

## Unexpected Opportunities

I lived near a metro area prior to moving to Cowley County. This proximity allowed me to participate in events that traditionally have not been convenient to rural residents. The pandemic has necessitated the creation of numerous remote opportunities.

This fall, I joined ten other Cowley County residents in the Extension Master Gardener online training. For 15 weeks, we connected via zoom to state specialists and dynamic presenters. If someone from our area was previously interested in this course, the closest location was the Sedgwick County Extension Education Center in Wichita. Participating in this course has been on my bucket list for 20 years (and I thought I wouldn't attend for another 20). The online format saved me time, money, and mileage.

I'm excited that Dining with Diabetes Online will be offered in February. Previously this course was an in-person, two-hour class that met for four weeks. I loved getting to interact with the participants and sampling diabetes friendly recipes. However, this new format will allow participants to complete the course at their own pace. We will utilize K-State's non-credit course platform (similar to what current college students use). The course will be accessible and convenient for people with unique schedules or learning needs. The course fee is \$25 but scholarships are available. Course registration is requested by January 22 by calling 221-5450.

The [cowley.k-state.edu](http://cowley.k-state.edu) website includes two tutorial videos "You Want Me to Zoom?!" and "Zoom Like You Mean It" to introduce the basics. If you are not comfortable with technology and need assistance for Zoom or other online connections, please contact me at the Cowley County Extension Office. I'm happy to talk you (or your family members) so you can engage in online learning opportunities.

Unexpected opportunities have been a positive outcome of life in a pandemic. Let K-State Research and Extension help you connect, learn, and be supported. Contact us at 221-5450.

## Upcoming K-State Research and Extension Events

*Living Well Together programs are free but require registration at <http://bit.ly/LivingWellTogether-Jan>.*

January 14 - Living Well Together: Cut the Clutter & Get Organized, 6:45 p.m.

January 21 - Living Well Together: Vaccinations - Checking the Facts Together, 6:45 p.m.

January 22 - Registrations due for Dining with Diabetes Online, \$25, call 221-5450 for details

January 28 - Living Well Together: Who's Taking Care of You?, 6:45 p.m.

February 4 - Mental Health First Aid, Cowley College's Brown Center (registration due January 20)