



University of Missouri Extension Human Development and Family Classes

Alzheimer's 101

Description: This is a 1 hour program that talks about the difference in dementia and Alzheimer's. It will give insight into the 10 signs and symptoms associated with dementia. What you can do if you experience any of the symptoms. What are the benefits from early detection? The program will give a general overview of lifestyle changes in helping with brain health. This class meets the fourth Thursday every month from noon to one. This course was developed by the Kansas State University and the Alzheimer's Association

Cost: **No charge**

Boost Your Brain and Memory

Description: The class uses a whole-person approach that helps you form new habits to live a healthier lifestyle, remember things better, be more organized, pay closer attention and regulate your emotions. Each participant will receive a workbook including memory exercises, tips on nutrition and exercise, and summaries of evidence-based research on brain health. Developed by Mather's Life Institute. This program can be scheduled either in 8 – 1 one-hour sessions or 4 - two-hour sessions.

Cost: **\$40**

Focus On Kids

Helps divorced and separated parents learn how to support their children through the divorce process and how to work together in co-parenting their children. Focus on Kids satisfies the Missouri law that requires parents who are divorcing or filing a motion to modify the original divorce decree to attend an educational parenting program.

More than half of all marriages end in divorce, and the majority of these involve children. Conflict between parents, both before and after a divorce, is associated with many negative outcomes in children. The purpose of this workshop is to help parents learn how to nurture and support their children during and after their divorce. It is conducted in cooperation with Missouri's circuit courts. This is a 2 1/2 - hour session.

<https://extension2.missouri.edu/programs/focus-on-kids/about-focus-on-kids>

Cost: **\$35**

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Grand Families

Description: The program will provide families and professionals with information and skills to strengthen families' relationships, interactions and communications. Topics included may range from parenting and relationship building to financial and legal issues. The goals of this program include: increased awareness of where to find specialized resources for relative caregivers, increased understanding of the legal aspects regarding caregiving for relatives, and improved caregiver-child relationships. In addition to direct education for relative caregivers and professionals, MU Extension continues its efforts through a local support group.

Cost: **No Charge**

Green Dot Training

If we are going to talk about really reducing the number of those being hurt by stalking, domestic violence and sexual assault, there has to be a culture change. Culture change can seem like too much. It can be easy to give up before we even start because we feel like it's too big for us to take on, or we think, "I'm just one person and I can't make a difference." This training addresses these concerns. This is a 6-hour training.

Matter of Balance

Description: Matter of Balance is a program to help older adults to learn more about fall prevention strategies, create a personal plans to carry out fall prevention strategies, and make/maintain changes in their daily lives which help reduce the fear of falling. This program consist of 8 - 2 hour sessions.

Cost: **No Charge**

Mental Health First Aid (Youth)

YMHFA is perfect because it gives community members, friends, and coaches an opportunity to better understand what mental health is, what some of the common diagnosis are, and how to respond to youth who might be experiencing a crisis. It reduces the misconception many people may have about mental health. What is meaningful is that it gives individuals in our communities the skills to handle a crisis in a way that feels nonjudgmental, safe, and inspires hope for the youth. YMHFA is a great framework for providing immediate support to the youth and also getting them connected to other professionals and caring adults that can further help in a time of crisis. This is an 8 hour course. Must be present all 8 hours to receive your Mental Health First Aid (Youth) certification.

Cost: **\$35**

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Mental Health First Aid (Adults)

When offering Mental Health First Aid, you are the first line of support. You are there to help the person to feel less distressed, and you can be a vital source in helping the person to seek further assistance. Your body language, what you say, and how well you offer a listening ear can have a powerful impact. The quality and type of support you offer through listening can enhance coping and self-esteem. Approaching the person with accurate view of mental health issues and from a strength-based holistic perspective, you can enhance self-esteem and help him/her to help himself or herself, including cultivating wellness, self-care, and coping skills. This is an 8 hour course. Must be present all 8 hours to receive your Mental Health First Aid (Adult) certification.

Cost: \$35

My Health, My Choices

My Health, My Choices Program (MHMCP) is a community-based program which assists participants in maintaining quality of life when faced with chronic medical conditions. The MHMCP is provided in two and a half hour sessions, once a week for six weeks, in community settings (e.g., senior centers, churches, libraries). People with different chronic health problems attend together. Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, and, 6) how to evaluate new treatments.

Cost: No Charge

Who Gets Grandma's Yellow Pie Plate?

Description: This is a 1 hour to 1 ½ hour class that discusses the six key factors critical for successful property decisions. It will discuss the non-titled items a person accumulates during a lifetime.

Cost: \$15

Taking Care of You

Description: Taking Care of You is a multi-session researched based program offering practical strategies and experiences to help you deal with the stress in your life. Managing life's challenges in a healthy way allows you to take better care of yourself and your overall health.

