

## *Aging with Attitude Regional Expo 2018: 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+.<sup>2</sup> 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 Iola, Kansas on April 27, 2018. The annual event included 12 educational sessions and 25 resource exhibits. The Expo supports on-going local program priorities focused on health and community vitality. There were over 160 people from 11 southeast Kansas counties involved.

**Outcomes** Program post surveys from 68% of the participants indicated the following:

- 87% learned something new.
- 84% indicated they were planning to change something in their lives.
- 93% stated they had more positive feelings toward the topic of aging.
- 84% indicated they understood there were proactive steps they could take that may influence how they age.
- 84% understood there are lifestyle changes they could make that may improve or maintain their overall health and wellness.
- 84% 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:

- 91% said they have a better understanding of aging issues today.
- 68% stated they had taken action or changed something in their life.
- 18% indicated they had made contact with a vendor following the Expo resource fair.
- 32% took steps to downsize or declutter their living space.
- 32% made dietary changes and/or are eating healthier.

### **Success Story**

*"My life is much better. I've lost 16 pounds and have much more energy."*

## Educational Sponsors

Allen County Regional Hospital, Senior Life Solutions  
Angels Care Home Health  
Harry Hynes Memorial Hospice  
Iola Pharmacy  
K-State Research and Extension,  
Woodson County and Wildcat and Southwind Districts  
K-State Research and Extension, Southeast Area  
Medicalodges, Inc.  
Southeast Kansas Area Agency on Aging  
Southeast Kansas Library System  
Thrive Allen County

## Planning Committee

**Barbara Stockebrand**, Family and Consumer Sciences,  
Woodson County Extension  
**Stacy Dickerhoof**, Southeast Kansas Area Agency  
on Aging  
**Gayle Price**, Extension Specialist, K-State Research and  
Extension, Southeast Area  
**Wayne Mason**, Chaplain, Harry Hynes Memorial Hospice  
**Joy Miller**, Family Resource Management Agent,  
Southwind Extension District  
**Kathy McEwan**, Foods and Nutrition Agent, Southwind  
Extension District  
**Lynette Emmerson**, Medicalodges, Inc.  
**Rhonda McGraw**, Senior Life Solutions, Allen County  
Regional Hospital  
**Cheryl Harding**, Senior Life Solutions, Allen County  
Regional Hospital  
**Melissa Frantz**, Southeast Kansas Library System  
**Morgan Dieker**, Pharmacist, Iola Pharmacy  
**Kelli Frazell**, Thrive Allen County  
**Nicci Myres**, Angels Care Home Health  
**Carol Meeker**, St. John's Parish Center, Iola  
**Tara Solomon-Smith**, Adult Development and Aging,  
Wildcat Extension District

## Additional Support

City of Iola Tourism and Convention  
Committee  
Thrive Allen County  
The Family Physicians, Iola  
Medicalodges, Fort Scott

## Volunteers

Iola High School FCCLA Chapter  
Allen County Family and Community  
Education (FCE) members  
Master Food Volunteers

## Contacts

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**Save the Date**  
**April 26, 2019**  
**Fort Scott, Kansas**



**Aging with Attitude Website:** [www.southeast.ksu.edu/AgingExpo](http://www.southeast.ksu.edu/AgingExpo)

### References:

<sup>1</sup>U.S. Census Bureau, Age Groups and Sex: 2010, 2010 Census Summary.

<sup>2</sup>U.S. Census Bureau, Profile of General Population and Housing Characteristics: 2010, 2010 Demographic Profile Data.