

# Living Well

FAMILY AND CONSUMER SCIENCES NEWSLETTER FOR NORTHEAST COLORADO



## January-March, 2025

### A Healthier Weigh



**A HEALTHIER WEIGH**  
12 Week Health Challenge

**NUTRITION HEALTH**

- ✓ Educational Lessons
- ✓ Nutrition Challenge
- ✓ Exercise Challenges
- ✓ Lifestyle Challenges
- ✓ Optional In-Person Activities
- ✓ Body Composition Analysis
- ✓ Cash Prizes

**January - April**  
Compete as an individual,  
couple, or team of 4!

**\$40**  
per person

#### Participating Counties

Logan  
Morgan  
Phillips  
Washington  
Yuma

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Please join us for this year's A Healthier Weigh challenge. We are preparing some new lessons to help you learn and stay motivated through the course of this 12 week challenge.

You can register as a team, partnership, or individual. Once you have decided, please email your local FCS agent ASAP! They will give you an entry form, consent forms, and details about the weigh-in process.

We are looking forward to launching another challenge and helping you get through the winter by keeping in shape and focused on maintaining or improving your health in 2026!

#### Extension Online

<https://goldenplains.extension.colostate.edu/>

<https://logan.extension.colostate.edu/>

[https://morgan.extension.colostate.edu](https://morgan.extension.colostate.edu/)

Where trade names are used, no discrimination is intended and no endorsement by Colorado State University Extension is implied.



**GOLDEN PLAINS AREA**  
COLORADO STATE UNIVERSITY  
EXTENSION

Colorado State University, U.S. Department of Agriculture and Kit Carson, Phillips, Sedgwick, Washington, and Yuma Counties cooperating.

Extension programs are available to all without discrimination.

## Benefits of Strength Training for Women over 40



If you are a woman around the age of 40 or over, chances are you are currently experiencing or have experienced a variety of changes due to the natural transition and variations in hormones related to perimenopause and menopause. The set of menopausal symptoms, known as climacteric syndrome, vary greatly but some of the most common include hot flashes (affecting 75% of menopausal women), night sweats, fatigue, urogenital problems, sexual dysfunction, sleep and mood disorders, brain fog, and weight gain.

Regardless of which symptoms are experienced, they are all linked to the reduction of estrogen and progesterone hormones which can increase risk for health issues such as osteoporosis, heart disease and stroke. Wow. Menopause. Not for the faint of heart, the easily overheated, or anyone who loves sleeping through the night! The good news is strength training, among other things, can help make this transition much smoother and lead to positive outcomes on the other side.

Strength training, also referred to as resistance training, is different than exercises such as running, cycling or walking. This type of physical activity requires our muscles to contract to shift/lift/pull/push an object against the pull of gravity with the intent of increasing muscle mass and strength. It may be weightlifting with free weights or machines, using resistance bands, or utilizing our own body weight, such as pushups, squats or yoga.

As mentioned previously, the risk of osteoporosis rises in women experiencing menopause. Estrogen helps slow the natural breakdown of bone, so as those levels diminish, bone loss speeds up significantly. Up to 20% of bone loss can happen during the menopause stages and approximately 1 in 10 women over the age of 60 are affected by osteoporosis worldwide. Strength training can help slow the bone loss process and even build bone. Resistance causes muscles to tug and push against bones which triggers bone-forming cells called osteoblasts into action, resulting in stronger and denser bones. This type of activity also targets bones of the hips, spine, and wrists which tend to be sites most likely to fracture later in life.

Strength training increases muscle mass which helps with weight loss and weight maintenance – something that gets trickier for women over 40. Having more muscle mass increases your resting metabolic rate which is based on the body's fat-free mass. When we have more muscle, this higher metabolic rate means more calories burned even when we aren't exercising.

In general, lower quality and quantity of sleep occur during menopause due to declining progesterone levels. Poor sleep can influence many health aspects including negatively impacting memory and brain health. Consistent resistance exercise, like most any kind of consistent physical activity, improves all facets of sleep, with the greatest benefit for sleep quality.

