



Geary County

K-STATE RESEARCH AND EXTENSION NEWS

geary.k-state.edu

February 2018

Ask the Agent

Q: How far in advance of my 65 birthday should I contact Social Security to get enrolled in Medicare?

A: It is important to be proactive so at least 3 months before your 65th birthday is a good place to start. When you make an appointment with your local Social Security office, talk about what you need to enroll in. For example, people who will remain full time employees after their 65th birthday, may want to enroll in Part A only. See the inside article for a detail New to Medicare Checklist!

For more information call the Geary County K-State Research & Extension office at: **785-238-4161**

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Walk Kansas 2018 is Here!

It's that time of year to commit to your health and join Walk Kansas 2018. Registration is now open and you and your additional 5 team members can join the fun and festivities that accompany a healthier lifestyle. Walk Kansas is a great way to find the motivation to increase your locomotion – by keeping record of your weekly physical activity and increasing your consumption of fruits and vegetables each day of the week. This 8 week wellness program begins March 18 and concludes May 12, 2018.

How Walk Kansas Works:

Teams of 6, with a captain, log minutes of activity for 8 weeks. Each team selects a goal, or challenge, they will collectively work towards. Participants log activity minutes and the amount of fruits/vegetables they eat. They can log online or on paper. Moving regularly throughout your day is important but you can get a lot of steps in without reaching moderate or vigorous intensity which is the type of exercise that raises your heart rate and helps to reduce your health risk. Walk Kansas challenges you to get a variety of physical activities. See inside for more information about this year's Walk Kansas challenges.

The registration fee is \$8 for the program. Participants can opt to buy Walk Kansas clothing once they have registered. The online store offers a wide variety of sizes and styles to choose from. Captains register their teams, so it is important to gather email and contact information from each team member before you go to the registration portal at www.walkkansas.org. Teams are encouraged to have 6 members but can have as few as 4 – you can add members later if you are still trying to fill out a full team.

As a team captain, you will find a tab on the Walk Kansas website (listed above) labeled "captain" that will give you an idea of what your role is. There is also a tab for "participant" that will give you more information about being part of the Walk Kansas 2018 program. Finally, once you have determined who the captain of your team is, the captain registers your team under the "My Walk Kansas" tab.

Getting Started:

Once you have your team registered, each team member will receive an email asking them to sign in to the Walk Kansas website. From there they will have access to an activity guide that encourages them to record two health-related indicators that will serve as a starting point for improving their health and well-being. Participants will also receive a weekly newsletter giving them activity ideas, healthy recipes, and simple warm-up stretches that will help them improve their flexibility. All participants will receive a Walk Kansas Geary County bracelet that glows in the dark, as well.

Geary County K-State Research and Extension will also sponsor a weekly team drawing for gift cards to Subway. All teams that have had 100% of their members report their weekly progress qualify for the gift card drawing. Each member on the winning team will receive their individual gift card. The captains will be contacted if their team wins the drawing and asked to distribute the cards to their team members.

Registration is open now, so find your teammates, choose a challenge, and register your team this year for Walk Kansas 2018.

February 2018



America Saves Week

America Saves Week 2018 kicks off next Monday, February 28 and goes through Saturday, March 3. This designated annual week-long event is designed to motivate, encourage, and support low- to moderate-income households to save money, reduce debt and build wealth. America Saves Week began in 2007 and works with a network of hundreds of non-profit, government, and corporate groups. It is coordinated by America Saves and the American Savings Education Council. America Saves encourages individuals to take the America Saves pledge by assessing their savings status, identifying their financial goals and recording the steps they will take to achieve them. Check out the Pledge at: <https://americasaves.org/for-savers/pledge>

How can Americans save? Here are some general savings tips offered by America Saves:

The easiest and most effective way to save is automatically. This is how millions of employees save through 401(k) and other retirement programs at work. It is also how millions of Americans save at their bank or credit union.

How to Save Automatically

The best automatic saving is when you make a decision to do so, then it just happens:

- Every pay period, your employer deducts a certain amount from your paycheck and transfers it to a retirement or savings account. Ask your HR representative for more details and to set this up.

