



IS GOING VIRTUAL

**Same great information,
new format! Providing
inspiration and answers
to questions to make the
most of life!**

9 to 12 p.m. Thursday, April 29, 2021

9 to 12 p.m. Friday, April 30, 2021



Register by April 23rd, at: <https://tinyurl.com/agingwithattitude2021>
or by calling 620-625-8620 to receive connection link and
details

Due to Covid-19, all sessions will be available in one, easy to access, virtual webinar.

Registration fee is **waived** for 2021!

Participants provided with sessions, incentives, and resources.



Find us on Facebook

Aging with Attitude Regional Expo

www.agingexpo.ksu.edu



Keynote Speaker:

Marci Penner, Kansas Sampler Foundation

Kansas Guidebook co-authors will take you on a pictorial journey of some of the lesser-known explorer attractions in southeast Kansas. Do you know why there is a sculpture of a deer on the courthouse lawn in Girard? Have you seen the Thomas Losey Memorial in the Columbus Cemetery? Have you seen the dinosaurs in Erie? We'll tell you all about it!

**Complete Schedule and
Session Descriptions on Back**



FORT SCOTT AREA
COMMUNITY FOUNDATION

Partial funding is provided by

**Fort Scott Area Community Foundation &
Kansas Department of Aging & Disability**



K-STATE
Research and Extension

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 Southeast K-State Research and Extension Center, 620-421-4826. K-State Research and Extension is an equal opportunity provider and employer.

Thursday, April 29th

9:00 am **Telemedicine and You: Understanding New Healthcare Options**

Shawna Wright, Clinical Psychologist/Associate Director, KU Center for Telemedicine

Living in a rural area can have healthcare challenges. The good news is, innovative care is here! This presentation will introduce and define telemedicine while assisting consumers in understanding how telemedicine can be used as a quality and convenient health care resource.

10:00 am **Fraud Awareness: Protecting Yourself from Scams**

Matthew Chaplin, Bank Manager, Landmark National Bank

Participants will discuss general fraud while highlighting popular fraud schemes in detail. Join us in learning tips and tricks to avoid and protect yourself from fraud.

11:00 am **Hemp Culture**

Shelli Hornberger, Director of Operations

Lauren Gabriel, Admissions/Educator America's Hemp Academy

A discussion on all things Hemp. Topics will range from Cannabidiol and health, to the past, current and the future of Hemp. Learn the updates on what is going on in the industry, including agriculture, today.

Friday, April 30th

9:00 am **Valuable Records and Advance Health Care Planning Conversation**

Jessica Atherton, LMSW - Medical Social Worker, Harry Hynes Memorial Hospice

This session will discuss the important documents that need to be kept in a safe place and having a conversation with your loved ones to let them know where the forms are located. Information on advance health care planning will also be presented to ensure you have the resources and tools to state your health care preferences in writing before a health crisis occurs.

10:00 am **Smart Homes: How to Make Your Home Safer and More Efficient**

Mike McLeod, Director of Emergency Services, Security and Radios CDL-Electric Co., Inc.

Keeping you and your home safe is easier now thanks to technology. Learn about monitoring cameras, security systems, smart locks and medical alerts. These technologies can save money by improving the efficiency of your heating and cooling systems.

11:00 am

Keynote Speaker

Marci Penner, Kansas Sampler Foundation

Educational sponsors of this program include:

Angels Care Home Health; Community Health Center of Southeast Kansas;
Harry Hynes Memorial Hospice; Integrity Home Care + Hospice;
K-State Research and Extension, Southeast Area; Medicalodges, Fort Scott; Nancy Van Etten
Southeast Kansas Area Agency on Aging; Southeast Kansas Library System



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