


Post Rock Extension Answers

By Jamie Rathbun

Family and Community Wellness Extension Agent

Post Rock Extension District #1

K-State Research and Extension



Don’t Leave Your “Adult” Child in a Bind

BY JAMIE RATHBUN,
Family and Community Wellness Agent

My oldest child is about to turn 18, and while I am feeling all the feelings about this milestone, I am also very much aware that while I still see her as my little girl, that is not what the rest of the world sees.

Once your child becomes an adult (age 18) in the eyes of the law, not in the eyes of us parents, there are changes that instantly occur. You are no longer legally able to make decisions for them or have access to documents with their personal information...unless you have their written permission.

So now you’re thinking “In what situations might this happen?” “How will I be able to help them when it matters most?” and most importantly, “What documentation do I need to have in place?”

Privacy laws are in place for a reason, but they can interfere when young adult children still need assistance from their parents.

One situation is related to medical decision making. Parents no longer possess the authority to make medical decisions on behalf of their child once they reach adulthood. As a parent of a young adult, you may be surprised to learn that doctors and medical professionals don’t just prefer to talk directly to your child; they are legally obligated to only talk to your child about their medical treatment. HIPAA forms are necessary in these situations. If you want access to your adult child’s medical records, be sure you are listed on their HIPAA form at each medical provider’s office/facility. This includes doctors, hospitals, dentists, pharmacies, etc. Any HIPAA releases you may have signed at individual providers’ offices to not extend beyond that individual location.

Medical privacy is not exclusive to medical providers. Insurance companies are also bound by HIPAA laws. These laws prevent insurance companies from discussing a child’s account details with parents once they turn 18, even if you are the one who carries the health insurance for your family members. Again, any HIPAA releases you may have signed at a medical provider will not extend beyond that location.

In either case, you will need to have a signed release that was provided by the specific medical provider or insurance company. You can also access a general HIPAA release form at https://bookstore.ksre.ksu.edu/pubs/advance-health-care-planning-in-kansas_MF3280.pdf It’s a good idea to have this form for other adults in your life as well including a spouse, aging parents, etc. The link also includes other important forms in the event that you—or your loved ones—are unable to make decisions for yourself.

Privacy is protected in relation to financial matters as well. At the age of 18, parents are also no longer empowered to assist their adult children in managing financial matters. Is your child late making a tuition payment? Do they have questions about student loans? Have they signed up for a credit card and now need some help paying off the balance? In any of these situations, if you don’t have a financial power of attorney form completed for your adult child, you will not be authorized to discuss their financial situation with the school, bank, or lender. In regard to banking, consult your local financial institution in regard to how savings and checking accounts are set up and what your privileges are for each account.

Finally, but just as important, are matters relating to your child’s education. The Family Educational Rights and Privacy Act, or FERPA, is a federal law that protects the privacy of student education records by giving parents and eligible students access to their records and restricting the disclosure of their personally identifiable information. But again, once your child turns 18, their records are their own and the law limits the release of their records without consent. Without a signed-by-your-student FERPA release, you cannot be granted access to their grades, transcripts, financial aid, tuition or other relevant records. This applies to students away at college, those living at home while taking classes and those still in high school but taking classes for college credit.

Here are the important documents that need to be filled out in my household soon:

- HIPAA release form
 - Financial power of attorney documents
 - FERPA release form
- Now, please excuse me, I have some paperwork to complete.

The Post Rock District of K-State Research and Extension serves Jewell, Lincoln, Mitchell, Osborne, and Smith Counties. Contact Jamie Rathbun at jrathbun@ksu.edu or by calling 785-524-4432. Stay connected with “Post Rock Extension” on Facebook, Twitter, Instagram, and YouTube. Our website is www.postrock.ksu.edu.

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HAPPENINGS

Infinity Corn Maze proceeds go to local schools
MITCHELL COUNTY—Infinity Corn Maze event will take place on Saturdays from 10 a.m. to 6 p.m. and on Sundays from 1-6 p.m. in Sept. and on Oct. 4, from 10 a.m. to 10 p.m., featuring a live band.

Families can enjoy a corn maze, pumpkins, food trucks, apple cider and kettle corn. This is a free will donation event, and they welcome all ages, with a smaller maze for younger children and families.

All proceeds will go to USD 273 and St. John’s schools. See more on the Infinity Maze LLC Facebook site.

Community Bike ride in Beloit

BELOIT – Join us for a community bike ride, **Wednesdays in October** at the Solomon River Trail in Beloit, Nutrien Ag parking lot trailhead, intersection of River & Elliott Streets. Gather at 5:15 p.m., ride at 5:30 p.m., bring your own bikes, helmets and water. Follow NCK Outdoors on Facebook for weather updates or text/call 785-545-5127.

Boost Ministries Foundation

BELOIT – Boost Ministries Foundation will host a Community Luncheon, with dine-in or curbside carry out from 11-12:30 on Thursday, **Oct. 2**, serving Meatballs, Mac’nCheese, Green Beans, Cookies, and water bottles provided by Cunningham Fiber will be available at the Blessing House, 120 N. Campbell Ave., Beloit. Free-will donations will help assist with outreaches.

