



Geary County

K-STATE RESEARCH AND EXTENSION NEWS

geary.k-state.edu

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Ask the Agent

Q: I am 56 years old and my financial planner asked me if I have long-term care insurance. Do I really need long-term care insurance?

A: It really is a personal choice based on your age, health, and financial resources. Some may choose to buy it for peace of mind. Others may feel they need it because they cannot possibly save enough money to protect their financial security. Even if you have a high net worth, you may want to consider buying a policy to protect your assets. If you have a very low net worth and believe you may qualify for Medicaid, consider buying only what you can afford. I would think if your financial planner asked you about it, there's a reason behind their inquiry!

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

Critical Conversations about Health

I recently attended a Geary County Health Council meeting where we engaged in some brainstorming in response to the question:

What are the biggest health concerns in our community today? How do we know this?



Listed below are some of the concerns that we identified:

- Access to Care – all areas of health
- Affordability of Care
- Maintenance of chronic health conditions
- Poverty
- Obesity/Hypertension/Diabetes
- Drugs, Alcohol & Tobacco
- Opioid Abuse, Illicit Drug Use, Tobacco/Nicotine Usage

Mental Health Issues

- Suicide, Autism, Uninsured, Residential Programs, Lack of providers
- Patients seen and references can't get in, No insurance/funding
- Falls for Home Bound Seniors
 - Medication Management, Balance
- Access to Healthy Foods
- Utilization of Primary Care/Medical Homes in the Community
- Insurance changes
 - From Fee for Service model to Outcomes Based
- Coordination of Care
- Lack of Medicaid Expansion
- ER usage
- Jail – new mental health center

Now, I want to hear from YOU! What do you think are the big issues we face in Geary County or in the community in which YOU live?

There are two ways you can share your thoughts:

Facebook: <https://www.facebook.com/gearycountyextension>. I have posted this question on the Geary County K-State Research & Extension FB page and ask that you post a bulleted list of your ideas on the topic. Using this option will allow you to see what everyone else is thinking along with your own thoughts. OR

Email: dandres1@ksu.edu Contact me via my work email and please put Health Questions in the subject line so that I know you are responding to this special request. Using this option will allow you to share your ideas anonymously – with the exception of me! I will combine all the responses and share them back with you in the June/July FCS Connection newsletter.

K-STATE
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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

Why is Extension Concerned about Health Issues?

Well, it's simply in our blood and ties directly to our origin!

"When President Woodrow Wilson signed the Smith-Lever Act on May 18, 1914, he called it "one of the most significant and far-reaching measures for the education of adults ever adopted by the government." Its purpose clearly stated by Congress was "to aid in diffusing among the people of the United States useful and practical information on subjects related to agriculture and home economics, and to encourage the application of the same." The underlying principle of the system was to "help people help themselves" by "taking the university to the people." The system evolved into an institution that is responsive to priority needs and focuses its resources on providing quality information, education, and problem-solving on real concerns.

The Cooperative Extension system today is a unique achievement in American education. Many countries have tried to copy it, but it is yet to be duplicated. It is an agency for change and for problem solving, a catalyst for individual and group action with the history of over 100 years of public education and service. Extension brings the reward of higher education into the lives of all segments of our communities (Wayne D. Rasmussen, *Taking the University to the People*, 1989).



We have been told that we live in an age of information, a knowledge age. There is more information available to us on a daily basis than we can probably ever digest in a lifetime. And yet, sometimes the quality and quantity of that information can be suspect. How can we know for certain which web sites, television programs, and printed publications are giving us the kind of credible information we need to make healthy, productive, and life-long impacts for ourselves, our families, and our communities?

The Cooperative Extension system is one of the few trusted sources for such information."

Source: <http://albany.cce.cornell.edu/about-us/history-of-cooperative-extension>

If something is a concern for you, our consumer base, then it is a concern for us. That is why Health and Wellness is part of what we address in our research, programing, and education resources.

I encourage you to listen a video <https://www.youtube.com/watch?v=cjYc8oqikrU> to hear about some of the work we are doing toward our efforts to address the health concerns Kansas residents have through a pilot program that mobilizes our communities through volunteerism in this area of work.

2018 Kansas Health Symposium

Want to learn more about building up health in your community? The 2018 Kansas Health Foundation Symposium is just for you!

Registration is now open for this symposium to be held June 7-8, 2018 in downtown Wichita, KS. The theme for the symposium is "**It's All Health: Steps to Build Vibrant Communities.**" Speakers include education expert Geoffrey Canada, Citizen University president Eric Liu, and CBS News journalist Steve Hartman, among others. The focus is on key aspects needed to have strong, healthy and prosperous communities in the future.

The symposium is open to those in education, business, health care, community leadership, government, or if you just simply care about your community. Register now as attendance is capped at about 200 for space reasons.