Forgetfulness, such as struggling to recall names or misplacing items, or “brain fog” and difficulty concentrating tend to be more frequent during this stage of life. This too is hormone related. Estrogen protects the brain by supporting neurons, regulating neurotransmitters, maintaining brain elasticity and providing antioxidant properties. It specifically regulates a neurotransmitter that is essential for focus and learning. When estrogen levels decline, it disrupts the regions of our brain like the hippocampus and prefrontal cortex that are vital for memory formation and recall. Strength training can improve cognitive function during menopause by

promoting neuroplasticity, increasing blood flow to the brain, and positively impacting factors like insulin sensitivity and mood. This leads to helping maintain memory, focus, and executive functions. Even more cognitive benefits can occur when strength training is combined with other types of exercise.

Strength training can improve menopausal symptoms related to general muscle performance, physical activity, bone density and hormonal and metabolic responses including heart rate, blood pressure and hot flashes. It can also combat several effects of aging in general, decrease joint pain, protect against injury and falls, and help control blood sugar.

There's nothing like the new year to help kick off improving your health habits, but if you are new to resistance exercises, start by focusing on full-body movements that include compound exercises - exercises that work multiple muscle groups and joints at the same time like squats, lunges and rows. A good routine includes a warm-up, followed by sets of 8-12 repetitions for 2-3 times and then a cool-down. For example, your sets might include squats, dumbbell rows, dumbbell chest press, lunges, bicep curls and planks. Choose a weight heavy enough to become challenging by the last 2-3 repetitions but still allows you to maintain proper form. Be sure to rest for 30-60 seconds between sets to help with building muscle endurance and prepare the body for the next set. Aim to do strength training exercises at least twice a week for 30 minutes per time.

## Stress Management and Wellness

### Understanding Stress

Stress is the pressure or tension we feel when there is a real or perceived threat to an adverse or demanding circumstance. Stress is a basic part of life everyone experiences. A certain amount of stress helps us perform at our best. However, too much stress or constant stress can seriously affect our health.

Pseudo Survival Stress is stress that is continuous and unresolved, causing you to be in constant survival mode or on edge. This causes chemical reactions repeatedly, which increases your chance of chronic disease (high blood pressure, heart disease, obesity, diabetes, irritability, inflammation, anxiety, depression, headaches, and insomnia). How you react to stress can be categorized into two types. Adaptive Stress Response can help us cope effectively with challenges, helping with personal growth or resilience. Maladaptive Stress Response is where you respond negatively to the stressor, creating harmful behaviors or adverse health outcomes.



### Management of Stress

To manage your stress, first you need to notice how stress affects you. Symptoms can be physical, emotional, and behavioral. Once you recognize stress symptoms, determine what is triggering your stress. After you identify the triggers, you can choose a coping strategy to decrease stress. Also ask yourself if you can change the situation that is causing you stress. If the situation is out of your control, then you can be in control of how you respond to the stress. Choose a strategy that will help reduce stress in a healthy way. For example: You are stressed because of a tight timeline to finish a large project for work. Instead of gaining comfort or

relief by eating any type of candy you can get your hands on (Maladaptive Stress Response), you choose to take a 15-minute walk around your workplace to help reduce stress (Adaptive Stress Response).

### **Healthy Stress Reducing Responses**

When you are feeling stressed or in a stressful situation, try the following to help you reduce stress and find relief.

*Breathing* – Practice belly breathing by placing one hand on your chest and one hand on your belly. Inhale slowly through your nose, allowing your belly to expand and your chest to remain still. Exhale slowly through your mouth, contracting your belly and letting go of tension. Repeat for several minutes, focus on breathing, and let go of tension.



*Practice Gratitude* - Instead of reacting negatively to stress, shift your mindset and practice gratitude. Keep a gratitude journal, express thanks to others, or think of a positive moment.

*Walking* – Get up and be active. This will shift your energy. Being out in nature lowers your blood pressure and heart rate. It also shifts the focus from inward to outward.

*Name It* – Acknowledge the stress and identify it. This will shift the stress from the emotional part of the brain to the reasoning part of your brain. Another strategy is to shift your negative thoughts to positive thoughts. Quote: “Be careful what you say to yourself, you are listening”.

