

# MAKING A DIFFERENCE



## Purpose

The Aging with Attitude Regional Expo promotes positive attitudes about aging and educates older Kansans on issues that support physical, mental, and financial health.

Aging with Attitude Website

[www.southeast.ksu.edu/AgingExpo](http://www.southeast.ksu.edu/AgingExpo)

K-State Research & Extension  
Gayle Price, Extension Specialist  
Southeast Area  
25092 Ness Rd.  
Parsons, Kansas 67357  
620-421-4826



## Grand Challenges: Health and Community Vitality

Title: Aging With Attitude Regional Expo

**Why is this issue important?** According to the U.S. Census Bureau, 18.5% of Americans<sup>1</sup> and 18.4% of Kansans<sup>2</sup> are age 60+. The population of the nation and of the state will grow older as the Baby Boomer generation moves into later life. As older adults are more likely to experience disability and chronic diseases, this demographic shift will have significant consequences in terms of health and wellness of the population.

**How did Extension address this issue?** K-State Extension family and consumer sciences professionals and key community partners planned and hosted the **Aging with Attitude Regional Expo** in Pittsburg, Kansas on April 29, 2016. The annual event included 10 educational sessions and 28 resource exhibits. The Expo supports on-going local program priorities focused on health and community vitality. There were over 150 people from nine southeast Kansas counties involved.

## The impact?

Surveys completed by 59% of participants indicated the following:

- 91% indicated they learned something new.
- 89% planned to take action or make a positive change in their life.
- 93% indicated they had more positive feelings toward aging.
- 93% indicated they understood there were positive steps they could take to influence how they age.
- 93% indicated they were more aware of where to find products and services that may help them as they age.

A four month follow-up telephone survey of 23% of the participants provided the following results:

- 92% indicated they have a better understanding of aging issues today as a result of their attendance.
- 52% indicated they had taken action or changed something in their life.
- 30% indicated they had made contact with a vendor following the Expo resource fair.
- 33% had increased the amount of physical exercise they are doing since the Expo.
- 44% indicated they had discussed end-of-life issues with family and friends since the Expo.

*"After the strength training session, I was motivated to improve my balance by doing some of the exercises."*

*- Expo Participant-*



Expo attendees enjoy and benefit from the free screenings offered during the Expo and learn fun and easy ways to be more physically active.

*"It was my first expo. I thought it would be about caregiving, but it was about taking care of myself!. I was very happy!"*

# Aging with Attitude Regional Expo 2016

## We Gratefully Acknowledge the Sponsors of the Aging Expo

### 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  
Cherokee County and Woodson County Extension  
Southwind and Wildcat Extension Districts  
Medicalodges, Inc.  
Southeast Kansas Area Agency on Aging  
Via Christi Hospital Pittsburg, Inc.

#### Additional Support provided by:

Crawford County Convention & Visitors Bureau  
First Church of the Nazarene, Pittsburg  
Girard Medical Center Senior Behavioral Health  
Marrone's, Inc. Pittsburg  
Medicalodges, Inc.  
Prairie Fire Coffee  
Wal-Mart

### Planning Committee Members

Linda Bean, Via Christi Hospital Pittsburg, Inc.  
Veronica Decker, First Church of the Nazarene,  
Pittsburg  
Stacy Dickerhoof, Southeast Kansas Area Agency on  
Aging  
Christina Holmes, Family and Consumer Sciences,  
Cherokee County Extension  
Chuckie Hessong, Family Life and Child Development  
Agent, Wildcat Extension District  
Joanna Hughes, Via Christi Hospital Pittsburg, Inc.  
Gayle Price, Extension Specialist, K-State Research and  
Extension, Southeast Area  
Joy Purkeypille, Adult Development & Aging & Family  
Resource Agent, Southwind Extension District  
Wayne Mason, Chaplain, Harry Hynes Memorial Hospice  
Tommy Scotten, Medicalodges, Regional Director of  
Community Relations  
Barbara Stockebrand, Family and Consumer Sciences,  
Woodson County Extension  
Mike Willis, Girard Medical Center Senior Behavioral  
Health  
Kelly York, Early Detection Works/Crawford County  
Health Department



Save the date!

Southeast Kansas



Iola, Kansas



References:

<sup>1</sup>U.S. Census Bureau, Age Groups and Sex: 2010, 2010 Census Summary.

<sup>2</sup>U.S. Census Bureau, Profile of General Population and Housing Characteristics: 2010, 2010 Demographic Profile Data.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
K-State Research and Extension is an equal opportunity provider and employer.