

K-State Extension – Johnson County

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Classes are in a 45-60-minute format, including time for Q & A.

Aging

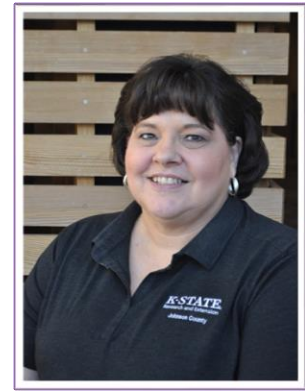
So Now What...? Managing Life After Retirement – When individuals begin thinking about retirement, their thoughts generally revolve around their financial capability to do so. However, retirement can bring more challenges and opportunities than finances. This lesson will discuss the social implications of retirement and things to consider before and after you retire, as well as tips on how to stay active and engaged after your work duties have ended.

Alzheimer's 101 – One in three Kansas seniors will die from Alzheimer's disease. This lesson provides understanding the disease, the 10 warning signs, benefits of early detection and diagnosis, and steps to better brain health.

Grey for a Day – This program educates the participants on age related sensory and function challenges that older adults may face in daily life. For example, hearing loss, arthritis, vision problems, etc. This program uses an interactive kit that simulates functional decline.

Grandma's Yellow Pie Plate - Learn how to distribute non-titled heirlooms without starting a family feud. Suggestions for planning to distribute your belongings will be discussed.

Medicare Basics – Making the transition to Medicare? Learn the four parts of Medicare and how to choose the healthcare coverage you need. Medicare A, B, C(Advantage), D and Medigap(supplement) will be discussed.



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FCS Agent

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Biography

Denise Dias (rhymes with bias) is a FCS Agent. She earned her BS degree in Home Ec. from UNL, a MS Degree in Apparel Marketing from K-State and a Global MBA in from Friends University. Denise began her Kansas Extension career in 1996 in Linn County. In 1998 she transferred to Sedgwick County, specializing in Clothing & Textiles, Housing and Indoor Environment, eventually adding Foods, Nutrition and Health. Denise is celebrating 25 years in Extension. She is passionate about teaching & learning. In her spare time, she enjoys cooking and sewing. She is married, has 2 grown kids, two granddaughters and one sassy cat who runs the house!



Home & Family

Everyday Mindfulness - Mindfulness is described as an awareness of the present moment, new research says it can help to calm you down, relieve stress, improve physical and mental health. It can also help you to be less judgmental. Simple mindfulness exercises will be introduced that can be incorporated into everyday living.

Bonding with Board Games - This research-based program's objective is to teach families how to interact, communicate and connect as a group through Euro board games. This activity reinforces the six characteristics of a strong family by increasing: quality time, appreciation, effective communication, values and convictions, coping skills and commitment. This 2-hour program is available for free to community groups.

Cleaning Healthy, Cleaning Green - People spend 90 percent of their time indoors. Studies by the EPA show levels of pollutants to be 2 to 5 times higher inside homes than outside. Many of these pollutants come from household cleaning products. Indoor pollutants can be reduced by limiting the number of chemicals used indoors. With these guidelines you can improve your indoor environment, save money and help conserve natural resources.

Financial Programs

Insurance 101 Program – Health insurance is important but choosing the best plan for you and your family can be complicated. This program offers tools to give you confidence and help to build smart insurance shopping skills. (Smart Choice Insurance)

Other Programs:

Brain Fitness

Protect Your Family from Radon

Cut the Clutter and Get Organized

Advanced Directives

Common Cents Budgeting

Learn to Sew

Check Your Credit

When Your Income Drops

Story Walk – Money Topics

Sleep: Want It, Need It, Get It

Keys to Embrace Aging (1 to 12 sessions)

Walk with Ease (16 sessions)

Powerful Tools for Caregivers (6 sessions)

Aging Mastery Program (10 sessions)

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 Johnson County K-State Research and Extension, 913-715-7000.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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