

COVID-19 Resources

K-STATE

Research and Extension

Wild West District

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AGRICULTURE

YOUTH &
FAMILIES

COMMUNITIES

We're here for you, as always

K-STATE RESEARCH & EXTENSION
WILD WEST DISTRICT

The agents of the Wild West Extension District are dedicated to ensuring you have the support you need during these trying times. Please browse through these resources we have provided for you, and let us know if you have any additional questions.

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Department for Children and Families Announces Hero Relief Program

Program provides child care subsidies to eligible health care workers, first responders and other essential workers

Governor Laura Kelly and DCF Secretary Laura Howard today (4/17/20) announced efforts to support parents and childcare providers during the COVID-19 pandemic. The “Hero Relief Program” expands DCF’s child care assistance subsidies for families and provides financial support directly to child care providers. The new program specifically targets health care workers, first responders and other essential workers.

“We know these essential workers are risking their health every day to protect others,” Kelly said. “The Hero Relief Program is our way of saying ‘we’ve got your back’ by making sure families have access to quality affordable child care.”

Beginning Monday, April 20, child care subsidies will be available to essential workers who financially qualify. The list includes:

- Health care workers (including RNs, other medical professionals and health care support workers, hospital and laboratory staff)
 - First responders (including law enforcement, fire and rescue, and other public safety workers)
 - Food and agriculture workers
 - Judicial branch (essential services)
 - National Guard
 - Child and adult protective service specialists
- Child care providers caring for children of eligible workers listed above

In order to qualify, families must have countable gross income at or below 250% of the federal poverty level. For an average family of four that equals a monthly income of \$5,458. Families will receive the full DCF subsidy amount based on their family size, with no family-share deduction.

“During a time when these everyday heroes are working long hours, we hope this program helps relieve some of the financial burden they’re experiencing,” Howard said. “It’s our duty to support families during this uncertain time so we encourage families to apply.”

The Hero Relief Program also supports child care providers by providing a menu of stipends and grants to assist during the pandemic.

Trump Administration Announces Coronavirus Food Assistance Program \$19 Billion Relief Program for Agriculture

USDA will be issuing direct payments soon in response to falling commodity prices. The University of Illinois provides a nice summary of payments.

https://farmpolicynews.illinois.edu/2020/04/trump-administration-announces-coronavirus-food-assistance-program-19-billion-relief-program-for-agriculture/?utm_source=farmdoc+daily+and+Farm+Policy+News+Updates&utm_campaign=f97e00eb0d-FPN_RSS_EMAIL_CAMPAIGN&utm_medium=email&utm_term=0_2caf2f9764-f97e00eb0d-175255957

Stress Management from Southwest Guidance Center

SWGCG is pleased to report that we have posted our first Stress Management 101 video "Take That COVID: Stress Management 101 during a Stay At Home Order. This 15 minute presentation uses the acronym STRESS to talk about 6 ways people can manage stress at home. You can find it using the link below or go to the SWGC Facebook page.

<https://www.facebook.com/108237539333197/videos/250154436376477/>

Kansas Chamber of Commerce Relief and Recovery Plan

<https://files.constantcontact.com/a5e2b90b001/290b2e24-b863-4430-a316-7adde6d7397c.pdf>

When Your Income Drops Community and Family Resources

When tough times hit, many Kansans don't need to look very far for a little help. Check out this great publication from K-State Research and Extension for more information.

<https://bookstore.ksre.ksu.edu/pubs/MF3500.pdf>

CARES Act Stimulus Checks

By: Debra Wood, Family Resource Agent, Central Kansas District

The CARES Act passed last month by Congress to provide some relief during this pandemic is a large bill. The interpretation and rules are evolving, but this is what we know at this point about the economic impact payments, also referred to as stimulus checks.

Taxpayers earning up to \$75,000 a year will get \$1,200 for each adult (\$2,400 for married couples who file jointly and earn up to \$150,000), plus \$500 for each child under the age of 17, if they meet all other eligibility requirements. The payment amount has an income-based phase-out; it is reduced by \$5 for every \$100 earned over the above income limits until it phases down to \$0 for an individual earning \$99,000 or more, or a couple earning \$198,000 or more.

