



News Column for week of March 2, 2020

Aging With Attitude Expo set for April 24

Life brings with it many stages. There are the formative years of growing and education, the middle years of working and maybe raising a family – and the later years, which can be even more challenging and more fulfilling than the earlier stages.

K-State Research and Extension has joined with community partners in bringing the Aging With Attitude Regional Expo to the Fort Scott community for a second year. The event will be held at the Community Christian Church, on 1919 Horton Street, on April 24, 2020. It is a one-day educational event from 9:00 a.m. to 3:30 p.m.

The expo promotes positive attitudes about aging and provides inspiration, answers questions and delivers information to seniors, their families and caregivers about making the most of life. The event has rotated between five locations in the southeast Kansas area over the years to stay true to its 'regional' approach. It will be the 10th anniversary for this annual event.

Marci Penner and WenDee Rowe of the Kansas Sampler Foundation will present an upbeat keynote address on some of the lesser known attractions in southeast Kansas.

Breakout sessions are offered on various topics relating to aging issues. Morning session topics will include disaster preparedness, downsizing, fraud awareness, the hemp culture, new healthcare options through telemedicine, and tips for making homes safer and more efficient through advanced technology.

Afternoon sessions include brain boosters – the fads and facts, the ideal environment of aging in place, a review of Medicare cost savings programs, telling your family story, and conversations on valuable records. There will be a fun exercise activity during both the morning and afternoon.

Other community partners engaged with the expo planning include Angels Care Home Health, Community Health Center of Southeast Kansas, Fort Scott Presbyterian Village, Harry Hynes Memorial Hospice, Integrity Home Care + Hospice, Medicalodges – Fort Scott, Southeast Kansas Area Agency on Aging, Southeast Kansas Library System, and interested community individuals.

A goal of the expo is to empower older adults--with information and education that is shared throughout the day--to make more confident and proactive decisions that influence how they age.

A grant from the Fort Scott Area Community Foundation is providing partial funding to support the 2020 Aging with Attitude Regional Expo.

Registration is \$15 per person and covers snacks, lunch, speaker fees and program materials. The pre-registration deadline is April 15. After the deadline, registration is \$25 per person, and lunch is not guaranteed. Check out the expo website for registration and program information at www.agingexpo.k-state.edu or contact the Southwind Extension District Office by calling 620-625-8620.