

# Geary County

K-STATE RESEARCH AND EXTENSION NEWS

[geary.k-state.edu](http://geary.k-state.edu)

June/July 2018

## Ask the Agent

**Q:** How much am I penalized if I take out my Social Security Benefits when I turn 62?

**A:** You will receive 30% less in your monthly benefit if you take it early—at age 62. Taking out your benefits early is a tradeoff. You have to consider what your income needs are as well as your expected retirement age, and your life expectancy. If you have a long life, for example, you can collect as much as 34% more by waiting until you are 70 to claim your benefits. Of course, it is always important to consider your current health conditions and quality of life. Sometimes your body simply can't take the physical demands of your work and you have to make important financial decisions based on that.

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

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## Fun at the Fair

The Geary County Free Fair is just around the corner and we hope you and your family will join in the fun this year! The Open Rodeo gets things rolling with events for all ages! Whether you want to show off your riding and roping skills or simply watch others in the competition, families are sure to have fun at this event on July 20 & 21 that begins at 7:30 p.m.



The Free Fair begins on Monday July 23<sup>rd</sup> as entries are accepted for adult and youth Open Class Photography, Textiles, Arts & Crafts, Floriculture, Horticulture and Agriculture. You don't have to be a professional to be successful at fair. It's a fun way to show off your hobbies or your livelihood in any one of these events. If you are a gardener, you can bring in a plate of five small vegetables to be judged on their quality and condition. Squash and cantaloupe classes are just two of the many other vegetable classes that you can enter produce. The variety of plants and flowers brought in are always a welcome sight—adding color and fragrance to the displays! Pick out a couple of your favorite photo shots from this past year to enter in Photography. Black and White or Color will work for your 8x10 picture. If you don't have anything you want to enter, come check out the beautiful craftsmanship of the Arts & Crafts entries and the construction skills from area quilters and knitters in the Textiles division!

Bring the kids and grandkids to the Monday night Pedal Pull – sign-up begins at 6:30 with the event kick-off at 7:30. This event is where youth can show their determination and muscle. Weights are put on the back of a pedal tractor to see how far a youngster can pedal their way to the end. It's a fun and family-friendly event.

On Tuesday, July 24<sup>th</sup>, you can enter Food Preservation and Food Preparation entries. Yeast breads, pies, cookies, candy, snacks and more is what you will see in the Food Preparation entries. Perhaps that wonderful quick bread recipe that has been handed down in your family for generations deserves a chance at getting the grand champion ribbon this year! If you make a favorite snack mix for the kiddos every summer to travel with, maybe this is your year to let it shine at the fair, too! There are many other things you can enjoy at the Geary County Free Fair! Walk through the 4-H exhibits and marvel at the skills and knowledge of our area youth. Bring your family out to see the various 4-H livestock shows including cattle, swine, sheep, and goats. Young and old alike enjoy the wide variety of rabbit breeds our 4-H kids raise.



This year's Special Baking Contest is Homemade Cinnamon Rolls. Entries are accepted Wednesday, July 25 from 4:30—5:30 and then the judging begins! You will find the rules for this contest inside this edition of the FCS Connection newsletter. Enter your family's secret recipe or come check out the prizes offered to our top three placings in both our youth and adult classes!

Join us for the 4-H BBQ and Watermelon Feed followed by the 4-H Project and Livestock Auction on Thursday night, July 26. Good food and a good time is sure to be on your plate for this evening's events.

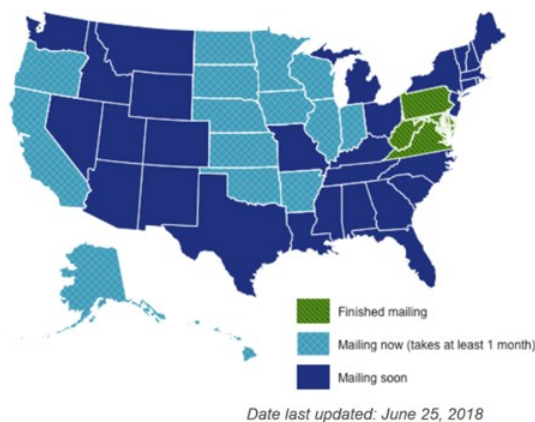
New this year is the Geary County Free Fair Board sponsored Ranch Rodeo. Teams of cowboys or cowgirls will compete in various ranch timed events. A portion of the proceeds will go back to the fair's fund to help with improvements and expenses for next year. This family friendly event is sure to wrap up an amazing week at the Geary County Free Fair.

