



Family & Consumer Science News

February, March, April 2019

Aging with Attitude Expo

April 26th, 9:00 a.m. - 3:30 p.m.
Community Christian Church
1919 Horton Street, Fort Scott, KS

Plans are being made for the 2019 "Aging With Attitude Regional Expo"! K-State Research and Extension along with area community partners are planning the 9th annual event. Community partners include the SEK Area Agency on Aging, Harry Hynes Memorial Hospice, Medicalodges, Inc., Southeast Kansas Library System, Angels Care Home Health, Mercy Home Health and Hospice, Community Health Center of Southeast Kansas and Fort Scott Convention and Visitors' Bureau.

The one-day educational conference provides inspiration, answers to questions, and information to make the most out of life! It's an educational event for older adults, their families and caregivers.



The event will feature a general session and choices for several breakout sessions. Patty LaRoche, author and inspirational speaker, will serve as the keynote presenter and will speak on "What Matters Most – learning contentment in life."

Breakout sessions include:

- A panel discussion addressing the opioid crisis
- Addressing the Opioid Crisis, Expanded
- Scams Against Seniors
- Living a Full Life with Partial Sight
- VA Benefits for Spouse and Dependents
- Garden at Any Age
- Helping You and Your Family Through a Tough Farm Economy
- Get Beyond "I'm Fine"

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Kansas State University is committed to making its services, activities, and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Carla Nemecek, Southwind District Director: 620-365-2242.
www.southwind.k-state.edu

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Aging with Attitude Expo (Continued from page 1)

A resource fair of various agencies and organizations from the southeast Kansas area will be present to share their resources and services that are available to support the public with their aging issues.

Registration fees are \$15.00 with the early bird deadline to register being April 15, 2019. The fee covers lunch, speaker fees, and program materials. Late registrations received after April 15th are \$25.00 and lunch is not guaranteed.

Registration information and online registration is available at www.agingexpo.ksu.edu. You may also contact the Southwind District Extension Office in Yates Center at 620-625-8620.

FCE

Southwind FCE Spring Event
Hosted by Bourbon County FCE
Thursday, March 28th at 6 p.m.
Bronson Community Center
Postcard with details coming soon



Southeast Area FCE Recognition Day
Wednesday, May 8th
Wesley United Methodist Church
Parsons, KS

The Importance of 10,000 Steps

Walk Kansas March 17 - May 11

The number 10,000 is widely known as the “industry standard” for the daily recommended number of steps we need. What you may not know is that we get that number from the 1960s when early Japanese walking groups created the terms “manpo-kie”, which means “10,000 step meter”.

Have you ever thought about what walking 10,000 steps every day can actually do for you? Once the benchmark of 10,000 steps was established in the 60s, various groups began to study the physical effects of that number.

What can walking 10,000 steps do for you physically:

- Lower blood pressure
- Improve mood
- Reduce risk of cardiovascular disease
- Improve glucose tolerance in overweight adults

The key to improving your health is to get moving.

While it's safe to say we can all agree that exercise is good for you and will improve your health, not exercising can have just as big of a negative impact on your body. Sitting has been deemed the “new smoking”, and conditions that were once attributed to lifelong smokers are now being linked to sitting. If you sit for just a few hours per day, you have:

- 50% higher risk of heart disease
- 37% higher risk for obesity
- 18% increase in diabetes
- 24% higher risk for colon cancer
- 20%-40% higher morbidity rate



These are some serious issues, but the good news is that they are changeable. The key to improving your health is to get moving. If you haven't been walking much throughout your days, don't let the “10,000 steps” number scare you off. Start where you are. Start small, but just start.

Walk Kansas is a team-based program that will help you and others lead a healthier life! Join this program and be more active with friends and family, make better nutrition choices, and walk away your stress. Details and registration will be available after February 15th.

Walk Kansas Program Coordinator: Joy Miller
620-223-3720 or joymiller@ksu.edu
walkkansas.org or southwind.k-state.edu/walk-kansas

*Walk Kansas also qualifies for HealthQuest wellness credits.

Sweets for Your Sweetie - or Yourself!

Cherry Kiss Cookies

1 cup butter, softened
1 cup confectioners' sugar
1/2 teaspoon salt
2 teaspoons maraschino cherry juice
1/2 teaspoon almond extract
6 drops red food coloring, optional
2 1/4 cup all-purpose flour
1/2 cup chopped maraschino cherries
54 milk chocolate kisses, unwrapped



DIRECTIONS

1. Preheat oven to 350°. In a large bowl, beat butter, confectioners' sugar and salt until blended. Beat in cherry juice, extract, and, if desired, food coloring. Gradually beat in flour. Stir in cherries.
2. Shape dough into 1-in. balls. Place an inch apart on greased baking sheets.
3. Bake 8-10 minutes or until bottoms are light brown. Immediately press a chocolate kiss into center of each cookie (cookie will crack around edges). Cool on pans 2 minutes. Remove to wire racks to cool.



