



River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

rivervalley.ksu.edu

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Extension District

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ksre.k-state.edu



- DO YOU HAVE DIABETES?
- WANT TO MAKE THE BEST CHOICES FOR YOUR HEALTH?

WE CAN HELP...

Dining with Diabetes

FAMILY AND CONSUMER SCIENCES

Date: Begins September 1st

Time: 5:30PM-7:30PM

Location: Cloud County Resource Center
107 W 7Th St
Concordia, KS 66901

Nutrition and physical activity are keys to managing your type 2 diabetes, but where do you start? The *Dining with Diabetes* program can help!

Designed especially for people with type 2 diabetes, this program will help you learn the skills needed to promote good health.

Dining with Diabetes is taught by trained and caring educators. The program includes:

- planning meals and snacks with delicious and healthy recipes
- cooking demonstrations and food sampling
- motivation and support — connect with others who are living with diabetes
- ideas for being more active
- an understanding of how diabetes affects your overall health

Thursday, September 1st

Thursday, September 8th

Thursday, September 15th

Thursday, September 22nd

RECIPE DEMO AND TASTING EACH CLASS

Call Kaitlin Moore at 785-243-8185 or email her at kaitlinmoore@ksu.edu

Maximum 15 participants

The River Valley District Dining with Diabetes (DWD) program fee is \$25.00. Due to local funding the DWD program fee has temporarily been reduced to \$0.

For more information visit
k-state.edu/diningwithdiabetes

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CAN I ADD BACON TO HOME CANNED GREEN BEANS?

The short answer is...no. Here's why.

This is an example of creating your own recipe which can be a dangerous practice.

While bacon and green beans are both low-acid foods, there are no processing recommendations for canning bacon. Therefore, can the beans by themselves. Then when ready to eat the beans, add the bacon just before serving.

Adding any fat or butter to home-canned products, unless specifically stated in the recipe, may slow the rate of heat transfer during processing. This will result in an unsafe product. Additionally, the fat could seep in between the lid and jar rim and the lid will not seal properly.

There are recipes to can dry beans and baked beans with a small (3/4 inch) piece of bacon, ham, or pork. These recipes have been tested; they have been determined to be safe.

Learn more about canning, freezing, and pickling beans at <https://bookstore.ksre.ksu.edu/pubs/mf1179.pdf>.

This article is from Karen Blakeslee's August 2022 newsletter titled "You Asked It! Tips from the Rapid Response Center". The newsletter can be found here: <https://www.rrc.k-state.edu/newsletter/index.html>

Questions about food preservation can be directed to Kaitlin Moore, Nutrition, Food Safety & Health Agent. Phone: 785-243-8185. Email: kaitlinmoore@ksu.edu.

BAC TO SCHOOL FOOD SAFETY

For families that pack lunch to go, keep these tips from fightbac.org in mind!

- When it's time to handle food for your child's lunch, remember to always keep it clean. Wash your hands with warm water and soap for at least 20 seconds before and after handling food. Use hot water and soap to make sure food preparation surfaces and utensils are clean.
- Your child's lunch could include perishable items (sandwiches, fresh fruit) and shelf-stable items (crackers, packaged pudding). Perishable items need to be kept chilled to reduce risk of foodborne illness.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Blot dry with a paper towel before packing them in your child's lunch.

- You can prepare sandwiches or other perishable items the night before. Store lunch items in the refrigerator until your child is ready to go to school.
- Insulated, soft-sided lunch totes are best for keeping perishable foods chilled. Two cold sources, such as a small frozen gel pack or frozen juice box, should be packed with perishable foods. Frozen gel packs will keep foods cold until lunchtime, but are not recommended for all day storage.
- Keep hot foods hot by using an insulated bottle. Fill the bottle with boiling water and let it stand for a few minutes. Empty the bottle and then fill it with piping hot food. Keep the bottle closed until lunchtime.
- Make sure your child knows to throw out all used food packaging and perishable leftovers. Do not reuse plastic bags as they could contaminate other foods leading to foodborne illness.
- Tell your child to use the refrigerator at school, if one is available. If not, make sure he or she keeps the lunch out of direct sunlight and away from radiators, baseboards and other heat sources found in the classroom.

Sources: <https://enewsletters.k-state.edu/youaskedit/category/august-2022/> and <https://www.fightbac.org/kidsfoodsafety/school-lunches/>

Questions about food safety can be directed to Kaitlin Moore, Nutrition, Food Safety & Health Agent. Phone: 785-243-8185. Email: kaitlinmoore@ksu.edu.

