



Looking Forward to A GREAT FALL!!!



Programs Coming this Fall

Matter of Balance Program

This program will be offered in Sharon Springs, at the Senior Center on Main Street. It will start on November 29 at 9:00 a.m. The program will be given by the County Health Nurse, Jean Sharp and Melinda Daily from the Sunflower Extension District. The program will be held on Tuesdays and Thursdays for 4 weeks.

The first step toward a healthier attitude toward falls and fear of falling is to understand one's own beliefs or biases.

During this class, participants learn to recognize their positive and negative beliefs about falls and how to shift from self-defeating and limiting thinking pattern to positive thinking patterns. This can lead to success in efforts to prevent falls & fear of falling.

This program is to help older adults to learn more about fall prevention strategies. Follow personal plan to carry out fall prevention strategies and make or maintain changes in their daily lives which help reduce fear of falling.

Food Safety Education

It is time to encourage and remind all consumers about safe food handling steps to prevent foodborne illness.

Although most healthy people will recover from a foodborne illness within a short period of time, some can develop chronic, severe, or even life-threatening health problems. In addition, some people are at a higher risk for developing foodborne illness, including pregnant women, young children, older adults, and people with weakened immune systems (such as transplant patients and individuals with HIV/AIDS, cancer, or diabetes). To keep your family safe from food poisoning, **follow these four simple steps: clean, separate, cook, and chill.**



This program will be held in Goodland at the First Baptist Church. Starting on Monday, November 18, from 5:30-7:30 P.M. (M.T.) There will be 4 sessions and the last session will be on December 9th. All classes will be held on Monday evenings.

Nutrition and physical activity are keys to managing your type 2 diabetes, but where do you start? The Dining with Diabetes program can help!

Designed especially for people with type 2 diabetes this program will help you learn the skills needed to promote good health.

Dining with Diabetes is taught by a trained caring educator. Program includes: ▪ Planning meals and snacks ▪ Cooking demonstrations ▪ Motivation and support ▪ Ideas for being more active. **RECIPE DEMO & TASTING AT EACH CLASS.**

Call Melinda Daily at 785-852-4285 or email her at mdaily@ksu.edu. Program fee is \$30.00.



Celebrating 22 years of Harvest of Holidays Programs

Every year I try to come up with a topic that will interest you to join us, have some fun, and learn something as well.

This year I would like to give you a taste of Alaska. I am still working on the program but I want you to get it on your calendar. I am planning to bring back some of my gadgets that I used a few years ago to get you acquainted with how they work. I have had request from my district to do this program again, but it will be a little different.

November 19 in St. Francis at the School at 6:00 p.m.

November 26 in Goodland at the First Baptist Church at 6:00 p.m.

December 3 in Sharon Springs at the CAB at 6:00 p.m.

Come Join US!!!