



# *Family and Consumer Science News*

November—December, 2021

## Medicare and Marketplace Open Enrollment

Medicare open enrollment has begun, and continues until December 7th. Enrollment for Marketplace insurance runs November 1st through December 15th. Each year, insurance companies change their terms including monthly premiums, deductibles, drug coverage and drug prices. Trying to figure out which company will be the best for you can be daunting, but Joy Miller, the Southwind District certified Senior Health Insurance Counselor for Kansans (SCHICK) and certified Assister for Marketplace Health Insurance can help! Her service is available at no charge to residents within Southwind District.

More than half of her clients changed their plans last year, which translated to \$176,110 saved!

During open enrollment, Joy will be at the following locations to assist you with your Medicare and insurance needs:

- Mondays: Bourbon County
- Tuesdays: Neosho County
- Wednesdays: Allen County
- Thursdays: Woodson County

Phone consultations (for returning clients) or Zoom meetings are also available.

Call Joy: 620-223-3720 to set up your appointment.

## Smart Choice Smart Use Health Insurance Class

Want to understand the many parts of health insurance? Learn basic information to help you make a smart choice health decision at 6:00pm, Thursday, Nov. 4th at Grace First Assembly of God, 1102 Washington in Fredonia. The \$5 registration includes materials and a meal.

K-State Research and Extension will provide this session discussing the following: clarifying health insurance terms, the importance of health insurance, and things you can do to choose a plan that best meets your needs.

Register online at [www.tinyurl.com/SmartChoice2021](http://www.tinyurl.com/SmartChoice2021) or by calling 620-378-2167.

### Save the date!

**Risk Management Skills for Kansas Women in Agriculture**—A statewide program that addresses crop insurance, government programs, and marketing amid a struggling farm economy. This 4-part series starts Wednesday, January 12th from 5:30—8:30pm and runs through Feb. 2nd. Southwind locations will include Iola and Fort Scott. Additional details and registration will be available December 1st. \$50 early bird registration due by 12/31.

### Contact your local office:

#### Erie Office

111 S. Butler  
Erie, KS 66733  
620-244-3826

#### Fort Scott Office

210 S. National Ave.  
Fort Scott, KS 66701  
620-223-3720

#### Iola Office

1006 N. State St.  
Iola, KS 66749  
620-365-2242

#### Yates Center Office

211 W. Butler St.  
Yates Center, KS 66783  
620-625-8620

## Look Who's New at Southwind!

The Southwind Extension District welcomed Clara Wicoff as the new Nutrition, Food and Health Agent in September. Clara developed a strong passion for food security and child nutrition while volunteering for the USD 257 Summer Food Service Program as a high school student. This passion grew throughout all her academic and work experiences. She is a recent graduate of Kansas State University, where she studied agricultural economics with a secondary major in global food systems leadership and a minor in entomology. She spent the last year living in England, where she worked to obtain her Master of Science in Agricultural Economics from the University of Reading. At Reading, her dissertation work focused on the link between women's empowerment and minimum acceptable diet among children aged 6-23 months in Haiti. Clara has also completed internships with the United States Senate Agriculture Committee, Cargill, the Kansas Grain & Feed Association, the Trade Subcommittee of the United States House of Representatives Ways and Means Committee, and the Kansas Legislature. She was also a longtime member of the Prairie Dell 4-H Club in Allen County, as well as an active member of the Iola FFA Chapter. Clara is eager to hit the ground running with programming related to all things nutrition, food, and health. If you have suggestions for this programming or if you would just like to connect with Clara, she can be reached at 620-365-2242 or at [clarawicoff@ksu.edu](mailto:clarawicoff@ksu.edu).



