

**For more information contact:**

**Rebecca McFarland**, [rmcfarla@ksu.edu](mailto:rmcfarla@ksu.edu), 785-229-3520  
or **Kathy Goul**, [kgoul@ksu.edu](mailto:kgoul@ksu.edu), 913-294-4306,  
your local extension office,  
or <http://www.agingexpo.k-state.edu>



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**Active Aging Expo Registration (one person per form)**

There is no registration fee for this year's event, however we do ask that you pre-register so that we can plan accordingly. A link for the event will be sent to your email after you register.

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

County: \_\_\_\_\_

**Please mail to:** Frontier Extension District, Garnett Office  
P.O. Box 423, Garnett, KS 66032

**or register online at** <http://www.agingexpo.k-state.edu>

**If you are unable to connect virtually, please call 785-448-6826 to find a host site near you. Registration deadline May 3, 2021.**

Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
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*A one-day expo to promote positive attitudes about aging and encourage individuals to be active physically, mentally and financially.*

***A Virtual Event***

**Thursday, May 6, 2021**

**1:00 p.m. to 4:00 p.m.**



**Kansas State University Agricultural Experiment Station and Cooperative Extension Service.**

## Keynote Speaker



**Rachelle Morgan, MA, MT-BC**  
*Soundscaping Source LLC*

### Music and Meaning for Older Adults

For all of human history, people have been making music. Music helps us connect with each other and with the most important parts of ourselves, our families and culture groups, and our personal histories. Come explore the connections we all have through music and discover how music can help us age well.

*Rachelle Morgan, MA, MT-BC is the founder of Soundscaping Source, where her mission is to bring meaningful music experiences to older adults and their caregivers, all the way to the end of life. Rachelle has been in clinical practice as a music therapist since 2004, and she maintains a private practice in Kansas City where her team serves older adults in senior living and hospice. Rachelle is on the faculty of Saint Mary-of-the-Woods College and Johnson County Community College, is a frequent presenter at regional and national music therapy conferences, and is in demand as a speaker, consultant, and staff trainer on topics related to music and eldercare. Check out [SoundscapingSource.com](http://SoundscapingSource.com) to find a ton of great resources on music with older adults.*

### Vaccinations: Checking the Facts Together

**Stacy Augustyn, BSN, RN, Chief Quality and Compliance Officer, Coffey Health System**

Experts from Coffey Health System will talk about the importance of vaccines and answer questions about their safety.

## Schedule

1:00 p.m. - 1:45 p.m.	Welcome & Keynote Speaker Music and Meaning for Older Adults
1:45 p.m. - 1:55 p.m.	Break (Chair Yoga Warm Up)
1:55 p.m. - 2:30 p.m.	Mental Health: When Common Becomes Complicated
2:30 p.m. - 2:40 p.m.	Break (Stretching Exercises)
2:40 p.m. - 3:10 p.m.	Easy Meals for Two or Just for You!
3:10 p.m. - 3:20 p.m.	Break (Relaxation)
3:20 p.m. - 3:50 p.m.	The Facts on Vaccines
3:50 p.m. - 4:00 p.m.	Evaluation & Closing

### Topics in Mental Health: When Common Becomes Complicated *Karen Wood, LCSW, Program Therapist Anderson County Hospital Senior Life Solutions*

As we age, common issues of grief, sadness, loneliness and worry can become exacerbated and can lead to significant mental health conditions. Learn more about the signs and symptoms of depression and anxiety and everyday tips to improve your mental health.

### Easy Meals for Two or Just for You!

**Beverly Burke & Gayle Plummer, Master Food Volunteers, K-State  
Research & Extension - Marais des Cygnes District**

Struggling with the challenges of preparing meals for just one or two? With a little thought and planning; healthy, delicious and simple to prepare meals are easier than you think. We'll discuss tips for easier meal planning, shopping, and food preparation.