

April, May, June 2015

Family & Consumer News

Dear Friends,

Spring is here with lots of activities planned for everyone's interest, canning school, Aging With Attitude Regional Expo, Program "Is There a Move in Your Future" sponsored by FCE Council. Please take **note** of deadlines, fees, class enrollment sizes, etc. So have fun and enjoy the sunny days.

Sincerely,

Martha Flanagan
CEA, FCS

| |
|------------------------------|
| FOODS & NUTRITION |
|------------------------------|

As you plant your garden it is also time to check your canning equipment and supplies. Cherokee County FCS Department provides free pressure canner gauge checks M-F 9 - 5 p.m. This give you time to get replacement parts.

Looking for new recipes? The Extension Office has the newest publication of "So Easy to Preserve" cook book and individual publications for fruits and vegetables to make canning safer and easier.

"Preserve It Fresh - Preserve It Safe" hands on workshop is scheduled for Saturday, April 11, 2015 at Riverton High School FCS Dept. From 8:30 - 4 p.m. Class size is limited to 20 and cost is \$20. Everyone will have jars of products to take home along with recipes. Guest speaker Karen Blakeslee, M.S. Rapid Response Center Coordinator from K-State Research and Extension will show the newest Automatic Jam and Jelly Maker, Automatic Home Canner and current food preservation methods.

Please mail checks to Cherokee County Extension office, PO Box 148, Columbus KS. Please call 620-429-3849 first to make sure there are still spots available. Payment reserves enrollment. Call for more questions. * (Bring sack lunch - beverages furnished)

National Festival of Breads

June 13, 2015 | Manhattan, KS | Hilton Garden Inn

- Bread baking workshops 8 am- 3pm
- Door prizes
- Bread Sampling
- BBQ workshops with Rod Gray of Pellet Envy
- Watch as 8 contestants bake off to find the best bread in America!

Admission *Free* with donation of canned good at the door.

nationalfestivalofbreads.com



There will be national speakers presenting baking sessions from 8 a.m. - 3 p.m, BBQ workshops by Rod Gray Pellet Envy outside of the hotel, King Arthur Flour baking trailer, door prizes, bread samples, baking sessions including Zoe Francois, author of *Artisan Bread in Five Minutes a Day*, exhibit, children's activity area and you will be able to watch the eight finalists from across the country prepare their winning bread recipes. Admission is free, however, we are asking for a donation of a canned good at the door for a local food bank.

Kansas Wheat Commission

1990 Kimball Avenue, Manhattan, KS 66502/ Phone: (785)539-0255/ Fax: (785)539-8946

www.nationalfestivalofbreads.com

SENIOR SECTION



A one-day expo
to provide inspiration,
answers to questions,
and information to
make the most of life!

9 a.m. to 3:30 p.m.

Friday, April 24, 2015

First Church of the Nazarene

816 E. Quincy

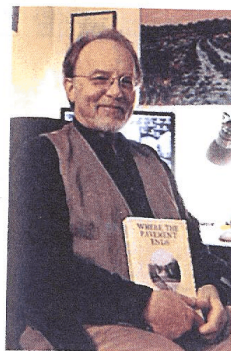
Pittsburg, Kansas



Keynote Speaker

J. T. Knoll

Prevention and Wellness Coordinator,
Pittsburg State University, and
Columnist, Pittsburg Morning Sun



**"Getting Older:
Laughter Really Is
the Best Medicine"**

All forms of humor, especially laughter, have been scientifically proven to translate to improvements in mind, body and spirit. The presentation uses a mixture of jokes, personal experiences and song to illustrate this point and suggests ways we can embrace humor as an integral feature of aging.

Activity

FUNercise: Putting the FUN in Physical Activity
Laura Covert, Assistant Professor
Pittsburg State University

Physical activity does not have to be just exercise. It also involves playing interactive games, dancing, and much more. Throughout this session, various activities will involve not only the body but also the mind! This interactive session just may make you feel like a kid again!

Classes

Aging and Mental Wellness

Amy Glines, LCSW, LCAC

Clinical Director

Community Mental Health Center of Crawford County

Discover strategies to maintain or improve mental wellness. Learn to recognize common mood changes and what to do if they occur.

Art and Alzheimer's Disease

Karen Clond, LMSW.

Participants will learn about the use and benefits of art in managing Alzheimer's Disease and age-related dementia. Examples of ways to implement a successful program will be shared.

Dogs Adapt to Attitude and Needs

Glenda Keller, CEO, Kansas Specialty Dog Service (KSIDS)

Deb Tgethoff, Guide Dog Instructor

KSIDS has trained service dogs, guide dogs, and facility dogs for 25 years, and more than 500 dogs have been placed with people who have disabilities. These dogs have changed people's lives by creating more independence.

