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Geary County

K-State Research and Extension News

*Knowledge
for Life*

Ask the Agent

Q: I have been so busy with career and kids that I am worried about getting bored during my retirement years. What are some common hobbies for retirees?

A: There is a wide range of hobbies you can enjoy during your retirement years. Common hobbies for the "golden years" include travel, volunteerism, arts & crafts, the arts (music/dance/theater), civic organization memberships, exercise, cooking, outdoor activities, mentoring younger professionals, or reconnecting with family. The key is to find things you enjoy and have the resources to pursue. Relax, revive, renew, and have fun!



For more information call the Geary County K-State Research and Extension office at:

785-238-4161



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Age into Action With a Plan

March 2017

We all look forward to the major benchmarks in our lives. We can't wait to graduate from high school so that we can move on to our own adult life. For many, graduating college is the next significant benchmark, while others go directly into the labor force. Still others may choose the marriage and/or family route and combine that with other major life changes. We hit our 30's in a whirlwind and move on to being a middle-age person with their eyes on launching children, taking longer vacations, or picking up a hobby we once enjoyed – if time permits. Then we hit our 50's and we look beyond our work and child-rearing years to retirement.



Perhaps retirement isn't on your radar yet, but I wouldn't wait too long before you start thinking about it and planning for it. You are more likely than ever to enjoy retirement for as many years as you did in your career path. There has been such a dramatic increase in the average life expectancy in the past century that it is essential to begin thinking and planning for retirement as carefully as you planned for any other major life stage.

Most babies born in 1900 did not live past the age of 50. However, the current life expectancy of those being born this year exceeds 80 in most developed countries. The National Institute on Aging reports that the most dramatic and rapid gains have occurred in East Asia, where life expectancy at birth increased from less than 45 years in 1950 to more than 70 years today.

The "oldest old" (people aged 85 or older) constitute 8% of the world's 65-and-over population; 12% in more developed countries and 6% in less developed countries. This significant increase in life expectancy is the reason each of us should be thinking and planning for our retirement years at a younger age. The physical, financial and social implications this has on an individual's life is significant. We need to consider how we can make decisions now that will sustain us through the 20 – 30 years we will enjoy as retirees.

The U.S. Department of Labor offers 10 ways you can prepare for retirement (see inside article.) It is safe to say that being aware of the need for careful and diligent planning lies at the center of preparing for retirement. It also centers on the need for financial preparedness:

Fewer than half of Americans have calculated how much they need to save for retirement. In 2014, 30% of private industry workers with access to a defined contribution plan (such as a 401(k) plan) did not participate.

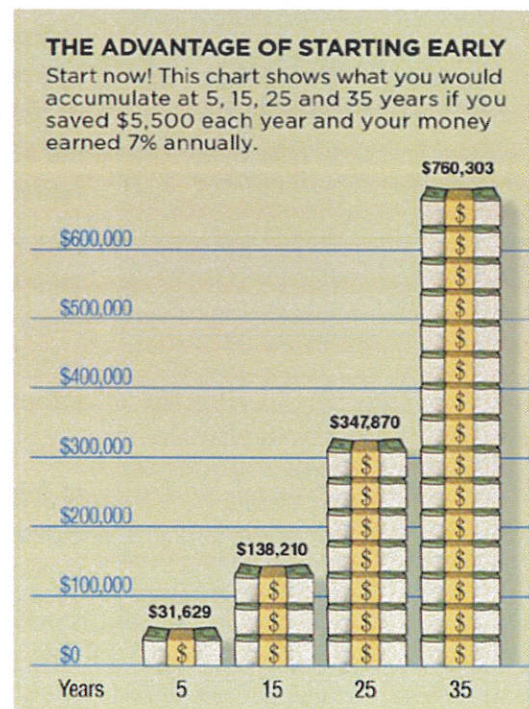
The average American spends roughly 20 years in retirement.

This month's newsletter is focused on these issues and more. You will also note the flyer on the inside regarding an "Aging into Action" event Geary County K-State Research and Extension is co-hosting with several other area Extension offices. Get a jump start on your retirement plans and join us on April 8th at the St. George Elementary School for a fact- and fun-filled day of learning and doing!

