



DIRECTOR'S NOTE

REBECCA MCFARLAND
DISTRICT EXTENSION DIRECTOR

Frontier District Friends and Supporters,

The Frontier District Team continues to provide a wide variety of educational opportunities for citizens in east central Kansas. We are working in our communities, collaborating with other agencies, organizations, and stakeholders, to provide the most accurate, science-based information, without bias. Our impact goes beyond our district borders.

Our agent team has over 100 years of combined service to K-State Research and Extension. We continue to address critical issues impacting our communities and find new ways to translate, engage, and transform individuals, families, and communities, towards becoming healthier and more resilient. Please enjoy reading about our efforts.
Sincerely,

Rebecca McFarland District Director

Frontier Extension District Making a Difference Report

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TEAMING UP ACROSS DISCIPLINES

REBECCA MCFARLAND, ROD SCHAUB, JANA E
MCNALLY, RYAN SCHAUB, AMANDA GROLEAU

Frontier Extension District Agents hosted a series of meetings in November and December of 2022 to help families start the estate planning process. Creating an estate plan gives you control of your property and your legacy. No matter the size of your estate, having an estate plan is key to ensuring your heirs inherit the assets you want them to receive.

The first meeting of the series was held November 7th. Rebecca McFarland, Frontier Extension District Director, started the evening by discussing the characteristics of each generation and how generational differences brings diverse perspectives, insights and strengths. The second speaker of the evening was Ashlee Westerhold, Director of the Farm and Ranch Transition Office at Kansas State University. Her focus was on ways to “Start the Family Talking”. Getting started may be the hardest part of estate planning, because feelings and emotions can stop the conversation from happening.

The second meeting of the series was held November 30th. That evening’s topics focused on selecting and working with professionals that will assist you through the estate planning process. Kay Prather, an attorney, from Kansas Agricultural Mediation Services at KSU, discussed “Picking your Professional Team”. Later that evening, Jeanie Schainost, an Estate and Business Planning Attorney from Garnett, shared information on “Dealing with Heirs that are away from the Farm or Business”.

The last evening, Jeanie Schainost returned to discuss “Estate Planning Tools and Tax Implications of your Decisions.” She shared information about different planning tools such as: Wills; Power of Attorney, for both financial and healthcare decisions; Beneficiary Designations; Living Wills; and Trusts. At evenings end she answered numerous questions from those in attendance.

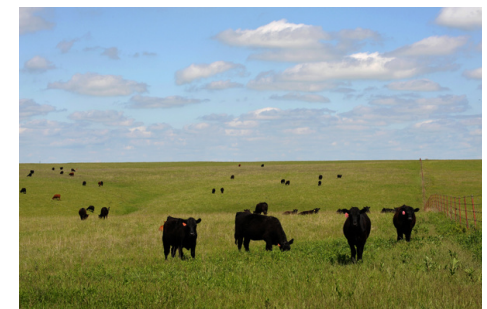
Approximately 25 individuals attended each session. A short survey was conducted at each session to gather information about what the participants learned and how they plan to use the information. Ninety-five percent of participants strongly agreed or agreed that after participating in the series they have a better understanding of the estate planning process. Ninety percent of the participants stated that because of the program they are able to create a list of estate planning tasks that they need to take care of. When asked to list one or two things they are differently as a result of participating in the session, they stated:

- We are currently working with an attorney on estate planning. This program has given us a plethora of information and resources to assist us with this plan.
- We will think about sitting the kids down and begin the estate conversation.
- Get estate planning started.
- Go over current trust to see if we have the mentioned points as we think we have.

Additional comments included:

- I have attended several estate planning programs. This has by far been the most informative and beneficial.
- Very helpful. Thank you!
- Lots to think about. You never know how family will get along when money is involved.

The takeaway message of estate planning is to: maintain control of your assets while you are alive, distribute your assets to those you want to receive them at death, and lastly, minimize your costs or expenses so your beneficiaries can maintain more of your estate.



FAMILY AND CONSUMER SCIENCES UPDATES

JANAE MCNALLY ADULT DEVELOPMENT AND AGING AGENT

Health insurance choices affect all Kansans but with the rising number of those in need of senior health insurance counseling services the need for trained volunteers is even more in demand now than ever before. Many seniors rely on Medicare for health coverage in retirement, while others have different options that make more financial sense for them. Not signing up during an initial enrollment period could end up costing penalties for life, or leave a person without health insurance coverage for a period of time. Knowing when to sign up for Medicare options can help make the most of a person's benefits while avoiding needless penalties, or paying for unneeded premiums.

Frontier Extension District Agent, Janae McNally became a trained volunteer who partnered with the East Central Kansas Area Agency on Aging to help those needing assistance with Medicare Part D-Prescription Drug Coverage. Health insurance education is provided via telephone as well as one on one counseling sessions in person at different locations across the district. Counseling provides education tailored to each person's individual needs. Frontier District residence were able to increase their understanding of terms associated with insurance, factors to consider when choosing a health plan and how the level of coverage and size of their monthly deductible can affect the premium paid as well as changes in Medicare supplements. Because of the work that all SHICK volunteers contributed during open enrollment which is October 15-December 7th the money that is saved is able to help meet other financial goals as well as support community vitality when the money they save stays in our local communities.