Gardening in the Golden Years

Jacob Weber, Horticulture Agent

Wildcat Extension District, Girard Office

Maintain the love of working outdoors in the garden when dealing with age-related physical limitations. Easier-to-use tools, container gardens, and weed management strategies will be among the topics discussed.

Medicare Basics for Boomers and Beyond

Diane Burnett, MS

District Director/Family and Consumer Sciences Agent

Marais des Cygnes Extension District

Learn the basics, including Medicare D (drug) and Medigap (supplement) options, and how to choose a plan to fit your needs for cost, coverage, and convenience. Diane Burnett is certified by SHICK: Senior Health Insurance Counseling for Kansas.

Nutrition and Healthy Eating Tips

Margaret "Peggy" Kramer, MA, RD, LD

Consulting Dietician, Girard Medical Center

Guidelines and tips for choosing a healthy lifestyle.

Oral Care for the Ages

Dr. Rob Herron

Don't let your teeth come back and bite you! Here's everything you need to know to keep them bright and white.

Pharmacy: Yesterday, Today, and Tomorrow

Evan McNemar, Registered Pharmacist

Look at pharmacy as a time capsule, reviewing changes in laws and drugs. Find out how to utilize your pharmacist to manage your health care.

Shifts in Perspectives: Alzheimer's Care and the Relationship to Understanding

Michelle Niedens, LCSW

Director of Education, Programs, and Public Policy

Heart of America Chapter of the Alzheimer's Association

Learn about the changes that occur in Alzheimer's Disease and how they affect communication, expectations, behavior, and decision-making.

What Do I Say? What Can I Do?

Wayne Mason, Chaplain

Harry Hynes Memorial Hospice

A loved one has died and you want to console your friend, neighbor, or family member. Chaplain Wayne Mason will present lessons he has learned from interviewing hundreds of grieving families. He will give practical suggestions of actions and words to use (or not use) to demonstrate support.

Program Schedule

| | |
|--------------------|--|
| 9:00-9:15 | Registration and Refreshments |
| 9:15-9:30 | Welcome • FUNercise: Putting the FUN in Physical Activity |
| 9:30-10:00 | Resource Fair |
| 10:10-10:55 | Session 1 • Aging and Mental Wellness • Art and Alzheimer's Disease • Medicare Basics for Boomers and Beyond • Pharmacy: Yesterday, Today, and Tomorrow • What Do I Say? What Can I Do? |
| 11:15-12:00 | Session 2 Repeat of Session 1 Topics |
| Noon | Lunch and Keynote Speaker, J.T. Knoll |
| 1:45-2:30 | Session 3 • Dogs Adapt to Attitude and Needs • Gardening in the Golden Years • Nutrition and Healthy Eating Tips • Oral Care for the Ages • Shifts in Perspectives: Alzheimer's Care and the Relationship to Understanding |
| 2:45-3:30 | Session 4 Repeat of Session 3 Topics |
| 3:30 | Evaluation and Door Prizes |

Please select your choice for each session. Classes will be assigned on a first-come, first-served basis. We ask that you please attend the classes you choose. Some classes may be canceled if registration is too low.

Attendee Attendance

| #1 | #2 |
|------------------|--|
| Session 1 | |
| _____ | _____ Aging and Mental Wellness |
| _____ | _____ Art and Alzheimer's Disease |
| _____ | _____ Medicare for Boomers and Beyond |
| _____ | _____ Pharmacy: Yesterday, Today, and Tomorrow |
| _____ | _____ What Do I Say? What Can I Do? |
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| _____ | _____ Oral Care for the Ages |
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| _____ | _____ Gardening in the Golden Years |
| _____ | _____ Nutrition and Healthy Eating Tips |
| _____ | _____ Oral Care for the Ages |
| _____ | _____ Shifts in Perspectives: Alzheimer's Care and the Relationship to Understanding |

Aging with Attitude — Regional Expo

Registration #1

Name: _____
 Address: _____

 Phone: _____
 Email: _____
 County: _____

Registration #2

Please note special accommodations needed: accessibility, dietary requirements, etc.

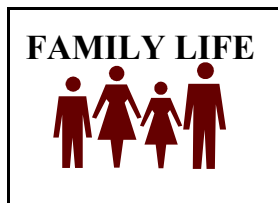
Cut along dotted line and return with registration check for \$15 per person.

Registration is \$15 per person.
Registration is due Monday, April 13, 2015.
 Registration covers lunch, speaker fees, and program materials.
 Late registration received after April 13 is \$25, and lunch is not guaranteed.
Photo Release: K-State Research and Extension occasionally uses photographs and videos of attendees in promotional and educational materials. By virtue of your attendance, you automatically agree to the use of your likeness in such materials.