There is a lot of confusion about these payments. It is really a refundable credit on your 2020 federal taxes, given in advance. The amount will be based on your income and family size in 2019, or 2018 if you have not yet filed taxes this year. It will be reconciled when you file taxes next spring. For example, if you add a family member this year and are entitled to a larger payment, you will receive that 'extra' amount when you file 2020 taxes.

You do not have to apply for these payments, and they are not taxable. There is also no clawback, meaning if your income in 2020 is over the threshold amount and you received more than you should have, you do not have to pay it back.

Many of you have already received these payments. If you have not, the IRS has added a 'Get My Payment' tool on their website at <https://www.irs.gov/coronavirus/economic-impact-payments>. Here taxpayers can check their payment status, confirm payment type and enter bank account information if the IRS does not have your direct deposit information on file.

For more information on coronavirus tax relief and economic impact payments, visit the IRS website at <https://www.irs.gov/coronavirus/>.



**Small Business Initiative by the US Chamber of Commerce:
\$5,000 grants for small business**

<https://www.savesmallbusiness.com/>

Once bills are paid, put stimulus money into savings

MANHATTAN, Kan. – If you've received – or will be receiving – a stimulus check from the federal government, it's a good idea to have a plan for what you will do with that money.

What you should not do, say a trio of K-State experts, is go out and spend it on things you may not need right now.

"I think you should save every penny you can," said Susie Latta, a family and consumer sciences agent with the K-State Research and Extension office in Marshall County. "Don't buy things you don't really need or purchase subscriptions that aren't really necessary like Netflix, Hulu, iRacing and so on. Only buy such things as food and supplies that you will use."

The federal Coronavirus Aid, Relief and Economic Security Act – better known as CARES – provides a one-time payment to tax-paying Americans based on the adjusted gross income in their 2018 or 2019 taxes. Depending on income levels and whether the taxpayer is married and has children, the payment could be \$3,000 or more.

"The best use of that money if you're currently unemployed is to pay your bills, including house payments, utilities and food," said Gary Fike, director of the K-State Research and Extension office in Riley County.

"But if you're still working and you still have income, the best use of that money is toward reducing debt. Eighty percent of Americans live paycheck to paycheck and it's because for the most part, we are up to our eyeballs in debt. So take that \$3,000 and pay down some existing debt, whether it be a car loan, student loan, hospital bills or consumer credit."

Debra Wood, a family resources management agent in the Central Kansas Extension District, said that for some people, medicine is a critical expense. And, if you're working from home, maintaining Internet service is another necessity.

"It is important to list all bills and prioritize," Wood said. "If you have never used a budget, now is a good time to start. We can't really get a handle on our finances until we know what resources we have and where the money is going."

Follow label directions closely when disinfecting surfaces, expert cautions

MANHATTAN, Kan. – The leader of a Kansas State University program that helps to promote food and consumer safety at home is waving a caution flag regarding the proper ways to disinfect kitchen and other household surfaces.

Karen Blakeslee, coordinator of the [K-State Rapid Response Center](#), said her concern stems from an April 24 article from the U.S. Centers for Disease Control and Prevention indicating that the number of incidents received by the nation's poison control centers between January and March, 2020, climbed a whopping 20.9% over the same period one year ago.

The CDC data indicate there were 45,550 exposure calls relating to cleaners and disinfectants received during the first three months of this year, compared to 37,822 in 2019.

“The message here is that we need to use cleaners and disinfectants as directed and for the type of surface you are cleaning,” Blakeslee said. “And it's important to note that you do not need to sanitize groceries after bringing them home from the grocery store. What the U.S. Food and Drug Administration recommends is that you wash your hands when returning from the store, put your groceries away safely, then wash your hands again. “There is no indication that the novel coronavirus can be carried and transmitted to humans from food or food packaging.”

