

River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

rivervalley.ksu.edu

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Extension District

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2019 Farmland Lease Meeting

January 7th
7:00 pm

Cloud County Fair Grounds
Commercial Building
Industrial Rd.
Concordia, KS

Presentations will include:

Dr. Mykel Taylor, Ag Economics Extension Specialist, will be presenting on rental agreements, custom rates and land values.

Tyler Husa, RVED Crop Agent, will be presenting on crop rental rates in the River Valley District.

Brett Melton, RVED Livestock Agent, will be presenting on pasture rental rates in the River Valley District.

John Forshee, RVED Director, will be presenting on farm labor data in the River Valley District.



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A HAPPY, HEALTHY, NEW YEAR

According to surveys, the two most popular New Year's resolutions involve losing weight and getting fit, and there is good reason. Moving toward a healthier dietary pattern and being more physically active are crucial steps toward achieving well-being—with or without weight loss. Healthy Eating Goals: Your ultimate goal may be weight loss; however, a healthy dietary pattern is the way to go. Cut back on refined grains and starches, high sodium foods, sugar-sweetened beverages and other high-sugar foods. Make sure to include plenty of fruits, vegetables, nuts, beans, and whole grains, as well as fish/seafood and yogurt in your meals and snacks. Along with physical activity, a healthy dietary pattern is one of the most powerful tools for preventing and lowering risk for chronic diseases such as cardiovascular disease and type 2 diabetes. "If you resolve to change your diet, be realistic." says Alice H. Lichtenstein, DSc, senior scientist at Tufts Health & Nutrition Letter. "Set small goals". If you exceed your goal, bask in the glory! For example, consider cutting your consumption of sugar-sweetened beverages in half, and if you shift completely away from sugar-sweetened beverages, all the better. Consider the same approach with whole grains or including more fiber-rich plant foods with meals. Weight Loss: If, in addition to improving your dietary pattern, you're also resolving to lose weight, remember that our bodies change as we age, so it may not be reasonable to aim for that old high school weight or some unlikely ideal. Research indicates that a loss of five to ten percent of a person's body weight over a year can have a significant impact on health – about one pound per month for someone weighing 150 to 180 pounds. Beware of crash diets, fads, and plans that exclude major food groups or are overly restrictive, as the majority of research on diets like these has shown that they do not work in the long-run. Eating a healthier diet, including plenty of healthy fats from foods like nuts, avocados, fish, olive oil, and other plant oils, may be one of the best ways to maintain weight loss. For weight control, also focus on other aspects of your life, like sleep and time spent watching television. Considerable evidence supports a link between insufficient sleep and weight gain or obesity. Partial sleep deprivation is associated with increased food intake, changes in hunger and appetite, and cravings for high-calorie "comfort" foods. Overall choose nutrient-rich foods, whether you're trying to lose, maintain, or gain weight. Adopting a healthy, balanced overall dietary pattern will provide the calories the body needs as well as providing good nutrition to support health. Physical Activity: There are lots of benefits of physical activity for both kids and adults. Physical Activity reduces stress, helps a person sleep better, helps a person feel better overall, improves self-esteem, improves the health of bones, muscles, and joints, helps reduce the risk of many types of diseases such as diabetes, heart disease, stroke, high blood pressure, and some cancers. This year think small to make big. Small changes in diet and physical activity habits can lead to big health benefits.

