



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.

9 a.m. to 4 p.m.
Wednesday, May 3, 2017
Lighthouse Presbyterian Church
1402 E. 303rd St.
Paola, Kansas



K-STATE
 Research and Extension

Kansas State University Agricultural Experiment Station
 and Cooperative Extension Service

Directions

From K-68 West, at the traffic circle, take the second exit onto Hedge Lane. Continue south on Hedge Lane for 1 mile, to West 303rd Street. Turn right onto 303rd Street and the church is on the right.

From US-169 South, follow US-169 to Baptiste Drive. Turn left onto Baptiste Drive. Turn right onto Hedge Lane at the first stop light, then turn left onto 303rd Street. The church is on the right.

For more information contact ...
 Rebecca McFarland, rmcfarla@ksu.edu,
 785-229-3520, or Diane Burnett,
dburnett@ksu.edu, 913-294-4306,
 your local extension office,
 or <http://www.agingexpo.k-state.edu>

Educational Sponsors



LIGHTHOUSE
 CHURCH

Lighthouse Presbyterian Church
 East Central Kansas Aging
 and Disability Resource Center
 K-State Research and Extension - Frontier District
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Keynote Speaker



Eric Crump
 Vice President
 of Business
 Development
 AngMar Medical
 Holdings, Inc.

Caring for the Caregiver

In our lifetime, many of us will find ourselves called to care for other people. It's common to feel stressed and overwhelmed at this time. Like the one needing care, you may feel angry, sad, or worried. This "Caring for the Caregiver" presentation walks caregivers through real-world scenarios and ends with the promise of living in your "bright spots." Giving care to others can be rewarding as long as we also continue to care for ourselves.

Eric Crump serves as the Vice President of Business Development for AngMar Medical Holdings, Inc. AngMar is a privately held company based in Mansfield, Texas, that manages a network of home health agencies in 10 states under the national brand of Angels Care Home Health.

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.

Cut along dotted line and return with registration check.

Registration is \$15 per person
 Registration must be received by April 21.
 Registration covers lunch, speaker fees, and program materials.
 Late registration (received between April 22 and April 28) 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

Know the 10 Warning Signs of Alzheimer's

*Katherine Rivard,
Manager, Community Outreach and Volunteer Engagement
Alzheimer's Association*

This presentation covers the warning signs of Alzheimer's disease and explains what to do if you think you or a loved one exhibits the symptoms.

Low Volatility Investing Wins

*Nate Miller
Founder
Miller Retirement Group*

Contrary to what we're told, you don't have to take on more risk if you want more return. Join Nate Miller — author, investment advisor representative, and creator of the CPR Retirement Rescue Roadmap — as he gives simple explanations why Low Volatility Investing wins in retirement.

There's no Avoiding This One

*Debby Stout
Funeral Director
Penwell-Gabel Funeral Home and Crematory*

Pre-planning your own funeral arrangements may sound a bit awkward, but it can be a great blessing to those you leave behind. Come and discuss the ins, outs, pros, and cons of final arrangements.

Hearing Loss, Balance and Dizziness: Help is Right Here at Home

*Dr. Zack Miller, Au.D., CCC-A
Audiologist
Midwest Hearing Aids, Inc.*

This presentation discusses the importance of hearing aids and what may happen if a person's hearing loss goes untreated. It also discusses different balance and dizziness issues that patients may have. Dr. Miller is happy to answer questions.

Help for Your Farming Questions

*Char Henton, Mediation Coordinator; Forrest Buhler, Staff Attorney
Kansas Agricultural Mediation Services
K-State Research and Extension*

KAMS answers agricultural legal and financial questions, plus much more. Char and Forrest will explain how KAMS services assist many farm families.

Diabetes and You!

*Charisse Symmonds, D.O.
Internal Medicine Associates*

A presentation about diabetes, different ways it can affect you, and how to prevent it.

Talking Books and More

*Melissa Frantz
Special Needs Consultant
Southeast Kansas Library System*

Hands-on presentation about Kansas Talking Books and other items available through Southeast Kansas Library System.

Things I Wish I'd Known Before I Retired

*W. Kay Voorhees
SHICK volunteer
East Central Kansas Area Agency on Aging*

Session covers pre-retirement and post-retirement issues that often take people by surprise, including pre-retirement planning/timing and post-retirement adjustments necessary to enjoy retirement.

Eating Healthy on a Budget

*Kathy Goul
Program Assistant
KSRE-Marais des Cygne District*

There are many ways to eat healthy, even if you are on a tight budget. Come and learn some simple tips that can be used to save money at the store and save time in the kitchen. With a little planning, savvy shopping, and simple recipes to cook at home, you will be well on your way!

Stepping On

*Helen Kuttles, R.N.
Education Instructor
Olathe Health System*

One out of three adults over the age of 65 fall each year. Miami County Medical Center education instructors will discuss ways to eliminate fall hazards in the home, ways to keep from falling in the community, how medications can contribute to falls and what to look for in safe footwear. This program is a workshop for people who have fallen, are at risk of falling, or have a fear of falling.

Program Schedule

9:00-9:15	Registration and Refreshments
9:15-9:30	Welcome
9:30-10:00	Visit the Vendor Booths
10:15-11:00	Session 1
11:15-12:00	Session 2 Repeat of Session 1 Topics
Noon to 1:15	Lunch and Keynote Speaker, Eric Crump
1:15-1:25	Exercise Session
1:25-1:50	Visit the Vendor Booths
2:00-2:45	Session 3
3:00-3:45	Session 4 Repeat of Session 3 Topics.
4:00	Evaluation and Door Prizes

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)

- ___ Know the 10 Warning Signs of Alzheimer's
- ___ Low Volatile Investing Wins
- ___ There's No Avoiding This One
- ___ Hearing Loss, Balance, Dizziness
- ___ Help for Your Farming Questions

Session 2 (Select one)

- ___ Know the 10 Warning Signs of Alzheimer's
- ___ Low Volatile Investing Wins
- ___ There's No Avoiding This One
- ___ Hearing Loss, Balance, Dizziness
- ___ Help for Your Farming Questions

Session 3 (Select one)

- ___ Diabetes and You
- ___ Talking Books and More
- ___ Things I Wish I'd Known Before I Retired
- ___ Eating Healthy on a Budget
- ___ Stepping On

Session 4 (Select one)

- ___ Diabetes and You
- ___ Talking Books and More
- ___ Things I Wish I'd Known Before I Retired
- ___ Eating Healthy on a Budget
- ___ Stepping On