*Artistic Outlet* – Tap into your creative side and calm yourself by journaling, music, knitting, coloring, painting, or any similar activity. If you work with your mind, then your outlet can be physical. If you work with your hands, then your outlet can be with your mind.

Stress is an inevitable part of life, but how we understand and manage it determines its impact on our overall health and well-being. Gaining an understanding, we can learn to use stress as a tool for growth rather than allowing it to become harmful to our well-being. Effective stress management begins with self-awareness: understanding our triggers, symptoms, and responses. Incorporating healthy coping strategies such as breathing exercises, gratitude, movement, and creative outlets helps restore balance and promote emotional resilience. Ultimately, managing stress is not about eliminating it but about developing the skills and mindset to maintain wellness in the face of life’s challenges.

Resource:

<https://health.colostate.edu/stress-management/>

## Save Money Through Organization

Being financially organized doesn't just mean paying your bills on time — it also means keeping your spaces, like your kitchen and pantry, in order. A cluttered pantry or household can lead to unnecessary spending simply because you don't know what you already have.



How many times have you rushed to the store to buy an ingredient, only to discover you already had it at home? Those small, repeated purchases add up over time and can even lead to food waste. When your pantry is organized, you're more aware of what's on hand, allowing you to take advantage of sales on staple items and avoid duplicate purchases.

This principle applies throughout your home. Extra cleaning supplies, school materials, or household goods can pile up simply because they're out of sight or forgotten. For example, during back-to-school shopping, take a moment to check what can be reused — maybe those crayons or folders from last year are still in great shape! Organization doesn't just save money — it also reduces stress. Clutter can weigh your mind and your wallet, sometimes even leading to extra expenses like storage units.

Being organized can also save on travel costs. In rural Colorado, where errands often mean long drives, planning ahead and combining trips can save both time and fuel. Here are 9 steps to declutter your house from First United Bank:

- 1. Focus on one room at a time:** Trying to organize your whole house in one go can feel overwhelming. Instead, break the process into smaller, more manageable steps. Work through one room or area before moving on to the next. Seeing progress in a single space can give you the motivation to keep going until your entire home feels organized and peaceful.
- 2. Group similar items together:** Before you decide what stays and what goes, start by sorting items into categories. For example, in a bedroom you might make piles for clean laundry, dirty clothes, shoes, and reading materials. Grouping things together helps you see how much you have and makes the next steps easier.
- 3. Get rid of true junk:** Every pile will likely contain items that are broken, worn out, or simply no longer useful. These are the things that take up space without adding value. Throw away what's unusable and donate anything that is still in good condition. Decluttering often starts with letting go.
- 4. Keep only your favorites:** Once items are sorted, it's easy to notice duplicates. Choose your favorite version of each item, your most comfortable sweater or your best set of dishes and let the extras go. This helps reduce clutter while keeping things that truly matter to you.
- 5. Sell or donate what's left:** Many of your discarded items may still have value. Consider holding a yard sale, listing items online, or taking them to a consignment shop. Not only can this help others, but you might make back a bit of the money you originally spent.

6. **Store things where you use them:** When putting away items, think about convenience. Keep objects close to where they're used most often - kitchen tools in the kitchen, towels in the bathroom, and so on. Organizing this way saves time and helps maintain order in your house.



7. **Create a system for important papers:** To reduce stress around bills and mail, designate one place for incoming mail and another for important documents. A simple filing system or labeled folder can make it easier to find what you need without searching through clutter.

8. **Take photos of your progress:** Once your home is reorganized, snap a few pictures of your newly cleaned spaces. These can serve as a reminder of your hard work and help you avoid buying things you already own. Before shopping for new home goods, check out your photos; you may already have what you need.

9. **Make tidying a daily habit:** Keeping your home clutter-free takes practice. Get into the habit of putting things back where they belong and reassessing what you own from time to time. When something new comes in, consider donating or discarding an older item to maintain balance.

A well-organized home supports smarter financial decisions every day. When you know what you own and can easily access it, you are less likely to overspend, waste food, or purchase items you already have. Organization also encourages more intentional shopping, better planning, and fewer last-minute trips that drain both time and money.

