**2018 FCS Annual Lesson Series**

**\*Alzheimer’s 101 –** *Erin Yelland, Extension Specialist, Adult Development and Aging*

Kansas’ aging population is rapidly increasing and with that will come unique opportunities as well as challenges, one of which is Alzheimer’s disease. Everyone with a brain is at risk for Alzheimer’s disease and one in three Kansas seniors will die with Alzheimer’s disease or another form of dementia. Currently, Alzheimer’s cannot be prevented, cured, or slowed, and it is the sixth leading cause of death in the United States. The concern is clear: Alzheimer’s is a terrifying and timely issue affecting over 100,000 Kansans every day. This lesson will provide understanding Alzheimer’s, the 10 warning signs of Alzheimer’s disease, the benefits of early detection and diagnosis, and steps to better brain health.

**Donating Safe and Nutritious Food to Food Pantries and Soup Kitchens –** *Londa Nwadike, Extension Specialist, Food Safety*

Food banks and food pantries are an important safety net for obtaining food for many people. However, it is also important that the food handled by these organizations is safe. This lesson will provide food safety tips for people that are donating food to such groups (including questions such as is it acceptable to donate food past the date on the label or to donate damaged packages), as well as for groups organizing food drives. Food safety tips for the banks and pantries that are receiving and distributing the food will also be included. Other resources on donations of healthy food will also be referenced.

**\*Healthy Cooking Styles –** *Donna Krug, Extension Agent, Barton County*

Have you ever tried sautéing with water or prepared a boiled salad? It is easy to get in a rut and prepare the same foods in the same way. This fact sheet will introduce you to some healthy cooking techniques that will result in creating more variety in the dishes you serve your family.

Food that we eat provides the energy we need. This lesson will explore how different cooking styles affect the energy in our food. Included will be detailed descriptions of various cooking styles and suggestions of how to include these in your everyday menus.

**+Move More, Sit Less -** *Amy Lorenzen, Extension Agent, Golden Prairie Extension District*

Research is showing more of us are spending too much time in our days sitting—approximately 10-15 hours! Over three quarters of the average Kansans’ day is spent in sedentary activity. This increase in time spent sitting, whether we are in the car, at our desks or at home watching TV or on the web, is taking its toll on our health. Too much sedentary activity leads to numerous health issues, including weight gain, greater risk of osteoporosis, bone fractures and muscle loss. And, that’s just the physical side of things! Too much sitting can also be hazardous to our mental health; as it is associated with a higher risk of depression, dementia and Alzheimer’s disease.

This lesson will focus on ways to increase your time being active throughout the day, as research has shown that even if you get your 150 minutes a week of recommended physical exercise, you still are at risk. It will also present why we need to be more active and ways for all ages to increase their activity levels and reduce their time sitting.

**\*Family Dance!** *- Bradford Wiles, Extension Specialist, Child Development*

This program aims to build family relations and increase health and physical activities of families with young children through learning tap dance. Materials will include lesson plans, instructions for the leaders, and videos of the steps to assist the leaders in preparing to lead the classes. ANYONE can learn the steps, and then teach them to families with young children. Parenting strategies and advice, as well as healthy living activities will be included in the curriculum.

**“With This Ring….We Plan!” -** *Elizabeth Kiss, Extension Specialist, Family Resource Management and Cindy Williams, Extension Agent, Meadowlark Extension District*

Planning a wedding is should be one of the most exciting and memorable events of your life. However, with this important life event there is another difficult task, that of establishing a wedding budget. No matter what your situation is, establishing the budget early in the engagement is crucial. Before you make any major decisions, take some time to decide on the total amount you will spend on the wedding.

Couples can save considerable amounts of money by planning and most importantly, by treating their wedding as just one of many financial issues they’ll navigate in a lifetime. That’s why couples need to consider a little financial planning before the wedding planning starts.