

Weekly Column - Donna Krug, District Director and Family & Consumer Science Agent – K-State Research and Extension – Cottonwood District

Make “Life Is Good” Your Motto

Each year at this time I like to reflect on the positive things that are happening in the Cottonwood Extension District. Everywhere we turn the media bombards us with negative news about the economic downturn, an increase in chronic health issues, or threats of terrorism. What can be done to change the negative news into positive thoughts? Take on a “Life is Good” attitude. To “do what you like” and “like what you do” really is the best way to have an attitude adjustment.

As educational programming winds down for another year, be assured I will hit the ground running when 2020 arrives. **January 14th marks the start of the “Stay Strong, Stay Healthy”** workshops that I will be leading in Great Bend. This is a research based program that emphasizes strength, flexibility and balance for our aging population. We target those who are over 60 but can definitely include younger folks who may be dealing with a chronic condition. The class meets two times per week (Tuesdays and Thursdays) for 8 weeks at the Great Bend Activity Center on 18th Street. There are just a few spots remaining in both the 10 a.m. and 11 a.m. classes. A \$20 registration fee may be paid at the Barton County Extension Office to hold your spot. Later this month and the first week in January I will conduct pre-assessments for everyone who is enrolled. At the end of the 8-week class, we conduct post-assessments and see how much improvement is made.

Mark your calendar for my next program at the Great Bend Senior Center. The 4th Friday in January, the 24th, I will be sharing the Fact Sheet, “Action Plan for Healthy Living” at 1 p.m. at the Great Bend Senior Center. It’s the perfect time of year to review 15 healthy lifestyle

choices. If you want to begin working on your Action Plan as 2019 comes to a close, give me a call or send me an e-mail and I will be happy to share the fact sheet with you before the January 24th program.

As another year winds down I find the variety of questions I receive at the office are interesting and sometimes challenging. I do enjoy finding answers that may help improve a person's quality of life. I appreciate having this column space as well as radio time to bring up to date research based information to our Cottonwood District families. It has been a great year and I am looking forward to visiting with you in 2020!

On a personal note I would say that "Life is Good" too. Our family has enjoyed good health and safe travels during 2019. The tree is decorated and family celebrations are planned for the weeks ahead. My wish for your family is for a blessed Christmas and a happy year ahead!

Donna Krug is the District Director and Family & Consumer Science Agent with K-State Research & Extension – Cottonwood District. You may reach her at: (620)793-1910 or dkrug@ksu.edu