

Geary County

K-STATE RESEARCH AND EXTENSION NEWS

geary.k-state.edu

February 2021

Ask the Agent

Q: During a power outage, how long will my food be safe in the refrigerator?

A: As the USDA notes in [Keeping Food Safe During an Emergency](#), your refrigerator will keep food safe for up to 4 hours during a power outage. Keep the door closed as much as possible. Discard refrigerated perishable food such as meat, poultry, fish, eggs, and leftovers after 4 hours without power. You can find the USDA publication noted above on the Geary County K-State Research & Extension at: <https://www.geary.k-state.edu/health-home-family/nutrition-food-safety.html>

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

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Welcome to a New Tax Season!

February 2021

Due to the disruption of standard operating procedures caused by the then-new COVID-19 pandemic last year, the IRS pushed the tax deadline back from April 15 to July 15. That was then, but the new tax season is upon us and many systems have adapted to the challenges the pandemic continues to present.

The deadline to file income taxes in the U.S. this year is again April 15, 2021. The IRS will start accepting tax filings on February 12, 2021.

If needed, you can still file for an extension. You will need to file IRS Form 4868 by April 15, 2021 to request an extension. If you already know you need an extension, it is better to file this form sooner than later. This will allow you time to fix anything on the form that needs corrected and still meet the application deadline of April 15. At the time you file for an extension, you must also pay your estimated taxes owed to avoid penalties and interest. If approved, you will have until October 15, 2021 to pay any tax, interest, and penalties. You can find the form on the IRS website at <https://www.irs.gov>.

Although the income tax filing deadline is back to normal, there are still some other tax-related issues to be aware of. There has been an ongoing challenge facing the IRS and our state's Department of Labor—fraudulent unemployment claims.

If you were a victim of a fraudulent unemployment claim in 2020, you are not alone. This form of fraud has been running rampant throughout Kansas and the United States as a whole.

The Kansas Department of Labor recently mailed an IRS Form 1099-G to people who received unemployment benefits in 2020. Every effort has been made to prevent IRS Form 1099-G notices from being sent to identity theft victims. However, due to the record high volume of unemployment claims, it is possible that some identity theft victims may receive a notice.

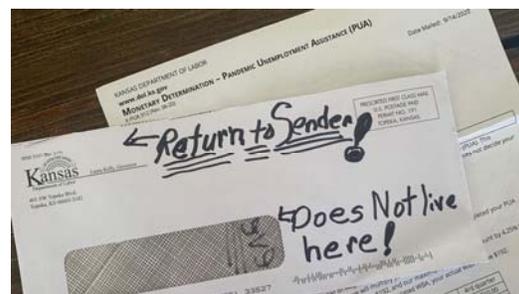
If a claimant wishes to dispute her or his IRS Form 1099-G, or has erroneously received one due to fraud, the person should do so using the KDOL Self Service Portal. The portal can be reached by visiting www.UJAssistance.GetKansasBenefits.gov.

If payments made due to identity theft are mistakenly reported on the IRS Form 1099-G in the name of an identity theft victim, KDOL will issue a corrected IRS Form 1099-G reporting \$0 to the identity theft victim and file a corrected form with the IRS.

Additionally, there is a designated phone line where claimants can call for more information concerning their IRS Form 1099-G. That number is 785-575-1461 or toll-free at 888-499-0063. The number will be staffed during regular and extended business hours from Monday through Friday, 8 a.m. to 8 p.m. CST, and on Saturday from 8 a.m. to 2 p.m. CST.

This type of fraud has continued into 2021. If you have been a victim of a fraudulent unemployment claim already this year, make sure you have reported it to the Kansas Department of Labor at: <https://www.dol.ks.gov/fraud>.

You will also find a list of other government and financial resources to report this fraud to. Don't wait until you get an IRS Form 1099-G in January 2022 to take action!



New Living Well Together program!

K-STATE
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Family & Consumer
Sciences

Living Well Together Program Series

LIVING WELL WITH DIABETES

Type I & II diabetes are common, costly, and serious diseases. This presentation will focus on how type II diabetes can be delayed, controlled, and even prevented.

