



EAST CENTRAL KANSAS
ACTIVE AGING EXPO

A one-day expo to promote positive attitudes about aging and encourage individuals to be active physically, mentally, and financially.

8:45 a.m. to 4 p.m.
Wednesday, May 2, 2018
First Baptist Church
410 South Hickory, Ottawa, KS



Kansas State University Agricultural Experiment Station and Cooperative Extension Service

Directions

The church is located on the southwest corner of 4th and Hickory, which is east of Main Street. Elliott Hall is south of the church. Enter through the glass doors on Hickory Street, across from the post office. **Parking is limited around the church, so please carpool if possible.**

For more information contact ...

Franny Eastwood,
fmeastwo@k-state.edu, 913-795-2829 or
Chelsea Richmond,
crichmon@k-state.edu, 785-448-6826,
your local extension office,
or <http://www.agingexpo.k-state.edu>



Educational Sponsors

Angels Care Home Health
East Central Kansas Aging and Disability Resource Center
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Keynote Speaker



Sally Bailey, Professor
Kansas State University

The Arts of Creative Aging

Arts are keys to healthy aging! Any kind of creative activity: writing, drawing, painting, acting, singing, dancing, knitting, weaving, and more — done alone and with others keep our minds and bodies sharp, happy, and snappy. We'll explore what the experts say and sample some activities that are tried and true.

Sally Bailey, MFA, MSW, RDT/BCT is a Professor in the School of Music, Theatre and Dance at Kansas State University in Manhattan, KS. Bailey is also a faculty member of the Gerontology program, and Director of the Drama Therapy Graduate Program. She is an advocate for the arts and people who have (dis)abilities and the author of Barrier Free Theatre. A past president of the North American Drama Therapy Association, she received the 2006 NADTA Gertrud Schattner Award given for distinguished contributions to the field of drama therapy in education, publication, practice, and service. She was presented with the Kansas 2007 Distinguished Service Award in Arts and Disabilities, recognizing outstanding support for the arts and children with disabilities. For the past two years she has been a consultant for the University of Indianapolis' Expressive Arts in Long Term Care project, presenting to professionals in long-term care about the health benefits of the arts in general and drama in particular. Bailey believes in the power of theatre and drama therapy to change, empower, and heal ... and loves sharing it with others!

Active Aging — Regional Expo Registration — One person per form

Name: _____
Street: _____
City, State, ZIP: _____
Phone: _____
Email: _____
County: _____

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

Please select breakout sessions on the back.

Cut along dotted line and return with registration check.

Registration is \$15 per person
Registration deadline is April 20 and late registration is April 21-27 (\$20)
Registration covers lunch, speaker fees, and program materials.
Late registration (received between April 21 and April 27) is \$20, 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:
Frontier Extension District, Garnett Office
P.O. Box 423
Garnett, KS 66032-0423

Amount Enclosed

Classes

Seeing through Obstacles: Life after Vision Loss

*Amanda Smith, Certified Orientation and Mobility Specialist
Resource Center for Independent Living, Inc. (RCIL)*

Vision loss will affect 1 out of 3 people who are 65 years and older. Come learn skills and assistive technology options that can assist people with vision loss and their daily living needs. RCIL can connect you to resources to help navigate through life's obstacles.

Healthy Intimate Relationships

*Laci Cornelison, Researcher/Instructor
Kansas State University Center on Aging*

Maintaining healthy, intimate relationships is important throughout life; however, loss of partners, changing health, and social stigma all create challenges in meeting intimacy needs. This session addresses these challenges and will leave you armed with information to continue healthy, intimate relationships as long as you desire.

Who Gets Grandma's Yellow Pie Plate?

*Diane Burnett, Family and Consumer Sciences Agent, Retired
Marais des Cygnes Extension District*

Passing on personal possessions is an issue for everyone! The transfer of non-titled property such as photographs and other family heirlooms often creates more challenges among family members than the transfer of titled property. Who decides who gets what? This program offers research-based educational resources proven to help family members navigate the complexities of possession and inheritance decisions with positive and constructive outcomes.

A Person Centered Approach to Long Term Care

*Erik Wray, Director of Quality of Life
Evergreen Community of Johnson County*

Person-directed care and culture change improves the lives of individuals living in long term care. It restores dignity, respect, and privacy that have been taken away from them in institutional model nursing homes.

Online Security Tips

*Brian Carlson, Technology Integration Specialist,
Jayhawk USD 346*

During this session, things to be concerned with while online will be discussed. Emphasis will be on scamming methods used by others to obtain personal information. In addition to scamming techniques, general safe practices when using your device will be discussed as well.

The Feel Good from Less Clutter and Downsizing

*Sally Wolf, Owner
Sally's Organizing Services*

Learn some common-sense tips and tricks to filter through the emotions connected to our possessions. You, too, can experience the freeing feeling from less clutter and downsizing!

Senior Driving: When is it time to give up the keys?

*Rick Wingate, State Trooper
Kansas Highway Patrol*

Stay safe on the road and prolong your independence using these tips. Reduce family conflicts by getting regular health screenings and educating yourself on how to stay safe behind the wheel.

An America Freed from Ageism

*Debra H Zehr, President/CEO
Dana Weaver, Chief Operating Officer
Leading Age Kansas*

Regardless of our date of birth, we are all entitled to be treated as individuals, with respect and attention. We deserve the opportunity to express ourselves, to be addressed directly and not through a third party — well-meaning though they may be. None of us would choose to be marginalized or disenfranchised; why would we allow it to happen to our older adults?

Let's change the conversation about aging to show that it is simply part of our life journey, full of choices, opportunity and joy at every age.

Program Schedule

8:45-9:00	Registration and Refreshments
9:00-9:15	Welcome
9:15-9:45	Vendor Booths
10:00-10:45	Session 1
11:00-11:45	Session 2 Repeat of Session 1 Topics
11:45-1:00	Lunch and Keynote Speaker, Sally Bailey
1:00-1:30	Opioid Panel
1:30-1:50	Vendor Booths
2:00-2:45	Session 3
3:00-3:45	Session 4 Repeat of Session 3 Topics.
4:00	Evaluations and Door Prizes

**On-line registration is available at
<http://www.agingexpo.k-state.edu>**

Please select **only one** topic for each session. Classes will be assigned on a first-come, first-served basis. We ask that you please attend the classes you choose. Some classes may be canceled if registration is too low.

Session 1 (Select one)

- ___ Seeing through Obstacles: Life after Vision Loss
- ___ Healthy Intimate Relationships
- ___ Who Gets Grandma's Yellow Pie Plate?
- ___ A Person Centered Approach to Long Term Care

Session 2 (Select one)

- ___ Seeing through Obstacles: Life after Vision Loss
- ___ Healthy Intimate Relationships
- ___ Who Gets Grandma's Yellow Pie Plate?
- ___ A Person Centered Approach to Long Term Care

Session 3 (Select one)

- ___ Online Security Tips
- ___ The Feel Good from Less Clutter and Downsizing
- ___ Senior Driving: When is it time to give up the keys?
- ___ An America Freed from Ageism

Session 4 (Select one)

- ___ Online Security Tips
- ___ The Feel Good from Less Clutter and Downsizing
- ___ Senior Driving: When is it time to give up the keys?
- ___ An America Freed from Ageism