

**Family and Consumer Sciences
Home and Community Education (HCE)
Lessons for Living
January – December 2017**

The following HCE Lessons offered by the Family and Consumer Sciences Team are available January – December 2017.

Please use the below dates and topics for planning purposes.

Skype and Recorded Lessons Available (Program Area)

<i>Nutrition and Wellness</i>	Date 1	Date 2
Eggs - NEW	Tues, Jul 18 – 10-11am	Thurs, Oct 5 – 2-3pm
Modern Food Trends - NEW	Thurs, Apr 6 – 6-7pm	Wed, Sept 6 – 2-3pm
Superfoods to the Rescue	Mon, Feb 27 – 2-3pm	Fri, Nov 10 – 10-11am

<i>Family Life</i>	Date 1	Date 2
I'm Positive, I'm Aging! - NEW	Fri, Feb 10 – 10-11am	Tues, Apr 11 – 2-3pm
Hold That Thought: Brain Health	Mon, Jul 24 – 2-3pm	Fri, Sept 15 – 10-11am
Simplify Your Life by Clearing the Clutter	Wed, Mar 22 – 10-11am	Tues, Oct 16 – 2-3pm

<i>Consumer Economics</i>	Date 1	Date 2
Financial Elder Exploitation - NEW	Thurs, May 18 – 2-3pm	Thurs, Nov 2 – 10-11am
New Ways to Cut Your Electricity Bill	Wed, Jun 14 – 10-11am	Available by recording

Package Lessons Available (Program Area)

- *Nutrition & Wellness Lesson*
 - Five Ingredient Fix
- *Family Life Lesson*
 - Someday is Today: Live Your Bucket List
- *Consumer and Family Economics Lesson*
 - Staycation and Vacation Planning

Nutrition & Wellness

Eggs – (Educator-taught Lesson) - NEW

Once upon a time shelves in the grocery store were filled with different size eggs, but not a lot of variety otherwise. Shopping for eggs is not that simple anymore! Today eggs can also be purchased at farmers markets or straight from the farm and are available in many varieties. This lesson will review organic, free range, lower cholesterol, and other varieties of eggs to provide consumers with the knowledge to make well informed decisions when purchasing eggs and keeping eggs safe from farm to fork.

Modern Food Trends – (Educator-taught Lesson) - NEW

What is America eating? Why have we moved in new directions in our eating patterns? Food trends reflect the times that we live in. They are purchasing habits that impact the food on our plates, the food service industry, and every aspect of food from growing, harvesting, and food production. Some popular food trends include; local influence and the resurgence of food preservation. Yes, our food habits are constantly changing. In this lesson, we will explore modern food trends.

Superfoods to the Rescue – (Educator-taught lesson)

You've probably heard of "superfoods" but what does that actually mean? Nutrition professionals describe the healthiest foods as ones which provide the best benefits and may reduce the risk of disease. Nutrient-dense foods, fiber, probiotics and functional foods will be explored and health benefits revealed. Join us to learn more about putting meals together that are both delicious and wholesome to build healthy bodies and sharp minds. Taste-tests included!

Five Ingredient Fix – (Packaged lesson)

Even with just a few ingredients, you can create tasty, nutritious meals. Learn what ingredients lend themselves to simple preparation, sample some 5-ingredient (or less) recipes, and practice writing a menu with a short grocery list.

Family Life

I'm Positive, I'm Aging! (Educator-taught lesson) - NEW

What is the secret to successful aging? Believe it or not it has nothing to do with your income, being free from illnesses or a life free from disappointments. Studies have shown that successful aging has more to do with "being optimistic" (instead of "having a positive attitude"), maintaining friendships and choosing to live a healthy lifestyle. These are just a few of many considerations for aging well and making the most of our later years. This lesson will include research related to positive aging as well as a discussion on ageism and how negative stereotypes of aging can contribute to prejudices and even discrimination.

Family Life (cont')

Hold That Thought: Brain Health – (Educator-taught lesson)

Have you ever gone into a room and forgotten why you went in there? Have you ever misplaced your keys, glasses, or cell phone? Have you ever forgotten what you were just about to say? If your answer is “yes” to any of these questions, you are not alone! It is important to note that everyone forgets things now and again, as episodes of absentmindedness happen throughout life. Yes, memory does change as we age, but forgetfulness is common for people at all stages of life. This workshop will cover how researchers are examining the memory process and what they find contributes to brain health, as well as strategies for helping with everyday forgetfulness.

Simplify Your Life by Clearing the Clutter – (Educator-taught lesson)

Does the clutter in your house cause you stress? Do you have at least one room that is off limits to company? Is the clutter a cause for conflict with other family members? Do you want less clutter but you are too overwhelmed to begin? Many of us struggle to keep up with the clutter in our lives. If this sounds like you or someone you know, come and learn ways to organize your life in order to de-clutter and reduce stress.

Someday is Today: Live Your Bucket List - (Packaged lesson)

Are there things in your life that you’ve wanted to accomplish but haven’t? Are there personal goals that would bring you joy and fulfillment, but are always put on the back burner because “life happens?” Do you say things like, “I’ll get to that someday,” or “When things slow down I’d like to try that?” If you’ve answered “yes” to these questions then you need to work on your bucket list! A bucket list is simply a list of things you’d like to do in your lifetime. The point of a bucket list is to help you live your life to the fullest. So come and learn how to create your own bucket list and set exciting goals to pursue your interests and fulfill your dreams.

Consumer and Family Economics

Financial Elder Exploitation (Educator-taught lesson) - NEW

Older adults are at risk for financial exploitation. Abusers can be friends, caregivers, financial advisors, and even family members. In this program we’ll focus on recognizing and reducing the risk of financial exploitation for yourself, your friends and older relatives. Resources and strategies for best practices will be shared.

New Ways to Cut Your Electricity Bill (Educator-taught lesson & Recorded lesson)

The average household spends more than \$2,200 on energy bills each year. With a few no-cost or low-cost changes and the help of new technology, you can lower your electricity bill. This lesson highlights new energy saving tips that can help your budget.

Consumer and Family Economics (cont')

Staycation and Vacation Planning (Packaged lesson)

This lesson will explore what a staycation is, as well as many different types of vacation planning. We will also discuss whether to go on a guided tour of a city, versus exploring it yourself. Resources will be featured to help protect yourself, whether you're abroad or here in the U.S. city, versus exploring it yourself. Resources will be featured to help protect yourself, whether you're abroad or here in the U.S.