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 to find a ton of great resources on music with older adults.

Directions

The church is located on the northwest corner of West 2nd Avenue and South Walnut Street, 2 blocks west of Main Street. Parking is located on the south side of the building, directly across from the main entrance.

For more information contact ... Rebecca McFarland, rmcfarla@ksu.edu, 785-229-3520 or Kathy Goul, kgoul@ksu.edu, 913-294-4306, your local extension office, or http://www.agingexpo.k-state.edu
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
11:45-1:00 Lunch and Keynote Speaker, Rachelle Morgan
1:00-1:15 Chair Yoga
1:15-1:30 Vendor Booths
1:30-2:15 Session 3
2:30-3:15 Session 4
3:15-3:30 Evaluations and Door Prizes

Online registration is available at 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)
- Topics in Mental Health: When Common Becomes Complicated
- Exploring Your Spiritual Needs at the End of Life
- Putting Your Best Foot Forward
- Write from Life

Session 2 (Select one)
- Topics in Mental Health: When Common Becomes Complicated
- Exploring Your Spiritual Needs at the End of Life
- Putting Your Best Foot Forward
- Write from Life

Session 3 (Select one)
- #Brainpower: Reducing Risk Factors for Cognitive Decline in Rural Kansas
- Easy Meals for Two or Just for You!
- Making the Most of Your Music Toolbox
- Skin and the Effects of Aging: What you Need to Know

Session 4 (Select one)
- #Brainpower: Reducing Risk Factors for Cognitive Decline in Rural Kansas
- Easy Meals for Two or Just for You!
- Making the Most of Your Music Toolbox
- Skin and the Effects of Aging: What you Need to Know

* Group activity immediately following lunch.