Learn more at <https://kshealthsymposium.blog/> and see links for the agenda and registration.



All Produce Matters

Each year, a new list of so-called “Dirty Dozen” produce is published by the Environmental Working Group (EWG), a non-governmental organization. But, look at the facts and you will see that the foods on this list are really not a problem.

The fact is, conventionally grown and organically grown produce are both treated with pesticides for pest protection. The levels, however, are so extremely low that they are below federal guidelines.

These types of reports raise fear in many shoppers. This can lead to many shoppers simply not buying fruits and vegetables at all. This is unfortunate as most consumers don't eat enough fruits and vegetables anyway. Bottom line, choose and eat all fruits and vegetables, fresh, frozen, or canned to improve your daily nutrition.

Sources:

<https://www.foodinsight.org/dirty-dozen-2018-pesticides-organic-conventional-produce-fruits-vegetables-science>

<https://www.bestfoodfacts.org/should-i-be-worried-about-the-dirty-dozen/>

Article: *You Asked for It!* May 2018—a monthly e-newsletter by [Karen Blakeslee](#), K-State Research & Extension, Rapid Response Center Coordinator

Savvy Phone Tips

Source: <https://www.consumer.ftc.gov/articles/how-stop-unwanted-calls-landline>

Why are you getting so many calls? Odds are, many of the calls you're getting are from scammers. Here's how to stop unwanted calls.

How to stop unwanted calls ON A LANDLINE

See what services your **carrier** offers.

Install a **call-blocking device**.
Some use **blacklists** to

- stop unwanted calls
- divert calls to voicemail

Some use **whitelists** of approved numbers.

Some services are **free**, but others charge a monthly **fee**.

Report unwanted calls at ftc.gov/complaint

FEDERAL TRADE COMMISSION • ftc.gov/calls

Mobile Device

How to stop unwanted calls ON A MOBILE PHONE

See what **built-in features** your phone has.

Download a **call-blocking app**.

- Some apps are **free**, but others charge a monthly **fee**.
- Some apps will **access your contacts**.
- Calls might be **stopped**, **ring silently**, or go straight to **voicemail**.

See what services your **carrier** offers.

Report unwanted calls at ftc.gov/complaint

FEDERAL TRADE COMMISSION • ftc.gov/calls

Every year, thousands of people lose money to telephone scams — from a few dollars to their life savings. Scammers will say anything to cheat people out of money. Some seem very friendly — calling you by your first name, making small talk, and asking about your family. They may claim to work for a company you trust, or they may send mail or place ads to convince **you** to call **them**.

If you get a call from someone you don't know who is trying to sell you something you hadn't planned to buy, say "No thanks." And, if they pressure you about giving up personal information — like your credit card or Social Security number — it's likely a scam. Hang up and [report it to the Federal Trade Commission](#).

Geary County

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119 E. 9th Street
Junction City, KS 66441

Upcoming Geary County Extension Programs

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

June

- 5+ Strengthening Families 7-17**– This family-focused program will meet every Tuesday & Friday in June. Registration form and more information can be found on the Geary County K-State Research and Extension website at:
- 6+ Eat Smart Move More—Join us for this healthy helping of nutrition facts and fun. This 4-session class (June 6, 13, 20, & 27) will meet each Wednesday morning in June from 9:30 –10:30am. You will learn new tips for healthier living and have the opportunity to taste the fruits of our labor in changing the way we purchase, prepare, and present food to our families. Pre-registration is **required** but the class is FREE! Call the Geary County WIC office at 785-762-5682 or contact the WIC staff at wic@gearycounty.org
- 7+ GCH Farmer's Market—Fresh fruits and vegetables with a locally grown focus is what you will find at this community-focused and heart healthy weekly event. The market is open from 4-7pm every Thursday from June 7 thru September 27. Load up the kids and enjoy the sunshine, fresh produce, and friendly vendors. See you there!

July

- 11+ Eat Smart Move More—Join us for the second class in this series. This 4-session class (July 11, 18, 25, & August 1) will meet each Wednesday morning from 9:30 –10:30am. Continue to build your skills and knowledge about healthy alternatives that promote well-being and reduce the risk of diet-related chronic diseases. Pre-registration is required but the class is **FREE!** Call the Geary County WIC office at 785-762-5682 or contact the WIC staff at wic@gearycounty.org
- 23-26 Geary County Free Fair—Calling all community-loving Geary County residents (and beyond!) Check out the many activities and events for both our Geary County 4-H Youth and the Open Class events and exhibits, too. Do you have a family favorite homemade cinnamon roll recipe? Bake up a yummy batch and enter it in the Special Baking Contest. Both youth and adults can participate. Stop by the Extension office to pick up a fair book that outlines all the activities and contest rules.



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