



DIRECTOR'S NOTE

REBECCA MCFARLAND
DISTRICT EXTENSION DIRECTOR

Frontier District Friends and Supporters,

Our Frontier District Team works in multiple contexts across the district to provide quality educational services and programs. The work we do can only be done through creating strong partnerships and working with effective collaborations.

During the month of April, we celebrated National Volunteer Week, and we were reminded that a key factor to our success is the number of dedicated volunteers who share their time, talents, and expertise to further the Extension mission. Our volunteers offer assistance in many areas, from providing leadership for youth development programs, to helping beautify our communities by cleaning up the landscape and planting new foliage.

Thank you for your support and I hope you enjoy reading about the difference we are making in the lives of Kansans every day.

Rebecca McFarland District Director

Frontier Extension District Making a Difference Report

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AGRICULTURE & LIVESTOCK UPDATES

ROD SCHAUB LIVESTOCK AGENT

Frontier Extension District hosted an educational program titled, "Backyard Poultry 101." This public meeting was held March 30th, at the Garnett Community Building, in Garnett, KS. Those attending included backyard poultry owners, 4-H members, and those homeowners wanting to start a backyard flock.

With the demand for poultry products on the rise, and a dozen eggs costing over \$5.00, it is a real treat to be able to grow your own broilers or eat fresh eggs. Dr. Scott Beyer, Kansas State Extension Poultry Nutrition and Management Specialist, highlighted many aspects of owning and raising poultry. He discussed the need for having a bio-security plan to protect your birds from the Highly Pathogenic Avian Flu. Producers also learned about the importance of proper poultry housing and how heat is a bigger issue raising poultry than cold temperatures. They learned about selecting the proper breed for egg production and how light or day length can increase or sustain egg production thru the winter. Those attending gained knowledge of when, how, and why molting a flock is important. Dr. Beyer also provided information on mite control, poultry nutrition, and health care for a backyard flock.

For more information on poultry, contact Rod Schaub at rschaub@ksu.edu, 785-828-4438.



REBECCA MCFARLAND DISTRICT DIRECTOR

The Frontier Extension District with the help of the Conservation Districts in Anderson, Franklin and Osage counties hosted a one-day Farm Transition and Succession Planning Conference in February at the Melvern Community Building.

Dr. Ron Hanson, Professor Emeritus from the University of Nebraska, shared information about "Mapping out a Plan to Keep your Farm in the Family for Future Generations." He also shared how to "Avoid Mistakes of a Family Succession Planning Train Wreck." Dr. Hanson has counseled and worked with farm families for more than 40 years to help them resolve family conflicts in a more positive manner and improve family relationships. His most recent efforts have been directed at farm business ownership succession planning and the transition of management control between farming generations.

Ashlee Westerhold, Director of the Office of Farm and Ranch Transition at Kansas State University shared various transition resources available through her office. The recently launched program offers resources and assistance with succession planning, retirement, and transferring management and assets. Her office also offers a land-link program to introduce exiting landowners with beginning farmers/ranchers through an application and curated matching process. One-on-one consultations are available to anyone needing assistance with transition planning.

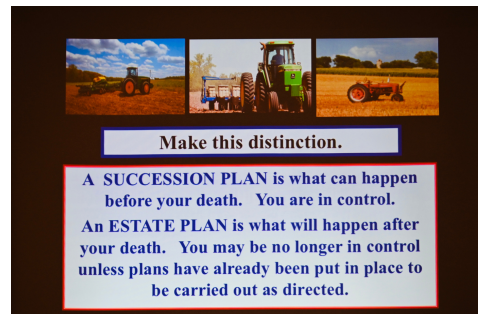
A total of 26 participants from eight different counties attended the conference. One hundred percent (100%) of the participants said the conference was a good value for their time. Ninety-six percent (96%) of participants strongly agreed or agreed that they have a better understanding of the components of farm transition; and that they feel confident that they can begin to map out a plan to keep their farm in the family.

When asked to list one or two things they plan to do as a result of participating in the conference, they shared:

- family meeting, execute the plan
- communicate more, put plans in writing
- establish regular family planning discussions, review existing transition document

To date, four families have contacted the Office of Farm and Ranch Transition and are working on succession planning and transferring management and assets.

For more information contact Rebecca McFarland, District Director at rmcfarla@ksu.edu or 785-229-3520.



FAMILY AND CONSUMER SCIENCES UPDATES

JANAE MCNALLY ADULT DEVELOPMENT AND AGING AGENT

As we age, sometimes the most mundane tasks that we do every day can become difficult or even impossible. There may be vision changes, and we have a loss of hearing and mobility which means that activities may become more problematic.

In February, residents from the Richmond area who are part of the Senior Center lunch program learned about Assistive Technology and tried out some of the pieces from the tool kit that was brought along as a visual aid. Assistive technology is a variety of devices and strategies that can be applied in all aspects of life, making everyday tasks easier when using the proper tools. One of the positive aspects of this kit is that many of the devices and tools shown can be found locally.

Assistive Technology is an excellent tool for those who are temporarily injured or recovering from surgery, live with chronic conditions, are a stroke survivor, or have a disability. Being able to use the Assistive Technology pieces will lessen the demand for caregiving and have continued independence. The kit included tools and devices that would help with personal care, preparing meals, basic household chores, recreational activities, and transportation.

One participant commented that they had the sock aid and long-handled shoe horn at home and used it daily as it was hard before they got the tools to put on their socks and shoes. Another said that they intend to go out and purchase a few of the items that will help them with daily living. As a result of learning about these available tools and devices, participants will be able to live a more mobile independent life longer.

For more information on Assistive Technology, contact Janae McNally at jmcnally@ksu.edu or 785-828-4438.



