

# Aging with Attitude Regional Expo

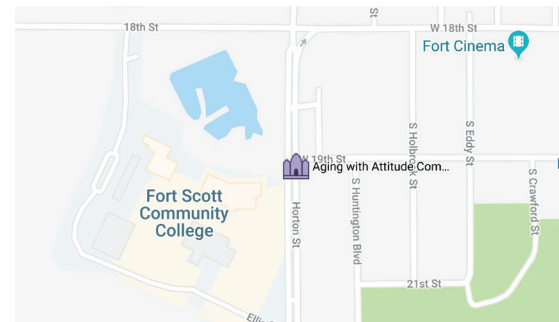
**A one-day expo to provide inspiration, answers to questions, and information to make the most of life!**

**9 a.m. to 3:30 p.m.  
Friday, April 24, 2020  
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



(find an online map here: <https://goo.gl/WKMMwZ>)

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.

### For more information contact

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

### Educational Sponsors

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

### Refreshments Sponsored by

Integrity Home Care + 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 Speakers

### Marci Penner and WenDee Rowe



**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!



**FORT SCOTT AREA  
COMMUNITY FOUNDATION**

Partial funding is provided by the Fort Scott Area Community Foundation

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

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



**Aging with Attitude — Regional Expo**

**Attendee #1**

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

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

**Attendee #2**

\_\_\_\_\_

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

Registration is \$15 per person  
**Registration is due Wednesday, April 15, 2020.**  
Registration covers lunch, speaker fees, and program materials.  
Late registration received after April 15 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

### Brain Boosters: Fads, Facts, and Fundamentals

*Joy Miller, Family and Consumer Sciences Agent, K-State Research and Extension*

Can you modify your brain health? Learn about the evidence of lifestyle and activities as a preventative measure for cognitive decline, dementia, and Alzheimer's.

### Disaster Preparedness

*William Wallis, Bourbon County Emergency Manager, Kansas Certified Emergency Manager, Fort Scott, Kansas*

More than one Kansan has said, 'When you are in Kansas and do not like the weather, wait 30 minutes.' The weather is ever changing. The best way to be safe and ready for it is by preparing. This presentation will ease your mind with tips to prepare and an easy to follow check list.

### Downsizing Made Easy

*Amanda Bourassa, Realtor, Stutesman's Action Realty*

Simplifying your life should leave you overjoyed, not overwhelmed. Somewhere between touring new homes, sorting through your possessions, choosing a new place to live, and deciding what to take and leave, it hits you: Downsizing is a lot of work! We will walk you through five steps and provide you with a guide for a successful move.

### 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.

### Hemp Culture

*Shelli Hornberger, Director of Operations  
Lauren Gabriel, Admissions/Educator  
America's Hemp Academy, Desoto, Kansas*

This breakout provides a general discussion on all things hemp. Topics will range from Cannabidiol and health, to the past, current, and future culture of hemp. Learn the updates on what is going on in the industry, including agriculture, today!

### The Ideal Environment for Aging in Place

*Marci Penner, Director; WenDee Rowe, Assistant Director  
Kansas Sampler, Inman, Kansas*

Be a part of the discussion on how to empower and elevate senior citizens as important contributors to a community and how to help people love their life as they age in place!

### Medicare Cost Savings Programs — A Review

*Rob Murnan, Medicare Enrollment Coordinator  
Community Health Center of Southeast Kansas*

CHCSEK offers a Benefits Enrollment Center that offers advice and enrollment in additional benefits available to those enrolled in, or soon to be eligible for, Medicare. A designation by the National Council on Aging, CHCSEK is the first enrollment center in Kansas and one of only three in the state.

### 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 healthcare resource.

### Telling Your Family Story: Did Mom really do that?

*Stacy Dickerhoof, Program Manager, Southeast Kansas Area Agency on Aging*

Families have rich vibrant history and wonderful stories to tell. Don't let the tales be lost forever. Talk with your loved ones and document the stories to be passed on to future generations. This session will assist you in creating the start of your very own story.

### Valuable Records Conversation

*Melissa Johnston, RN, BSN, MBA, Clinical Liaison, 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. A list of documents that should be kept together will be provided and thoughts will be shared on why it's important to have them readily available.

### 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 than ever before thanks to advanced technology. Participants will learn about monitoring cameras, security systems, smart locks, and medical alerts. These technologies also can save money by improving the efficiency of your heating and cooling systems.

## Program Schedule

9:00-9:15

### Registration and Refreshments

### Visit the Vendor Booths

9:15-9:30

### Welcome

- Get Up, Warm Up

9:30-10:00

### Resource Fair

10:10-10:55

### Session 1

- Disaster Preparedness
- Downsizing Made Easy
- Fraud Awareness: Protecting Yourself from Scams
- Hemp Culture
- Telemedicine and You: Understanding New Healthcare Options
- Smart Homes: How to Make Your Home Safer and More Efficient

11:15-12:00

### Session 2

- Repeat of Session 1 Topics

Noon

### Lunch and Keynote Speakers, Marci Penner and WenDee Rowe

- Get Up, Warm Up
- Door Prizes

1:45-2:30

### Session 3

- Brain Boosters: Fads, Facts, and Fundamentals
- The Ideal Environment for Aging in Place
- Medicare Cost Savings Programs – A Review
- Telling Your Family Story: Did Mom Really Do That?
- Valuable Records Conversations

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

- |       |       |   |
|-------|-------|---|
| _____ | _____ | Disaster Preparedness                                       |
| _____ | _____ | Downsizing Made Easy  |
| _____ | _____ | Fraud Awareness: Protecting Yourself from Scams             |
| _____ | _____ | Hemp Culture  |
| _____ | _____ | Telemedicine and You: Understanding New Healthcare Options  |
| _____ | _____ | Smart Homes: How to Make Your Home Safer and More Efficient |

### Morning Session 2

- |       |       |   |
|-------|-------|---|
| _____ | _____ | Disaster Preparedness                                       |
| _____ | _____ | Downsizing Made Easy  |
| _____ | _____ | Fraud Awareness: Protecting Yourself from Scams             |
| _____ | _____ | Hemp Culture  |
| _____ | _____ | Telemedicine and You: Understanding New Healthcare Options  |
| _____ | _____ | Smart Homes: How to Make Your Home Safer and More Efficient |

### Afternoon Session 3

- |       |       |  |
|-------|-------|--|
| _____ | _____ | Brain Boosters: Fads, Facts, and Fundamentals      |
| _____ | _____ | The Ideal Environment for Aging in Place           |
| _____ | _____ | Medicare Cost Savings Programs – A Review          |
| _____ | _____ | Telling Your Family Story: Did Mom Really Do That? |
| _____ | _____ | Valuable Records Conversations                     |

### Afternoon Session 4

- |       |       |  |
|-------|-------|--|
| _____ | _____ | Brain Boosters: Fads, Facts, and Fundamentals      |
| _____ | _____ | The Ideal Environment for Aging in Place           |
| _____ | _____ | Medicare Cost Savings Programs – A Review          |
| _____ | _____ | Telling Your Family Story: Did Mom Really Do That? |
| _____ | _____ | Valuable Records Conversations                     |