2023 MEDICARE PART D PRESCRIPTION DRUG PLAN OPEN ENROLLMENT OCTOBER 15 THRU DECEMBER 7, 2022

Open Enrollment for 2023 Medicare Part D Prescription Drug Plans is October 15 through December 7. Call after September 5th, (Labor Day) to schedule an appointment with a Senior Health Insurance Counseling for Kansas (SHICK) Counselor to review your prescription drug plan. There are limited counselors, so please do not delay in making your appointment.

When you schedule an appointment you will receive a Medicare Part D Prescription Drug Coverage Worksheet that must be completed and returned to your local RVED Office before your appointment.

Medicare Part D Prescription Drug Coverage Worksheet
Regardless of who assists you, Medicare beneficiaries will need to list all prescription drugs taken, dosage, and 30-day

quantity on the worksheet. Call your pharmacy or where you purchase your medications to find out the specific Prescription Drug Plans they will handle.

Return the worksheet to the Extension Office **at least 10 days** prior to your appointment to speed up your meeting. Also, bring any recent letters you have received from Social Security or Medicare to your appointment and bring your Medicare card.

Dates Available for SHICK Appointments

Below you will see dates which SHICK Counselors are available at the different offices in the River Valley Extension District. There may be additional SHICK Counselors in your area that you can schedule with directly for an appointment.

October				
Monday	Tuesday	Wednesday	Thursday	Friday
3.	4.	5.	6.	7.
10.	11.	12.	13.	14.
17. Washington	18. Concordia Washington	19.	20. Clay Center Concordia	21.
24. Washington	25. Concordia Washington	26.	27. Clay Center Concordia	28.
31. Washington				

November				
Monday	Tuesday	Wednesday	Thursday	Friday
	1. Concordia Washington	2.	3. Clay Center Concordia	4.
7. Washington	8. Concordia Washington	9.	10. Clay Center Concordia	11. OFFICE CLOSED VETERANS DAY
14. Washington	15. Concordia Washington	16.	17. Clay Center Concordia	18.
21. Washington	22. Clay Center Concordia Washington	23.	24. OFFICE CLOSED THANKSGIVING	25. OFFICE CLOSED THANKSGIVING
28. Washington	29. Concordia Washington	30.		

December				
Monday	Tuesday	Wednesday	Thursday	Friday
			1. Clay Center Concordia	2.
5. Washington	6. Concordia Washington	7.		

Please call to set up your appointment at your local K-State Research and Extension Office:

Belleville Office: 785-527-5084

Clay Center Office: 785-632-5335

Concordia Office: 785-243-8185

Washington Office: 785-325-2121

NATIONAL GRANDPARENTS DAY

National Grandparents Day is Sunday, September 11, 2022. Mark your calendars to celebrate your grandparents! How do you plan to celebrate your grandparents this year?

The purpose of this day is to honor our grandparents. It is also a great opportunity for grandparents to show appreciation for their grandchildren and to educate grandchildren and younger generations about the knowledge, strength, and life experience the older generation has to offer (legacyproject.org)

Think about ways you can celebrate your grandparents. You can write them a letter, color a picture, call them, connect via technology, or visit them. Happy Grandparents Day to all those celebrating in the River Valley Extension District!

THANK YOU DISTRICT SHICK COUNSELORS

SHICK stands for Senior Health Insurance Counseling for Kansas. The counselors receive training annually on Medicare, Medicare Supplement Insurance, Part D Prescription Drug Coverage, and other health insurance subjects that concern Medicare-eligible Kansans.

Counselors are available to meet with consumers for personalized free counseling sessions, assist with problems and questions, and provide support during the decision-making process. SHICK Counselors will not recommend policies, companies, or agents, but will provide free unbiased answers to the questions of consumers, their family members, and other caregivers.

Thank you to the SHICK Counselors who will be counseling Medicare beneficiaries with Part D at locations across the River-Valley Extension District. They are very dedicated to share their expertise and time!

FALL FLING OCTOBER 10

Fellowship and fun will be a large part of the upcoming Fall Fling, Monday, October 10th in the Clay Center 4-H Conference Center at the Clay County Fairgrounds. All interested men and women in the area are encouraged to attend. Please bring a salad to share with others. Beverages and table service will be provided. Refrigeration is available for salads.