Decluttering doesn't require expensive tools or a complete lifestyle overhaul. By tackling one area at a time and building simple systems that work for your household, you create a space that is easier to maintain and more enjoyable to live in. Over time, these small efforts can lead to meaningful savings, reduced stress, and a greater sense of control over both your home and your finances.

Ultimately, organization is an investment in your well-being. A calmer, more functional home allows you to focus your energy on what truly matters, while keeping your budget in check. By making organization a regular habit, you set yourself up for long-term financial health and a more peaceful daily life.

Sources:

<https://www.unfuss.com/blog/how-organizing-saves-you-money>

<https://www.vcnbfamily.bank/Why-VCNB/VCNB-Blog/how-being-organized-can-save-you-money>

<https://www.firstunitedbank.com/spendlifewisely/combating-effects-clutter-health-and-wealth>

## Healthy Snacklebox Meals



Using a play on words *and* products, snacks no longer need to be boring but can be prepared in the form of boxes that look much like a typical tackle box or a “snacklebox.” These tacklebox-style or bento box-style containers can be filled with either snacks or full-meal options that can be used for easy, on-the-go nutrition.

Preparing snacks or meals in this way helps avoid expensive fast food or convenience food options while providing more nutritious food. Not only are the boxes fun for kids, but they are a perfect option for adults too. Each box can be a portable version of a balanced plate using the MyPlate model: protein, vegetables, fruits, grains, and dairy. Fueling our bodies with a balanced box supports mental focus, energy, and greater physical performance.

There are many variations you can choose when packing the box, which makes it fun and diverse for everyone to make it fit their individual preferences. Begin **with fruits and vegetables** first, as this colorful produce should take up half the box. This section of the box provides vitamins, minerals, fiber, and even hydration. Some fruit and vegetable options that work good in a snacklebox are cucumbers, carrots, pepper slices, apples, oranges, cherry tomatoes, or grapes. The options are truly endless and fit individual preferences. Next, fill one fourth of the box with **protein** to help keep you feeling full longer and increase strength and promote muscle repair. The protein can be either plant or animal based with options like cheese cubes, hummus, boiled eggs, jerky, nut butter, or deli meat. Another portion of the box should include **whole grains** like crackers, popcorn, granola bites, or tortillas. These carbohydrates provide energy over extended periods of time.

Including **dairy** such as cheese sticks or cubes, yogurt, or cottage cheese provides not only protein, but a source of nutrients for bone health. Lesser amounts of **healthy fats** can enhance the box when packing seeds, guacamole to dip vegetables in, or trail mix and boosts brain health and energy balance. It is fun to combine them all with protein, whole grains, dairy, and vegetable options in a small sandwich or a wrap too.

When packing a snacklebox, it is important to remember food safety and prevent food-borne illnesses. Keep items cold with ice packs if your snacks require refrigeration and follow the 2-hour rule for perishables not letting food sit out longer than 2 hours.

Make packing the snacklebox a family event. Provide different options for children to choose their preferred fruits and vegetables to add. When involving kids in packing, they not only are invested in eating it because they packed it, but it teaches them nutrition while encouraging them to eat a variety of foods. Creating a theme for the box can mix it up and make it fun too. For example, a rainbow box using assorted colors of the rainbow in the foods, a ballpark picnic, road trip box, or a traveling athlete. The items don't have to be elaborate, and leftovers can be good for the center of the bento box, just fill the remaining half with fruits and vegetables.

Snackleboxes make packing a lunch or meal on the go fun and simple. They provide a balanced meal at an affordable price. Using the MyPlate model as a guide ensures there is balance in every box. Whether the snacklebox is used for road trips, sporting events, family outings, or a daily lunch at school or the office, they prove to be a healthy and nutritious option.



