Keynote Speaker

Erin Yelland
Assistant Professor and Extension Specialist
K-State Research and Extension

So Now What? Picking Up the Pieces in Later Life
A major life event has just happened – divorce, death, retirement, you name it! So what is next? Many older Americans face these challenges. Session will explore how to begin picking up the pieces and restarting your life.

Morning Activity

Get Up, Warm Up
Sarah Noah
Certified Personal Trainer and Senior Fitness Specialist, Iola, KS
Warm up the body with dynamic exercises. Demonstrations of upper body, lower body and full body exercises and balance training will be demonstrated.

Afternoon Activity

Tai Chi for Arthritis Warm Up
Stacy Dickerhoof,
Program Manager, Southeast Kansas Area Agency on Aging
Flowing movements combined with conscious thought of breathing. Tai Chi is effective for improving balance, coordination and building internal strength.

For more information contact
Gayle Price, 620-820-6123,
your local extension office, or
www.agingexpo.ksu.edu

Educational Sponsors
Allen County Regional Hospital, Senior Life Solutions
Angels Care Home Health
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
Thrive Allen County

Refreshments sponsored by
The Family Physicians, PA

Register and pay online at:
www.agingexpo.ksu.edu

Directions

(find an online map here: https://goo.gl/dQzU33)
Entering Iola, take Highway 54 (Madison Street) to Iola square. At intersection of Jefferson and Madison go south one block. Turn west on Broadway to St. John’s Parish Center (315 South St.). Parking available in that lot, along street west of Parish Center, small parking lot off southeast corner of Parish Center, and free public parking located ½ block north of church off Jefferson Street.
Classes

Over the Hill and Between the Sheets: Exploring Intimacy in Later Life
Erin Yelland
Assistant Professor and Extension Specialist
Kansas State University Research and Extension
Explore stereotypes of older adults and intimacy, challenges and barriers to romantic relationships in later life, and steps to a safe, sexual relationship at any age.

Have the Talk of a Lifetime
Lane Jones
Funeral Director, Jones Funeral Home, Burlington
The importance of sharing memories and stories with family and friends and the role these conversations have in remembering a person at the end of their life journey.

Medicare Part D Prescription Plan – How to Cover Your 3 C’s
Joy Miller
Family and Consumer Sciences Agent
Kansas State University Research and Extension, Southwind District
What to look for in a Medicare Part D prescription plan. When and how to change prescription plans, penalties, donut hole, and who can help you understand the options.

How to Spend a Day or Two in Southeast Kansas
Larry Gazaway, Director
Fort Scott Convention and Visitors Bureau
Samantha Krudrick, Director
Coffeyville Convention and Visitors Bureau
Think you have to travel miles away from home to visit interesting places? Southeast Kansas has everything from microbreweries and wineries to museums and farms.

Living With Less: What do I do with all this stuff?
Rhonda Cathey
Professional Home Organizer, Topeka
We may still have things stored in our homes that belong to adult children. What do we do with sets of china, a collection of books, or a workshop full of tools? Information to help you begin the process of downsizing.

Stay Strong Stay Healthy
Christina Holmes
Family and Consumer Sciences Agent
Kansas State University Research and Extension, Cherokee County
The importance of physical activity in seniors and discussions on the Stay Strong Stay Healthy program available in Kansas.

Easy Meals for Two or Just for You!
Barbara Ames
Family and Consumer Sciences Agent
Kansas State University Research and Extension, Wildcat District
With a little planning, enjoy healthy, delicious and easy to prepare meals alone or with a companion. Tips for easier meal planning, shopping, and food preparation.

Health and Wellness Benefits of Dance
Roger D. Campbell
Department Head, Health and Physical Education
Allen County Community College
Demonstration of various dance styles that enhance health and wellness, and participation by all in the different dances.

Caregiver Survival
Wayne Mason
Chaplain, Harry Hynes Memorial Hospice
Lessons learned during his work as a hospice chaplain and providing care to his wife for 15 years, will be shared so that you may thrive as a caregiver.

Veterans’ Benefits for Veterans, Dependents and Survivors
David Fehr
Family Assistance Specialist
Kansas National Guard
Veterans’ benefits, health care, disability compensation, GI bill, burial and memorial benefits will be discussed.

Feeding Your Eyes – What you eat matters!
Jill Leighter
Optometrist, Chanute
Learn how nutrition affects your eyes. What to eat, what not to eat.

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
• Have the Talk of a Lifetime
• Easy Meals for Two or Just for You
• Living With Less: What do I do with all this stuff?
• Veterans’ Benefits for Veterans, Dependents and Survivors
• Feeding Your Eyes: What you eat matters!
• Stay Strong Stay Healthy

11:15-12:00 Session 2
Repeat of Session 1 Topics

Noon Lunch and Keynote
Speaker, Erin Yelland, Extension Specialist
• Tai Chi for Arthritis Warm Up

1:45-2:30 Session 3
• Caregiver Survival
• Over the Hill and Between the Sheets: Exploring Intimacy in Later Life
• How to Spend a Day or Two in Southeast Kansas
• Medicare Part D Prescription Plan- How to Cover Your 3 C’s
• Health and Wellness Benefits of Dance

2:45-3:30 Session 4
Repeat of Session 3 Topics

3:30 Evaluation and Door Prizes

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

Session 1
• Have the Talk of a Lifetime
• Easy Meals for Two or Just for You
• Living With Less: What do I do with all this stuff?
• Veterans’ Benefits
• Feeding Your Eyes: What you eat matters!
• Stay Strong Stay Healthy

Session 2
• Have the Talk of a Lifetime
• Easy Meals for Two or Just for You
• Living With Less: What do I do with all this stuff?
• Veterans’ Benefits
• Feeding Your Eyes: What you eat matters!
• Stay Strong Stay Healthy

Session 3
• Caregiver Survival
• Exploring Intimacy in Later Life
• How to Spend a Day or Two in Southeast Kansas
• Medicare Part D Prescription Plan-How to Cover Your 3 C’s
• Health and Wellness Benefits of Dance

Session 4
• Caregiver Survival
• Exploring Intimacy in Later Life
• How to Spend a Day or Two in Southeast Kansas
• Medicare Part D Prescription Plan-How to Cover Your 3 C’s
• Health and Wellness Benefits of Dance