The following programs are scheduled for the day. The morning program will start at 10:30 a.m. and feature Lou Ann Schneider, a Federal Veterinarian. She will present her program called Wild Horse Gatherings. The afternoon program will start around 1 p.m. and feature author Lindsay Metcalf. She is the author of non-fiction children's books. There will be books for sale available at this program.

NOW THAT'S RURAL: BETHANY WALLIN, PIVOTAL HEALTH & WELLNESS

By Ron Wilson, director of the Huck Boyd National Institute for Rural Development at Kansas State University

“The doctor of the future will give no medicine, but will instruct his patient in the care of the human frame, in diet and in the cause and prevention of disease,” said Thomas Edison in 1902.

Today we'll meet an innovative physical therapist whose focus aligns with this quote by bringing essential health resources closer to her hometown region.

Bethany Wallin is founder and CEO of a budding non-profit organization called Pivotal Health & Wellness. Wallin grew up on a four-generational farmstead near the rural community of Republic, population 82 people. Now, that's rural.

“From a young age, community involvement through 4-H, school and sports planted the desire to volunteer and serve,” Wallin said. She earned her bachelors degree in Life Science from K-State and her Doctorate of Physical Therapy degree at the University of Kansas Medical Center.

She also married Clay, a fellow Republic Countian. They now have three children, ages six and younger, with another on the way.

Wallin has worked as a physical therapist for more than 11 years. After living and working in more urban locations, Wallin and her family moved back to Republic County where she took a physical therapy position at the hospital in Belleville

“We have an awesome team of health-care providers in our area who are doing their best to meet the needs of their patients,” Wallin said. “Unfortunately, the gap continues to widen with regard to meeting those demands with the limited resources available, especially for our rapidly aging population. My business partner, Robin Carlson, and I saw an opportunity to better serve our hometown communities and bridge that gap.”

Several young families have moved back to the area, but the overall population is aging. “We wanted to cultivate a pathway for our residents that reduced such health care barriers as accessibility, cost, and social isolation,” Wallin said.

Pivotal Health & Wellness opened in Courtland in January 2022, equipped with a fitness center, resource center, and physical therapy clinic. The vision is to build stronger rural communities physically, mentally, and emotionally across all age groups. As a nonprofit organization, they can provide free services to the uninsured and indigent patient populations.

“We want to shift the trajectory of healthcare in our rural communities from ‘sick care’ to ‘preventative care,’” Wallin said. “How can we take action now to help improve health outcomes and quality of life for our residents, especially our rapidly aging population? It was definitely a God nudge to do something more.”

Why the name Pivotal Health & Wellness? “Our health and well-being are pivotal aspects of what defines us. It's essential to protect our health beyond the absence of physical illness. In addition, I wanted to tie in the rich agricultural history of living in an irrigated grain belt landscaped by numerous center pivots.”

Pivotal Health & Wellness has signed up more than 50 members through the fitness center. Monica Thayer came on board recently as a Community Care Coordinator and has helped numerous individuals through end-of-life planning, insurance navigation, lowered prescription costs, and benefit assistance programs.

“Monica is an extremely important asset to our organization and community. She has extensive knowledge about Medicare, Medicaid, health insurance, and various programs and has helped to bring those resources to light,” Wallin said.

Future goals include completing the accreditation and licensing process that will allow the organization to accept Medicare, Medicaid, commercial health insurance plans, and Veterans Affairs/Tricare. They also plan to launch a much-needed home health division.

“My grandparents are 90 years old and still living on the farm,” Wallin said. “We need to make sure that this population can continue to age in place safely.” “We are offering another place and space that can bring these resources closer to home,” she said.

For more information, see www.pivotalhealthwellness.org.

We commend Bethany Wallin, Robin Carlson, and Monica Thayer for making a difference with their services. Thomas Edison would approve.

K-STATE BEEF STOCKER FIELD DAY SLATED FOR SEPTEMBER 29

K-State Research and Extension news service

MANHATTAN, Kan. – Beef cattle economic outlook, ongoing issues surrounding the transportation and cattle industry, and improving efficiency through feeding strategies and cattle comfort are among topics planned for the 2022 Kansas State University Beef Stocker Field Day on Thursday, September 29.

The conference will be hosted at the K-State Beef Stocker Unit, located west of Manhattan at 4330 Marlatt Avenue.

