

### **Fashion an Easier Lifestyle with Assistive Technology**

Nancy Nelson, District Agent  
Family & Life  
Holton Office

Are you concerned with making everyday tasks easier for yourself or for someone in your care? Sometimes everyday tasks can become difficult or impossible due to injury, illness, disability or the aging process. See and tryout some devices from the demonstration toolkit for personal care, meal preparation, housecleaning and recreation. Discover how assistive technology can help fashion an easier lifestyle.

### **Who Gets Grandma's Yellow Plate?** **(A Guide to passing on personal possessions)**

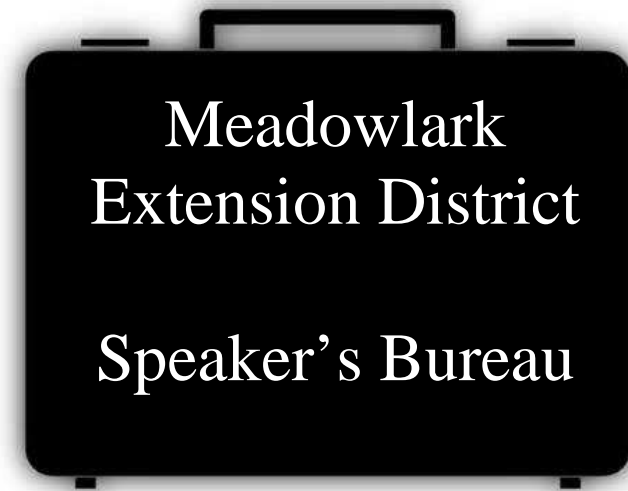
Cindy Williams, District Agent  
Food & Nutrition, FNP  
Oskaloosa Office

What special personal belongings or non-titled property are in your family? Do you know which of your belongings might be special to others and why? This program will help you to make some important decisions concerning non-titled personal property. Whether planning ahead or making decisions when someone dies, this program will focus on one or more of the following topics: recognizing sensitivity of the issue, determine what you want to accomplish, decide what's "fair" for your family, understanding belongings have different meanings to different individuals, consider distribution options and consequences and how to manage conflicts if they arise. (This program will be available after May, 2015).

### **Masters of Beef Advocacy**

Jody Holthaus, District Agent  
Livestock & Natural Resources  
Holton Office

Farmers and ranchers are the original stewards of the land, animal rights activist are distorting the facts about the effects of livestock production. This presentation is the factual information about the effects of livestock production on our planet.



**To schedule a program, call one of the  
Meadowlark Extension District Offices:**

<b>Holton</b>	<b>785-364-4125</b>
<b>Oskaloosa</b>	<b>785-863-2212</b>
<b>Seneca</b>	<b>785-336-2184</b>

**We can adapt to meet your needs, from a short 20  
minute presentation to a longer length.**



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### **Discovering the Entrepreneur In You**

David Key, District Director & Agent  
Community Economic Development  
Seneca Office

Have you ever dreamed of owning your own business? It doesn't matter what age you are: research by the Kauffman Foundation shows that more and more over 50s are setting up their own businesses. This presentation will explore entrepreneurship and let you explore the pros and cons of owning your own business and the local resources to help you get started.

### **Dead, Dying, or Just Really Sick Looking?**

#### **Common Tree Problems**

David Hallauer, District Agent  
Crops & Soils, Horticulture  
Oskaloosa Office

What is going on with my tree? Is it a disease, insect, or just the stresses of Mother Nature? "Common Tree Problems" will address identification, control, and future maintenance needed for a number of the most common tree diseases found in Northeast Kansas.

### **Get Off The SoFAS!**

Cindy Williams, District Agent  
Food & Nutrition, FNP  
Oskaloosa Office

Did you know that according to the 2010 Dietary Guidelines for Americans: Solid fats and added sugars or (SoFAS) contribute 35% of the average Americans daily calories which is about 800 calories per day. This program will focus on how you can learn more about the food sources of fats and sugars are, along with learning how to read a label to help make more informed, healthy food choices.

### **The Caregiving Journey**

Nancy Nelson, District Agent  
Family & Life  
Holton Office

It's been said that there are only four kinds of people in the world – those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers. Caregivers can receive a variety of benefits from taking on the caregiving role, but the experience can also bring challenges and strain. This program will help caregivers manage stress and find local resources for assistance.

### **Where Does Your Food Come From?**

Jody Holthaus, District Agent  
Livestock & Natural Resources  
Holton Office

This presentation is an explanation of food production globally, how farmers and ranchers are feeding the world and the role of biotechnology while preserving our natural resources.

### **Fall Plant Care**

David Hallauer, District Ext Agent  
Crops & Soils, Horticulture  
Oskaloosa Office

Not sure what you have to do in your landscape/garden this fall? Fall plant care is a general overview of fall 'chores' to consider.

### **Positive Youth Development – 4-Hers Do Excel**

Ross Mosteller, District Extension Agent  
4-H Youth Development  
Seneca Office

Compared to their peers, a study from Tufts University has demonstrated that youth involved in 4-H programs excel in several areas compared to peer. This program discusses these areas and why this is true