

# 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 3:30 p.m.  
Thursday, May 2, 2019  
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 Area  
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## Keynote Speaker



**Gayle Doll,**  
Associate Professor and  
Director, Kansas State  
University Center on Aging

## The Happiness Curve of Aging

Older adults report improved contentment as they age despite increasing losses. The accumulation of loss is overemphasized by younger people who then develop ageist beliefs. This ageism can be internalized by older adults leading to poorer performance on cognitive tests, poorer health and even shorter lives. This presentation is meant to enlighten participants to age-stereotyping and ageism and can be used as a score sheet for owning one's own age.

*Gayle Doll, PhD, FAGHE, FGSA, has been the director of the Kansas State University Center on Aging for 15 years. Her team is responsible for preparing students to work with older adults, conducting research about aging issues pertaining to long term care and the sexuality of older persons, and providing outreach and educational support to more than half of the nursing homes in Kansas through the PEAK program. She has earned several teaching awards including the Myers-Alfred teaching award, the Commerce Bank undergraduate teaching award, and the Great Plains IDEA Faculty Fellowship Award. Doll authored a book, Sexuality in Long-Term Care, in 2013. She has made dozens of presentations around the United States and Canada. She's enjoying aging and the rewards that come with it — seeing her family expand with three daughters-in-law, three grandchildren, and a granddog or two, and finding the time for hobbies such as exercise, painting, gardening, and traveling with her husband, Rick.*

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

Registration is \$15 per person  
Registration deadline is April 19 and late  
registration is April 20-26 (\$20)

Registration covers lunch, speaker fees, and  
program materials.

Late registration (received between April 20 and  
April 26) 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

Wills, Trusts, and Power of Attorney Documents

Scott E. Taddiken & Denise L. McNabb, Attorneys  
Stevens & Brand LLP

An introductory overview of estate planning, including a discussion of common mistakes to avoid, the key differences between wills and trusts, and the importance of power of attorney documents.

Hospice Myths

Andrea Elwood, Hospice Director  
Hand in Hand Hospice

What is hospice? A place? A service only for cancer patients? Care given only in the last few weeks of someone’s life? There is often confusion about what hospice care is and what it is not. Come and learn about common myths surrounding hospice care and how it can benefit your family.

Where To Go on Your Next Road Trip in Kansas

Kelli Hilliard, PR & Travel Development Manager  
Kansas Department of Wildlife, Parks & Tourism  
Kansas is unlike any other state in the U.S. It houses fields upon fields of sunflowers, has numerous museums throughout the state, and even has remnants of an 80-million-year-old inland sea. An I-70 road trip just scratches the surface. During this session you may be reminded about sites you’ve heard about, but also will learn of hidden secrets.

I’m not Leaving My Home!

Rachelle Huber, OTR/L  
Coffey County Hospital

Over the course of your lives, many of you will experience home environments that no longer help, but rather hinder, daily activities. As needs change, so should your home environment. Come and learn some simple changes to your house and daily routine that will help you live independently in your own home.

Eldercare Mediation and Family Decision-Making

Sharon Seidler, Conflict Resolution Program Coordinator  
Kansas State University, College of Human Ecology  
This introduction to Eldercare Mediation will help attendees understand complexities and resources in mediation with family and community elders. Join us for this informational session about the

various options involved in family and eldercare decision-making including: residence, medical decision-making, guardianship, financial issues, health management, and estate planning.

Gardening as We Age

Ryan Schaub, Agriculture and Natural Resources Agent —  
Horticulture  
Frontier Extension District  
Do you love to garden, but struggle to get down on your knees, or maybe bending over hurts your back? Container gardening may be just the ticket for you. Schaub will talk about how to mix the soil, what to plant, and how to arrange the plants within the container. So sit back and relax and learn what you can do to keep enjoying the outdoors.

Self-care is not Selfish: How do Caregivers Take Care of Themselves?

Amy DeWitt, Administrator  
Angels Care Home Health  
There are approximately 65 million family or friend caregivers in the United States, and often individuals do not recognize themselves as being part of this under-supported group. How do caregivers manage it all without feeling lonely, isolated, and overwhelmed?

Your Smile for a Lifetime

Dr. Jessica Johnson, Dentist/Owner  
Ottawa Kansas Dentistry  
Talking, eating, and smiling are three of life’s greatest pleasures. Come learn oral health tips to make your smile last a lifetime. Whether you are battling dry mouth from a new medication, struggling with a loose denture, or wanting to brighten your smile, the session will cover a variety of dental-related topics that are commonly faced as people age.

Chair Yoga \*

Jodi Smith, Nutrition Site Coordinator/ Case Manager  
East Central Kansas Area Agency on Aging  
Chair yoga offers many health benefits, including better breathing habits, improved muscle tone, range of motion and flexibility, reduced stress, and better sleep. Once you get started you might be amazed at how easy it is and how much better you feel.

\* Group activity immediately following lunch.

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<br>Repeat of Session 1 Topics |
| 11:45-1:00  | Lunch and Keynote Speaker, Gayle Doll   |
| 1:00-1:15   | Chair Yoga                              |
| 1:15-1:30   | Vendor Booths                           |
| 1:30-2:15   | Session 3                               |
| 2:30-3:15   | Session 4<br>Repeat of Session 3 Topics |
| 3:15-3:30   | Evaluations and Door Prizes             |

Online 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)

- \_\_\_\_\_ Wills, Trusts, and Powers of Attorney
- \_\_\_\_\_ Hospice Myths
- \_\_\_\_\_ Road Trips in Kansas
- \_\_\_\_\_ I’m Not Leaving My Home!

Session 2 (Select one)

- \_\_\_\_\_ Wills, Trusts, and Powers of Attorney
- \_\_\_\_\_ Hospice Myths
- \_\_\_\_\_ Road Trips in Kansas
- \_\_\_\_\_ I’m Not Leaving My Home!

Session 3 (Select one)

- \_\_\_\_\_ Eldercare Mediation and Family Decision-Making
- \_\_\_\_\_ Gardening as We Age
- \_\_\_\_\_ Self-Care Is Not Selfish
- \_\_\_\_\_ Your Smile for a Lifetime

Session 4 (Select one)

- \_\_\_\_\_ Eldercare Mediation and Family Decision-Making
- \_\_\_\_\_ Gardening as We Age
- \_\_\_\_\_ Self-Care Is Not Selfish
- \_\_\_\_\_ Your Smile for a Lifetime