Recipe Books for ideas:

*The Littles Lunchbox Cookbook* by Renee Kohley

*Feeding littles Lunches* by Megan McNamee and Judy Delaware

Resources: Snacklebox lunch workshop by Abby Webber, southeast area FCS Specialist

## Emergency Preparedness

As we know here in Colorado, sometimes the weather can change in an instant, giving us little to no warning. One of the best ways to keep yourself and your family safe is to prepare in advance. Colorado Division of Homeland Security & Emergency Management (DHSEM) has some tips on how to prepare and plan. A few highlights from their planning section are:



**Personal Plans**— the U.S. Department of Homeland Security has a whole website dedicated to creating personal plans including fillable document to assist you in planning. DHSEM highlights sections of that website such as making a family communications plan, creating a household plan, and building kits. Family communications plans should detail how to contact one another in various emergency situations. Create a checklist for each family member such as Social Security Numbers, and important medical information. Household plans should include information like an evacuation plan, and how and when to shut off water, gas, and electricity. A household plan should also identify important documents that should be in your disaster preparedness kit such as insurance policies for the home, life, and health. Checkout the U.S. Department of Homeland Security’s website for detailed checklists of what to include in your kits, how to maintain your kit, and ideal storage locations.

**Animal Plans** – Making plans for household pets and livestock is an important part of disaster planning. Make sure you take the time to plan different strategies for various types of disasters. It can be helpful to include items for pets in your emergency kits. In addition, plan for someone to come care for your pet if you are unexpectedly unable to make it home and make sure they know how to find your pet’s information in case of emergency. You may also consider getting a rescue alert sticker to put in a visible location so rescue workers know there is a pet inside. If you take your pet with you somewhere, you can write on the sticker and erase it when you get back.

**Financial Plans** – If you need to leave quickly during a disaster, having important documents or copies of these documents in your kit can be helpful. Consider including documents like bank accounts, investment accounts, insurance policies, homeowner insurance policies, and Social Security Numbers. Make sure these documents are in a portable, fire-resistant, waterproof container. You may even consider storing irreplaceable keepsakes and photographs in this container as well!

**School/Business Plan** – Every school has unique needs, but there are common steps that can be taken to ensure they are prepared for natural or human-caused disasters. Even if you are not an administrator of the school, as a parent, you can ask about these plans to ensure you know what to expect in different situations. You can ask questions or make suggestions to help improve the plan if you see a need. It is also important to make sure your workplace has emergency management plans in place and that you understand your role in various situations. If your business is not prepared, you can do a risk assessment of what kinds of emergencies could affect your business, both internally and externally. Ready.gov and The Red Cross both provide resources for businesses to conduct risk assessment and emergency response plans.

**Plans for Children and People with Disabilities** – DHSEM also has a great list of resources for how to adapt plans for children and people with disabilities. Emergency management plans and kits may need to change drastically depending on who is included in them. Take a look at the resources DHSEM has provided and be sure to adapt your plan. It can be helpful to review your plan frequently as people age or disabilities change.

Resources: <https://dhsem.colorado.gov/info-center/preparedness-resources/be-prepared>  
<https://www.ready.gov>

## Building Your Child’s Brain Talk & Play: Zero to Five



Early childhood is a time of rapid growth and discovery. Every moment offers a powerful opportunity to support your child’s development through everyday interactions like feeding, diapering, playing, and reading. Babies and young children learn best through warm relationships, simple routines, playing, and engaging in plenty of conversations with you. Your attention, your voice, and your heartfelt interactions are some of the most important tools you have to nurture your child’s growing brain and future. These everyday moments do not require special toys, expensive programs, or extra time in your schedule. What matters most is being present, responsive, and intentional during routines you are already doing. When adults notice, respond, and engage, children’s brains form strong connections that support learning, behavior, and relationships. The good news is that small, consistent interactions truly add up over time.

### Serve-And-Return

One of the easiest and most effective ways to support your child’s development is through Serve-and-Return interactions. This back-and-forth communication builds the foundation for healthy brain development. When your baby “serves” by cooing, pointing, smiling, or looking at something interesting, and you “return” with a response to what they notice, you create meaningful learning moments. In fact, these back-and-forth interactions help children feel safe, understood, and ready to learn.