Presenters:

Dr. Sandy Procter - RD/LD

Assistant Professor
Extension Specialist
K-State Research and Extension

Gayle Price -RD/LD

Southeast Area
Family and Consumer
Sciences Specialist

Lori Wuellner

Nutrition
Food Safety & Preservation,
Family and Consumer Science

Leah Robinson

Nutrition & Food Safety
Family and Consumer Science

DATE: February 25th

TIME: 6:45p (CT)

LOCATION: Zoom

REGISTER: <http://bit.ly/LivingWellTogether-Feb>



K-State Research and Extension is an equal opportunity provider and employer.

Register today for the February 25 Living Well Together Program:
Living Well with Diabetes.

This hour-long program is free but registration is required.

Family Health

Living Well Together is a one-hour weekly online program by K-State Research and Extension agents and specialists aimed at keeping people active and healthy during the COVID-19 pandemic.

"Often times, we think about taking care of ourselves, but the reality is that we spend a lot of time taking care of others as well," said Sharolyn Jackson, the northeast area extension specialist and one of the program's organizers. "We wanted to focus on who is taking care of you. Make sure that you are giving that time and attention to take care of yourself so that you can in turn take care of others."

The program was piloted in December and launched for statewide public access in January, 2021. Watch the Geary County K-State Research and Extension Facebook page at <https://www.facebook.com/gearycountyextension> for postings regarding the March topics for the Living Well Together programming series.



February is American Heart Month

Heart disease took my dad at the age of 54. All of his children have outlived him—an intentional goal for each of us.

Heart disease is the leading cause of death in the U.S. for both men and women. Just the same, I am living proof that you can do a lot to avoid falling into that statistical pool.

The National Heart, Blood and Lung Institute explains that your first step in controlling heart disease is to become aware of your risk factors. Risk factors are conditions that make a person more likely to develop a disease. Some risk factors can be changed while others cannot, and no two people are affected by the same risks in the same way. However, by knowing your risk factors, you will have a better idea of what you can do to lower them.

Your risk of heart disease is higher if you:

- 1) Have high blood pressure. For most adults, a healthy blood pressure is usually less than 120/80 mm Hg.
- 2) Have high blood cholesterol. Unhealthy cholesterol levels are often caused by poor lifestyle habits such as unhealthy eating patterns and physical inactivity.
- 3) Are overweight or obese. Doctors measure body mass index (BMI) and waist circumference to screen and diagnose overweight and obesity.

- 4) Have pre-diabetes or diabetes. Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high.
- 5) Smoke. The chemicals in tobacco smoke harm your blood cells and thus can damage the function of your heart. E-cigarettes have been shown to increase blood pressure and heart rate which leads to heart disease.
- 6) Do not get regular physical activity.
- 7) Have a family history of heart disease.
- 8) Have a history of preeclampsia (high blood pressure during pregnancy.)
- 9) Have unhealthy eating habits.
- 10) Are older (age 55 or older for women or age 45 or older for men.)

Each of these risk factors increase your chance of developing heart disease. The more risk factors you have, the higher your risk will be.

Take a look back at the 10 risk factors. Some risk factors cannot be changed. These include age, gender, and a family history of early heart disease. Now, circle the risk factors listed above that you can impact by making a change in your lifestyle.

Living a lifestyle that protects your heart and keeps you healthy is the best defense against heart disease.

For more information, download Heart-Healthy Living at: <https://www.geary.k-state.edu/health-home-family/health-wellness.html>



America Saves Week February 22–26, 2021

My grandpa and grandma were in their mid-80's by the time I was born. They experienced the many hardships brought on by the great depression. This led my grandpa to distrust banks. His tools for saving money included his Prince Albert cans and a shovel.

My grandpa lost his life-savings when his bank closed its doors during the great depression. Instead of keeping a savings account at the bank, he would dig holes in his back yard and bury cash in his Prince Albert cans. Even though his personal experience led him to this approach to saving money, it is not a very effective way to grow your money.

