



# Extension Connection

## **For Immediate Release:**

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The mission of K-State Research and Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families and their communities. Family and Consumer Sciences professionals support essential life skills including Community Development, Healthy Lifestyle Choices, Leadership & Volunteer Development, Relationship Development and Resource Management.

### **Title of Article – Take the Challenge – Prepare Kansas**

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It's 6:00 pm – You're at home – You're watching the news – A storm is brewing 30 miles away – And it's building – Then the tornado sirens sound! You head to the basement with some bottled water, shoes and you're set, right? Wrong! Just one flood, fire, earthquake, or tornado can wipe out a lifetime of savings. This program will teach steps to take to help protect your family finances from unexpected events of nature; walking you through the steps of creating household inventory, checking your insurance coverage, and preparing a grab-and-go box.

Are you ready to take the challenge – the challenge to organize your financial life? Having records organized and up to date, including health, insurance and bank information, can help in your day-to-day life, but is especially important in emergencies.

Prepare Kansas 2017, an online challenge to all Kansans and others available through the K-State Research and Extension Facebook page, will provide guidance through steps to be more prepared to handle disasters. Prepare Kansas will run through September to coincide with National Preparedness Month, coordinated by the Federal Emergency Management Agency.

Disasters can be widespread, like the wildfires Kansas experienced earlier this year, but a flooded basement where important paperwork is stored or not knowing how to reach family members in case of an emergency can also be disastrous and can make for a more difficult recovery for individuals or families.

This September's Prepare Kansas Facebook Challenge will be interactive, with information and resources to help individuals and families be better prepared, and

providing the opportunity for participants to comment and share their own information on what they're doing in regard to personal and community preparedness.

Weekly topics to be covered include Prepare a Household Inventory; Review Your Insurance Coverage; Create a Grab-and-Go Box; and Family Communication. The formal Prepare Kansas Facebook Challenge runs through September only, but emergency preparedness information for Kansans and others is available year round on the Prepare Kansas blog found at: [blogs.k-state.edu/preparekansas/](http://blogs.k-state.edu/preparekansas/)

For additional information, contact the Wildcat Extension District, Crawford County, 620-724-8233, Labette County, 620-784-5337, Montgomery County, 620-331-2690, Wilson County, 620-378-2167, Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930.

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