

News Column Week of 3/11/19

Deanna Turner, Extension Agent: Family & Consumer Sciences, Aging Programs

River Valley Extension District

3/7/19

Stay Strong, Stay Safe, and Stay Aware as You Age

Have fun while you improve your health and quality of life. Sign up for a Stay Strong, Stay Healthy class designed for older men and women age 60 and over. In this strength building program, participants will meet on Tuesday and Thursday mornings for eight weeks from 10:00 a.m.–11:00 a.m., March 26 – May 16, at the handicapped accessible Good Shepherd Lutheran Church Parish Hall (401 D Street) in Washington, KS.

Our bodies are made to move. Physical inactivity can place our health at risk for many chronic diseases. Here's the good news! The Stay Strong, Stay Healthy program is built on simple, strength-building exercises that will improve your balance, health, and state of mind. The classes build muscle strength which, in turn, improves balance, reduces fractures, decreases arthritis pain, heart disease, and depression. Other benefits may include better stress management and improved sleep quality.

Activities in the classes include warm-up exercises, strengthening exercises – with and without weights, and a cool-down period. There is a cost to participate. Inquire about a scholarship, if you have limited income. Weights will be furnished. Participants only need to bring a heavy bath towel and a bottle of water. No special clothes or equipment are needed.

Sonia Cooper and Deanna Turner, District Extension Agents, will be teaching this class. Call the Washington Extension Office at 785-325-2121 to pre-register and to pick-up a packet at the Office in the basement of the Washington Courthouse.

This is the fifth Stay Strong, Stay Healthy class that has now been taught in the four county River Valley District. For more information, please contact Sonia Cooper at srcooper@ksu.edu or Deanna Turner at dturner@ksu.edu or call Sonia at 785-325-2121 or call Deanna at 785-632-5335. Registration is limited to 14 people. Sign up today!

Stay safe, enroll in a Defensive Driving Class – sharpen your driving skills! Prevent an accident from happening. Lower your auto insurance premium too. Enroll in the upcoming one-day Defensive Driving Course offered at the K-State Research and Extension River Valley District Office in Clay Center. The class will be Monday, March 25th from 9:00 a.m. – 3:00 p.m. There is a registration fee per person to pay for materials, due March 18th.

Many defensive driving tips will be presented by Trooper Ben Gardner from the Kansas Highway Patrol. He makes the class fun while participants refresh their driving skills. Participants can bring their lunch (refrigeration available) or break for an hour lunch. Breaks and snacks are provided.

Participants do not drive or take a test. Several insurance companies recognize the benefits of defensive driving classes and provide a 5-10% premium discount to graduates of this course. The certificate received is effective for three years. Interested in participating? Pre-register by calling the Clay Center Extension Office at 785-632-5335.

Stay aware, did you know about the Dementia Program in Clay Center? Are you a caregiver or do you have a friend or a loved one with dementia? Plan to attend Understanding and Responding to Dementia-Related Behavior on Thursday, March 14th from 5:30 p.m.–7:00 p.m. at the Clay County Medical Center, Education Center. RSVP to Meadowlark Hospice at 785-632-

2225. Contact Deanna Turner if you have questions by calling 785-632-5335 or emailing dturner@ksu.edu.

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