Source: Tufts University Health and Nutrition Letter

JANUARY: NATIONAL SOUP MONTH

What's better on a cold winter day than a warm bowl of soup? Soup can be nutritious, easy to prepare, and inexpensive. It can be prepared with minimal clean-up, only needs one pot, and the combination of ingredients is unlimited. Soup is a great dish for a variety of palettes and can be tailored to be spicy, savory, or sweet. With January being national soup month, it's a good time to think about how soup can fit into a healthy eating plan. Here are some helpful tips for making soup delicious and nutritious. Soup for every season. As appetizers, side dishes, or main dishes, soups help celebrate the bounty of the four seasons. Soup can be thick and hearty, smooth and creamy, or savory. Soup can be served hot, such as minestrone, or cold such as cucumber soup. Be sodium savvy. To keep soups tasty and healthy, use low-sodium broth, stock, or soup base for the foundation. Experiment with flavorful herbs and spices in place of salt. The most effective replacements are savory flavors with "bite," such as black pepper, garlic powder, curry powder, cumin, dill seeds, basil, ginger, coriander, and onion. Use MINCED OR POWDERED garlic and onion rather than the salt form. When you are substituting minced or powdered garlic and onion for the salt version use about half as much in the recipe. Make better choices. Ultimately the healthiest soups are the ones you make at home, but if not making homemade soup, use the Nutrition Facts Label to help choose canned soups with lower sodium levels. Foods with less than 140 milligrams (mg) sodium per serving can be labeled as low-sodium foods. Claims such as "low in sodium" or "very low in sodium" on the front of the food label can help identify foods that contain less salt. It is always best to check the nutrition facts label to be sure of the amount of sodium per serving. Choose healthier substitutions. Soup can be a healthy, inexpensive meal. Keep soups lower in fat and calories by using cheese, sour cream, or bacon sparingly as a topping or garnish. Or choose healthier substitutes like reduced-fat shredded cheese, low-fat sour cream, non-fat plain yogurt, or turkey bacon. Substitute a whole-grain product for a refined product – such as using whole-wheat noodles, barley, or brown rice in soups and stews. Cook once, eat twice. Homemade soups can be made ahead of time and in large quantities. Eat refrigerated soup within three to four days or freeze it. Don't let soup set at room temperature for more than two hours. To speed cooling, store soups in shallow containers. When serving a second time, bring to a boil. Challenge: During national soup month and beyond, experiment with different recipes and ingredient substitutions for healthier soups. Find ways to vary your vegetables with warm soups in colder months and focus on fruits with chilled soups in warmer months. Source: University of Nebraska – Lincoln – UNL Extension For questions on this article or any food, nutrition, health, or safety question please contact Sonia Cooper, River Valley Extension District, Washington Office, 785-325-2121.

HANDLING A RECALLED FOOD

Food recalls happen almost daily and many do not get a lot of publicity. In a majority of recalls, it is the manufacturer that issues a voluntary recall. Manufacturers will work with FDA or USDA to help determine the reason for the recall and to fix the issue. If foodborne illnesses have occurred, the CDC and state health departments will also be involved. As consumers, it is important to pay attention to recalls to eliminate the chance of getting sick. Recall announcements give specific information about the food recall including the type of food, brand, package size, date codes, manufacturer codes, shelf life dates, distribution locations, and other pertinent information. If you have a recalled food, take it back to where it was purchased for a refund, or throw it away. Do not take the chance of eating it or feeding it to animals. Learn more at: www.foodsafety.gov/recalls/index.html. "You Asked It!" Kansas State Research and Extension.

GIVE KOHLRABI A TASTE!

It looks like a turnip or even a mini cabbage, but IT'S NOT! It's KOHLRABI.

The flavor is a mix of cucumber and mild broccoli. The texture is crunchy and juicy like an apple. This fat free, cholesterol free, low sodium, high fiber and high in vitamin C vegetable can be eaten raw or cooked. Kohlrabi is German for "cabbage turnip". It is a cousin to cole crops such as broccoli, cauliflower, kale, and mustard. It contains glucosinolates, which may help fight cancer. A one cup serving contains 100 percent daily amount of vitamin C which helps the body easily absorb iron. For more information: <https://bit.ly/2LdlfKM>. "You Asked It!" Kansas State Research and Extension.



WALK KANSAS-2019

Want to feel better and have more energy? Maybe you need to blow off some steam from a stressful day or need to get better sleep. Regular exercise can help you achieve this and more. The health benefits from regular exercises and physical activity are hard to ignore, and they are available to everyone, regardless of age, sex, or physical ability. Another fantastic thing about exercise – it's fun. Plan to join Walk Kansas, a health initiative presented by K-State Research and Extension. 2019 Walk Kansas dates have been set for March 17th through May 11th. Walk Kansas is a team-based program that will inspire you to lead a healthier life by being more active, making better nutrition choices, and learning positive ways to deal with stress. Watch for more details about this up-coming program.

CHOOSE WISELY: YOUR HEALTH DEPENDS ON IT

The good news is that healthy eating is not about strict rules and diets, but more about changing ways of thinking about food and learning to make informed choices that promote health and disease resistance. After all, healthcare decisions are not just made at the doctor's office or hospital. True healthcare decisions are made wherever food and physical activity choices are made. RVD agent, Sonia Cooper will present this lesson in all four counties.

The schedule is as follows:

Tuesday, March 12 at 10:00 a.m. – Concordia Extension Office;

Wednesday, March 13 at 10:00 a.m. – Washington Extension Office;

Wednesday, March 13 at 2:00 p.m. – Clay Center Extension Office.

Monday, April 8 at 10:30 a.m. – Belleville Library. I look forward to seeing you at one of these lessons.

MEDICARE 2019

The Social Security Administration announced that the cost-of-living adjustment (COLA) for Social Security benefits will be 2.8 percent for 2019. There will be a raise in 2019.

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 2018 had the standard Part B premium of \$134 deducted from their Social Security check. Some beneficiaries paid less than this amount.

