

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 26, 2019
 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 to the south end of town, turning west at McDonalds onto 23rd Street. Stay on 23rd Street 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 this east side of the church.

Enter for registration in the large middle doors on east side of church.

For more information contact

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

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 Southeast Research and Extension Center, 620-820-6123. K-State Research and Extension is an equal opportunity provider and employer.

Keynote Speaker

Patty LaRoche



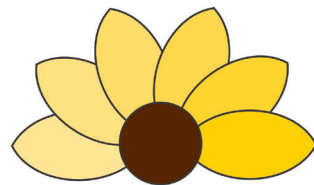
What Matters Most
 Learning contentment is a life practice and one that, in our culture, can be increasingly difficult to master. Still, there is hope, for the answer comes when we understand our inherent value and refuse to allow circumstances to determine our self-worth.

Morning and Afternoon Activities

Get Up, Warm Up

Lindsey Watts

Smallville Crossfit, Fort Scott



communityfoundation
 of SOUTHEAST KANSAS

A Basic Human Needs grant from the Community Foundation of Southeast Kansas helped support the 2019 Aging With Attitude Expo

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

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



Aging with Attitude — Regional Expo

Registration #1

Name: _____
 Address: _____
 Phone: _____
 Email: _____
 County: _____

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

Registration #2

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

Registration is \$15 per person
Registration is due Monday, April 15, 2019.
 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 (payable to KSU) to:

Gayle Price
 Southeast Research and Extension Center
 P.O. Box 316
 Parsons, KS 67357

Amount Enclosed

Classes

Addressing the Opioid Crisis, Panel Discussion

Bill Martin, Sheriff, Bourbon County; Travis Shelton, Chief of Police, Fort Scott; Craig Campbell, Pharmacist; Heather Burns, Peer Mentor, Community Health Center of Southeast Kansas; Amy Phillips, Medication-Assisted Therapy RN, Community Health Center of Southeast Kansas

The opioid crisis has swept across the nation at an alarming rate. Drug abuse, dependence, and overdoses are issues affecting the lives of millions of Americans. This open discussion will provide information on what is taking place to address this issue in southeast Kansas and give participants an opportunity to ask questions of area professionals.

Addressing the Opioid Crisis, Expanded

Craig Campbell, Registered Pharmacist

Using his years of retail and hospital pharmacy experience, this session's speaker will lead participants in a more in-depth discussion of this crisis. Topics will include medication regulations, insurance restrictions, proper disposal of medicine, risks with opioid medication use.

Scams Against Seniors

Denise Groene, Director Better Business Bureau, Wichita

Nationwide, scams against seniors generate billions of dollars each year for criminals. Seniors are often targets of scam artists because they generally are more trusting of others and perceived to be easier to persuade. Knowledge is the best defense against these crimes. The Better Business Bureau will inform you on how to spot and avoid scams, but it also offers resources that seniors can turn to if they do become a victim.

Living a Full Life with Partial Sight

*Melissa Frantz, Special Needs Consultant Southeast Kansas Library System
Amanda Smith, Certified Orientation and Mobility Specialist Resource Center for Independent Living*

Adults 45 and over are two to three times more likely to report vision loss than younger adults. Specialists will visit about services and assistive technologies available to enhance daily living with vision loss.

VA Benefits for Spouse and Dependents

Ryon Knop, Veteran Services Representative

This session will discuss veteran and spousal benefits and provide the required forms to apply for these benefits. The group will discuss what veteran benefits cover and the qualifying requirements.

Garden at Any Age

*Krista Harding, Horticulture Agent
K-State Research and Extension, Southwind District*

Gardening has many health and therapeutic benefits; however, kneeling, bending, weeding, and pruning can all become challenging as we grow older. This session will provide tips and techniques that the aging adult can use to remain active in the garden.

Helping You and Your Family through a Tough Farm Economy

*Char Henton, Mediation Coordinator
Forrest Buhler, Attorney
Gary Kepka, Extension Assistant
Kansas Agricultural Mediation Services*

Kansas Agricultural Mediation Services (KAMS) assists you with your agricultural questions. They have been providing Kansas producers with confidential legal, financial, and mediation services for more than 30 years. KAMS staff will discuss the resources and assistance available to all Kansas farmers and ranchers to explore options and generate solutions. .

Get Beyond "I'm Fine"

LaShawn Noel, Social Worker, Mercy Home Health and Hospice
What do you say when someone asks how you are doing? Is your standard answer "I'm fine?" We will discuss if that is indeed really true. We will educate on five aspects of life in an easy and effective way to check your overall mental wellness.

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

- Addressing the Opioid Crisis, Panel Discussion (All participants will attend this first session)

11:15-12:00

Session 2

- Scams Against Seniors
- Living a Full Life with Partial Sight
- Addressing the Opioid Crisis, Expanded
- Veterans' Benefits for Spouse and Dependents
- Garden at Any Age
- Helping You and Your Family through a Tough Farm Economy
- Get Beyond "I'm Fine"

Noon

Lunch and Keynote Speaker, Patty LaRoche

- What Matters Most

- Get Up, Warm Up
- Door Prizes

1:45-2:30

Session 3

- Repeat of Session 2 Topics

2:45-3:30

Session 4

- Repeat of Session 2 Topics

3:30

Evaluation

Please place an 'X' next to the 3 sessions you would like to attend throughout the day. Participants will attend the first session together. 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

Sessions 2 – 4

___	___	Scams Against Seniors
___	___	Living a Full Life with Partial Sight
___	___	Addressing the Opioid Crisis, Expanded
___	___	Veterans' Benefits for Spouse and Dependents
___	___	Garden at Any Age
___	___	Helping You and Your Family through a Tough Farm Economy
___	___	Get Beyond "I'm Fine"

Educational Sponsors

- Angels Care Home Health
- Community Health Center of Southeast Kansas
- Fort Scott Convention & Visitors' Bureau
- Harry Hynes Memorial Hospice
- K-State Research and Extension, Southeast Area
- Medicalodges, Inc.
- Mercy Home Health & Hospice
- Southeast Kansas Area Agency on Aging
- Southeast Kansas Library System
- Dale and Betty Johnson

Refreshments Sponsored by

- Harry Hynes Memorial Hospice