



Family & Consumer Science News

January, February 2021

Get Ready for Winter Weather

Brrrrr! It’s officially Winter, and that means cold weather. But don’t let the winter chill put a freeze on your readiness for winter weather. You need to take action for colder temperatures, too. The “www.ready.gov” has tips to help you get started.

Be prepared! Winter storms can last a few hours or several days; knock out heat, power, and communication services; and place older adults, young children, and sick individuals at greater risk. If you need to check on your neighbors, be sure to text, email, or call them while following the latest CDC guidelines for COVID-19.

Gather supplies in case you need to stay home for several days without power. Keep in mind each person’s specific needs, including medication. Remember the needs of your pets. Have extra batteries for radios and flashlights. If you are able to, set aside items like soap, hand sanitizer that contains at least 60 percent alcohol, disinfecting wipes, and general household cleaning supplies that you can use to disinfect surfaces you touch regularly.

Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water and non-perishable snacks. Keep a full tank of gas. Being prepared allows you to avoid unnecessary excursions and to address minor medical issues at home.

COVID-19 and Face-to-Face Meetings

K-State Research & Extension continues to practice the limitation of face-to-face meetings. Although in-person education is the best model for our agents and their constituents, we must balance our educational mission with public health and safety considerations. While masks, social distancing, and sanitizing reduce the threat of transmission when meeting face to face, they do not eliminate the threat.

Check the Southwind website for future “virtual” events: www.southwind.ksu.edu. If your club or business needs assistance with having your own virtual event, call your local Extension office for this free service.

Inside this issue

- Powerful Tools for Caregivers2
- Getting Comfortable with Zoom..... 2
- Button, Button - Who’s Got a Button?.....3
- Unemployment Benefits and Taxes.4
- FCE Calendar4

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

1 N. Washington Ave.
Iola, KS 66749
620-365-2242

Yates Center Office

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



Powerful Tools for Caregivers

Join the Southeast area in this educational program designed to support family caregivers in taking better care of themselves while caring for a relative or a friend. This program can benefit participants who are helping a parent, spouse, child, friend or someone who lives at home, in a nursing home, or across the country.

The 6-session program is being offered virtually on Thursdays, January 14 – February 18, 2021, from 1:30-3:00 p.m. A \$5.00 registration fee covers the postage for sending out the Caregiver Helpbook. The helpbook includes: Hiring in-home help, helping memory impaired elders, making legal, financial, and care decisions, understanding depression, and making decisions about driving.



Caregiver tools provided as part of the sessions include: Helping the caregiver reduce stress; communicating effectively; encouraging ways for the caregiver to take care of themselves; reducing caregiver guilt, anger and depression; helping the caregiver to relax; making tough decisions; setting goals and problem solving.

Register online by going to <https://bit.ly/tools4care> or call the Yates Center Southwind office at 620-625-8620. Class size will be limited. Registering early will allow staff to help participants be able to participate virtually and to receive the Caregiver Helpbook prior to sessions beginning.

Getting Comfortable with Zoom

We're hearing a lot about *Zoom*, due to the Covid pandemic. Knowing that our contacts with each other will be limited for a few months yet, if your unit, a group of friends, or family members would like to know more about the basics of using *Zoom*, contact Barbara Stockebrand at the Yates Center Southwind Office. *Zoom* is a great way to conduct meetings or meet together with friends. *Zoom* is often the virtual platform used in delivering educational programs. Some adult groups are meeting by *Zoom* for their regular exercise sessions or weekly card games.

Barbara offers a hands-on practice session using the very basic tools that are often used within the *Zoom* program format. An email address as well as a laptop or desktop with a web cam, or an iPad or smartphone are necessary.

She is willing to set up a session for any group. Sessions will be limited to six participants.

Contact Barbara at 620-625-8620 to set up a *Zoom* session for your group. Detailed instructions for downloading the *Zoom* app will be sent out a few days prior to sessions taking place for those who are first time users.

Aging with Attitude Regional Expo

Like so many other events, the 2021 Expo is going virtual with the same great information but in a new format. There will still be the great inspiration you're used to if you've attended before, with answers to your questions and information to make the most of life! Mark your calendar for 9am to noon on Thursday, April 29 and Friday, April 30. All sessions will be available in one, easy to access, virtual webinar. The registration fee is waived for 2021!

