



# Geary County

K-STATE RESEARCH AND EXTENSION NEWS



SEPTEMBER 2023

## Suicide Awareness Month

### Our Staff

Deb Andres, Family and Consumer Sciences Agent



**Deb Andres**  
Family & Consumer  
Science Agent



**Ginger Kopfer**  
4-H Youth  
Development Agent



**Kyler Langvardt**  
Ag & Natural  
Resources Agent



**Traci Hockett**  
Office Professional



**Christina Strauss**  
Office Manager &  
Bookkeeper

This daunting and scary topic might make you feel like you want to ignore this problem. Unfortunately, ignoring it will only contribute to the grim statistics. Each of us have the opportunity to learn, listen and look.

Learn: The National Alliance on Mental Illness (NAMI) provides excellent information about the statistics, high-risk populations, and warning signs of suicide. For Kansans, it's more important than ever that we become more educated about suicide and mental health conditions. Our state ranks in last place of all the states in regards to good mental health with only 6.5% receiving needed care. The national average is 28%. This means that, statistically, Kansas has the worst mental health ratings in the nation. Of all the Kansas adults who are diagnosed with a mental illness, 48% are uninsured.

Listen: Everyone can help in the prevention of suicide by looking for the warning signs in close friends and relatives – people you know well who have made comments or have had thoughts about suicide. This state of mind is called suicidal

ideation, which can begin subtly with statements like “I wish I wasn’t here” or “Nothing matters.”

Look: NAMI offers additional warnings signs, such as increased use of alcohol and drugs; aggressive behavior; withdrawal from friends, family and community; dramatic mood swings; and impulsive or reckless behavior. Suicidal behaviors are a psychiatric emergency. If you or a loved one starts to take any of these steps, seek immediate help from a health care provider or call 988 to reach the national Suicide & Crisis Lifeline.

Everyone can have their eyes, ears and minds open to this challenging crisis and help prevent suicide in our families and communities.

For more information, check out the NAMI website at: <https://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Month>

This daunting and scary topic might make you feel like you want to ignore this problem. Unfortunately, ignoring it will only contribute to the grim statistics. Each of us have the opportunity to learn, listen and look to help prevent suicide.

[geary.k-state.edu](http://geary.k-state.edu)  
(785) 238-4161  
119 E. 9th St.  
Junction City, KS 66441

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Research and Extension

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# Medicare Open Enrollment



Deb Andres, Family and Consumer Sciences Agent

Every year, Medicare beneficiaries have the opportunity to take a look at the Medicare Drug plan to determine if their existing plan continues to be the best option and most economical option based on the prescription medication needs. This window of opportunity is open from October 15 – December 7 every year and is referred to as the Open Enrollment Period, or OEP.

During the 2022 OEP season, 205 Medicare Beneficiaries received services from the Geary County Extension office. Of those served, 96 beneficiaries opted to change Part D prescription plans for a total savings of \$337,966.00.

If you are on a Medicare Part D drug plan, the Geary County K-State Research & Extension

office offers free, unbiased guidance on comparing drug plans and identifying options for beneficiaries that might minimize their out of pocket costs.

Because the companies that provide these plans can change their formularies and premiums as they deem necessary, beneficiaries need to look at their plans on an annual basis. Beginning October 2, 2023, Medicare beneficiaries may call the Extension office at 785-238-4161 to make an appointment. Traci Hockett and Christina Strauss have access to our Medicare appointment calendar to schedule beneficiaries for their prescription plan review.

# Extension Council Elections



Public Notice is hereby given in accordance with K.S.A. 2-611, as amended, State of Kansas, that on the date and time mentioned below, the citizens of voting age of Geary County shall meet for the purpose of electing twelve members, three members for Agricultural and Natural Resources, three members for Family and Consumer Sciences, three members for 4-H and Youth Development and three members for Community Vitality initiatives, as Representatives to the Geary County Extension Council.

Voting may be done at the 4-H/Sr. Citizen's Building, 1025 S. Spring Valley Rd, Junction City, KS on October 28, 2023, 7:00 pm to 8:00 pm, or at the Extension office, 119 E. 9th St., Junction City, KS on October 30, 8:00 am to 5:00 pm and October 31, 8:00 am to 4:00 pm. Consideration shall be given to the Extension Program for Geary County.



**CELEBRATE NATIONAL 4-H WEEK WITH US FROM  
OCTOBER 1<sup>st</sup> through the 7<sup>th</sup>!**

# Moving Cold-Sensitive Plants Indoors



*K-State Research and Extension News*

As fall weather approaches, it is time to start planning to bring cold-sensitive plants indoors says Kansas State University horticulture expert Cynthia Domenghini.

“Some gardeners move houseplants outdoors to bask in the summer heat and recover from the stress of an indoor environment,” Domenghini said. “Planning for their reentry to the house is important so houseplants have time to adjust to the changes in growing conditions.”

Domenghini said the first step is checking for insect pests such as mites and aphids.

“Insect pests can be dislodged by spraying the foliage with a hose,” Domenghini said. “If insects are found in the soil, soak the entire container in lukewarm water for 15 minutes.”

She recommends discarding plants with heavy infestation. Once moved indoors, continue to monitor for pests to prevent spreading throughout the house. Domenghini said plant growth will slow indoors and plants require less water and fertilization.

“Most houseplants will benefit from receiving water only when the soil surface is dry. Fertilization will likely not be necessary until spring,” Domenghini said.

Next steps include helping plants adjust to the lower light conditions indoors gradually to prevent leaf drop.

“Place plants near windows with the brightest light. Over several weeks move the plants further away until they’ve reached the desired location,”

Domenghini said.

Supplemental lighting can be provided with grow lights. Domenghini said it is important to avoid cold drafts from doors and windows and heat from air vents. These extremes can put plants under stress.



Many houseplants come from tropical locations and favor humid conditions.

“Kitchens and bathrooms tend to be more humid areas inside the home. If space and lighting permits, this may be a good location for your plants,” Domenghini said. She also recommends grouping plants together to create a microclimate.

Interested persons can also send their garden and yard-related questions to our Geary County K-State Research and Extension office.

***WEAR YOUR 4-H GEAR THROUGHOUT THE WEEK TO  
SHOW YOUR SUPPORT FOR 4-H IN GEARY COUNTY!***

## UPCOMING AREA EVENTS:

### **Geary Community Farmers Market:**

Hosted by Live Well Geary County, the Geary County Market is now open. The Geary County K-State Research & Extension SNAP-Ed program will have a resource and program sign-up booth every first and third Thursday. Market location: JC Naz Church parking lot; 1025 South Washington – Junction City; Thursdays, 4:00 - 7:00 pm; through October.

### **Kansas Municipal General Elections:**

Mark your calendar for Tuesday November 7th, which will be Election Day. There are many decisions that you can be a part of by being a part of the civic process. Plan to make your voice heard in your community, state and the federal level.

### **Junction City Oktoberfest:**

October 6th and 7th in Downtown Junction City. Authentic German experiences will be flowing, complimented by traditional Oktoberfest food and fun for the entire family. Enjoy pretzels, schnitzel, brats plus much more. We'll have live music from the Der Manhattan Polka Band, the First Infantry Division Band, Brass Rewind, Twice on Sunday and Cowardly Lions.



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