

# Aging with Attitude Regional Expo

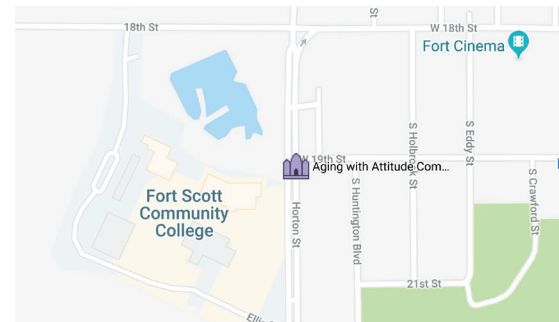
**A one-day expo to provide inspiration, answers to questions, and information to make the most of life!**

**9 a.m. to 3:30 p.m.  
Friday, April 29, 2022  
Community Christian Church  
1919 Horton Street  
Fort Scott, Kansas**

**K-STATE**  
Research and Extension

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

## Directions



Entering Fort Scott on Highway 69, head south, turn west at McDonalds onto 23rd St. Stay on 23rd St. for about a quarter mile, until you see the green 'Bourbon County Fair Grounds' sign. Turn Right (north) onto S. Huntington Blvd, Community Christian Church will be on the left (west) side of the road. There is a large parking lot on the east side of the church. To register, enter through the large middle doors to the east.

### Educational Sponsors

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

### Refreshments Sponsored by

- Harry Hynes Memorial Hospice

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 Southwind Extension District 620-625-8620. K-State Research and Extension is an equal opportunity provider and employer.

## Keynote Speaker



**Dr. Mark Johnson, Professor, Kansas Technology Center, Pittsburg State University**  
**Honing Your Memory Skills**

Dr. Johnson, also known as the "Memory Guy," presents a dynamic and engaging keynote that will help you develop skills for remembering names, dates, and other information almost instantly using proven memory techniques.



Partial funding is provided by the Southeast Kansas Area Agency on Aging

### For more information contact

Barbara Stockebrand, 620-625-8620, your local extension office, or [www.agingexpo.ksu.edu](http://www.agingexpo.ksu.edu)

 **Find us on Facebook**  
Aging with Attitude Regional Expo

**Register and pay online at:**  
[www.agingexpo.ksu.edu](http://www.agingexpo.ksu.edu)

Secure Payments By:  
**PayPal**



NO PAYPAL ACCOUNT NEEDED!

## Aging with Attitude — Regional Expo

Attendee #1

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
County: \_\_\_\_\_

Attendee #2

\_\_\_\_\_

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

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

Registration is \$15 per in-person attendee. Recorded sessions will be available for \$5. Use online registration for access to the recordings at <https://tinyurl.com/2022AWA/EXPO>.

**Registration is due Monday, April 18, 2022.**

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 to**  
(payable to Southwind Extension District)  
Barbara Stockebrand

Southwind Extension District  
211 West Butler  
Yates Center, KS 66783

Amount Enclosed

## Classes

### Stretching Your Food Budget

*Julie Smith, Family and Consumer Sciences Agent, K-State Research and Extension*

Wishing for ways to save? Learn the many options to stretch that food dollar by maximizing with commodities, coupons, sales, apps, Double Up Food Bucks, and more!

### At Home and Independent

*Lesia Whitson, Assistive Technology Specialist, Southeast Kansas Independent Living-Assistive Technology*

Simple devices and supports can help with daily living activities when dealing with arthritis, hearing issues, low vision, and possibly forgetfulness. Hear from a Southeast Kansas agency representative that specializes in the subject, who will help identify tools and technology to assist, and share resources for your right in your part of the state!

### Medicare Advantage Plans: What Are They Really?

*Joy Miller, Southwind Extension District  
Cindy Lane, Southeast Kansas Area Agency on Aging*

Odds are you've seen ads for Medicare Advantage Plans during the Annual Enrollment Period from October through December. They make you wonder what benefits you are missing out on and ways to save money. During this session, you will learn more how these Advantage plans are different from Original Medicare.

### Medication Safety

*Greg Lunson, Pharmacy Director, PharMerica*

Wanting to be sure your medication practices are up to par? Visit this session for safety tips for taking, ordering, and utilizing medications.

### Immunizations: Checking the Facts

*Lisa Goins, VFC Program Coordinator, Kansas Department of Health and Environment*

Learn the facts on the recommended immunizations for those 50 and over, their dosing schedule and purpose.

### Estate Planning 101

*Angela Meyer, Meyer Law Firm, LLC*

What is estate planning and who can help? This presentation will cover basic concepts of estate planning and options available to delegate authority and decision making as a person ages and needs assistance caring for themselves.

### Healthy or Challenged? --Physical Therapy and In Home Safety

*Sandra Schrick-Wuller, Physical Therapist, Angels Care Home Health*

This physical therapist will discuss safety considerations to avoid falls and injuries. Tips will also be shared to help decrease caregiver burden to allow individuals to remain in their own home as long as possible.

### Aging and Mental Health

*Dr. Paul Daniels, Owner & Director, Choices Psychological Services*

Mental health is a part of everyone's health journey! This session will discuss potential mental health challenges that can occur as part of the aging process. Also explore the connection between mental and physical health.

## Program Schedule

9:00-9:15

### Registration and Refreshments

### Visit the Vendor Booths

9:15-9:30

### Welcome

- Get Up and Move

9:30-10:00

### Resource Fair

10:10-10:55

### Session 1

- Medication Safety
- Estate Planning 101
- Immunizations: Checking Facts
- Healthy or Challenged?--Physical Therapy and In Home Safety

11:15-12:00

### Session 2

- Repeat of Session 1 Topics

Noon

### Lunch and Keynote

### Speaker, Dr. Mark Johnson

- Get Up and Move
- Door Prizes

1:45-2:30

### Session 3

- Aging and Mental Health
- Medicare Advantage Plans: What Are They Really?
- Stretching Your Food Budget
- At Home and Independent

2:45-3:30

### Session 4

- Repeat of Session 3 Topics

3:30

### Evaluation

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

### Attendee Attendee

#1 #2

### Morning Session 1

- |       |       |   |
|-------|-------|---|
| _____ | _____ | Medication Safety   |
| _____ | _____ | Estate Planning 101   |
| _____ | _____ | Immunizations: Checking Facts                               |
| _____ | _____ | Healthy or Challenged?--Physical Therapy and In Home Safety |

### Morning Session 2

- |       |       |   |
|-------|-------|---|
| _____ | _____ | Medication Safety   |
| _____ | _____ | Estate Planning 101   |
| _____ | _____ | Immunizations: Checking Facts                               |
| _____ | _____ | Healthy or Challenged?--Physical Therapy and In Home Safety |

### Afternoon Session 3

- |       |       |   |
|-------|-------|---|
| _____ | _____ | Aging and Mental Health                         |
| _____ | _____ | Medicare Advantage Plans: What Are They Really? |
| _____ | _____ | Stretching Your Food Budget                     |
| _____ | _____ | At Home and Independent                         |

### Afternoon Session 4

- |       |       |   |
|-------|-------|---|
| _____ | _____ | Aging and Mental Health                         |
| _____ | _____ | Medicare Advantage Plans: What Are They Really? |
| _____ | _____ | Stretching Your Food Budget                     |
| _____ | _____ | At Home and Independent                         |