

Family and Consumer Science News

Spring, 2022

Financial Wellness

Ready to own your path to financial wellness this year? Check off each small step monthly, and improve personal finances over the year.

- Make meals at home. Eating at home is a great way to save money and build relationships. Try making a meal this month using only ingredients you have on hand. Go through your pantry or freezer and pick out ingredients that need to be used and use them to plan your meals. Here's a helpful publication "Cooking Basics: Make a Meal from What's on Hand" from KSRE "Recipes as Roadmaps": <https://www.bookstore.ksre.ksu.edu/pubs/MF3534.pdf>
- 1. Make a plan for your tax refund. Use a portion of your tax refund to pay down debt, boost savings, and/or give to someone in need. Whatever you decide, make your money work for you!
- 2. Create or update your Advance Healthcare Directive. An Advance Healthcare Directive allows you to document your specific wishes concerning end-of-life health care. In your directive, you will designate an agent or health care power of attorney to make healthcare decisions on your behalf in case you are rendered incapable of making your wishes known. Read "Advance Health Care Planning in Kansas" for more information: <https://www.bookstore.ksre.ksu.edu/pubs/MF3280.pdf>

Living Well Wednesdays

Living Well Wednesday is a virtual learning series hosted by K-State Research and Extension, Family and Consumer Sciences professionals from across the state of Kansas. The webinars are from 12:15 –1:00pm, with a 30-minute presentation, and 10-15 minutes for questions and answers. There are just two sessions left, but previous sessions have been recorded and are available online: www.ksre.k-state.edu/fcs/livingwellwed/ You must register one time to be able to attend or watch previously recorded episodes.

"Preparing Your Finances for Times of Disaster" will be shown on March 9th; "Consumers Beware: Avoiding Identity Theft & Scams" will be held on March 23rd.

In this issue:

Walk Kansas, Aging with Attitude.....Page 2

Great Things are Coming Your way!.....Page 3

Let's Go on a Road Trip, Cooking for One or TwoPage 4

Check out the Southwind Extension District website for all kinds of information you can use, plus the link to our Facebook page!



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

1006 N. State St.
Iola, KS 66749
620-365-2242

Yates Center Office

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

Walk Kansas is Back!

Mark your calendar for Walk Kansas 2022, which is set to take place from March 27th to May 21st this year! Walk Kansas is a team-based health initiative program that will inspire you to lead a healthier life by being more active and making better nutrition choices. You are part of a six-member team which selects a goal and supports one another in reaching that goal during the eight-week program. Teams can be family, coworkers, friends, community organization members, neighbors, or part of a faith-based community. You don't have to be in the same town, county, state, or even country! If you don't have a team, you can still participate. We can assign you to a team or you can choose to fly solo!



This program can benefit those of any age or ability. We promote walking because almost anyone can do it and it is good for your heart. However, other types of exercise are beneficial as well so they also count towards Walk Kansas minutes! This includes any moderate or vigorous activity, including bicycling, aerobic dancing, jogging or running, water exercise, heavy gardening, and more! No matter who you are, you can find ways to get active with Walk Kansas and move your way. This physical activity will help boost your mood, sharpen your focus, reduce your stress, and improve your sleep.

Wondering what else you might gain from participating in Walk Kansas? To start, you will have newsletters filled with motivational

healthy lifestyle information, reliable and helpful resources, and mouth-watering recipes delivered to your inbox each week. You will also gain support in working towards leading a healthier life. We are all better together, and your chance of success increases with supportive relationships within your team and exclusive membership in a closed Walk Kansas Facebook group providing inspiration, support, and ideas along your health challenge journey! You will also get connected with the classes, programs, and events being hosted here in the Southwind District. Plus, if you are a State of Kansas employee, you will qualify for HealthQuest credits by completing this program! Registration for Walk Kansas will start on March 1st. If you have questions, contact Clara Wicoff at clarawicoff@ksu.edu or 620-365-2242. You can also learn more online at <https://www.walkkansas.org/>

Aging with Attitude Regional Expo

The 2022 Aging Expo is just around the corner—April 29th! If you've never attended an AWA Expo, you've been missing out on a day of inspiration, answers to questions, and information to make the most of life! It's also an opportunity to meet and chat with men and women that might be experiencing some of the issues that go along with getting older, or the people that care for aging adults. If you HAVE attended before, perhaps you'll get the chance to reconnect with the friends you've made at previous expos, and make new ones, as well.

It will once again be held at the Community Christian Church in Fort Scott, from 9am to 3:30pm. We are excited that we can hold an "in-person" event, but will also offer recorded sessions from the Expo a couple of weeks after it is over. This allows time for post-production work. If you choose to attend in person, the charge is \$15, which includes lunch, incentives and the resource fair; the virtual event is \$5.

Known as the "Memory Guy", Dr. Mark Johnson will give a dynamic and engaging keynote about proven memory techniques to help remember names, dates, and other information. Sessions during the expo include Aging and Mental Health, At Home and Independent, Estate Planning 101, Medicare Advantage Plans, Medications & Safety Tips, Physical Therapy and In-Home Safety, Stretching Your Food Dollar, and Vaccinations: Checking the Facts.

Register online: <https://tinyurl.com/agingwithattitude2022>, using the QR code here, or by calling 620-625-8620. Registration is due by April 17th.



Great Things Are Coming Your Way!