Every month, your bank or credit union transfers a fixed amount from your checking account to a savings or

Family Resource Management

investment account. Talk to your local bank or credit union to set this up.

Why Automatic Savings Works

Over time, these automatic deposits add up. \$50 a month accumulates to \$600 a year and \$3,000 after five years, plus interest that has compounded. Soon you will be able to cover many unexpected expenses without putting them on your credit card or taking out a high cost loan. If you can't afford to save even \$50 a month, there are alternatives. Many banks and credit unions will transfer as little as \$25 monthly from checking to savings and, as an added bonus, waive any monthly savings fees.

I Don't Have enough Money to Save

But if even \$25 is too much, just save your loose change. If every day you just put some or all of the loose change from your pocket or purse into a jar, and don't spend it, you will find that in a year you will probably accumulate over \$100.

Just saving loose change has persuaded many Americans that they are able to save. And when they become convinced that they can save, they find other ways to build an emergency fund or save for other goals. Everyone has the ability to save. At America Saves, we say "Start Small, Think Big." You can start with only \$10 a week or month. Over time, your deposits will add up. Even small amounts of savings can help you in the future. Save automatically. As millions of savers have learned, what you don't see you won't miss.

Source: <https://americasaves.org/for-savers/save-automatically>; extracted 2/22/2018

Keeping Children Warm and Safe

It goes without saying that we have unpredictable weather here in Kansas. It could be spring-like one day and have negative wind chills the next. Being prepared for those big temperature swings can make it a challenge, but add to that the wintery mix of snow and sleet and you could have trouble on your hands if you're not prepared.

The Academy of Pediatrics recently released their recommendations for keeping infants, toddlers, and young people warm during this roller-coaster ride we call Winter in Kansas!

What to Wear:

- ◆ Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Always remember warm boots, gloves or mittens, and a hat.
- ◆ The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.
- ◆ When riding in the car, babies and children should wear thin, snug layers rather than thick, bulky coats or snowsuits. There are a lot of adorable outfits available, but that doesn't mean they are the most safe

Brrr...it's Cold! What to Wear



for wearing when bundled into a car seat.

- ◆ Blankets, quilts, pillows, bumpers, sheepskins and other loose bedding should be kept out of an infant's sleeping environment because they are associated with suffocation deaths. It is better to use sleep clothing like one-piece sleepers or wearable blankets.
- ◆ If a blanket must be used to keep a sleeping infant warm, it should be thin and tucked under the crib mattress, reaching only as far as the baby's chest, so the infant's face is less likely to become covered by bedding material.

Walk Kansas 2018



8 Wonders

Team Challenge

8 weeks

435 miles

Each person=2.5 hrs/week



Cross Country

Team Challenge

8 weeks

764 miles

Each person=4 hrs/week



Little Balkans to Nicodemus

Team Challenge

8 weeks

1200 miles

Each person=6 hrs/week

Dates to Remember:

March 8—Deadline for 1st Apparel Order

March 21—Registration Closes

March 18—Program Begins

May 12—Program Concludes

You're Turning 65 - Now What?

4—6 months before your month of eligibility:

Confirm your eligibility for Medicare benefits.

⇒ Contact the Social Security Administration (Railroad retirees contact the Railroad Retirement Board)

Review your current health insurance to see what happens after you become eligible for Medicare.

⇒ Contact your HR Department or current insurer
Find out what Medicare covers and the different options for coverage.

⇒ Contact SHICK or attend a local New to Medicare or Medicare Basics program.

3 months before your month of eligibility:

(the following steps MAY not be necessary for everyone)

Decide which Medicare option is best for you

⇒ Contact SHICK or attend a local New to Medicare or Medicare Basics program

Check with your doctor(s) to see if they accept the different types of Medicare coverage

⇒ Contact your providers and local hospitals

1—3 months before your month of eligibility

(the following steps MAY not be necessary for everyone)

Enroll in Medicare A and B

⇒ Contact your local Social Security office or enroll online

⇒ If you are continuing to work, enrolling in Part B may not be your best option

Enroll in a Medicare Supplement Plan OR Medicare Advantage (MA) Plan

⇒ You only need one of these options. Do NOT enroll in both a Supplement and MA plan.

