

January 2012



# Southwind Extension SUCCESS

*Allen County – Bourbon County – Neosho County*

[www.southwind.ksu.edu](http://www.southwind.ksu.edu)

## *Livestock Production*



With the continuation of the annual November salebarn meeting, producers were able to come together in a familiar environment to expand their knowledge on body condition scoring, winter feeding sites and the changes in Kansas cow herds. Of the 29 producers in attendance, 91% of the responders were likely or very likely to make business and/or management changes due to the information gained.

Beef Quality Assurance (BQA) and good animal husbandry practices help boost consumer confidence in beef products. Cattle performance and health were the topics of the second training; twenty one participants left certified in BQA and non-ambulatory cattle management. Ninety-five percent of the responders were likely or very likely to implement discussed management practices into their cattle operation. Additional trainings and follow up workshops will be offered in the future to expand the certification.

These two meetings educated 50 producers who manage 19750 head of stocker cattle and 5300 head of cows. The estimated total economic impact of responding producers was \$23,600. Both events were held in the auction barns in the Southwind Extension District; meals provided by Emprise and Citizens Banks.

## *Food Safety...It's In Your Hands*

Most cases of foodborne illness can be prevented through proper hygiene practices, including hand washing, and following proper food handling and preparation recommendations. Food safety education programs are necessary to help consumers become more aware of foodborne illness risks, to reduce risky food consumption and preparation behaviors, and to develop safe food handling practices. Teaching food safety will continue to be a priority.

Food safety programs were presented to consumer groups with a total of 58 individuals in attendance. 93% of the participants indicated that as a result of the program, they would make changes in the way they handle food. 37% of those attending said they would use a food thermometer more often; 17 % would wash produce before cutting or eating. Other changes participants indicated they would make included washing hands more frequently, sanitizing surfaces, and preparing convenience foods according to directions.

Improving understanding and implementation of safe food handling practices will lead to reduced incidence of foodborne illness and an improved quality of life. This will benefit communities by having a safe food supply at home and away from home, as well as reducing public costs of health care and health insurance and increasing the number of productive contributing citizens.

Iola Office  
620-365-2242

Erie Office  
620-244-3826

Fort Scott Office  
620-223-3720

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### *Senior Health Insurance Counseling for Kansas (SHICK)*

Nearly 400,000 Kansans are currently 65 or older. As many as one in seven Kansans are currently on Medicare. Each fall, these older Kansans need to reevaluate their Medicare Part D Prescription Drug Plan for possible changes in coverage and costs -- an annual struggle for many seniors and their families.

KSRE partners with the Kansas Department on Aging-SHICK, a no-fee program offering older Kansans an opportunity to talk with trained SHICK Counselors. The Annual Coordinated Election Period (AEP) for the Medicare Prescription Drug Coverage starts October 15<sup>th</sup>, and ends December 7<sup>th</sup>, each year. During that time SHICK counselors help guide Medicare beneficiaries in their decision.

Medicare Beneficiaries working with Extension Agents learn how beneficial it is to review their Medicare Part D every year. Plans can change each year which can make costs rise. Plans are required by law to send out information about their changes. Many Medicare beneficiaries do not understand these mailings or may even throw them away without reading them. KSRE SHICK counselors are able to provide a printout illustrating how their current plan compares to at least two other available drug plans (typically the top two or three least expensive plans).

Southwind District Medicare Part D 2011			
# Comparisons	Message/ Phone Calls in addition to Comparison	Total Savings	Avg. Savings Per Person
105	43	\$89,545.00	\$914.00

### *4-H Judging Opportunities*

4-H members in the Southwind District have many opportunities to learn evaluation and critical thinking skills by analyzing and comparing to an ideal. Youth judge in various divisions, including: Family & Consumer Sciences, Photography, Plant Science, Crops, Livestock, Meats, Livestock Skillathon and Horse. In the Southwind District, our youth judge at contests in the district, southeast area and at state where they compete against youth of the same age. In addition to judging and ranking quality from top to bottom, youth are also taught about either written or oral reasons where they must defend their placing to an official judge who scores them accordingly. 4-H youth from all Southwind Counties participated in most of these contests in 2011. As a District, our 4-H members are now allowed to compete on teams together, with combined youth from the 3 counties. The judging highlight of 2011 was a State Livestock Judging & Skillathon Championship that was earned by youth from Bourbon County.

### *Master Gardener Program*



The Master Gardener's continue to be actively involved in the communities within the Southwind Extension District. Each gardener, in order to maintain the status of a Master Gardener, must contribute a minimum number of volunteer service hours back to their communities. Volunteer activities included conducting sessions at Cherry Street Youth Center, maintaining flower beds at the Moran Community Center and the Neosho County Courthouse, work at the Elm Creek Community Garden and the establishment of a community garden in Chanute. In 2011, Southwind Master Gardener's contributed 617 hours of volunteer service. At an average value of \$17.50 per hour, that is over \$10,000 worth of service to communities within the District!

### *Diabetes Awareness*

The Kansas Dept. of Health and Environment says, from 2000 through 2010, the number of Kansas adults diagnosed with diabetes increased from 5.9 percent to 8.4 percent - a 42 percent increase. The cost of treatments for those patients is \$1.5 billion a year. Diabetes is often accompanied by a of myriad challenges. If not managed well, diabetes can lead to complications, such as heart disease, stroke, kidney failure, blindness, lower extremity amputation and premature death.

At two Diabetes Awareness Workshops hosted in partnership with the Lola Pharmacy, area residents who have diabetes or provide care for someone with diabetes learned about managing diabetes for a better quality of life and to reduce overall healthcare costs. Of the 40 participants, 89% had never developed an eating plan with a registered dietician or certified diabetes educator. Developing a personal eating plan can greatly improve maintaining blood sugar levels at an acceptable level. Following the program, 60% of participants reported that they planned to schedule a consultation with an RD or CDE to develop an eating plan. At a 3 month follow-up, 50% reported that they had developed an eating plan with an RD or CDE and were maintaining better blood sugar levels.