Stop by the Geary County Extension office to pick up a fair book or brochure that outlines all the activities for the 2018 Geary County Free Fair!

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

## New Medicare Cards Arriving

Beginning in June, cards will begin arriving in Kansas Medicare Beneficiary's mailbox via the United State Postal Service. Because of such a strong outcry for protection of Social Security numbers, a new card was designed to remove the SSN from Medicare beneficiary cards. There are 44 million beneficiaries enrolled in the Medicare program. That equates to 15% of the U.S. population. With that number of people receiving new cards, it should be no surprise that it will take quite some time for everyone to get their new card. Your card will likely arrive at a different time than many of your community friends or retired friends who live in another state. Check out the map provided to see when each state is targeted to begin receiving their new cards:



Cards now mailing to American Samoa, the Northern Mariana Islands, Guam, and people who get RRB benefits.

You will note that this map is dated June 25, 2018 so Kansans have just begun to receive their new Medicare card. Medicare.gov offers these three key points for you to remember about the distribution of the new cards:

Your new card will automatically come to you. You

## Family Resource Management

don't need to do anything as long as your address is up to date. If you need to update your address, visit your "My Social Security account" at <https://www.ssa.gov/myaccount/>

Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away. Don't merely throw your old card away. Destroy it by shredding it or burning it.

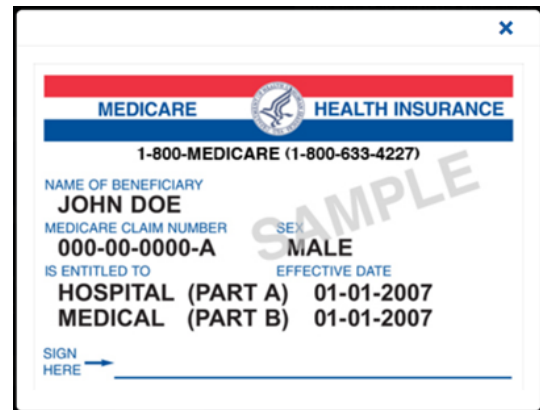
Your new Medicare Number is a unique combination of numbers and letters. Your new number uses numbers 0 thru 9. The letters S, L, O, I, B, and Z are never used.

### Watch Out For Scams!

Medicare will never call you uninvited and ask you to give us personal or private information to get your new Medicare Number and card.

Scam artists may try to get personal information (like your current Medicare Number) by contacting you about your new card.

If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call us at 1-800-MEDICARE (1-800-633-4227).



## Healthy Living

### What is Food Insecurity?

There has been a lot of buzz around the phrase "food insecurity" and many people get it confused with "hunger". According to Feeding America, a non-profit organization whose mission is to connect needy people with food to end hunger, food insecurity "describes a household's inability to provide enough food for every person to live an active, healthy life." The reason this phrase has become so prevalent is because we have several counties in Kansas that have significant food insecurity challenges. Geary County is one of those counties with a food insecurity rate of 19.1% or 6,970 people in this county alone. This is above the Kansas state average of 18.3% and well above the national average of 17.5%.

Source: *Map the Meal Gap report, 2016.*

Although hunger and food insecurity are closely linked, they have their own distinct defining characteristics. "Hunger refers to a personal, physical sensation of discomfort, while food insecurity refers to a lack of available financial resources for food at the level of the household"

Source: *Hunger and Health: Feeding America.org: Understanding Food Insecurity*



Across the U.S., 85% of counties with high child food insecurity rates are rural. Measuring food insecurity is one way of assessing the risks related to hunger. In the United States currently, 1 in 8 people struggle with hunger every day.