Blakeslee notes that the CDC's recommendations for cleaning and disinfecting home surfaces are fairly simple: wear disposable gloves to clean and disinfect, and use soap and water to clean surfaces. To disinfect areas of the home, the surface should first be cleaned with a simple solution of soap and water, or a mild detergent if the surface is dirty. Then, Blakeslee notes, use a household disinfectant.

The U.S. Environmental Protection Agency maintains a [list of recommended disinfectants for home use](#) to help protect against the coronavirus and other viruses.

Blakeslee said the CDC also has [recommendations for using bleach solutions](#), when appropriate for the surface being disinfected. The CDC's recommendation for a safe bleach solution is listed as 5 tablespoons (1/3 cup) bleach per gallon of water; or 4 teaspoons bleach per quart of water. Alcohol solutions with at least 70% alcohol may also be used, according to the CDC. When reviewing disinfectants for the home, “do not mix any of these cleaners together thinking it will be a better cleaner,” Blakeslee said. “That is dangerous.”

Blakeslee said that if a poisoning does occur in the home, seek immediate medical attention, or call Poison Control at 1-800-222-1222.

HAS COVID-19 HURT YOU FINANCIALLY?



While it should be a last resort, those financially impacted by Coronavirus can withdraw up to \$100,000 from retirement accounts. Under the CARES Act, in 2020

- taxes are still owed but can spread out over three years.
- 10% early-withdrawal penalty is waived for those under 59 1/2

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CARES ACT: FEDERAL STUDENT LOAN AID

- Effective March 13- September 30, 2020
- Federal Student Loans
- Automatic Payment Forbearance
- 0% Interest

Effective March 13-September 30, Federal student loan payments have been temporarily stopped and interest rates are 0% . For details , visit the Federal Aid Website at studentaid.gov.



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USDA to Purchase Up to \$3 Billion in Agricultural Commodities

As part of President Trump and Secretary Perdue's April 17th announcement of a \$19 billion Coronavirus Farm Assistance Program, USDA today announced that it is exercising authority under the Families First Coronavirus Response Act to purchase and distribute up to \$3 billion of agricultural products to those in need. USDA will partner with regional and local distributors, whose workforce has been significantly impacted by the closure of many restaurants, hotels, and other food service entities, to purchase \$3 billion in fresh produce, dairy, and meat products. USDA's Agricultural Marketing Service (AMS) will procure an estimated \$100 million per month in fresh fruits and vegetables, \$100 million per month in a variety of dairy products and \$100 million per month in meat products to provide a pre-approved box of fresh produce, dairy, and meat products to food banks and other non-profits serving Americans in need.

USDA will issue a solicitation in the next two weeks to invite proposals from offerors to supply commodity boxes to non-profit organizations, identified by the offeror, on a mutually agreeable, recurring schedule. USDA will award contracts for the purchase of the agricultural products, the assembly of commodity boxes and delivery to identified non-profit organizations that can receive, store and distribute food items.

Email questions to USDAFoodBoxDistributionProgram@usda.gov. To receive updates by e-mail, subscribe online by visiting: "[Stay up to date on USDA Food Purchases](#)" available on the [AMS Commodity Procurement website](#).

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4-H & Youth Development Activities

[National 4-H](#)

[K-3rd Grade Activities](#)

[Smithsonian Virtual Access](#)

Agriculture

[Production Commodity Resources](#)

[Ag Taxation and New Legislation](#)

[National Council of Farmer Cooperatives](#)

Children and Families

[Emotional Well-Being Support](#)

[Family Resources](#)

[Well-Being Tool Kit](#)

[Covid-19 Coping Resources](#)

Financial Security

[COVID-19 Funding Opportunities](#)

[Money Management in Tough Times](#)

[Economic Injury Disaster Loan Program](#)

General Information

[Food Safety](#)

[Paycheck Protection Program](#)

[OSHA Guidance](#)

[USDA Info](#)

[Spanish Resources](#)

[K-State Resources](#)

[Center for Disease Control-general info](#)

Mental Health

[Suicide Prevention Lifeline](#)