For more information on SHICK, contact Janae McNally at jmcnally@ksu.edu, 785-828-4438.



CHELSEA RICHMOND NUTRITION, FOOD SAFETY AND HEALTH AGENT

The ServSafe Food Handlers training was provided in December for 15 youth enrolled in baking and culinary arts classes at Crest High School in Anderson County. The training provides basic food safety and information for preventing foodborne illness. Specifically, it focuses on five main areas – importance of food safety, good personal hygiene, controlling time and temperature, preventing cross-contamination, and cleaning and sanitizing.

All 15 of the students who participated in the training passed the final exam and received a certificate. The certificate is valid for three years and for many students, this means they will have the certificate to take with them upon graduation.

Of the students completing the post survey following the training:

- **100%** strongly agreed or agreed that they plan to wash their hands (or will continue) for the appropriate length of time.
- **100%** strongly agreed or agreed that they plan to check the temperature of food with a thermometer.
- **100%** strongly agreed that they plan to be careful not to cross-contaminate food.
- **93%** strongly agreed or agreed that they plan to thaw food safely, including not letting foods thaw on the counter at room temperature.

When asked to share what they learned after completing the training, students responded:

- That you really need to handle food right so you don't get people sick.
- About cross-contact and the major allergens.
- To wash hands correctly, to have good personal hygiene, to make sure to clean what I use so I don't cross-contaminate, and thawing meat at room temperature is not safe.
- About all the different steps to using a three-compartment sink. I also learned about the Big 8 food allergies.
- Foods have many more risks and things to know than I thought. I learned to be safer and more cautious with food.



Contact Chelsea Richmond, Nutrition, Food Safety and Health Agent, 785-448-6826 or crichmon@ksu.edu

4-H YOUTH DEVELOPMENT UPDATE

JESSICA FLORY
4-H YOUTH DEVELOPMENT AGENT

As Youth Development Professionals, we are always looking for ways to enhance the learning of our youth in fun and exciting ways. During the fall semester, the 4-H Youth Development team provided enrichment activities at local libraries and for a Wellsville home school group. One Wednesday afternoon a month, 4-H Youth Development Program Managers Jo Hetrick-Anstaett and Josie Thompson, provided tweens at the Lyndon Library the opportunity to learn new skills, while having fun. These programs included learning about bees and why they are important to everyone, learning to sew a pillow, how the size of our dishes sometimes determines the amount we eat and how to build a rocket. At the Carbondale Library, Jo was able to provide enrichment activities to preschoolers through 3rd graders during their morning story time once a month. They made spiderwebs out of different materials, a turkey suncatcher and a torn paper snowflake. Josie and 4-H Youth Development Agent Jessica Flory did two sessions of Junk Drawer Robotics with 18 Wellsville Homeschool Youth. One session they made rockets and the other session they made catapults. By providing these programs and activities, we were able to help the youth build on their problem-solving skills. Your rocket isn't flying, let's think about the different parts of a rocket and see how we need to modify yours to make it fly. Your pillow isn't square, let's look at the pieces of fabric and figure out how to make them the same size. We were able to introduce kids to the notion that not everything works the way we want it to the first time. It is okay to fail, it's what we learn from our failures that helps us grow. We have a saying within our team that 4-H is a safe place fail. Because in our failures, we learn what not to do and how to do it better the next time.



To learn more about school and library enrichment opportunities, contact Jessica Flory, 4-H Youth Development Agent, 785-229-3520 or jrflory@ksu.edu

K-STATE
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HORTICULTURE UPDATE

AMANDA GROLEAU
HORTICULTURE AGENT

This past year the Frontier District Master Gardeners have been busy with various projects and have contributed many volunteer hours. Master gardener hours are broken down annually, into two categories, volunteer and advance training. Frontier District Master Gardeners contributed 251.50 volunteer hours and took 46.50 for advanced training for a combined total of 298.00 hours. We also had two new master gardeners go through the online class through K-State this fall.

This upcoming year the master gardeners are gearing up to help create garden spirit poles for the International Master Gardener Conference held in Overland Park in June. Each county plans to create a pole that represents that county to be auctioned off during the conference. We also have plans to update a couple of our pollinator gardens within the district.

Contact Amanda Groleau at 785-229-3520 or agroleau@ksu.edu.



UPCOMING EVENTS

February 11th - Farm Transition and Succession Planning Conference, February 11th, 2023, Melvern Community Building, 8:30am-4pm

March 2nd - Cultivating Ag Growth in Franklin County, March 2nd, 2023, FRCO Commission Chambers, 6pm-8pm

March 4th & 5th - Camp Livestock, March 4th & 5th, 2023, Camp Chippewa

March 10th - Backyard Poultry 101, March 10th, 2023, Garnett Community Building, 7pm

Remember, soil tests and radon tests are always available for purchase! Contact your local Extension Office for more information on our services.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. 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 Franklin County K-State Research and Extension, 785-229-3520.

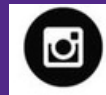
Stop in and say hello to our new Communications and Marketing Manager, Kaci Rollmann, who will be housed in the Ottawa office!



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Frontier Extension District



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Frontier YouTube Channel



<https://www.frontierdistrict.k-state.edu/>