

## **Western Region Update**

*Rick Griffiths (NM), Western Region Director*

Montana Update: Many of our agents are wrapping up the duties that come with a 4-H summer, being dual appointed 4-H and FCS. Our state specialist Dr. Marsha Goetting has been working to offer Fabulous Fridays. A series of 8 webinars about estate/legacy planning, will be held October 1 through November 19 at 10:00 AM. The series is sponsored by the Montana 4-H Foundation and the MSU 4-H Center. The first section of each webinar will be about estate/legacy planning followed by a guest who will share information about the 4-H program.

<https://www.montana.edu/estateplanning/fabulousfridays/presenters.html>

Our Missoula County FCS Agent, Kelly Moore, is offering a monthly cooking demonstration through partnership with the Missoula Public Library, this has been virtual but is transitioning to in person. Virtually she is working to co-facilitate a monthly Montana Kinship Caregiver support group meeting that is open to the state. In Yellowstone County, FCS Agent, Jackie Rumph, is offering in person exercise classes for the more rural areas of her county. These include Strong People and chair yoga. As well as assisting in facilitating a celebration of recovery with her local advisory council on behavioral health.