Mitchell County Health Fair

BELOIT – The Mitchell County Health Department will be hosting a Health Fair from 6:30 to 9:30 a.m. the week of **Oct. 6-10**, at the Mitchell County Health Department. It will include appointments for blood draws, flu shots and vital signs. Call 785-738-5175 to set up an appointment. This is in partnership with the Mitchell County Hospital.

Port Library Book Sale

BELOIT – The Port Library Book Sale will be held on **October 9, 10 and 11**, in the Schafer Room from 10 a.m. to 8 p.m. on Oct. 9; 10 a.m. to 6 p.m. on Oct. 10 and 10 a.m. to 2 p.m. on Oct. 11. Freewill donations will be accepted.

Carve out a new tradition – Give Blood

BELOIT—A Beloit Community Blood Drive will take place from 12 p.m. to 6 p.m. on Thursday, **Oct. 9** and again from 8:30 a.m. to 2 p.m. on Friday, **Oct. 10**, at the North Central Kansas Wellness Center gymnasium, 3033 US Highway 24, in Beloit, Kan. The event is sponsored by the local Financial Business community.

For an appointment, visit redcrossblood.org and search keyword: Beloit or call 1-800-733-2767 or 785-738-8923.

Jewell Corn Show on Oct. 9 through Oct. 12

JEWELL – The 83rd Jewell Corn Show will take place on Thursday, **Oct. 9**; Friday, **Oct. 10**; Saturday, Oct. 11; and Sunday, Oct. 12., with numerous events.

Faith Finders program enrollment

BELOIT – Enrollment has started for the 2025-2026



Dictionaries encourage academic success

The Beloit Rotary Club continues the tradition of handing out dictionaries at the elementary school. Shown is Stephanie Simmons with a student. Behind her are Rotarians Greg Kopsa and Connie Kopsa. The Club’s 3rd-grade dictionary program, giving individual dictionaries to each student, also furthers Rotary’s goal of encouraging academic success.

Faith Finders program. It began Sept. 3, 2025, and will conclude on April 15, 2026. Children will be walked from Beloit Elementary School to the Fellowship Hall at the Methodist Church on Wednesday afternoons. Programs will start immediately after school dismissal and pick up this year will be at 5:15 p.m. It will follow the school calendar. Fees include snacks, crafts, and incidentals for a low cost of \$15 with a reducing rate of \$5 for each child living in the same household. This is a religious education program packed with fun, singing, and a chance to make new friends. Contact Mary Henk at 738-7935 or the church office at 738-2539 for more information. Scholarships are available and enrollment is limited.

MC Food Pantry September items needed

BELOIT—Thanks so much for your help with food donations for our Mitchell County residents in need. We are striving for healthier options for our clients, so low-fat, low/no salt, low sugar content options and etc., are good selections. No expired food items or dented/damaged items can be accepted. The list of foods most needed for the month of September includes: fruit juice, dried pasta (NO spaghetti at this time), canned tuna, instant potatoes, Mac and cheese, canned yams and toilet paper. Please deliver your donations to either Ray’s Food Pantry tub, Port Library, your church or at the Food Pantry, at 12th and Walnut from 9 to 11 a.m. on Tuesdays.

Bells of Mitchell County

BELOIT – The Mitchell County Historical Society are planning on a Mitchell County bell ringing for the 4th of July at noon for their country’s 250th anniversary. They are locating the bells in the county and will put markers at each bell with a short history on the marker. They will determine if it can be rung at any time or within certain time limits. What a joy to hear the bells at noon on the 4th of July. We are also coordinating other “bell” activities. Many residents have bell collections which could be displayed at banks, churches, or at the Historical Society. School bells could be displayed at the Little Red Schoolhouse. We are considering a scavenger hunt on Sunday July 5th for those who visit all of the bells in Mitchell County with 100 prizes to be given to the first 100 visitors. They would also like to organize a bell choir.

GriefShare

BELOIT – GriefShare, a grief recovery seminar and support group. **The group will meet each Wednesday until Dec. 3 (except the week of Thanksgiving)** from 5:30 to 7 p.m. at the Bank of Tescott (formerly First Bank of Beloit) meeting room, 101 E Main (Use Mill ST entrance).

GriefShare features nationally recognized experts on grief recovery topics. Seminar sessions include “Is This Normal?” “The Challenges of Grief,” “Grief and Your Relationships,” “Why?” and “Guilt and Anger.”

GriefShare is a weekly video seminar combined with a small group discussion time and a workbook with daily exercises. Participants can attend as many sessions as they are able.

Facilitators are Melinda Kimple, Tami Roberts, Sharon Keister and Deb Hadachek.

GriefShare is a project of the Beloit Ministerial Association. There is no cost to participate. Pre-registration is not required. For more information, call Deb Hadachek, 785-527-0052.

Trojan Cards

BELOIT – Trojan Cards are now available to purchase at the Beloit Call for \$10 each.

Thank You for Reading the Beloit Call!

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