Return form and check (payable to KSU) to:

Gayle Price
 Southeast Area Extension Office
 308 W. 14th St.
 Chanute KS 66720-2895

_____ Amount Enclosed



Is There A Move in your Future?

TUESDAY, APRIL 21, 2015

1:00 p.m. Ck. Co. Extension Office Meeting Room

Guest Speakers: Sally Davis, Realtor
Becky Alumbaugh, Realtor

Sponsored by Cherokee County F.C.E. Members

Do you go or do you stay? “Putting a home on the market can be stressful and some owners have a hard time making objective decisions when it matters most. Want to find answers to your questions?

- Understanding the motivation to sell or not to sell
- Identify home components for preventive maintenance and preparation to sell
- Identify process of selling a home.

Housing & Equipment

What’s new in canning? If you can’t fit the “Preserve it Fresh - Preserve it Safe” hands on workshop into your schedule, you might want to stop by the Cherokee County Extension office and pick up new publications on Electric Water Bath Canner - Multi-cooker, Automatic Jam and Jelly Maker and the Fresh TECH Automatic Home Canner (note: water bath only). All of the new pieces of equipment are great for beginners or those who have glass or ceramic stove tops. As with any new appliances prices are higher but just like the microwave ovens and bread machines, prices will drop.

DO NOT USE...any recommendations for home canning that are older than 1994. Significant changes were made by the U.S.D.A at that time. That includes old publications

Health & Wellness

Did you know that a sweet red bell pepper has more vitamin C than an orange? One half cup of red bell pepper has about 95mg of vitamin C compared to 70 mg in one medium orange. Try sliced raw red pepper in a salad or sauté it in your fajita for extra vitamin C.

Did you know that vitamin C helps your body absorb more iron? We best absorb iron from meat sources, but there is also iron in plant sources. Vitamin C helps with plant iron absorption as well as counter acting when certain foods (such as tea) may inhibit iron. Add some lemon juice to your tea or mandarin orange slices to your spinach salad to get the most iron from your foods.

Did you know that stretching *after* physical activity is more beneficial: A good warm-up before activity is essential, but stretching cold muscles may do more harm than good. At the end of a workout, muscles are warm and stretching can help prevent soreness later.

Buttons Below the Waist

Large, chunky shank buttons look great on blouses worn loose over trousers and skirts, but when the blouse is tucked in, the bottom button can create an unsightly or uncomfortable lump if it falls at or below the waistband.

To eliminate the problem attach the button with a button pin instead of sewing it on. The pin is similar to a regular safety pin, but one side includes a semicircular curve along its length that allows you to attach shank without puckers. When the blouse is worn tucked in remove the pin-secured button for a smooth attractive look.

Threads Magazine November

CALENDAR FCE/FCS ACTIVITIES**April**

April 2 Extension Board Meeting - 5:00 p.m. Budget

April 3 Office closed for Good Friday

April 6 Walk Kansas Reporting

April 7 Final planning meeting for Aging EXPO

April 10 Riverton HS FCS Classes Careers

April 11 Canning School - 8:30 - 4 Riverton HS - pre registration required (\$20) Bring sack lunch

April 13 Report Walk Kansas Minutes/F/V

April 14 - pre-registration due for Aging Expo before price goes up.

April 15 - KARSP tours Ronald McDonald House - Joplin

April 16 - Earth Day

April 20 - Walk Kansas reporting

April 21 - Is There Move in Your Future" program sponsored by FCE members: 1 p.m.

Extension Office

April 23 Team members set up for Again EXPO

April 24 Aging with Attitude Regional EXPO

April 27 Walk Kansas reporting

April 28 SE Area FCS Agent Program Day Garnett, KS

MAY

May 1 Area Recognition Registrations due \$15.

May 4 Walk Kansas reporting

May 6 FCS program Riverton Preschool - "Mother's Day ideas for breakfast

May 7 Extension Board Meeting 5:00 p.m.

May 9 Walk Kansas ends

May 11 Walk Kansas final report. Team Captain logs due in office.

May 12 FCE Southeast Area Recognition Day in Iola (pre registration required \$15.)

May 20 KARSP - Columbus Hospitality Center

May 21 Sheridan FCE - Autumn Place Blue Room 1:00 lesson "Action plan for Managing Obesity"

JUNE

June 4 Extension Board meeting - 5:00 p.m

June 9 FCE PDC Meeting and Dinner at "Café On the Route" Baxter 5:30 p.m. (Meet at 5 in Extension Parking Lot for a ride.

June 18 Sheridan FCE programs: "Age Sense: Care Givers Journey" - 1 p.m. Autumn Place Blue Room -

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for Life”*

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