

DONIPHAN COUNTY FAMILY CONSUMER SCIENCE NEWS

**105 S. Liberty, Troy, KS
or call Kathy Tharman at 785-985-3623**

“The mission of K-State Research and Extension Family and Consumer

Sciences is to link education with life experiences to help people improve their lives, their families, and their communities”

Are you over the age of 60 and want to improve your strength, balance and flexibility? Consider signing up for our next Stay Strong, Stay Healthy course! Here you will learn safe, effective exercises designed to keep your body and mind functioning at their best.

Our 2018 Spring course is 17 classes and begins Monday, March 5th with orientation. Classes will be Tuesday and Thursday mornings from 9:00-10:00 a.m.

Location - Wathena Keen Age Center.

Cost is \$20. I will provide all materials and weights.

For more information and to pick up a Registration packet, stop by the Doniphan County Extension office at

2018 Walk Kansas is an 8-week walking program that starts on March 18th and goes till May12th. Here is the gist of it:

▲Make a team of 4-6 walkers, name a captain and pick a team name.

*Choose a Walking Challenge

▲Stop by the Extension office and pick up a Walk Kansas packet with registration forms.

The last day to Register is March 18th

You can also register on-line at:

www.walkkansasonline.org

Cost is \$8 per team member. T-shirts are available through the on-line store.

Each team member needs to keep track of how many minutes they walk each week. (Other forms of exercise count as well, 15 minutes of most any form of exercise counts as

1mile).

You will also keep track of how many cups of fruits and vegetables you eat each week.

Turn in your weekly total to your team captain, the team captain will call the office each Monday with the team total of minutes walked.

*Weekly prize incentives are drawn for

team captains who turn in their team totals in a timely fashion.

It's Fun! It's Healthy! It's Time to get Moving!

March 11, 2018

The History of the Humble

Pot Pie

There are many kinds of comfort food. But, the pot pie is one that has quite a history.

A basic pot pie consists of a pie crust, poultry or meat, vegetables and gravy. It is a good way to use up leftovers for an easy meal.

Prior to becoming popular in American cuisine in the late 1700s, the pot pie was a very "lively" dish. According to Smithsonian magazine, cooks from the Roman Empire era would sometimes make pot pies with a living bird that would burst through the pie shell when cut and fly out. Surprise! While this would scare any unsuspecting diner, this active meal was still prepared in 16th century England.

Pot pies were also described as "Sea Pie." This version typically included pigeons, turkey, veal and mutton. The name came from the pie being made aboard ships.

In 1951, the first frozen pot pie was created by the C.A. Swanson company and was made with chicken.

Coping With the Death of a Loved One

For many caregivers, one of the hardest tasks is to say goodbye to a partner or parent who dies. However we experience it, grief is the most normal, most appropriate response to loss. In an odd way, grief is actually helpful to the human spirit; it makes us notice that something that was important to us is now gone.

The Grieving Process

There are four stages of grief that occur during the grieving process. They will vary in intensity.

Shock and numbness: Distress and anger, impaired judgment and concentration and feelings of panic are typical of this stage.

Yearning and searching: Feelings of restlessness, impatience and uncertainty occur at this stage.

Disorientation and disorganization: Feelings of depression and guilt surface. The person may lose their appetite, sleep poorly and have a lack of interest in doing anything.

Resolution and reorganization: This stage is marked by feelings of being more in control, with more energy to cope and make effective decisions.

As a caregiver, there are small ways you can nurture yourself during low spots. You can ask for help from a trusted friend or relative. You can acknowledge that what you're doing would be a hard thing for most people. Remember it's normal to feel overwhelmed at times.

You can also find ways to express your feelings. Ignoring feelings just increases their power to come out at times when you may be less able to deal with them. Try to set time aside to focus on your feelings by writing, talking to yourself or just thinking.

Each person has a unique way of coping with loss. The important thing to remember is to grieve in the way that honors who you are.

<p>Daylight Savings begins March 11, 2018 - Spring Forward!</p>