These days, there are consumer protections in place and much better approaches to growing your money. The key is to take action and be consistent in your savings plan by using more conventional methods than simply burying your money!

America Saves Week 2021 is February 22 thru February 26. This is a national campaign to encourage Americans to increase their savings and decrease their debt. The campaign encourages you to think about goals and consider setting or renewing a savings goal. The theme of this year's campaign is to save automatically and save for the unexpected.

Elizabeth Kiss, K-State Research and Extension Personal Financial Management Specialist shares, "I really see those as going well together, because saving

Family Money

automatically is when you take a 'set it and forget it' approach, which means you decide how much you want to save – and it doesn't have to be huge amounts – even saving \$10 a paycheck or \$20, \$25 or \$50 a paycheck will add up over time – setting it aside on a regular basis."

Considering the challenges brought on by the COVID-19 pandemic in 2020 that Americans continue to face in the early months of 2021, it is more important than ever to have a savings plan in place.

Dr. Kiss cited the [U.S. Financial Capability Survey](#) that said about 52% of Kansans have a "rainy day" fund that would handle expenses for about three months.

That's another way to look at how much to save, to consider building enough savings to pay for three or more months of expenses, which would help in the event of job loss or if you had to take time from work to act as a caregiver or became ill yourself.

Another approach is put enough away to cover your insurance deductibles. That might be \$1,000 for instance, for a claim on your vehicle insurance. Deductible amounts vary by type of insurance, so it is a good idea to regularly review your insurance policies for the details.

"Again, whatever we can put aside is better than nothing," Kiss said.

Photo by [Andres Siimon](#) on [Unsplash](#)

National Festival of Breads 2021



Looking for a fun activity to share with your child or grandchild? Consider baking up a project to enter in the National Festival of Breads!

National Festival of Breads online entries are being received now. There are two age divisions: Youth (14-18) and Adult. Many nice prizes will be awarded so encourage home bakers to enter their original yeast bread recipe(s) before February 22.

The event will be virtual on June 9, with no public Festival in Manhattan. For the official rules and tips for entering please visit www.NationalFestivalofBreads.com.

Photo by [Nadya Spetnitskaya](#) on [Unsplash](#)

Home Canning Videos

Research shows that more people are preparing their own meals and eating at home in the shadow of the COVID-19 pandemic. Additionally, more people are canning food to keep their pantries stocked.

The Rapid Response Center housed on K-State campus has a wealth of information to help those who are re-learning or learning home preservation techniques. Attention to detail is an important part of making sure you are safely canning foods at home.

You can find home canning videos using research-based canning techniques and safe food-handling practices on the Rapid Response Center website at www.rrc.k-state.edu/preservation/videos.html.

Here is a sampling of just a few of the canning videos posted:

- [General Information](#): Recipes, Science, and Maintenance
- [Water Bath Canning](#): Steps in water bath canning and canning salsa safely
- [Pressure Canning](#): Steps in pressure canning and canning meat safely

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****

In following the Kansas State University's COVID-19 protocols, all Geary County K-State Research and Extension face-to-face meetings and programs have been suspended through March, 2021. However, online learning opportunities continue to expand.

March, 2021

- 3 Create Better Health— Join us every Wednesday from 4-5pm! Classes will be held on Zoom and are FREE if you and your family qualify for FDPIR, Free and Reduced Lunch Program, Head Start, Medicaid/Kancare, SNAP, TANF, TEFAP, or WIC. If you would like to work on creating better health habits for yourself in 2021, contact Courtney Angelo and Ann Katt at snap-edgearycounty@ksu.edu.
- 3 Living Well Together—Series continues every Thursday night at 6:45 pm. watch our Facebook page and next month's newsletter for more information.
- 8 Walk Kansas Geary County—Online registration opens.
- 24 Strengthening Families Online Class**—A new class will start the last Wednesday of March at 3:30 and will continue each Wednesday through June 9, 2021. Contact Deb Andres if you are interested in taking this class at 785-238-4161.
- 28 **MARK YOUR CALENDAR:** Walk Kansas 2021 begins! Start building your team of 6 and watch our Facebook page and next month's newsletter for more information.



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