

Family and Consumer Sciences

Lucas County Programming

Family and Consumer Sciences (FCS) is the science and art of living and working well in a complex world. OSU Extension, FCS offers classes across the lifespan to help people develop essential knowledge and skills to:

- Lead better lives
- Be work and career ready
- Build strong families
- Make meaning contributions to our communities (www.aafcs.org)



Family and Consumer Sciences is for everyone. We teach early childhood through adulthood and stages and transitions in between.

The community is our classroom. Often, classes are coordinated in partnership with community organizations and any in-person classes are located in Lucas County. OSU Extension offers some online learning opportunities.

Contact

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FCS Educational Topics in Lucas County:

- **Compassion Satisfaction for Caregivers.** Designed for the health of caregivers and volunteers.
- **Dimensions of Wellness.** Using a wellness wheel to explore health and wellbeing.
- **Family Garden topics:** Planning the Family Garden (intergenerational lesson), Garden with Young Children, and Plan a Menu Garden for Health and Wellness.
- **Home Food Preservation** including water bath and pressure canning.
- **Outdoor Wellbeing** including Sun Safety for skin health and Nature for Health and Wellbeing.
- **The Paradox of Living in the Moment and Planning for the Future.** Making choices for successful plans and life transitions.
- **Universal Design.** Making living spaces safe and accessible for all ages.
- **Whatever Happened to Home Economics?** A brief history for contemporary times that also highlights current FCS programs.

The following topics are often taught as a series of classes:

- **Mindful Wellness.** Can offer as a one-time Introduction to Mindfulness class or a series of classes on a variety of mindfulness concepts.
- **Simplify Your Space.** Can offer as a one-time Clutter Free Living class or a series of classes including paper clutter, rightsizing, and sharing your treasures.
- **Wits Workout** for brain health. A series of classes, specifically designed for older adults.
- **PAX Tools** Community Workshop (for parents and adults who care for children in a variety of settings). Strategies for creating a positive environment for learning and building positive relationships to influence positive behavior.
- **Strong Couples Project.** For couples together at least six months or longer in all life stages. Six self-paced online educational modules and five brief video calls with a trained coach.
go.osu.edu/StrongCouples

Additional Programs and Partners:

- **Homebuyer Education** with the Ohio Housing Finance Agency (OHFA), remote learning and scheduled phone call.
- **Real Money Real World**, teen money lessons and community simulation with 4H Youth Development
- **Food and Nutrition Education** with SNAP-Ed and EFNEP (Expanded Food and Nutrition Education Program)
- **Ohio Local Foods** with Agriculture and Natural Resources (ANR)
- **Extension Public Health AmeriCorps** (EPHAC)

Service: Pressure canner gauge testing (by appointment)

For Loan from office: Mindful Wander signs for community events