The majority of Medicare beneficiaries who add Medicare Part B in 2019 will pay \$135.50 per month. An estimated 2 million Medicare beneficiaries (about 3.5%) will pay less than the full Part B standard monthly premium in 2019 due to the statutory hold harmless provision, which limits certain beneficiaries' increase in their Part B premium to be no greater than the increase in their Social Security benefits. Social Security will tell you the exact amount you will pay for Part B in 2019.

Medicare beneficiaries with a Plan D, G, K, L, M, or N Supplement Insurance will pay \$185 for their Part B annual deductible in 2019.

AVAILABLE FOR MEDICARE QUESTIONS

Washington on Wednesday, January 2, 8:30 a.m.-3:30 p.m.

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

Concordia on Friday, January 4, 8:30 a.m.-3:30 p.m.

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

Call for an appointment at your local office if you need assistance.

THANKS SHICK 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
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- Karen Mayse & Terri Free

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 all 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 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!

COMMON MEDICARE QUESTIONS

1. Question- I have my Part D Premium deducted from my Social Security check. I received my 2019 "Your New Benefits Amount" Statement from Social Security and it did not show my new 2019 Medicare Part D deduction. Should I be concerned?

Answer: No, Social Security will notify you of the changes in the deduction amount for 2019. The data for the letter was compiled before they had the 2019 premium.

2. Question: I am enrolled in a Medicare Part D Plan. My medications change each time I go to the doctor. Will new medications be covered?

Answer: Each Part D Plan contains a different formulary of medications. If your plan does not have your specific new medication, it will have two similar medications under each classification of medicines. When you received your packet from your 2019 Part D Company, there was a formulary book enclosed. Take your formulary book to your doctors appointment and look up the new medicine before you leave. That way you will know if your Part D company covers the medication.

HEALTHY NEW YEAR

Take a couple steps to start 2019 with health-smart actions.

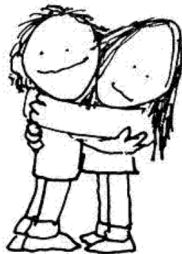
1. Gather up all your prescriptions and supplements. Make a list of the medications and take it to your next health care provider appointment. Better yet bring the actual bottles. Ask your doctor to review what each medication is for, the dosage, and when best to take it. Ask if there are any interactions with each medication in a hazardous way. Be honest, tell your doctor if you are actually taking the medication as prescribed.
2. Get out your 2019 calendar and mark down all health care appointments you already have scheduled. Schedule any vaccines you need. Discuss with your doctor any health tests you need in 2019.

Consumer Reports on Health



HUGGING HELPS

Getting a hug on a challenging day can help. A study of 400 people found people who had been in an argument and got a hug later that day had fewer negative and more positive emotions compared to people who had an argument and got no hugs. No matter whether the hugs were given by a spouse, friend, or family member they were still helpful. Have you had one or more hugs today? Give more hugs away. You'll receive one in return!



BEDTIMES FOR OLDER ADULTS

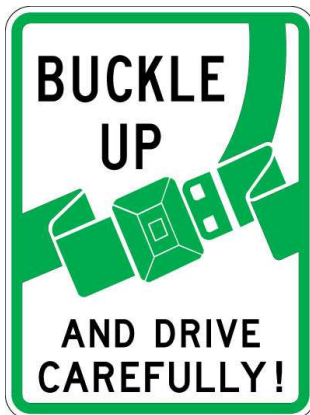
Older adults had healthier blood sugars levels, weighed less, and had healthier blood pressure levels when they went to bed at regular bedtime hours and woke up at the same time each day. They were compared in a study to older adults with irregular sleep habits. More stress & depression was evident in adults with irregular sleeping hours. One theory suspected irregular sleeping habits threw off a person's body clock.



ENROLL IN A DEFENSIVE DRIVING CLASS

Sharpen your driving skills! Prevent an accident from happening. Lower your auto insurance premium too. Enroll in the upcoming day long Defensive Driving Course offered at the K-State Research and Extension River Valley District Office in Clay Center. The class will be Monday, March 25, 9am-3pm. There is a \$20 registration fee per person to pay for materials. Registration and payment are due by March 18th. In order to have a class, a minimum of 15 people are required to sign up.

Many defensive driving tips will be presented by Trooper Ben Gardner from the Kansas Highway Patrol. The class is completed in one day. Participants can bring their lunch with refrigeration available or break for an hour lunch. Breaks and snacks will be provided. Participants do not drive or take a test. Insurance companies recognize the benefits of defensive driving classes and many provide a 5-10% premium discount to graduates of this course. The certificate received is effective for three years.



GET ORGANIZED IN 2019

Start the year with a goal to get organized and cut the clutter. An organized home is a safer home. You have less chance of falling and less stress in your life with an organized home. One step at a time to get organized.