# Fresh from the Garden...

Sometimes finding a fresh spin on an old recipe can be difficult. As our SNAP-Ed nutrition educators were looking for a light, savory, and nutritious snack to make on these hot summer days, they came across this bite-sized taste of fresh yumminess:

## Crunchy Vegetable Wraps

### Ingredients

4 tablespoons cream cheese, low-fat (whipped)  
2 flour tortillas  
1/6 tablespoon ranch seasoning mix (1/2 teaspoon)  
1/4 cup broccoli (washed and chopped)  
1/4 cup carrot (peeled and grated)  
1/4 cup zucchini (washed and cut into small strips)  
1/4 cup summer squash (yellow, washed and cut into small strips)  
1/2 tomato (diced)  
1/8 cup green bell pepper (seeded and diced)  
2 tablespoons chives (chopped fine)

### Directions

1. In a small bowl, stir ranch seasoning into cream cheese, chill.
2. Wash and chop vegetables.
3. Steam broccoli in microwave for 1 minute with 1 tablespoon of water.
4. Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly. Chill for 1-2 hours before serving (the wrap will hold its shape better). With a sharp knife slice into circles and serve.

### Notes

- Be creative. Try different vegetables, herbs and spices. Examples- green beans, lettuce, radishes, corn; dill, oregano, basil, mint, curry or chili powder.
- You can substitute pre-made flavored cream cheeses- chive, herb or vegetable.
- Try a sweet cream cheese and add fruit to your wrap for a different twist.
- This wrap is great with soup or salad; or served as a cool summer appetizer!

**Nutrition Information** (for 1/2 tortilla each - 94g): Each serving provides 110 Calories, 4g Total Fat, 2g Saturated Fat, 250mg Sodium, 16g Total Carbohydrate; 2g Dietary Fiber, 4g Protein

## Bonding Thru Board Games

There is no doubt that families have a lot on their schedules to coordinate and manage, but how much time are they allowing for the simple act of togetherness? Making time for each other can create stronger family bonds that help build a stronger foundation for the family unit. Setting up a time to play board games together is an excellent strategy for families to use in creating and sustaining these essential family relationship ties.

The Bonding Thru Board Games program is designed to help family members develop the six major qualities of successful and strong families:

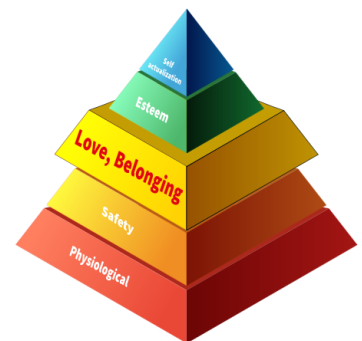
- ◆ Time carved out for one another
- ◆ Appreciation for each other
- ◆ Room for communication
- ◆ A venue to share values, life skills, and beliefs
- ◆ A special ability to cope with stress and crisis
- ◆ Commitment to each other

Participants who attend a Bonding Thru Board Games event will also learn about Euro-games or Euro-style games and gain an understanding of their value and purpose in building family bonds.

Family members will apply and practice social-emotional skills while sharpening their academic skills, as well. The art of taking turns, being fair, and following game rules are reinforced in a fun and family-centered manner.

Consider having your group host a Family Fun Night and bring the value of Board Games to the people and families you care about!

### How Do Board Games Benefit Relationship Building?



Maslow's Hierarchy of Needs pyramid

If you would like Deb to present Bonding Thru Board Games to your professional, civic or church group, call her to check for availability. For information about more programs like this one that strengthen families, contact Deb Andres at the Geary County K-State Research & Extension office 785-238-4161.

**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\*\***

**July**

23-26 Geary County Free Fair—All day, each day, the fair is packed full of fun for everyone!

**August**

30 Strengthening Families 10-14—This program is designed for youth ages 10-14 and their parents. It is co-sponsored by USD 475 and Geary County K-State Research and Extension. This 7-session program will be offered on Fridays at Junction City Middle School. A light breakfast will be served to the families beginning at 7:40 a.m. and each session will begin at 8:00 a.m. To request registration information, contact Chez McClellan at JCMS (717-4400) during enrollment at the school in August. This program is available at no cost to students enrolled at JCMS and their parents.



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