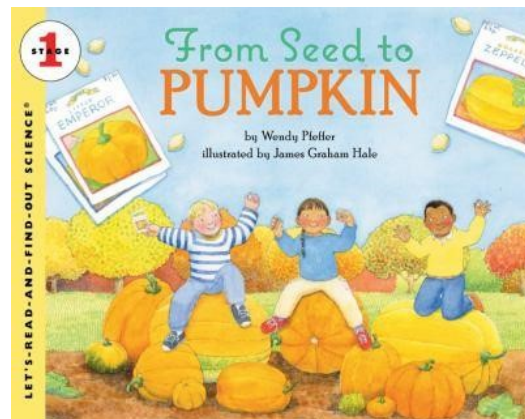
## Upcoming Programs

### HEALTHY COOKING *For the Holidays*



The **"Healthy Cooking for the Holidays"** program will be held at the Chanute Public Library at 1pm on Thursday, November 4, 2021. "Healthy" and "holiday" don't usually find themselves in the same sentence, especially when it comes to food. That doesn't have to be the case! Join us to hear from Nutrition, Food and Health Extension Agent Clara Wicoff about how to reduce the large amounts of fat and sugar usually found in holiday recipes and focus more on the "star" ingredients—fruits and vegetables. You'll even get to sample some of the recipes! With a little planning and a few simple changes, it is possible to enjoy holiday foods which are both healthy and great tasting.

The **"From Seed to Pumpkin"** story time will be held at the Chanute Public library, too, on Tuesday, November 9th at 10am. Bring your children or grandchildren and join us for a pumpkin-focused story time! Children will listen to a reading of *From Seed to Pumpkin* by Wendy Pfeffer, enjoy a roasted pumpkin seed snack mix, and learn about how pumpkins keep us healthy. This program will also be presented by Clara Wicoff.



## Holiday Food - Plan Ahead for Less Stress

It doesn't seem possible, but Thanksgiving and Christmas are right around the corner. Whether you're cooking for just a few people, or a crowd, shopping ahead and freezing foods can help ease the stress of the holiday meals.

Karen Blakeslee, a food safety specialist at K-State, notes the leadup to the holiday season is a good time to take a deep breath and relax—then, make a plan to keep it that way. “Make a list to plan your meal,” Blakeslee said. “Shop for food now to have it available and to avoid the shopping rush. You can also prepare and freeze foods ahead to spread out food preparation time.”

When done correctly, many foods—such as meat—can be frozen to extend their shelf life. Some foods can be cooked directly from the freezer. Blakeslee says that using freezer safe packaging designed for freezing, and removing as much air as possible from the package will yield the best results and protect food quality.

When ready to use frozen foods, there are three options for thawing:

- Refrigerator: This takes the longest time and advance planning. Large items, like a frozen turkey, may require 24 hours for every five pounds of weight.
- Microwave: Do this when you intend to use or cook the food immediately after thawing.
- Cold running water: Cold tap water is useful when the food can thaw in less than two hours. Cook food immediately after thawing.

If not planning to cook and freeze foods ahead of time, make a schedule for when you will prepare menu items. If you only have one oven, use other ways to cook foods such as an electric roaster, an electric multi-cooker, or a slow cooker. “Think about sharing food preparation by having family members help,” Blakeslee said. “This will ease the stress and give more family time at home.”

## Amazon Impersonators—Just in Time to Put a Kink in Holiday Shopping

Has Amazon contacted you to confirm a recent purchase you didn't make or to tell you that your account has been hacked? According to the Federal Trade Commission, since July 2020, about one in three people who have reported a business impersonator scam say the scammer pretended to be Amazon.

These scams can look a few different ways. In one version, scammers offer to “refund” you for an unauthorized purchase but “accidentally transfer” more than promised. They then ask you to send back the difference. What really happens? The scammer moves your own money from one of your bank accounts to the other (like your Savings to Checking, or vice versa) to make it look like you were refunded. Any money you send back to “Amazon” is your money (not an overpayment) — and as soon as you send it out of your account, it becomes theirs. In another version of the scam, you're told that hackers have gotten access to your account — and the only way to supposedly protect it is to buy gift cards and share the gift card number and PIN on the back. Once that information is theirs, the money is, too.

