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

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.
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.

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, LSCSW, 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.

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.