Money Matters

Ten Ways to Prepare for Retirement

- 1) Start saving, keep saving, and stick to your goals! It's never too late to start saving for retirement or other financial goals. Putting money away for retirement should be a habit we all should have. If you're not saving, you need to start now. Starting with baby steps – a small percentage of each paycheck for example – will help you form the habit that can grow with you as you get older.
- 2) Know your retirement needs. Retirement is not cheap. Experts estimate that you will need at least 70 percent of your preretirement income. For those retiring from a lower income bracket, the amount needed for retirement increases to 90 percent if you want to maintain your standard of living.
- 3) Contribute to your employer's retirement savings plan. Many employers offer retirement benefit packages. If your employer offers a retirement savings plan, such as a 401(k), sign up and contribute as much as you can. This will decrease your taxes and your company may match your contributions (up to a limit.) The compound interest and the taxes you save will make a big difference in the amount you will accumulate. Make sure you are familiar with the plan your employer contributes to and find out how long you need to invest in the plan before you can gain access to the money without penalty. The U.S. Department of Labor offers a recommended timeline for retirement planning in their publication "Retirement Toolkit" that can be downloaded from their website: www.dol.gov/ebsa
- 4) Learn about your employer's pension plan. There are some employers who offer traditional pension plans, as well. Check to see if you are covered by the plan and ask questions about how it works. The more knowledgeable you are, the better equipped you will be in making retirement planning decisions.
- 5) Consider basic investment principles. How you save can be just as important as how much you save. Inflation and the types of investments you make play an important role in how much you will accumulate until retirement. Investigate how your savings or pension plan is invested. Make sure the investments are diversified in order to reduce risk and improve return.
- 6) Don't touch your retirement savings. When you withdraw your money you lose out on the principal and potential interest the investment earns over time. Additionally, you may lose tax benefits or have to pay withdrawal penalties – or both!
- 7) Ask your employer to start a plan. If your employer doesn't offer a retirement plan, suggest that they start one. With the various retirement savings plans available, there is likely one that will fit the size of the business and number of employees.
- 8) Put money into an Individual Retirement Account (IRA). You can put up to \$5,500 a year into an IRA; even more if you are 50 or older. You can start small and increase over time, as your income increases.
- 9) Find out about your Social Security benefits. Social Security pays benefits that are on average equal to about 40% of what you earned before retirement. You may be able to estimate your benefit by using the retirement estimator on the Social Security Administration's website: www.socialsecurity.gov.
- 10) Ask questions. These 10 tips are just the starting point. You need to gather information, read your employee benefit book, talk to the human resources agent in your company, and perhaps consult with a financial adviser to develop a retirement plan catered to your needs.



If you take nothing else away from the 10 tips, know that you need to start now and plan ahead for your retirement – it will be here before you know it!

There are four areas of physical activity that are of benefit to you over the lifespan: 1) Endurance, 2) Strength, 3) Balance, and 4) Flexibility.

Try to build up to at least 30 minutes of daily activity that makes you breathe hard. You don't have to do all 30 minutes at one time; three 10-minute intervals over the course of the day is fine. Taking walks is a great exercise for this purpose.

Keep using your muscles to maintain strength. When you have strong muscles, you are able to get up from a seated position without assistance, you can pick up your small grandchildren, or take a walk through your neighborhood.

Do things that help you maintain good balance. Using a sturdy chair, rest your hands on the back and lift one leg off the floor.

If you can, let go of the chair and balance on one foot without support. Repeat the process multiple times for each foot.

Stretching improves your flexibility and mobility. Stretch muscles when they are warm and to the point you feel resistance, but not pain.

Important Note: We ALL need to do some type of physical activity. Even those with health conditions such as heart disease or diabetes should include physical activity into their daily lives. However, you should always check with your doctor if you are over the age of 50 and you aren't use to energetic activity. Everyone should consult with their doctor if they experience a new symptom they haven't discussed with their doctor, experiences dizziness or shortness of breath, experience chest pain or pressure, an infection or fever with muscle aches, or recent surgery.

Need to get started? Join us for Walk Kansas 2017. This state-wide program is a health initiative sponsored by K-State Research and Extension. For more information about how you can get involved with Geary County Walk Kansas, contact me at the Geary County K-State Research and Extension office at 785-238-4161 or visit our website:

<http://www.geary.k-state.edu/health-home-family/walk-kansas.html>

You better hurry—the program begins March 19!

Age in to Action

April 8, 2017

K-State Research & Extension in Geary, Riley, Pottawatomie, Marshall and Wabaunsee counties are teaming up to host Age Into Action, an active aging expo, on Saturday, April 8 from 9 am to 3 pm at the St. George Elementary, in St. George, KS.

The day's activities will include workshops, speakers and a resource fair. Breakout sessions include topics on understanding dementia, eating for health, cooking for one or two, driving safely and knowing when to stop driving, and having difficult family conversations around aging topics such as downsizing and dividing up household possessions. We've also included some topics just for fun like birdwatching, container gardening and the Flint Hills Quilt Trail. Who should attend? Those who are planning for or approaching retirement and those who are already enjoying their retirement years and are looking for more information and ideas to enrich their lives.