Here are some ways to avoid an Amazon impersonator scam:

- Never call back an unknown number. Use the information on Amazon's website and not a number listed in an unexpected email or text.
- Don't pay for anything with a gift card. [Gift cards](#) are for gifts. If anyone asks you to pay with a gift card – or buy gift cards for anything other than a gift, it's a scam.
- Don't give remote access to someone who contacts you unexpectedly. This gives scammers easy access to your personal and financial information—like access to your bank accounts.

With so many of us using Amazon, and Amazon Prime, it's important to be extremely cautious, especially this time of year. Don't let your hard-earned money get in the hands of a criminal! If you think it's an impersonator that is calling, report it at <https://www.reportfraud.ftc.gov/>



## Women Managing the Farm—Feb. 9-11, 2022

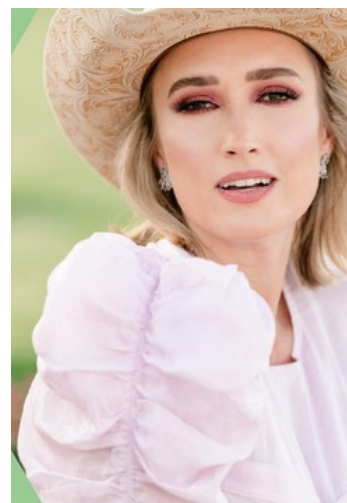
Since 2005, the Women Managing the Farm Conference has brought together women farmers, rural business leaders and landowners. Again in 2022, the conference will continue to offer a supportive setting in which women can develop the skills, resources and knowledge needed for success in a competitive agricultural environment.

The Keynote Speaker will be Courtenay DeHoff, Fancy Lady Cowgirl™. Courtenay is a cowgirl turned television personality whose witty and charming antics have grabbed the attention of Yahoo!, the Huffington Post, LIVE with Kelly and more. She's a Kansas cowgirl at heart who grew up rodeoing and showing cattle before she eventually turned to television.

While attending the conference, women can expect to hear from local and national experts on relevant topics such as land transition, crop insurance, ag laws, health and wellness, livestock nutrition and more. There will also be opportunity to network with peers on topics that affect their unique relationship to agriculture. For many, it will provide one-on-one engagement and understanding on similar issues, plus where

they could find support, whether from the person sitting next to them or an already existing resource.

Women Managing the Farm is organized by a committee consisting of members representing many public and private agricultural sectors. Details about the conference are currently being updated on their website: [www.womenmanagingthefarm.com](http://www.womenmanagingthefarm.com).



Courtenay DeHoff  
Fancy Lady Cowgirl  
@courtdehoff  
Keynote Speaker



## FCE Deadlines Approaching

- 2021 Standard of Excellence Report (PINK paper) – Due to County FCE Council President by December 1<sup>st</sup>.
  - \* All units who complete both sides of this form will receive a Gold Seal this year. Fill out as much as you can, due to Covid-19 many things were not possible to complete. The State Board has ruled that all completed forms will receive a Gold seal this year.
- 2021 Accomplishment Report – Due to County EPC by December 1<sup>st</sup>.
  - \* Since this is a combined form, make sure you circle FCE Unit/County Council/Independent
  - \* Mark whether you want the 2020 lesson judged or not
  - \* In order for a county/area to receive 100% reporting both sides must be completed even if you do not want your program lesson judged
- 2021 Community Service Project – Due to County EPC by December 1<sup>st</sup>.

All forms listed above can be found on the Southwind Extension District website: <https://www.southwind.k-state.edu/home-family/fce/>

You will also find the 2021 KAFCE Education Program Guide “FCE—Committed to Health, Food and Fun” on our website: <https://www.southwind.k-state.edu/home-family/fce/index.html>

Mark Your Calendars for the Aging With Attitude Expo—April 29th, 2022!