

2017 ROSTER **BOARD OF DIRECTORS**

Executive Committee

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3 MEMBER KAFCE CONFERENCE COMMITTEE

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***NW Area** Extension Specialist Family & Consumer Sciences,

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***SE Area** Extension Specialist Family & Consumer Sciences,

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2017 KAFCE Dates to Remember

March 9	Board of Director's meeting
June 9	Board of Director's meeting
July 13-16	National Conference Omaha, Nebraska
August 21-22	State EPC Leadership Training, Salina
October 2-3	KAFCE Board of Director's meeting
October 2-4	KAFCE State Conference
October 8-14	National FCE Week
November 12-18	National Family Week

The 2018 KAFCE Educational Program Guide is included in this mailing to facilitate those Units that begin their 2018 programming plans at this time of year. Every FCE Unit's Educational Program Committee Chairman or President should receive a copy.

2018 Educational Program Guide
"Ask Me About FCE"

KAFCE State Educational Program Committee

***Human trafficking...Slavery Still Exists** by Judy Fullmer, State EPC

Human trafficking occurs when any person is taken against his/her will and exploited in any way. Human Trafficking generates many billions of dollars profit per year, second only to drug trafficking as the most profitable form of crime. By working together, we can make a difference.

***Make Your Day A Little Smoother!** by Edith McClain, KAFCE Vice President

Tired of skipping meals or eating on the run? There is a better solution. Make healthy smoothies, and you have it all covered. Only three steps: Ingredients, Blend, and Drink. Real food is always best, but when there isn't enough time, smoothies have it all.

***Kids In The Kitchen** by Susan Gartrell, State EPC

What kid doesn't like to eat? What kid doesn't need to eat!! Making food choices and helping prepare their own meals gets kids into the kitchen and helps them develop healthy eating habits.

***GROUP PROCESS...Putting the Pieces Together** by Edith McClain, KAFCE VP

Working together for the betterment of our FCE and Community, we CAN make a HUGE difference. Get together with members, youth, & others in the community. Find a common passion & work together. Everyone benefits when the pieces are all put together.

***CHARACTER COUNTS!—Citizenship**—as an FCE lesson.

Leader's guide written by Edith McClain, KAFCE Vice President

- *Learn what true citizenship means
- *Learn words & actions that show citizenship
- *Learn to recognize opportunities to show good citizenship

***CHARACTER COUNTS!—Citizenship**—Essay & Artwork Contest—complete details and packet can be downloaded on www.nafce.org.

2017 K-State Family Consumer Science Lessons

***Alzheimer's 101** by Erin Yelland, Extension Specialist, Adult Development and Aging

Kansas's aging population is rapidly increasing, and with that will come unique opportunities as well as challenges, one of which is Alzheimer's disease. Everyone with a brain is at risk for Alzheimer's disease or another form of dementia, which is the sixth leading cause of death in the United States. This lesson will provide information on the differences between dementia and Alzheimer's, how Alzheimer's impacts the brain, risk factors for Alzheimer's, symptoms of the disease, action steps, & benefits of early diagnosis.