⇒ Contact an insurance agent to enroll in a Supplement

⇒ Contact SHICK for assistance in choosing a MA plan

Enroll in a Part D Prescription Drug Plan

⇒ Enroll online or contact SHICK for assistance

⇒ If you are enrolled in a MA plan that includes drug coverage, do not enroll in a Part D plan

For more information, contact Deb Andres at the Geary County K-State Research & Extension office 785-238-4161. As a certified SHICK counselor, she can provide one-on-one confidential sessions to provide information on health insurance coverage, claims assistance, and referrals to appropriate agencies. SHICK counselors are committed to providing unbiased, accurate, understandable, and objective information.



MPP-101—Meal Planning and Prep 101

New Date!

If you are interested in improving or learning basic meal management skills, I want to invite you to a program I am offering on March 24, 2018 called Meal Planning and Prep 101 (MPP-101). This ½ day program will help you learn and apply basic meal planning strategies that are budget friendly and save time.

We'll begin the morning with an overview of what tools you need to get started. You will estimate a two-week food budget that fits your household and income, list "favorite foods", and create a menu plan for about a two-week cycle. I will share some tasty budget friendly recipes that are easy to make, as well.

When we've mastered the management piece, we'll move into the meal preparation portion of the program where you will work in a small group to prepare a main-course dish that you can take home to enjoy as part of the menu plan you created. You will prepare enough of the same dish so that everyone attending gets to take it home to put in the freezer for later use, as well. In the end, you will have learned how to plan meals for a 2-week cycle, recapped food safety techniques, prepared a main dish that is tasty, nutritious, and inexpensive and have a lot a fun in the process. I hope you can join me on March 24 for this informational and fun program – MPP-101! *See the back of this page for more detailed information!*



MPP-101—Meal Planning and Prep 101 Registration Form—Due March 12, 2018

Program Date: March 24 from 9a, - 1 pm

New Date!

Please fill out the information requested below and mail form and payment to:

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

Name _____ Phone Number _____

Address _____

Food Allergies _____

COST: \$40—Includes planning resources, lunch and 4 main entrées to take home.

\$55— Includes resources, lunch, 4 main entrées to take home **AND a 272 page cookbook!**

Payment Type—Please mark one:



CASH

CHECK

CREDIT CARD (\$3 fee to run credit/debit card)

Card type: MC VISA Discover Number _____-_____-_____-_____

Expiration Date: ____/____ CVV Number (on back of card) ____

MPP-101—Meal Planning and Prep 101!

Registration Due March 12, 2018

Join us Saturday, March 24th from 9am-1pm!

You will receive:

Meal Planning Resources

Food safety information

Basic food prep experience

Plus

4 main entrées that are ready to freeze and include in your menu plan!

Class Location

Geary County 4-H/Senior

Citizens Building

1025 S. Spring Valley Rd

Junction City, KS 66441

Cost is \$40 per person.

For \$55 receive a 272 page cookbook titled 'Once-A-Month-Cooking, Family Favorites'.

Registration due March 12 by 5:00 p.m. at the Geary County Extension Office!

Geary County

P.O. Box 28
119 E. 9th Street
Junction City, KS 66441

Upcoming Geary County Extension Programs

****Requires pre-registration. Call 238-4161 to pre-register****

February

21 [Geary County Walk Kansas Registration Opens](#)—Online registration of 6 members per team. Cost per person: Program only \$8; Program plus t-shirt \$17; Program plus Baseball Tee (3/4 sleeve) \$22. Look for more information on our website.

March

8, 22 [Walk Kansas Apparel Orders due!](#)

18 [Walk Kansas 2018 Begins!](#)

24 [MPP-101](#)— 4-H/Senior Citizen's Building 1025 S. Spring Valley Road, Junction City from 9:00 a.m.—1:00 p.m. Reservation form and fee due by Monday, March 12 at 5:00 p.m. Space is limited to 16 participants. For more information, contact Deb Andres, Family & Consumer Sciences agent at the Geary County Extension office.



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