

Aging with Attitude Regional Expo

A one-day expo to provide inspiration, answers to questions, and information to make the most of life!

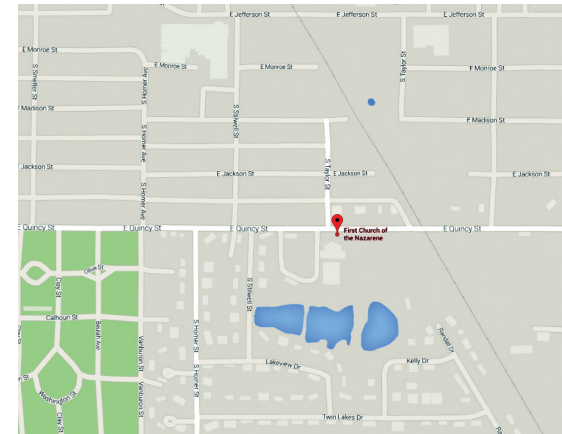
9 a.m. to 3:30 p.m.
 Friday, April 29, 2016
 First Church of the Nazarene
 816 E. Quincy
 Pittsburg, Kansas



K-STATE
 Research and Extension

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

Directions



Travel east off 69 Hwy (Bypass) on Quincy Street. Cross Broadway and continue east on Quincy 0.7 mile. The church is on the south side of the street, before the railroad tracks.

For more information contact

Gayle Price, 620-421-4826,
 your local extension office, or
www.agingexpo.ksu.edu

Educational Sponsors

Early Detection Works / Crawford County Health Department
 Girard Medical Center Senior Behavioral Health
 Harry Hynes Memorial Hospice
 K-State Research and Extension, Southeast Area
 Southeast Kansas Area Agency on Aging
 Via Christi Hospital Pittsburg, Inc.
 Medicalodges, Inc.

Refreshments sponsored by

Marrone's Inc

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
 Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact the Southeast Research and Extension Center, 620-421-4826. K-State Research and Extension is an equal opportunity provider and employer.

Keynote Speaker

Kevin Olson
 Motivational speaker and the author of
 "LEARNING to LIVE with it."



His presentations and his book, "LEARNING to LIVE with it," are life-changing, inspiring and motivating. Kevin was paralyzed at the age of 19. Originally from Chanute, he currently lives in

Oswego with his wife Janna. Kevin's life motto is "Do what you can, with what you have, right where you are, and don't worry about the rest."

Activity

(Held before session 3)

FUNercise: Putting the FUN in Physical Activity

*Laura Covert, Assistant Professor
 Pittsburg State University*

Physical activity does not have to be just exercise. It also involves playing interactive games, dancing, and much more. Throughout this session, various activities will involve not only the body but also the mind! This interactive session just may make you feel like a kid again!

Like us on Facebook
 Aging with Attitude Regional Expo

Register and pay online at:
www.agingexpo.ksu.edu



Aging with Attitude — Regional Expo

Registration #1

Name: _____
 Address: _____
 Phone: _____
 Email: _____
 County: _____

Please note special accommodations needed: accessibility, dietary requirements, etc.

Registration #2

Registration is \$15 per person
Registration is due Monday, April 18, 2016.
 Registration covers lunch, speaker fees, and program materials.
 Late registration received after April 18 is \$25, and lunch is not guaranteed.
Photo Release: K-State Research and Extension occasionally uses photographs and videos of attendees in promotional and educational materials. By virtue of your attendance, you automatically agree to the use of your likeness in such materials.

Return form and check (payable to KSU) to:

Gayle Price
 Southeast Research and Extension Center
 25092 Ness Road
 P.O. Box 316
 Parsons, KS 67357

Cut along dotted line and return with registration check for \$15 per person.

Amount Enclosed

Classes

Beautiful Dreamer: Sleeping As We Age

*Susan Lutz
Via Christi Hospital*

Explain the effect of aging on the quality & quantity of sleep; share strategies in achieving more restful sleep; and, note the effect of medications on sleep.

Drug Interactions: Information for Your Safety

*Dr. Brian Sullivan
Pharmacist
Lindburg Pharmacy*

Explain the common mechanisms of drug interactions; outline medications that commonly cause interactions; outline medications that have increased concern for interactions; and, describe how pharmacists screen / handle / communicate to prescribers / patients regarding interactions.

Exploring SEK for Unique Family Experiences – One Day Motor Trips

*Lois Carlson
Retired – K-State Research and Extension*

How often have you wanted to take a short trip but tend to overlook some of the great places one can visit close to home? I will be sharing places people can visit within a day's drive of our 9-county area of SEK and then a few in the state that might require a little longer drive.

