

## 2018 FCE Lessons Southwind Extension District

K-State Research & Extension: Family and Consumer Science programs in educational support of Kansas Association for Family and Community Education

**Leader Trainings for K-State Lessons** – Units may send leaders for training for each lesson, or units may attend as a group. You are welcome to come to all lessons or attend the lesson(s) you need to train to present to your Unit or club.

**Date – Wednesday, January 17, 2018, Allen County Courthouse meeting room**

Snow Date: Friday, January 19<sup>th</sup>

**RSVP to any of the District Extension offices by Friday, January 12.**

Schedule:

9:00     **Gather**

9:15     \* **Healthy Cooking Styles** – presented by Kathy McEwan, Family and Consumer Sciences Extension Agent

This lesson will introduce some healthy cooking techniques that result in creating more variety in the dishes you serve your family. Food that we eat provides the energy we need. Different cooking styles can affect the energy in our food.

10:00   \***Character Counts! “Citizenship”**- presented by Karen Peery, Starlite FCE member

10:20   \* **Human Trafficking** – presented by Linda Leonard, GALS FCE member

Human trafficking occurs when any person is taken against their will and exploited by any means. Human Trafficking generates many billions of dollars profit per year, second only to drug trafficking, as the most profitable form of crime. By working together, we can make a difference.

10:40   \***GROUP PROCESS...Putting the Pieces Together**-presented by Jackie Ward, Leamona FCE member

Working together for the betterment of our FCE and Community, we CAN make a HUGE difference. Get together with members, others in the community and the youth. Find a common passion and work together. Everyone benefits when the pieces are all put together.

11:00   \* **Make Your Day a Little Smoother!** –presented by Terri Williams, Master Food Volunteer and Starlite FCE member

Tired of skipping meals or eating on the run? There is a better solution. Make healthy smoothies and you have it all covered. Only 3 steps: Ingredients, blend, and drink. Real food is always best but when there isn't enough time-smoothies have it all.

11:30   **Lunch** (District will provide soup, beverages and table goods)

**County responsibilities: Allen - veggies; Bourbon – desserts; Neosho – crackers, rolls, cheese**

12:15   \* **Tap To Togetherness** – presented by Joy Miller, Family and Consumer Sciences Extension Agent

This program aims to build family relations and increase health and physical activities of families with young children through learning to tap dance. Anyone can learn the steps, then teach others, especially the youth.

- 1:00 \* **Kids in the Kitchen** – presented by Terri Kretzmeier, Happy Hearts FCE Member  
What kid doesn't like to eat? What did doesn't need to eat!! Making food choices and helping prepare their own meals gets kids into the kitchen and helps them develop healthy eating habits.
- 1:30 \* **Alzheimer's 101** – Presented by Erin Yelland, Extension Specialist in Adult Development and Aging  
This lesson will provide information on the differences between dementia and Alzheimer's, how Alzheimer's impacts the brain, risk factors for Alzheimer's symptoms of the disease, action steps, and the benefits of early diagnosis.

(\* KAFCE/NAFCE Educational Program lessons for Standard of Excellence)

**FCE Resources Available on the Southwind Website:**

<http://www.southwind.k-state.edu/home-family/fce/index.html>

- FCE Calendar of Events
- FCE Lessons/ Hearth Fire Series
- Kansas State University Lessons
- Scholarships
- FCE Newsletters
- Forms

**Dates**

March 18 – May 12, 2018	Walk Kansas
April 27, 2018	Aging with Attitude Expo, Iola
April 3, 2018	Southwind District FCE Spring Tea, Bronson Community Center (Neosho County FCE Council Hosts)
May 10, 2018	SE Area FCE Recognition Day, Erie