

# 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!



**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](mailto: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.

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Stay Strong, Stay Healthy



## 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](mailto:kaitlinmoore@ksu.edu)**

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact John Forshee, Director, River Valley Extension District #4, 322 Grant Avenue, Clay Center, KS 67432. Phone 785-632-5335.  
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Scan the QR to register!



## 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\\_9EvySzYsYFM4B3U](http://kstate.qualtrics.com/jfe/form/SV_9EvySzYsYFM4B3U)

LOCATIONS

### Clyde: Tuesday, August 22nd

Clyde Apartments Auditorium - 620 Broadway  
 contact: Luke Byers  
 lbyers@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

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

AGENDA

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# 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.



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