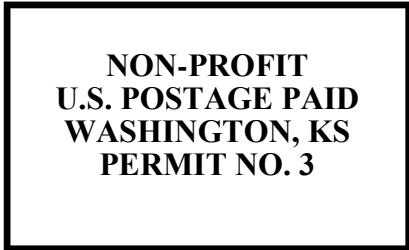
Federal regulators are in the process of setting up a 3-digit number to reach the National Suicide Prevention Hotline. A law was passed last year that required the commission to study the assignment of the 3-digit number. The FCC found significant reasons to implement the process and voted to move in that direction. They now enter into the comment period and once that period is complete it will move into an order to implement the 988 3-digit number making it easier for distressed people to access the national suicide crisis centers.

For now, continue to use the 10-digit number below and watch for more details as the implementation occurs.



River Valley Extension District

Washington Office
214 C. Street, Courthouse
Washington, KS 66968-1928



Address Service Requested

RIVER VALLEY DISTRICT

“2020UP-COMING MEETINGS & EVENTS”

DATE	TIME	PROGRAM	LOCATION
Jan. 1		RVD Offices Closed for New Years Day Holiday	
Jan. 2	8:30-3:30pm	Medicare help	Clay Center Office
Jan. 6	7:00 pm	RVD Lease Survey Summary Meeting w/Mykel Taylor	4-H Building, Fairgrounds, Belleville
Jan. 7	8:30-3:30pm	Medicare help	Belleville Office
Jan. 8	8:30-3:30pm	Medicare help	Washington Office
Jan. 8	1-3pm	2018 Farm Bill Informational Meeting	Republic County 4-H Building
Jan. 10	8:30-3:30pm	Medicare help	Concordia Office
Jan. 10	9-4pm	Farm Bill Individual Consultations	Cloud County Office
Jan. 13	6-7pm	Wise Choices: Choose, Plan, and Move for a Healthier You	Wakefield Library-205 Third St.
Jan. 15, 22, 29 & Feb 5	5:30-8:30pm	Farm Financial Skills for Women in Ag Workshop Series (Wed.)	4-H Building, Fairgrounds, Belleville
Jan. 17	9-4pm	Farm Bill Individual Consultations	Republic County Office
Jan. 22		Republic and Washington County RVED Offices Closed-Clay and Cloud will answer calls	
Jan. 23		Calving School	KSU Polytechnic College Center-Salina
Jan. 24	9-4pm	Farm Bill Individual Consultation	Washington-Health Department
Jan. 31	9-4pm	Farm Bill Individual Consultation	Clay County Office
Feb 13-Mar 26	5-9pm	Women In Ag Series (Thursdays)	PrairieLand Partners Mtg. Rm-Clay Center
Feb. 18	10 am	Everyday Mindfulness	Washington-Good Shepherd Luth.
Feb. 18	2pm	Everyday Mindfulness	Clay Center Office
Feb. 19	10am	Everyday Mindfulness	Concordia-Courthouse Mtg Rm.
Feb. 19	2pm	Everyday Mindfulness	Belleville Public Library
Mar. 9	9-3pm	Building Blocks of Babysitting	Washington-FNB Basement
Mar. 12	9-3pm	Building Blocks of Babysitting	Concordia-Resource Center
Mar. 12	10am	Downsizing Program	Clay Center Office
Mar. 12	2pm	Downsizing Program	Washington- TBA
Mar. 13	9-3pm	Building Blocks of Babysitting	Belleville-4-H Building
Mar. 13	10am	Downsizing Program	Belleville Public Library
Mar. 13	2pm	Downsizing Program	Concordia Courthouse Basement Mtg. Rm.
Mar. 18	9-3pm	Building Blocks of Babysitting	Clay Center-4-H Conference Center

K-State Research and Extension 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, or a dietary restriction please contact the Belleville office at 785-527-5084, the Clay Center office at 785-632-5335, the Concordia office at 785-243-8185, or the Washington office at 785-325-2121.