FAMILY FUN AT THE FAIR

FAMILIES CAN ENJOY AN ANIMAL WASHING SENSORY STATION, STORY WALK, & GIVEAWAYS!

WASHINGTON COUNTY FAIR    THURSDAY, JULY 20TH    5 - 6:30 PM

CLOUD COUNTY FAIR    FRIDAY, JULY 21ST    5:30 - 7 PM

NCK FREE FAIR    FRIDAY, AUGUST 4TH    4:30 - 6 PM

CALL JORDAN PACHTA WITH PAT AT 913-645-2075 OR MONICA THAYER WITH RVED AT 785-527-5084 FOR MORE INFORMATION!

parents as teachers
K-State Research and Extension
River Valley District

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting Monica Thayer two weeks prior to the start of the event at 785-527-5084 or mthayer@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.
Strength Training Program for Older Adults

Strength training is no longer just for bodybuilders. Stay Strong, Stay Healthy is an eight-week, evidence-based strength training program designed for older adults who want to improve their quality of life and stay active. Classes are held in familiar settings such as senior centers and church halls, not the gym. The exercises are easy to learn, safe and effective. No need to wear special clothes—just comfortable, loose-fitting pants and shirt, along with sturdy, closed-toe walking shoes.

What are the benefits?
Strength training:
- Increases muscle strength
- Improves balance
- Enhances flexibility
- Strengthens bones
- Relieves arthritis
- Helps control weight
- Lifts depression
- Reduces stress
- Reduces risks for heart disease

Here’s what we do
Stay Strong, Stay Healthy classes include:
- Warm-up exercises
- Eight strengthening exercises, with or without hand and ankle weights
- Cool-down stretches

Over the course of the program, you will increase your strength and improve your balance. After the eight weeks are over, you can continue the strength training program in the comfort of your home or with a group.

Weights will be available on-site, and a trained instructor will help you learn and do these exercises safely.

Mondays & Wednesdays 9-10AM
Commercial Building Cloud County Fairgrounds - Concordia, KS
16 total classes: July 24, 31 - August 2, 14, 16, 21, 23, 28, 30
September 4, 11, 13, 18, 20, 25, 27
Program Fee: $10
Register by contacting the Concordia Extension Office at 785-243-8185 or email kaitlinmoore@ksu.edu
Farm & Ranch Transition Conference

Aimed to help farmers & ranchers plan for the transition of their operations to the next generation

Four locations will be offered - register for the location of your choice by August 16th

Registration fee: $15 or $45 for a family of 4  kstate.qualtrics.com/jfe/form/SV_9EvvSx2sYFM4B3U

Clyde: Tuesday, August 22nd
Clyde Apartments Auditorium - 620 Broadway
contact: Luke Byers
lsbyers@ksu.edu (785) 632-5335

Delphos: Wednesday, August 23rd
Delphos Auditorium - 206 W 2nd St
contact: Justine Henderson
jwh04@ksu.edu (785) 392-2147

Beloit: Thursday, August 24th
Methodist Church - 801 N Bell St
contact: Blaire Todd
blairet@ksu.edu (785) 738-3597

Phillipsburg: Friday, August 25th
Phillips Co Fair Building - 1481 Hwy 183
contact: Rachael Brooke
rbrooke@ksu.edu (785) 425-6851

AGENDA
8:30am - 9am  Check in
9:00am - 12:00pm  "Mapping Out a Plan to Keep Your Farm in the Family for Future Generations" - Dr. Ron Hanson
12:00pm - 12:45pm  Lunch
12:45pm - 1:30pm  "Maximizing After Tax Wealth in Transition for Farm Families" - Local KFMA Economist
1:30pm - 1:45pm  Break
1:45pm - 2:30pm  "Protecting Assets in Transition for Farm Families" - Local Attorney
2:30pm - 3:00pm  "Moving Forward: Your Kansas Resources for Transition Planning" - Ashlee Westerhold
3:00pm - 3:30pm  Panel Q & A

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.
Understanding Hospice and Advanced Directives

Do you have questions about advance directives or what hospice care provides?

Discover answers to your questions at this presentation about hospice care ranging from how it works, how it's paid for, and how you get started. It will provide an understanding of how hospice can ease the burden when a patient is faced with the decision of how to spend their last moments.

The presentation will also discuss advanced directives and the importance of having this critical conversation with your loved ones. Tools will be provided to help navigate those conversations. Advanced directives can help ease the burden your loved ones face when they must make decisions for you. They will be confident they are following your wishes and not left trying to determine what your wishes are.

When: Monday, August 28, 2023
Time: 6:00 p.m.
Where: Good Shepherd Lutheran Church
401 D Street
Washington, KS 66968

Presented by Meadowlark Hospice Director, Amy Burr. Sponsored by K-State Research and Extension-River Valley District and Meadowlark Hospice. There is no cost to attend, and the event will be held in-person. Please RSVP to the River Valley Extension District Washington Office by calling 785-325-2121.