Mark your calendars for the 2018 Aging with Attitude Expo. This one-day event will be held April 27th at the St John’s Parish Hall, Iola, Kansas. Keynote speaker will be Dr. Erin Yelland, KSRE Adult Development and Aging Specialist.

2018 Southwind District FCE Lesson Day

When: Wednesday, January 17, 2018
9:00 a.m. gather and refreshments
Where: Allen Co. Courthouse Meeting Rm
Who: All FCE Members and guests

The 2018 FCE lessons will be presented as leader training but FCE Units are welcome to attend as a group. You are welcome to come to all or attend the lesson(s) you need to present to your Unit or club. See schedule insert for lesson details. Lunch will be served. Dr. Erin Yelland will present the Alzheimer’s 101 lesson at 1:30 p.m.

RSVP to Kathy at 620-365-2242 by Friday, January 12, for lunch headcount.

Lunch responsibilities for FCE Councils:
AL Co – veggies
BB Co – desserts;
NO Co – crackers/cheese
Southwind District – soup, beverage, table goods

SNOW DATE: Friday, January 19
Alzheimer’s 101
January 17, 2018 at 6:00 p.m.
Memorial Building - Alliance Room
101 South Lincoln
Chanute, KS

More than 5 million Americans are currently living with Alzheimer’s disease, and by the year 2050, this number could rise as high as 16 million. Alzheimer’s is currently the 6th leading cause of death in the United States, and is a devastating disease.

It’s time to learn the facts about Alzheimer’s disease. Erin Yelland, K-State Research and Extension State Adult Development and Aging Specialist will be presenting the warning signs of Alzheimer’s, the benefits of early detection and diagnosis, and steps you can take to improve your own brain health. After all, everyone with a brain is at risk for Alzheimer’s.

The time to learn is now. Every 66 seconds, someone in the United States develops Alzheimer’s. Will you be next?

All are welcome to join us, the program is free and a light meal will be included.

Call the Southwind Extension Fort Scott Office at 620-223-3720 to pre-register by January 15th.

Medicare Basics
February 24, 2018 @ 9:30 a.m.
Fort Scott Public Library
201 S. National
Fort Scott, KS

Are you turning 65 in the coming months? Did you just turn 65? Did you work past 65, but are now ready for Medicare? Want to understand Medicare benefits?

This free, educational program is designed for anyone interested in learning more about the Medicare maze, particularly those who are nearing age 65.

Program covers Medicare eligibility, how and when to apply, what is covered by the various parts, how to fill the gaps, and annual open enrollment periods.

Call 620-223-3720 to pre-register for this program by February 22nd.

America Saves Week
Set a Goal * Make a Plan* Save Automatically
February 26-March 3, 2018
Facebook: Southwind Extension District

America Saves, seeks to motivate, encourage, and support households to save money, reduce debt, and build wealth. Throughout the week, you can learn about good savings behavior and assess your own saving status.
Kicking Old Habits in the New Year!

Are you stressed, bored, or angry at something or someone? Do you find yourself standing in front of an open refrigerator for relief? Then you are an emotional eater.

Our brains learn by association. A trigger sets the craving in motion which leads to action. When this includes food, this leads to unhealthy eating patterns.

So, in the New Year, it’s time to re-train your brain! Replace that bad eating habit with a new habit that is more healthful. Here are some ideas:

- Have healthful choices at the ready and easily available. Keep them in the front part of the fridge to grab first.
- Relax with some good music, a hot shower, or a good book.
- Get walking! A quick walk or jog helps clear your mind and pushes aside those food cravings.
- Distract yourself with a hobby, do chores around the house, or get an extra New Year’s resolution checked off the list, like cleaning out a closet!

Happy New Year!

Source: Tufts Health & Nutrition Letter, December 2017

February is Heart Health Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

We can use this month to raise awareness about heart disease and how people can prevent it — both at home and in the community. Below are a few tips to help prevent heart disease.

- Heart disease is the number one killer in the United States. However, healthy lifestyle modifications may reduce many risk factors.
- Healthy weight maintenance through a nutritious diet and physical activity are important steps to decrease one’s risk for heart disease.
- Fruits and vegetables contain cholesterol lowering compounds such as antioxidants and phytonutrients that may help prevent heart disease.
- Limiting dietary saturated fat, trans fat, and cholesterol intake is an important strategy to reduce one’s risk for heart disease, and can be achieved through label reading, shopping carefully for non-fat or low-fat dairy products, and choosing lean meats.
- Dietary approaches such as the Dietary Approaches to Stop Hypertension (DASH) may help one follow a heart healthy diet.
Life Events and Financial Planning

Looking for help with making the best financial choices about major life events? Use this website, www.mymoney.gov/lifeevents/Pages/lifeevents.aspx to locate federal brochures, publications, websites and videos that can assist your planning. The resources provide background information, helpful guidance, and hints and tips to assist with your decisions.

Select a topic from the life events list to search for information. The site will display several federal resources, along with brief descriptions and links.

If the search results are too broad, or if you want to focus on particular issues within your topic, you can narrow the search to get to the information you need.

If your topic is not covered in our life events categories, you can use the search box on the navigation bar to locate the information you are seeking. Simply type in the word or phrase that describes your topic, and the site will do the searching for you.

www.mymoney.gov provides a wealth of information at your fingertips for managing and growing your money.

YOur Southwind Extension District Agents are available to you and can be reached through any of the Southwind offices.
Erie: 620-244-3826
Ft. Scott: 620-223-3720
Iola: 620-365-2242

Upcoming Events:

January 17, 2018 – Southwind FCE Lesson Day, Allen County Courthouse meeting room, 9:00 am

March 18 – May 12, 2018 – Walk Kansas

April 3, 2018 – Southwind District FCE Spring Tea, Bronson Community Center, 6:00 pm

April 27, 2018 – Aging with Attitude Expo, Iola

May 10, 2018 – SE Area FCE Recognition Day / Spring Council, Neosho County Courthouse meeting room

July 19-22, 2018 – National FCE Conference, Austin TX “Shooting for the Stars”

October 1-3, 2018 – KAFCE Conference, Russell KS