- Determine your strategy and your schedule to declutter. Organizers say to start with one room at a time and start with one section at a time. Set dates on your calendar to work on the first room.
- Sort items. Have different boxes- Save, Store in Different Location, Toss, and Give Away.
- Eliminate duplicates. The local thrift shop will appreciate your good items you give away.
- Assign a new home to those items you keep. Adapt your new space to meet your needs.
- Keep items you use regularly accessible.
- Arrange items in easy to see containers. Baskets, bins, hangers, and hooks may help to arrange items attractively.
- Reward yourself after each room you declutter.
- Now that the room is organized learn to always put items away. One of the biggest challenges for many people is dealing with the mail and paperwork. Sort through your mail every day. Use folders and a files to keep organized.
- Keep a lifetime goal to stay organized in 2019 and future years!

CARRYING & LIFTING SMARTER FOR THOSE WITH ARTHRITIS

Carrying Items with Arthritis

Use your large muscles and joints to carry items. This will reduce joint pain and joint stress by spreading the weight of the objects you are carrying, pulling, or pushing. Use the palms of your hands, your elbows, or forearms.

Make carrying shopping bags easier if you have arthritis. Hold objects close to your body to make it easier on your joints reduce fatigue and joint stress. Items feel lighter when held closer to the body. You can even carry a bag close to your body in the crook of your elbow.

Ask the grocery store checker to pack the bags lighter. No heavy bags. Rather than trying to carry all your bags in one trip. It is wiser to make more trips and carry one bag at a time. You can see better if you only carry one bag. Less chance of falling too.

Lifting Items with Arthritis

Do you have objects on the floor or low shelves? Bend your legs instead of your back. Pick up the item holding it as close to your body as possible. Then rise and let your leg muscles do the work. People with knee problems should ask someone else to lift any heavy objects.

FEEDING BIRDS IN THE 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 tremendous draw for birds during times when all other water is frozen. If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

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 chose the best fruit tree for your area, as well as give you the best chance for a bountiful harvest. If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

STARTING ONION PLANTS INDOORS

In the spring it can be difficult to find specific onion varieties in sets or transplants, so growing the variety you want from seed may be a better option. Onions are one of the first plants that need to be seeded for transplanting. Onions take a significant amount of time about 6 to 8 weeks to reach a proper size for transplanting. They can be set out in late March, so you will want to start your seeds by mid- to- late January.

Onion seeds should be placed $\frac{1}{2}$ to $\frac{3}{4}$ of an inch apart in a pot or flat filled with a seed starting mix. Place the container in a warm (75° to 80°F) location until young seedlings emerge. Move the seedlings to a cooler location (60° to 65°F) when they are 1 to 2 inches tall. Make sure they have plenty of light; you can use florescent lights if needed. You will want to start fertilizing when the seedlings reach 2 to 3 inches tall. You will want to use a soluble fertilizer with each or every other watering. You should start hardening off the onions in early March so they will be ready to plant towards the end of the month. To harden off your plants you should move the plants to a protected outdoor location. You will want to move them inside temporarily to protect them from extreme cold snaps. By choosing to start your onions from seed you will be sure to have your favorite variety ready to go come gardening season. If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

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PERMIT NO. 3****Address Service Requested****RIVER VALLEY DISTRICT****“2019 UP-COMING MEETINGS & EVENTS”**

DATE	TIME	PROGRAM	LOCATION
Jan. 7	7-9pm	RVED Ag Lease Survey Summary Meeting	Concordia-Fairgrounds, Commercial Building
Jan. 7		Corn Management School	Salina-Hilton Garden Inn
Jan. 11	10:30-2:30pm	Crop Insurance/ Farm Bill Workshop	Belleville-Ad Astra Bank Basement
Feb.	TBD	Farm Management for Tomorrow: Building and Saving Legacies	TBD
Feb.5,12,19,26	6-8pm	Board Leadership Series	Washington-FNB Basement
Feb. 13	3pm	Tree Pruning Workshop	Belleville-4-H Building
Feb. 21-Mar. 28	3:30-8:30pm	Women in Ag Series	Belleville-Ad Astra Bank Basement
Mar.	TBD	Spring Pre-plant Workshop	TBD
Mar. 12	10am	Choose Wisely for Health and Wealth	Concordia-Courthouse Mtg. Room
Mar. 13	10am	Choose Wisely for Health and Wealth	Washington- Extension Office Mtg. Room
Mar. 13	2pm	Choose Wisely for Health and Wealth	Clay Center- Extension Office Mtg. Room
Mar. 17-May 11		Walk KS	State Wide Program
April 8	10:30am	Choose Wisely for Health and Wealth	Belleville- Extension Office Mtg. Room