### Everyday Talk Using Parentese

Talking with your baby throughout the day helps them understand how language works long before they can even speak. Parentese, also known as infant-directed speech or motherese, uses real words, spoken slowly with stretched-out syllables, clear pronunciation, and a warm, sing-song tone. Parentese captures your baby’s attention and helps them hear the sounds inside words more clearly. In fact, a 2020 University of Washington study found babies who hear more Parentese often babble earlier and develop larger vocabularies. Parentese is different than baby talk as baby talk often uses silly, made-up words (e.g., “nanners,” “baba”). Parentese, on the other hand, would be: “Ba—na – na! You want the ba-na-na?” Then point to the banana and add on. “This ba-na-na is yellow! Ba – na – nas are healthy!” Try using Parentese during diapering, mealtime, dressing, or playtime. Look within your everyday routine to see where you could fit in more language-rich moments.

**Video: Parentese vs. Baby Talk:** <https://www.youtube.com/watch?v= 7XtROS Rpg>

### Play Is Learning

Children learn through play. Play allows kids the opportunity to explore the world around them, test ideas, develop thinking, social, and emotional skills, and express creativity. It also offers countless opportunities to communicate through serve-and-return. Whether it is pretend play, stacking blocks, coloring, or exploring the outdoors, play supports every area of brain development. By following their lead and adding a few descriptive words to their actions, you will naturally support their learning and development.

### **Ways to Build Language Through Play:**

Small interactions repeated over time make a big difference. Try:

- Talking about what your child is doing at the moment
- Adding one new word to what they say
- Pausing and waiting for them to respond
- Following their lead in play
- Asking simple open-ended questions (“What should happen next?”)
- Modeling pretend ideas
- Using everyday routines as talking time
- Using Parentese with infants to make sounds clearer
- Reading together every day (even for a few minutes)
- Celebrating their efforts

### **Reading Promotes Early Literacy**

As you read, engage with your child by pointing to pictures, describing what you notice, and explaining new words. When children help turn pages, share their thoughts and ideas, or point to objects in the book, and when we pause to engage with them, we are building their early literacy skills. Reading is one of the easiest and most natural ways to support serve-and-return and enhance brain development.

Positive brain development happens through meaningful connections, simple routines, and joyful interactions. When you practice Serve-and-Return, use Parentese, and encourage learning through play, you’re providing your child experiences that help strengthen connections in the brain and promote future learning. The small, everyday moments you share build a strong foundation for your child’s language, social skills, and emotional growth for years to come.

### **Videos Resources:**

Serve and Return: What It Is and What It Looks Like: <https://youtu.be/CejhQC9hUO8?si=h6XrIwIutE56S14r>

Parentese vs. Baby Talk (Highly Informative): [https://www.youtube.com/watch?v=7XtROS\\_Rpg](https://www.youtube.com/watch?v=7XtROS_Rpg)

The Importance of Promoting Early Literacy: <https://www.youtube.com/watch?v=zvCzM7SHdsw>

### **Source:**

The Growing Brain from Birth to Age Five – Education provided by the Early Childhood Council of Logan, Phillips & Sedgwick by Stephanie Mari-Swenson

ZERO TO THREE Early Childhood Professional Development: <https://www.zerotothree.org/our-work/learn-professional-development/the-growing-brain-from-birth-to-5-years-old/>

## Celebrating Anne's Next Adventure



It is with joy and a touch of sadness that we announce an exciting new chapter for Anne Mason, who will be stepping into a new professional role and as a result, will be moving away from our team. She will begin as the Jackson County Extension Director in January of 2026.

Anne has been the Golden Plains Area Family and Consumer Sciences and 4-H Youth Development Specialist in Washington County for the past three years. Since joining us in 2022, Anne has been a driving force behind our publications and programming in Northeastern Colorado Extension. She brings creativity, dedication, and a cheerful presence to everything she works on, not only elevating our work, but also inspiring those around her.

Please join us in celebrating Anne's incredible achievements and in wishing her all the best in her new role. While we are sad to see her go, we know she will continue to make a positive impact, and we can't wait to see all the great things that lie ahead. Here's to new adventures, exciting challenges, and continued success!