“This year’s program reflects the challenging landscape our industry is experiencing,” said Dale Blasi, K-State Animal Sciences and Industry professor and beef cattle extension specialist. “The experiences and thoughts of our assembled speakers and panelists will provide insights as we progress into an unknown future.”

The day will start with a welcome at 9:30 am and conclude around 5 pm. Sponsoring this year’s event is Boehringer Ingelheim Animal Health.

Topics for this year’s agenda include:

- Beef cattle economic outlook.
- Ongoing issues surrounding the transportation and cattle industries.
- Evidence-based approach to improving stocker health and performance.
- Triumphs and tribulations of respiratory disease in stocker calves.
- Harnessing nature: How to use dung beetles to improve herd and pasture health.
- Improving efficiency through feeding strategies and cattle comfort.
- Native pasture burning strategies: Impacts on cattle performance and pasture vigor.

Registration is \$25 and due Sept. 15. Walk-in registration is available for \$35. To register, go to asi.ksu.edu/stockerfieldday. More information also is available by contacting Lois Schreiner at 785-532-1267 or lschrein@ksu.edu.

REASONS TO TEST HAY AND OTHER FORAGES FOR QUALITY

Now is the time to consider the quality and quantity of your hay inventory. Testing hay is a way to understand all the nutritional value in the forage, just like a health-conscious consumer reading food packages as a way to maintain a well-balanced diet. When preparing to feed hay in the winter, it is critical to understand the quality of the hay being fed and the amount of hay available. Beef producers who know the nutrient profile of the hay they are feeding their herds are better

able to match the right supplement strategy to meet the needs of the cow. Keeping records of the amount of hay used yearly allows producers to keep track of how much hay they will need for their herd, so they can better prepare for the winter months.

Hay quality is variable depending on the type of forage, weather conditions, soil type, fertilizer rate, and maturity of the forage when it was hayed. Understanding the quality of the hay is cost effective, as it allows producers to better meet the nutritional requirements of their herd throughout the winter months. High-quality hay should be fed to animals with higher nutritional requirements. These animals include growing animals, cows in late gestation, and lactating cows. On the other hand, low-quality hay should be fed to animals with lower nutritional requirements, such as open cows, cows in early gestation state, and mature bulls. It is important to meet the nutritional requirements of your livestock to increase pregnancy and calving rates.

To analyze the quality of hay it is important to test your hay in different groups/lots. Hay combined into the same lot should have been harvested from the same field and consist of similar type of plants, cutting dates, maturity, variety, weed contamination, type of harvest equipment, curing methods, and stage conditions. When these conditions differ, feed should be designated and sampled as a separate “lot”. Off-farm hay should almost always be tested prior to purchasing since there is much less known about the quality compared to hay raised on the farm.

There are two main things to look at on the report when testing: the amount of protein, and some estimate of digestibility. Total digestible nutrients (or TDN) will help us to know how much energy is in the hay, and that is the nutrient that cattle need in the greatest quantity. There are other values for which the sample will be tested for, and this includes moisture, crude protein, a relative feed value, digestible nutrient estimate, and a fat percentage. Samples can also be tested for minerals (calcium, phosphorus, potassium, and magnesium) and nitrates. Testing for nitrates is recommended on annual forages harvested for hay, such as foxtail millet, oats, Sudan grass, and sorghum-Sudan hybrids, because they can accumulate high levels of nitrates under various growing conditions that can potentially reach a toxic level. Nitrate poisoning can cause serious illness or even sudden death in livestock. Testing hay for nitrates indicates whether the nitrate content in your hay is safe for your livestock to consume.

How to test:

Getting a good sample is important, here are some tips-

- You want to sample about 20 of your bales to get a good representation of all of them.

- Take samples as close to feeding as possible.
- Sample different cuttings or silage piles separately.
- Use a plastic bag that is sealable to keep in moisture. Get air out of bag.
- Label bags clearly.
- Keep them cool until shipping. Not on the dashboard in the sun for three days.
- Every extension office in the district has a hay probe that can be attached to a drill. FREE to use.

Testing not only your hay but other forages for its quality allows you to better meet livestock nutritional requirements. Sampling and testing forage for quality can make designing a feeding program easy and economical. It provides information that allows producers to create feed rations for their herd accurately and cost effectively. Additionally, it is important to keep inventory records on your hay and other forages to know your production numbers. As well as how much hay and forage you have available before heading into winter so that you can plan accordingly.

