



# Learning Across the Lifespan

## Family and Consumer Sciences (FCS), Lucas County

Every May, the Administration for Community Living leads the nation's observance of Older American's Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities

While there is no age limit or requirement for the following topics, older adults might have the time to learn about a new topic like mindfulness or brush up on new information on a classic topic like home food preservation. If you are in Lucas County, these educational programs may be of interest for you to host at your site. Most of these lessons are approximately an hour long.

### **WHATEVER HAPPENED TO HOME ECONOMICS?**

A brief history for contemporary times and also highlights current Family and Consumer Sciences programs.

### **UNIVERSAL DESIGN**

Making living space safe and accessible for all ages

### **COMPASSION SATISFACTION FOR CAREGIVERS**

designed for the health of caregivers and volunteers.

### **SIMPLIFY YOUR SPACE**

can be a *one-time* Clutter Free Living class or a *series* of classes including paper clutter, rightsizing, and sharing your treasures.

### **MINDFULNESS**

can offer a *one-time* introduction lesson or a *series* of Mindful Wellness classes.

### **WITS WORKOUT**

for brain health. A *series* of classes, specifically designed for older adults. This is **not** physical exercise.

**For more information**, please contact: Patrice Powers-Barker, Extension Educator, Family and Consumer Sciences [powers-barker.1@osu.edu](mailto:powers-barker.1@osu.edu) (email best way to contact) or call 419-574-0983 and leave detailed message.

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