Aging with Attitude Regional Expo 2019:  
A Community Partnership Impacting Older Adults

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.

The Situation  According to the U.S. Census Bureau, 19.3% of Americans and 19.5% of Kansans 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.

What We Did  K-State Extension family and consumer sciences professionals and key community partners planned and hosted the Aging with Attitude Regional Expo in Fort Scott, Kansas on April 26, 2019. The annual event included 8 educational sessions, including a panel discussion on the opioid crisis and 25 resource exhibits. The Expo supports on-going local program priorities focused on health and community vitality. There were over 175 people from 11 southeast Kansas counties represented plus two from Missouri.

Outcomes  Program post surveys from 55% of the participants indicated the following:

- 95% learned something new.
- 83% indicated they were planning to change something in their lives.
- 92% stated they had more positive feelings toward the topic of aging.
- 94% understood there are lifestyle changes they could make that may improve or maintain their overall health and wellness.
- 98% stated they now know where to go to find more health or wellness related information.

A four-month follow-up phone survey of 22 participants (21%) indicated that as a result of attending the expo:

- 72% said they have a better understanding of aging issues today.
- 39% stated they had taken action or changed something in their life.
- 22% indicated they had made contact with a vendor following the Expo resource fair.
- Several repeat attendees report they are now using information or contacts gained from previously held Aging With Attitude Regional Expos.

Success Story  “The opioid information just blew my mind! I believe older people think this can’t happen to us, but it can!”

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
Educational Sponsors
Angels Care Home Health
Community Health Center of Southeast Kansas
Fort Scott Convention & Visitors Bureau
Harry Hynes Memorial Hospice
Integrity Home Care + Hospice
K-State Research and Extension, Wildcat and Southwind Districts
K-State Research and Extension, Southeast Area
Medicalodges, Inc.
Southeast Kansas Area Agency on Aging
Southeast Kansas Library System
Dale and Betty Johnson

Additional Support
Community Foundation of Southeast Kansas
Dale and Betty Johnson
Cheney Witt Funeral Home
Integrity Home Care + Hospice
State Farm Insurance, Kale Nelson
Harry Hynes Memorial Hospice
Medicalodges, Fort Scott

Volunteers
Fort Scott Community College Ambassadors
Fort Scott Community College Volleyball Team

Planning Committee
Barbara Stockebrand, Adult Development and Aging, Southwind Extension District
Gary Miller, Angels Care Home Health
Rob Murnan, Community Health Center of Southeast Kansas
Melissa Johnston, Harry Hynes Memorial Hospice
Gayle Price, Extension Specialist, K-State Research and Extension, Southeast Area
Joy Miller, Family Resource Management Agent, Southwind Extension District
Tara Solomon-Smith, Family and Consumer Sciences, Wildcat Extension District
Lynette Emmerson, Medicalodges, Inc.
Tabitha Stults, Integrity Home Care + Hospice
Stacy Dickerhoof, Southeast Kansas Area Agency on Aging
Melissa Frantz, Southeast Kansas Library System
Dale and Betty Johnson

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

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

Save the Date
April 24, 2020
Fort Scott, Kansas

Aging with Attitude Website: www.agingexpo/k-state.edu

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