CHELSEA RICHMOND NUTRITION, FOOD SAFETY AND HEALTH AGENT

The Frontier Extension District continues to provide nutrition education through the Kansas SNAP-Ed program. The SNAP-Ed program supports low-income Kansans by making the healthy choice the easy choice through a dual focus on nutrition and physical activity education. With the help of two full-time educators, Anita Sobba and Kris Wallace, nutrition education is provided through a series of classes, recipe demonstrations, and tastings to limited resource audiences.

In the past year, nutrition education was provided to approximately 150 adults who participated in classes at food pantries, senior centers, low-income housing sites, and programs for young adults 18-21 with developmental disabilities. As a result of these programs, participants reported:

- making changes to their home to prevent falling (removing rugs, doing balance exercises, and adding more lighting)
- using a reusable water bottle to drink more water throughout the day
- increasing physical activity and movement
- using nutrition labels when grocery shopping
- using MyPlate to plan meals
- including more vegetables on their plate and preparing them in a healthier way
- eating more whole grains

Nutrition education was also provided to approximately 340 youth who participated in programs at local schools, after-school programs, and summer programs. Youth reported:

- trying new foods
- choosing options to make lunches healthier (apples instead of chips)
- choosing cereals with less added sugars
- reading nutrition labels to make healthier choices

The SNAP-Ed program also focuses on partnering with local organizations to improve policies, systems, and environments that support healthy behaviors in communities. In the Frontier District these partnerships have included assisting with efforts for the Connect Mobile Food Pantry in Franklin County and working with the East Central Kansas Area Agency on Aging to distribute vouchers for seniors to use at farmers markets through the Kansas Senior Farmers Market Nutrition Program.

For more information on SNAP-Ed program, contact Chelsea Richmond at crichmon@ksu.edu or 785-448-6826.



4-H YOUTH DEVELOPMENT UPDATE

JESSICA FLORY
4-H YOUTH DEVELOPMENT AGENT

The first ever Camp Livestock was hosted at Camp Chippewa (Ottawa, KS), and was a big success. There were 40 youth and 23 teen counselors in attendance. Counselors were older members of 4-H community clubs and they were able to work on their leadership skills during this experience.

Camp Livestock speakers included a representative from Purina who spoke about feed safety and keeping your water and feed clean and safe for your livestock. Brandi Buzzard lectured on advocacy and leadership. The participants really enjoyed her engaging presentation, as she included all of them in her presentation. Cyla Gardner, Franklin County 4-H alum, spoke on ethics and character. She went over why we should use the term "treat others how you want to be treated." We also had the following presenters who shared their expertise: Mason Wall - swine, Jacob Schmeidler - beef, Mckenna Holtgraver- goat, and Jeff Gillespie - sheep. They covered the basics of caring for livestock, husbandry, and basic showmanship skills. This benefited our the younger participants and novice livestock handlers.

To learn more about 4-H and Camp Livestock, contact Jessica Flory, 4-H Youth Development Agent, 785-229-3520 or jrflory@ksu.edu.



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HORTICULTURE UPDATE

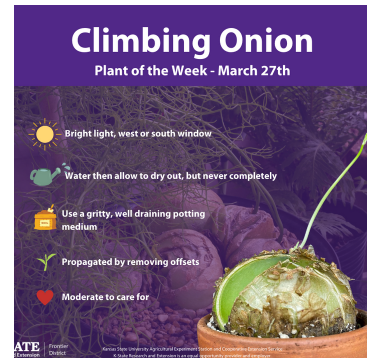
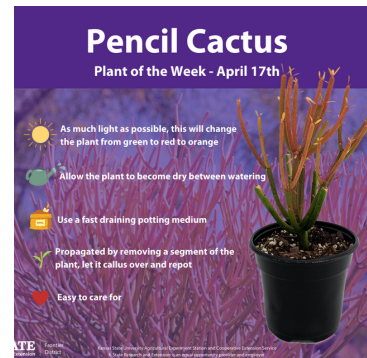
AMANDA GROLEAU HORTICULTURE AGENT

On January 2nd of this year, Horticulture Agent, Amanda Groleau, with assistance from Kaci Rollmann, Communications and Marketing Manager, developed a Plant of the Week series. The Plant of the Week is highlighted on the district's social media account.

Each week the post includes a brief description of a houseplant, along with how to care for and water it. The post also provides information about how easy the plant is to propagate. For 2023, there will be a total of 52 houseplants, that are posted every Monday. As of the beginning of April, 9,854 people have been reached through these posts.

We have received many appreciative comments. A Facebook user said, "Thanks. Will be good for my Hort class." This shows our Plant of the Week campaign has not only been used for consumers in the home, but also used as a resource in the classroom.

For more information, contact Amanda Groleau at 785-229-3520 or agroleau@ksu.edu.



UPCOMING EVENTS

May 11th - Age Well 2023, Session #2, Zoom (email crichmon@ksu.edu for Zoom link)

May 22nd-June 19th - Dining with Diabetes, to register or for more information, contact District Agent, Chelsea Richmond, at 785.448.6826 or crichmon@ksu.edu.

May 24th - Question. Persuade. Refer. Help Save a Life! 6:00pm-7:00pm, Franklin County Commission Chambers

May 29th - All Frontier District Offices Closed

Remember, soil tests and radon tests are always available for purchase! Contact your local Extension Office for more information on our services.

**Kansas State University Agricultural Experiment Station
and Cooperative Extension Service**

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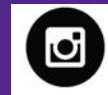
Stop in and say hello to our new
4-H Program Manager,
Jeanette Stinebaugh, who will be
housed in the Garnett office!



CONNECT WITH US



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