If you have any questions please contact Kaitlyn Hildebrand at the Concordia Office at 785-243-8185 or at khildebrand@ksu.edu.

PLANTING TREES IN THE FALL

Fall can be an excellent time to plant trees. During the spring, soils are cold and may be so wet that low oxygen levels inhibit root growth. The warm and moist soils normally associated with fall encourage root growth. Fall root growth means the tree becomes established months before a spring-planted tree and is better able to withstand summer stresses. The best time to plant trees in the fall is early September to late October. This is early enough that roots can become established before the ground freezes.

Unfortunately, certain trees do not produce significant root growth during the fall and are better planted in the spring. These include beech, birch, redbud, magnolia, tulip poplar, willow oak, scarlet oak, black oak, willows, and dogwood.

Fall-planted trees require some special care. Remember, that roots are actively growing even though the top is dormant. Make sure the soil stays moist but not soggy. This may require watering not only in the fall but also during the winter months if we experience warm spells that dry the soil. Mulching is helpful because it minimizes moisture loss and slows the cooling of the soil so root growth continues as long as possible. If you have any questions please contact Kelsey Hatesohl at the Washington Office at 785-325-2121 or at khatesohl@ksu.edu.

WORK GARDEN SOIL IN THE FALL

Fall is right around the corner; with vegetable gardens starting to slow down and coming to a stop; it's time to start thinking about what needs to be done for next year's garden. Fall is the preferred time to prepare garden soil for next spring. Spring is often wet making it difficult to work soil without forming clods that will remain for the rest of the season. Fall usually is drier allowing more time to work the soil. Even if you work soil wet in the fall and form clods, the freezing and thawing that takes place in the winter will break down the clods, leaving a smoother soil for the following spring.

Another reason to work the soil in the fall is to get rid of any insects and diseases you might have had from the previous year. Insects often hide in garden debris. If that debris is worked into the soil, insects will be less likely to survive the winter. Diseases are also less likely to overwinter if old plants are worked under. Garden debris will also increase the organic matter content of the soil.

Fall is an excellent time to add organic matter. Not only are organic materials (leaves, rotten hay or silage, grass clippings) usually more available in the fall but fresher materials can be added in the fall than in the spring because there is more time for them to break down before planting. As a general rule, add 2 inches of organic material to the surface of the soil and till it in. Be careful not to over till the soil. You should end up with particles the size of grape nuts or larger. By working the organic material into the soil you are allowing it to sit there all winter and break down into nutrients that your vegetable plants will need next summer.

By working your garden in the fall you are allowing the soil to rest over the winter and be ready for vegetable plants in the summer. If you have any questions please contact Kelsey Hatesohl at the Washington Office at 785-325-2121 or at khatesohl@ksu.edu.

ROTATION OF VEGETABLE CROPS

Rotating vegetable crops is a standard way of helping prevent diseases from being carried over from one year to the next. Rotation means that crops are moved to different areas of the garden each year. Planting the same crop, or a related crop, in the same area each year can lead to a build-up of disease. Also, different crops vary in the depth and density of the root system as well as extract different levels of nutrients. As a rule, cool-season crops such as cabbage, peas, lettuce, and onions have relatively sparse shallow root systems and warm-season crops such as tomatoes, peppers, and melons have deeper better-developed root systems. Therefore, it can be helpful to rotate warm-season and cool-season crops.

As mentioned earlier, it is also a good idea to avoid planting closely related crops in the same area as diseases may be shared among them. Tomatoes, potatoes, peppers, and eggplant are closely related. Also, broccoli, cauliflower, cabbage, and brussels sprouts share many characteristics. For example, do not plant cabbage where broccoli was the previous year or tomatoes where the peppers were.

So, why is this important to bring this up now going into fall? Now is the time to make a sketch of your garden so that the layout is not forgotten when it is time to plant next year.

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**RIVER VALLEY DISTRICT
“2022 UP-COMING MEETINGS & EVENTS”**

DATE	TIME	PROGRAM	LOCATION
Sept. 1, 8, 15, 22	5:30-7:30 pm	Dining With Diabetes	Concordia- 107 W 7th Street, Cloud Co. Resource Center
Sept. 29	9:30 am	KSU Beef Stocker Field Day	Manhattan-Beef Stocker Unit, 4330 Marlatt Avenue
Oct. 10	10:30 am	Fall Fling	Clay Center- 4-H Conference Center, Fairgrounds