Get your calendar out and save the dates for the events you want to attend—you won't want to miss any of them! Details on all of the events can be found on the Southwind Extension District website:

<https://www.southwind.k-state.edu/events/>

Your Amazing Brain—Keeping it Active Thursday, March 10th, 1:30pm at the Neosho County Community College

Walk Kansas is March 27 through May 21. Registration opens on March 1st. See the article on page 2 of this newsletter for all of the details.

Landscaping for Hummingbirds Tuesday, March 22nd, 6pm at the Southwind Extension Lola office.

Medicare Made Clear All sessions are from 6:30-8:30pm starting on Thursday, March 24th online via Zoom; Tuesday, April 12th at the Erie Public Library; Tuesday, May 17th at Bressner Hall in Yates Center; Tuesday, June 7th online via Zoom

Estate Planning—Beginning the Process Thursday, March 31st, 6:30pm at the Erie Public Library, and Tuesday, May 24th, 6:30 pm at Bressner Hall in Yates Center.



Herbs from Plant to Plate Wednesday, April 6th, 6:30 pm at Graves Memorial Public Library in St. Paul; Tuesday, April 12th, noon at the Extension Office in Lola; Wednesday, April 13th at the Ignite building (former American Legion building) in Toronto; Thursday, April 14th, 1:30 at Neosho County Community College in Chanute and at 6:00pm at the Bronson Public Library. Herbs from Plant to Plate will also be the program at the FCE Spring Tea.

Cooking Under Pressure Thursday, April 7th, 6:00pm at the Chanute Recreation Center

Aging with Attitude Regional Expo Friday, April 29th at the Community Christian Church in Fort Scott. Page 2 of this newsletter has details.

FCE Spring Tea Tuesday, May 3rd, 6 p.m. at the Bronson Community Center

Southeast Area FCE Spring Recognition will be Tuesday, May 17th, 9 a.m.-3 p.m. at the Southern Baptist Church Fort Scott, KS.

Dining with Diabetes Online Begins Sunday, May 15th.

Is agriculture a part of your life?

You may be interested in these events, too!

KSU Sheep and Goat Management Series taking place at a variety of dates and locations starting March 1st. Look for @ksusheepandgoatextension on Facebook for details.

Risk Management Strategies in Forage Production Tuesday, March 8th, 5:15pm at the Empress Event Center in Fort Scott

Secrets of Soybean Success Wednesday, March 23rd, 4:30pm until approximately 8:00pm at the Southwind District Lola office

Let's Go on a Road Trip!

The Neosho County FCE Council is planning a 10 day bus trip, June 20th to June 29th. The destinations are Michigan and Wisconsin. Highlights will include Mackinac Island, Sault Ste. Marie, a drive to the Upper Peninsula and Lake Superior, Green Bay and Baraboo Wisconsin, the Wisconsin Dells and the Ringling Brothers Circus sites. There will also be a visit to some Springfield, Illinois and Lincoln sites.

Bus trips are a great way to see the country—you get to leave the driving to someone else, enjoy the camaraderie of friends, and have plenty of time to gaze out the window at the passing scenery.

The trip itinerary is not completely planned, but it promises to be a great trip! If you are interested and want the final plan information when it's available, call Lois Carlson: 620-423-1004 or email jlcarlson14@cox.net. Payment for the trip will be due in May.



Cooking for One or Two by Lori Nelsen of the Thursday Nite Live FCE Unit

When we live alone or with just one other person, it is hard to scale down recipe size, so that we do not eat the same thing for several days or throw away leftovers/grocery money in the trash. Are you one of these people? How does a person avoid this food waste and money waste? Planning and adjusting are the keys to success.

*Modify recipes: Reduce recipes to adapt for 1 or 2 people. Write the amounts on the recipe card or in the cookbook for future reference.

*Always eating the same food? Make a list of foods you like to eat, then look for new recipes using your favorites. This is a "go-to" list that can be updated when you want something a little bit different.

*Plan your meals: Plan meals for the week and create a grocery list. Try to use leftovers made a new way within the plan. A roast can be created into several dishes.

*Know some single serving idea foods that are a meal. A baked potato can be topped with many different combinations. Omelets or egg scrambles (scrambled eggs mixed with omelet ingredients) make a great meal.

*Write a grocery list with amounts needed to avoid overbuying an ingredient.

*Go for fresh or deli foods. Purchasing smaller amounts can be controlled if the food is not prepackaged.

*Purchasing bulk – Repackage ingredients into small portions before storing. A roast can be cut into smaller portions or chicken breasts can be divided before freezing.

*Smaller crock pot – It may be time to down-size the crock pot to cook smaller portions.

*If a normal recipe must be made, can it be frozen? Soups and casseroles can be frozen into single serving portions. Lasagna can be prepared into 2 smaller baking pans. Line one with freezer paper but include flaps. Freeze the one and once it is frozen, lift it out of the pan and put it in a freezer bag so your baking pan is not in the freezer. Disposable pans can also be used.

*Time to clean out the refrigerator. Use leftover vegetables and meats to make a chef salad, casserole, or soup.

*If you are on a limited budget, create menus before shopping by using foods on sale to help save money.

*Invite a friend or neighbor to enjoy a meal with you. Socialization is good for our health.

Use creativity to create colorful, delicious, and healthy meals. Enjoy cooking for one or two.

Check out these online resources for more information:

<https://www.ksre.k-state.edu/humannutrition/nutrition-topics/eatingwell-budget/cookingfor1or2.html>

<https://bookstore.ksre.ksu.edu/pubs/MF3531.pdf> - Cooking Basics: Reducing a Recipe

<https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials/cooking>