Fall Prevention

*Rebecca Adamson, APRN-C, FNP, MSN
Projects Manager
Crawford County Health Department*

Preventing falls in the aging population is essential for living at home as long as possible. Handouts will be made available for participants to use in evaluating their fall risk.

How are my Driving Skills?

*Corporal Quentin Turner
Pittsburg Police Department*

Learn to recognize and address declining driving skills as one ages.

Legal Documents for Seniors

*Eric Rosenblad
Project Director, Managing Attorney
Kansas Legal Services*

Learn the purpose and effect of Powers of Attorney, Advanced Directives, Guardianship /Conservatorship, and basics of ordinary estates. This informative legal session will help inspire you to take the necessary steps to protect you and your property.

My Aging Aching Feet

*Dr. Corin Wilde, DPM
Podiatric Medicine
Wilde Foot and Ankle Clinic*

Learn about common contributors to aching feet in one's later years and how to address such.

Strength Training for Seniors: Keep Living Longer

*Clayton Kent,
Physical Therapy
Via Christi Hospital*

An interactive educational session on the benefits of strength training for those over 50. Topics include: benefits of strength exercise, risks, and how to get started.

Tech Savvy Seniors

*AnnDee Peterson, Assistant Director
Pittsburg Public Library*

It's never too late to learn. Today's technology can help seniors stay engaged, connected, and mentally active. AnnDee will suggest easy options available to seniors to stay in touch with family and friends. Learn about ways the Pittsburg Public Library can help with free computer classes and assistance for beginners. Bring your basic technology questions!

Understanding Reverse Mortgages: Do They Make Sense for You?

*Kylie Ludwig, Family Resource Management/Community Development Agent
Wildcat Extension District*

This session informs participants about the costs and benefits of using a reverse mortgage and leads them through steps to take when considering this financial product so they can make an informed borrowing decision.

Program Schedule

9:00-9:15

Registration and Refreshments

9:15-9:30

Welcome

- FUNercise: Putting the FUN in Physical Activity

9:30-10:00

Resource Fair

10:10-10:55

Session 1

- Exploring SEK for Unique Family Experiences
- Strength Training for Seniors: Keep Living Longer
- Understanding Reverse Mortgages: Do They Make Sense for You?
- Beautiful Dreamer: Sleeping As We Age
- Tech Savvy Seniors

11:15-12:00

Session 2

Repeat of Session 1 Topics

Noon

Lunch and Keynote Speaker, Kevin Olson

1:45-2:30

Session 3

- Legal Documents for Seniors
- Drug Interactions: Information for Your Safety
- How are my Driving Skills?
- My Aging Aching Feet
- Fall Prevention

2:45-3:30

Session 4

Repeat of Session 3 Topics

3:30

Evaluation and Door Prizes

Please select your choice for each session. Classes will be assigned on a first-come, first-served basis. We ask that you please attend the classes you choose. Some classes may be canceled if registration is too low.

Attendee Attendee

#1 #2

Session 1

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|-------|-------|--------------------------------------------------------------|
| _____ | _____ | Exploring SEK for Unique Family Experiences |
| _____ | _____ | Strength Training for Seniors: Keep Living Longer |
| _____ | _____ | Understanding Reverse Mortgages: Do They Make Sense for You? |
| _____ | _____ | Beautiful Dreamer: Sleeping As We Age |
| _____ | _____ | Tech Savvy Seniors |

Session 2

- | | | |
|-------|-------|--------------------------------------------------------------|
| _____ | _____ | Exploring SEK for Unique Family Experiences |
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| _____ | _____ | Understanding Reverse Mortgages: Do They Make Sense for You? |
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Session 3

- | | | |
|-------|-------|------------------------------------------------|
| _____ | _____ | Legal Documents for Seniors |
| _____ | _____ | Drug Interactions: Information for Your Safety |
| _____ | _____ | How are my Driving Skills? |
| _____ | _____ | My Aging Aching Feet |
| _____ | _____ | Fall Prevention |

Session 4

- | | | |
|-------|-------|------------------------------------------------|
| _____ | _____ | Legal Documents for Seniors |
| _____ | _____ | Drug Interactions: Information for Your Safety |
| _____ | _____ | How are my Driving Skills? |
| _____ | _____ | My Aging Aching Feet |
| _____ | _____ | Fall Prevention |