

K-State Extension – Johnson County

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www.johnson.k-state.edu | 913-715-7000

These classes are designed to be presented in a 45-60 minute format, including time for Q & A. Most classes are free unless otherwise noted.

Aging

***New* 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.

***New* Aging Alone** – As you grow older, your needs change. It can be difficult for seniors to remain independent without community programs and support. This lesson defines singletons, explores basic needs of everyone as they age and provides a checklist of how you can help.

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 making a plan to distribute your belongings will be discussed.

Hoarding – The Impact of Compulsive Keepers – Hoarding is a mental health problem resulting from excessive collecting and the inability to dispose of unnecessary items, which can pose health and safety risks. This program explores the causes of Hoarding disorder and how others can support them with this disability.



Denise G. Dias

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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 MS of Intl Business & Leadership from Friends University. Denise began her Kansas Extension career in 1996 in Linn County. In 1998 she transferred to Sedgwick County, specialized in Clothing and Textiles, Housing and Indoor Environment, eventually adding Foods, Nutrition and Health. Denise is celebrating 22 years in Extension. She is passionate about teaching & learning. In her spare time she enjoys sewing, cooking and spinning fiber. She is married, has 2 grown children, one granddaughter and a sassy yellow cat named Daisy.



Home & Family

Bonding with Board Games - This research-based program's objective is to teach families how to interact, communicate and connect as a group through 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 community groups. Check out www.johnson.k-state.edu for a list of game events happening near you!

Cut the Clutter and Get Organized - Is clutter a problem for you? Come and learn how to develop strategies for your household to manage, reduce and even eliminate your clutter. We teach a four container system to tackle clutter in your home.

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 Topics

***New* With This Ring We Plan** – Planning a wedding should be an exciting and memorable event, without breaking the bank! Establishing a budget before you make any decisions will save couples money and teach them skills that they will use throughout their marriage. (\$10/person)

***New* Smart Choice Insurance 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. (\$10/person)

Other Programs

Household Hints & Tips

Radon: Is it Really a Problem?

Master of Memory

Keys to Embracing Aging

Get Financially Prepared:
Take Steps Ahead of Disaster

Elder Abuse & Neglect

Spend Some, Save Some

Understanding Reverse
Mortgages

Story Walk – Outdoor Money
Activity for Youth

Family Dance

Medicare Basics

Your Money, Your Goals
(train the trainer)

Assistive Technology for Older
Adults

SHICK – Senior Health
Insurance Counseling for
Kansas

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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