Button, Button - Who's Got the Button?

by Cindy Kiser, State EPC KAFCS

Button, button, who's got the button, brings to mind a childhood game. When we talk about buttons many people share how they used to play with their grandmother's button collection. This collection often kept in a jar or tin. There can be buttons in many things, not just clothing or crafts, but also poker, music, politics, education, on and on.

Button-like objects of stone, glass, bone, ceramic and gold have been found at archaeological sites dating as early as 2000 B.C., but evidence suggests these objects were used as decoration on cloth or strung like beads. Nevertheless, they have the familiar holes through which to place thread, which gives them the appearance of the button currently used as a fastener.

Almost every material that has been used in the fine and decorative arts has been used historically in the production of buttons. Buttons exist in a variety of materials: metals (precious or otherwise), gemstones, ivory, horn, wood, bone, mother-of-pearl, glass, porcelain, paper, and silk. In the late nineteenth and twentieth centuries, celluloid and other artificial materials have been used to imitate natural materials.

Buttons functioned as primary fastenings for men's garments earlier than for women's. This may be due to the fact that women's was required to be tight and smoothly fitted. Lacing and hooks are better suited to providing the strong hold and smooth appearances necessary for tight-fitting garments.

In 1812, Aaron Benedict established a metal button-making factory in Waterbury, Connecticut, to supply metal buttons for the military. As of 2020, Benedict's company, now known as Waterbury Buttons has been in business for 208 years.

Bakelite was invented in 1907 and by the 1930s had replaced almost all other synthetics for accessories. Durable and versatile, Bakelite was the medium for some of the most extravagant buttons of the twentieth century, but other plastics eventually replaced it. In 1910 to the 30s the Toostietoy Company in Chicago made buttons to be used as prizes in Cracker Jack treats.

Buttons have become extremely collectible. The National Button society exists for collectors and publishes a quarterly bulletin and holds an annual meeting and show.

Regardless of where you keep your buttons they can be used in several ways through crafts, sewing or fun activities. Here are a couple of activities you can do with buttons:

Spinning Buttons - Thread two buttons onto a 2-foot length of string, then tie it into a loop. Holding each end of the loop, whirl the buttons around to wind them on the string. Pull your hands apart to spin the buttons, then let the string go slack so that they spin and rewind. Repeat the motion to get the buttons spinning faster.

Memorize & Describe - Approximately 20 different buttons are shown and then covered up. Who will remember the buttons and be able to precisely describe them? (Color, holes, size)



Unemployment Benefits and Taxes, What Do You Need to Know

More than 36 million people recently filed for unemployment benefits during the COVID-19 pandemic. Under the CARES Act, an additional 13 weeks of unemployment benefits were added. Through July 31, 2020 there was an additional \$600 each week in addition to the weekly unemployment benefits starting from the date a job was lost. As 2020 comes to a close, tax season is around the corner and those who received benefits may be facing another unplanned financial event in their life.

Do you have to pay taxes on unemployment?

According to the IRS, unemployment benefits are taxable income. This means that any unemployment compensation that you received from a state or the federal government must be included in your income and taxed at your ordinary income tax rate.

By January 31, you will receive a Form 1099-G from the state that paid you unemployment benefits. The tax form documents the amount of unemployment benefits you received and the amount of taxes withheld. In Kansas, you will be required to pay Federal and State income taxes.

Are unemployment benefits through the CARES Act taxable?

The extension of time and income the CARES Act provided for those receiving unemployment are also subject to income tax at your ordinary income tax rate and will be added to your gross income.

How do you pay taxes on unemployment?

There are several ways to pay taxes on unemployment, including:

- Have taxes automatically withheld
- Make estimated tax payments
- Pay income taxes when you file your tax return.

How will Unemployment Benefits affect Child Tax Credits?

Unemployment benefits are taxable income but do not count as “earnings”. The child tax credit reduces taxes you owe, so you must have some taxable income. To qualify for the additional child tax credits, Earned Income Tax Credit (EITC) and Child and Dependent Care Credit, you must have earned income. What does that translate into? It may result in smaller refunds from tax credits when people file their 2020 taxes.

FCE Coming Events

SE Area Recognition Day/Spring Council Meeting in Montgomery County - date TBA

July 29-August 1 - National Conference, Erlanger, Kentucky

October 4-6 - KAFCE Conference, Ramada Inn, Topeka, KS

October 10-16 - National FCE Week

November 21-27 - National Family Week