

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

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

Barbara Stockebrand, Agent
 Woodson County Extension
 211 W. Butler
 Yates Center KS 66783
 620-625-8620



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 Americans¹ and 18.4% of Kansans² 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 Iola, Kansas on April 28, 2017. The annual event included 10 educational sessions and 27 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 67% of participants indicated the following:

- 94% indicated they learned something new.
- 93% planned to take action or make a positive change in their life.
- 82% indicated they had more positive feelings toward aging.
- 94% indicated they understood there were positive steps they could take to influence how they age.
- 89% indicated they were more aware of where to find products and services that may help them as they age.

"I learned about the benefits of exercise as you age last year. Since then I have completed Stay Strong Stay Healthy Level 1 and Level 2. I have improved my balance"
 - Expo Participant-



Expo attendees enjoy and benefit from the free screenings and resource exhibits offered during the Expo. *"I liked the vendors, the Pharmacy had great ideas."*

After four months, a follow-up telephone survey of 29% of the participants provided the following results:

- 85% indicated they have a better understanding of aging issues today as a result of their attendance.
- 70% indicated they had taken action or changed something in their life.
- 19% indicated they had made contact with a vendor following the Expo resource fair.
- 22% had accessed information and taken action on advance directives since the Expo.
- 96% would recommend the Expo to a friend.

"Every month I do something just for myself, the Expo is that thing in April."

Aging with Attitude Regional Expo 2017

We Gratefully Acknowledge the Sponsors of the Aging Expo

Educational Sponsors

Allen County Regional Hospital, Senior Life Solutions
Harry Hynes Memorial Hospice
Iola Pharmacy
K-State Research and Extension, Southeast Area
Medicalodges, Inc.
Southeast Kansas Area Agency on Aging
Southeast Kansas Library System

Additional Support provided by:

The Family Physicians, P.A., Iola, KS
Iola Masonic Lodge #38
Gilead Lodge #144, Yates Center

Volunteers

FCCLA, Iola High School

Planning Committee Members

Melissa Frantz, Southeast Kansas Library System
Rhonda McGraw, Allen County Regional Hospital,
Senior Life Solutions
Morgan Dieker, PharmD, Iola Pharmacy
Kathy McEwan, Family and Consumer Sciences,
Southwind Extension District
Lynette Emmerson, Medicalodges, Fort Scott
Wayne Mason, Chaplain, Harry Hynes Memorial Hospice
Stacy Dickerhoof, Southeast Kansas
Area Agency on Aging
Christina Holmes, Family & Consumer Sciences,
Cherokee County Extension
Gayle Price, Extension Specialist,
K-State Research and Extension, Southeast
Joy Miller, Adult Development and Aging/Family
Resource Agent, Southwind Extension District
Barbara Stockebrand, Family and Consumer Sciences,
Woodson County Extension
Chuckie Hessong, Adult Development and Aging,
Wildcat Extension District

Save the date!
April 27, 2018
Iola, Kansas

Southeast Kansas



References:

¹U.S. Census Bureau, Age Groups and Sex: 2010, 2010 Census Summary.

²U.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.