You can register online at: www.riley.ksu.edu Click on "events" tab **OR** stop by the Geary County Extension Office at 119 E. 9th Street in Junction City with your registration fee by 5:00 p.m. on Monday March 20, 2017 for the early bird rate or by March 24 for the full registration fee.

Did you know?

The oldest person in the world lives in Italy. Emma Morano is 117 years old and will celebrate her next birthday on November 29.

The oldest U.S. citizen is Delphine Gibson of Huntington, PA who is 113 years old and celebrates her next birthday on August 17.

Delphine has enjoyed 48 years since reaching the retirement age of 65.

AGE INTO ACTION

In today's world, many of us will enjoy health and vitality that leads to longer life expectancies than previous generations. However, this also means many individuals will spend a third of their lives in retirement. There are a lot of myths and beliefs about what it means to be "old," and society expects the aging population to conform to these expectations.

The truth is, there is not a standard way of aging. Like any other life stage, it looks different for each of us, and there is no reason why this stage can't be the most meaningful of all. Join us to learn more about active aging in today's world.

9 a.m. – 3 p.m.

Saturday, April 8, 2017

St. George Elementary School

BREAKOUT SESSION TOPICS

- + Understanding dementia
- + Eating for health
- + Senior safety
- + Staying connected through volunteer opportunities
- + Cooking for one or two
- + Addressing tough topics in families
- + Flint Hills quilt trail
- + Container gardening
- + To drive or not to drive
- + Birdwatching



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Geary, Marshall,
Pottawatomie, Riley and
Wabaunsee County

Kansas State University 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, contact 785-537-6350, Riley County Extension.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity provider and employer.



Registration

Early bird registration: \$20 by March 20, \$25 until March 24.

Includes lunch, program materials and resource fair

Keynote Speaker: Gayle Doll, Director of K-State Center on Aging

To register, visit events at www.riley.ksu.edu

For More Information Contact:

Deb Andres

Family & Consumer Sciences Agent

Geary County K-State Research and Extension

119 E. 9th Street, PO Box 28

Junction City, KS 66441

785-238-4161



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Geary County
P.O. Box 28
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Junction City, KS 66441

Upcoming Geary County Extension Programs

**Requires pre-registration.

April 2017

- 6 **Hands-On Nutrition****—Eat Smart, Move More program incorporates nutrition education with a hands-on application. Come learn how to make your meal preparation healthier and more economical. This program is FREE and open to the public. Call the Geary County WIC office to reserve your seat at 785-762-5682.
- 6 **Knowledge at Noon****— Keys to Embracing Aging: Session #11: Sleep, Valley View Estates, 1440 Pearl Drive, Junction City, KS. This free program begins at noon and is open to the public. Call the Extension Office by April 4, 2017 to reserve your seat. 785-238-4161.
- 8 **Age into Action Expo**** — St. George Elementary School 200 Blackjack Rd, St George, KS 66535 9 a.m.—3 p.m. Register before March 20, \$20 or until March 24, \$25 at www.riley.ksu.edu (click on the "events" tab) or register at the Geary County Extension office.
- 8 **Geary County 4-H/Sr. Citizens Center Annual Fundraiser**, 1025 S. Spring Valley Road, Junction City, KS. Purchase tickets at the Geary County Extension Office or contact a Building Committee member. Ticket rates: Children 12 and under— \$10; 13 and older— \$13.00. Doors open at 5:00 pm. Silent Auction and Raffle during the meal with live auction to follow. You can also purchase tickets at the door.
- 11 **Knowledge at Noon**— Keys to Embracing Aging: Healthy Eating, Expanding to a second location at the 4-H/Senior Citizen's Building 1025 S. Spring Valley Road, Junction City, this program is part of a series of 12 lessons about how to approach retirement with positive optimism. For a nominal cost, feel free to stay for the senior meal. Meal reservations can be made by calling the Senior Citizen's office at 785-238-5545.
- 11 **Dining With Diabetes**** — Join us for this hands-on diabetes education program co-sponsored by Geary Community Hospital and Geary County K-State Research and Extension. Each of the 4 sessions is two hours in length and includes an information presentation and a food preparation section. Registration form and fee is *due by Friday, March 31*. Classes begin at 1:30 every Tuesday April 11—May 2 at the 4-H/Sr. Citizens building at 1025 S. Spring Valley Road, Junction City, KS. Registration forms can be found online at www.geary.ksu.edu; click on the "Health Home, and Family" tab or pick up a registration form at the Geary Co. Extension office.



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www.facebook.com/gearycountyextension



Geary County Office information: <http://www.geary.ksu.edu/>
or stop by the office at 119 E. 9th, Junction City, KS 66441

K-State, County Extension Councils, Extension Districts, and US Department of Agriculture Cooperating.

K-State Research and Extension is an equal opportunity provider and employer. 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 us at the number listed above.