## **Preserving Relationships in Dementia**

We are proud to announce a new workshop in partnership with Dr. Jill Couch, MS, OT/L. We last partnered with her a few years ago to offer DAWN Method trainings and are now excited to offer her newest program, Preserving Relationships in Dementia. Participants can discover how cognitive changes impact relationships, simple DAWN Method® tools to use right away, how to preserve connection and dignity, and encouragement! Six workshops will be offered across Northeastern Colorado, so look for one close to you! More details about these workshops can be found on the flyer on the next page.



## **Upcoming Events!**

- **A Healthier Weigh –**
  - A Healthier Weigh is a 12-week Health & Fitness Challenge – will be taking registrations for individual and team participation through the end of the year! Registration fee \$40/person with cash prizes! Be watching for more information soon on our County Extension websites and Facebook pages. Get your teams ready!
  - Weigh-in's for Logan, Morgan and Yuma counties will be the week of January 5<sup>th</sup>
  - Weigh-in's for Phillips and Washington counties will be the week of January 12<sup>th</sup>
  - Please contact your local Extension Specialist for more details.
- **Supporting Ag Wellbeing –**
  - AgrAbility workshop at the Phillips County Event Center on February 10<sup>th</sup> from 4:00-8:00 p.m.
- **ServSafe Handler Training –**
  - Thursday, March 5<sup>th</sup> from 9:00 a.m. – 3:00 p.m., Logan County Extension Office in Sterling. For more information or to register, contact Joy Akey at (970) 332-4151 or [joy.akey@colostate.edu](mailto:joy.akey@colostate.edu)
- **Rooted In Resilience: Mental Health in Ag –**
  - Tuesday, March 24<sup>th</sup> 5:30-8:00 p.m. includes a free meal, viewing of the Legacy film, and panel discussion. See flyer below for more details.

**Be sure to check our Facebook page listed below to stay up to date on all our upcoming events.**



CSU Extension – NE Colorado FCS: <https://www.facebook.com/CSUExtensionNortheastFCS>

CSU Extension – Phillips County: <https://www.facebook.com/PhillipsCountyExtension/>

CSU Extension – Logan County: [https://www.facebook.com/csuextensionlogancounty/?\\_tn=%2Cd%2CP-R&eid=ARCS5-NbtiQryVnN5X513c5--hwVu-1ZfnhynwZsPotP7AZIVStJaoCEoaVYzZjBFhCH0tHJLHaJxQuQ](https://www.facebook.com/csuextensionlogancounty/?_tn=%2Cd%2CP-R&eid=ARCS5-NbtiQryVnN5X513c5--hwVu-1ZfnhynwZsPotP7AZIVStJaoCEoaVYzZjBFhCH0tHJLHaJxQuQ)

CSU Extension – Morgan County: <https://www.facebook.com/extensionmorgancounty/>



**SAVE THE DATE**

# **ROOTED IN RESILIENCE: MENTAL HEALTH IN AG**

**PC EVENT CENTER | FREE | MARCH 24, 2026 | 5:30-8:00PM**

**AGENDA:  
MEAL | SHOWING OF LEGACY FILM | PANEL DISCUSSION**



**GOLDEN PLAINS AREA**  
**COLORADO STATE UNIVERSITY**  
**EXTENSION**



# Supporting Ag Wellbeing



**Free Workshop Including  
 Education & Resources**

## What You'll Learn:

- 
**AgrAbility 101**  
 Understand the history of the AgrAbility project and what it can do for you
- 
**The FarmAble Program**  
 Learn how FarmAble connects you with grants, loans, and technical support to strengthen your farm and move your operation forward.
- 
**Functional Farmers**  
 Learn ergonomic techniques and stretches you can do on the farm to increase your mobility!
- 
**Behavioral Health and You**  
 You are your most valuable asset, learn how to protect your mental health and manage your stress

## Event Details:

- 
**February 10th, 2026**
- 
**4:00 pm - 8:00 pm**
- 
**Philips County Event Center: 22505 US-385, Holyoke, CO 80734**

**Register  
 Here**



[hcefalo@goodwillcolorado.org](mailto:hcefalo@goodwillcolorado.org) | 720 737 3686

**FREE EVENT  
 DINNER PROVIDED**