

# Southwind District Staff



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Southwind Extension District Offices:

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# **K-STATE**

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Southwind District

# 2020 Speakers Bureau

## 2020 Southwind District Speakers Bureau Topics

As adult educators, K-State Research and Extension, Southwind District agents offer expertise on a variety of different topics. Our goal is to serve our community, whether through traditional extension programming or as an educational presenter for your church group, civic organization or other club. We are flexible with location and will tailor the length of the presentation to fit your group's needs. The following is a list of topics our agents cover.

### **Succession Planning** *Carla Nemecek*

The transfer of ownership, management and leadership from one generation to another is an important issue for rural communities, farms, and ranches across Kansas. Future sustainability of our rural way of life depends on whether individuals have planned for succession. The average age of U.S. producers continues to rise, and families will need to explore options for the transitional feasibility of current and future operators. Succession planning is a step-by-step process where families work together to develop a plan to incorporate the next owner and pass on knowledge and resources that will sustain the operation. The purpose is to spark conversations about planning for the future, and this program can be tailored to suit the audience for business succession or farm succession planning.

### **Everything But the Moo** *Chris Petty*

This program visually illustrates many of the non-food items made from cattle. The program is based on the idea that Native Americans used every part of the buffalo and wasted nothing. Today, we still use nearly every part of the food animal. Examples of these products include leather, gelatin, china, cosmetics, and fertilizers.

### **Let's Play Leadership in the Classroom** *Jennifer Murphy*

What better way to learn about leadership than through play! Geared for the classroom, this program has 9 sessions with various team building games encouraging students to work together and gain all important leadership skills. This program can be adjusted for a program on demand.

### **Alzheimer's 101 or Gray for a Day** *Barbara Stockebrand*

One in three seniors will experience some form of dementia. Alzheimer's 101 conveys the differences between age-related memory loss and dementia, and presents the warning signs of Alzheimer's disease.

To educate participants on age-related sensory and functional challenges, Gray for a Day presents opportunity for participants to take part in various hands-on activities that simulate changes some aging adults may face. Discussion includes steps to take to protect against these declines in the future.

### **Herb Growing** *Krista Harding*

Whether for culinary or medicinal purposes, herbs are a versatile plant. Are you interested in learning how to grow your own herbs? This presentation will cover herb care and maintenance, how to incorporate herbs into the landscape, as well as tips for growing herbs in your own kitchen.

### **Check Your Credit** *Joy Purkeypile*

Credit reports affect many aspects of your life, including your ability to get a loan, rates for loans and insurance, and more. One in five people have an error on at least one of their credit reports according to a study conducted by the Federal Trade Commission.

When is the last time you checked your free credit report?

Learn more about K-State Research and Extension's "Check Your Credit" program to becoming financially capable.

### **The Opioid Crisis** *Kathy McEwan*

The opioid crisis is sweeping across the nation at an alarming rate. Drug abuse, dependence, and overdose are issues that affect the lives of millions of Americans, and Kansas is not exempt. Two counties in the Southwind Extension District have been identified as having a greater risk than the national average for this crisis. Given the severity of the opioid crisis in the US, action must be taken at multiple levels to stop the devastating consequences. One step is education and learning what you can do, as an individual and as a community, to address the opioid crisis.

**Additional topics are available - just call your local Southwind District Extension office!**