Banana Cream Eclairs

Ingredients:

1 cup water
1/2 cup butter, cubed
1/4 cup sugar
1/2 teaspoon salt
1 cup all-purpose flour
4 large eggs

Filling

2 1/2 cups heavy whipping cream
3 tablespoons sugar
1 teaspoon vanilla extract
3 to 4 medium firm bananas

Glaze

1/2 cup confectioners' sugar
2 tablespoons baking cocoa
2 tablespoons butter, melted
1 teaspoon vanilla extract
1 to 2 tablespoons boiling water
1/2 cup finely chopped pecans

DIRECTIONS:

1. In a large saucepan, bring the water, butter, sugar and salt to a boil. Add flour all at once and stir until a smooth ball forms. Remove from heat; let stand for 5 minutes. Add eggs, one at a time, beating well after each addition. Continue beating until dough is smooth and shiny.
2. Insert a 3/4" round tip into a pastry bag; add dough. Pipe 3" strips about 3" apart on a greased baking sheet. Bake at 400° for 25-30 minutes or until golden brown. Remove to wire racks. Immediately split puffs open; remove tops and set aside. Discard soft dough from inside. Cool puffs.
3. In a large bowl, beat cream until it begins to thicken. Add sugar and vanilla; beat until stiff peaks form. In another bowl, mash bananas; gently fold in whipped cream. Spoon into eclairs; replace tops.
4. In a small bowl, combine the confectioners' sugar, cocoa, butter and vanilla. Add enough water to make a thin glaze. Spread over eclairs. Sprinkle with pecans. Refrigerate leftovers.



Grow it, Prepare it

Planting and Preserving your Backyard Bounty

2019 Events:

Gardening 101

Growing berries in the home garden

Container gardening

Food preservation 101

Jams and jellies

Pressure canning

Salsa

Woodson County
4-H Community Building
713 South Fry, Yates Center

Register by calling
620-625-8620



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Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.

Dates

All events begin at 6 p.m.

Gardening 101 – April 2 **Register by April 1**

Want to plant a garden? Do you know where to start? K-State Research and Extension agents and Extension Master Gardeners will discuss the basics of gardening such as soil preparation, garden layout, planting dates, and harvest techniques. By the end of the night, you will know how to set up your garden, what to do before planting, and how to care for your garden throughout the summer. The Kansas Garden Guide publication (\$6) will be available for purchase at this class.

Introduction to growing berries in the home garden – April 9 **Register by April 8**

Small fruits offer the biggest potential in reducing household food costs. These perennial plantings not only offer several seasons of production, they contribute more value to the home gardener because small fruits are among the most expensive items in the produce section. In this session, we will discuss basic growth and care of strawberries and blackberries.

Container gardening – April 16 **Register by April 15**

Regardless of where you live or how much space you have, you can garden! Container gardening might be the solution for you. Learn about the advantages and disadvantages of container gardening, which plant varieties are specifically designed for containers, and how to best arrange your container garden. Southwind District Extension Master Gardeners will demonstrate how to arrange both vegetables and flowers into containers for maximum results.

Food preservation 101* - April 23 **Register by April 22**

Home food preservation is a great way to preserve the season's bounty. Whether it's produce you have grown, or items purchased at a grocery store or farmer's market, canning, freezing and drying makes it possible to enjoy them year-round. To make sure your produce is safe and shelf stable, it is important to use correct, tested methods for preserving food at home. Essential for both new and seasoned canners!

**Completion of Food Preservation 101 is required prior to registering for Jams & Jellies, Pressure Canning, and Salsa.*

Jams and Jellies – April 25

Learn how to turn your fresh fruit or fruit juice into jams and jellies that you can enjoy all year long or use as gifts. Through this hands-on class participation, you will learn how to safely make two types of sweet spreads. Participants will take home a how-to guide and their own canned items.*

**Completion of Food Preservation 101 is required prior to registering for Jams & Jellies class. \$10 registration fee per person. Class limited to 12 participants.*

Pressure canning – April 30

Canning food at home is a great way to preserve fresh food for later use. Most importantly, food must be canned properly and safely to prevent foodborne illness. A pressure canner is needed to safely can low-acid food-like vegetables, vegetable mixes, red meat, wild game meats, poultry, and seafood and fish. This class will teach the techniques and best practices for preserving food using a pressure canner. During the hands-on, participants will can vegetables and will take home a how-to guide and their canned goods.*

**Completion of Food Preservation 101 is required prior to registering for Pressure Canning class. \$10 registration fee per person. Class limited to 12 participants.*

Salsa – May 2

Salsa is America's favorite condiment. Many consumers enjoy creating their own masterpiece salsas, incorporating their favorite ingredients. While these mixtures are safe to eat fresh, they may not be safe to preserve for future enjoyment. In this hands-on class, participants will learn the basics of choosing the right salsa recipes for canning and water-bath canning techniques. Each participant will receive instructional materials and a jar of salsa they made and canned.

**Completion of Food Preservation 101 is required prior to registering for Salsa class. \$10 registration fee per person. Class limited to 12 participants.*



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