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Each week you will explore topics through small group discussion, self-reflection and activities. You will consider ways to:

Take better care of all aspects of your health — body, mind and spirit

Become more aware of the mind-body connection and how to use this awareness for better health

1. Respond versus react to the stress in your life
2. **Discover opportunities in life's challenges**
3. Develop habits that can lead to a healthier you
4. Find ways to bring more joy into your life
5. Simplify your life
6. Live more in the moment

This can be done in either 8 – 1-hour sessions or 4 – 2-hour sessions

Cost: \$40

Alzheimer's Association

No Charge

Understanding Alzheimer's and Dementia

Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources.

10 Warning Signs of Alzheimer's

Learn about typical age-related changes, common warning signs of Alzheimer's and dementia, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and diagnostic process, and Alzheimer's Association resources.

Healthy Living for Your Brain and Body

Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these tips into a plan for healthy aging.

Effective Communication Strategies

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Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages, and identify strategies to connect and communicate.

Understanding and Responding to Dementia Related Behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

*Designed just for caregivers, family members, and friends. These programs are not appropriate for people who are living with dementia or Alzheimer's disease.

Parenting

Building Strong Families

Tier 1

Family Strengths: This module presents information on the definition of the family, the function and roles of families, types of families, and nine characteristics of strong families identified by researchers. The information and activities in this module celebrate existing family strengths and encourage skill development to create stronger families. This module provides a foundation for upcoming sessions on other skill-building topics.

The nine traits are

- Caring and appreciation
- Time together
- Encouragement
- Commitment
- Communication
- Coping with change
- Spirituality
- Community and family ties

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- Clear roles

Communication: This module focuses on understanding the importance of communication in strengthening families; communication is a two-way process involving verbal and nonverbal messages; positive communication is effective and supportive of family members; negative and critical messages convey feelings of unworthiness and build anger and resentment in children; reflective listening is an important facet of communication.

Positive Discipline: This program presents a perspective toward child discipline and guidance that considers the unique needs of different situations and different ages of children. Four broad concepts will be presented and reviewed:

1. The difference between discipline and punishment
2. Stages of child development and corresponding methods of discipline and guidance
3. The relationship between parenting behaviors and child outcomes
4. Positive methods of child discipline and guidance

Tier 2

Managing Stress: This module provides family members the opportunity to recognize some indicators of stress and stressors in their lives, information to identify the signs and symptoms of stress within the family unit, and ideas for positive ways to eliminate or reduce stress. Participants will spend time during the session practicing stress reduction techniques. They will write a goal to address how to reduce stress in the family.

Working: This session places more focus on the demands of the workplace itself and offers strategies for meeting them. It offers information and ideas for participants to better deal with paid employment, regardless of the particular job they hold. This program includes exercises for participant to explore their own strengths and skills and identify how they transfer to a work situation.

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Participants explore beliefs about working and receive researched-based information participants to practice or discuss workplace skills.

Balancing Responsibilities: This module examines the causes and consequences of imbalance. Solutions are presented that can help family members achieve a greater sense of balance. Through various activities, individuals will better understand the importance of setting priorities, clear communications, delegation, negotiation and advocacy. Participants will set personal goals for themselves at the conclusion of the session.

Healthy Homes: This program helps participants ask important questions to learn if their home has hidden health dangers from indoor pollutants. The information and activities help people find common sources of pollution, learn how the pollutants get into the home, and learn about the related health effects. The program offers a wide range of easy and inexpensive action steps families can take to reduce their risk of exposure to pollutants and help make their home a Healthy Home.

Tier 3

Money Matter: Activities are provided to help participants identify their own money styles and how they developed them, practice allocating resources within a simulated family unit, learn to negotiate with others about spending decisions, and get simple tools to help their families plan to have what they want and need.

Consumer Beware: This program is designed to help participants recognize the warning signs of fraud and gain the assertiveness skills needed to avoid it. The program also uses small and large group discussions for sharing real life examples of fraud. A consumer handout will reinforce the learning.

Tier 4

Child Self-Care: Participants will learn the developmental signs of readiness and maturity in children that will suggest an ability to stay at home alone and meet the challenge of self-care. Through various activities families will learn to help children understand and practice safety procedures for "at-home-alone" times.

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Food and Fitness: This module will help participants learn to use MyPyramid to make healthier food choices, about balance eating, the importance of family meals, and increase meal planning skills with kids. Participants will learn about physical exercise by defining basic fitness concepts, how to incorporate physical activity into your life, and establish small steps for a healthier life style.

Kids and Self-Esteem: This module examines factors that encourage development of resilience in children and strategies for enhancing their self-esteem and self-awareness. Hands-on, interactive activities help parents develop an awareness of their child's need for a positive self-concept and allow exploration of methods for improving their child's self-esteem and self-awareness. Participants will set personal goals for themselves at the conclusion of the session.

Each session is 2 hour sessions.

If you are interested call your local University of Missouri Extension office or email me at fulleric@missouri.edu