

East Central Kansas Active Aging Expo Back Again

Submitted by Franny Eastwood, Family & Consumer Science Agent

The registration deadline is fast approaching for the East Central Kansas Active Aging Expo to be held in Ottawa on Thursday, May 2, from 8:45 a.m. to 3:30 p.m. at the First Baptist Church, 410 S. Hickory Street. The conference will promote positive attitudes about aging and encourage individuals to be active physically, mentally and financially. The Marais des Cygnes District is pleased to partner with surrounding K-State Research & Extension offices, as well as other educational sponsors to present the Expo.

Gayle Doll will present the keynote address entitled “The Happiness Curve of Aging”. Older adults report improved contentment as they age despite increasing losses. The accumulation of loss is overemphasized, however, by younger people who then develop ageist beliefs – stereotyping of individuals or groups because of their age – which may portray older people as frail, physically weak, mentally slow, disabled or helpless. Doll’s presentation is meant to enlighten participants to age-stereotyping and can be used for a score sheet for “owning one’s own age”.

In addition to Doll’s presentation on aging, participants will be able to attend a variety of informational sessions that include the following topics: hospice myths; gardening as we age; road trips in Kansas; taking control of your future with wills, trusts and power of attorney documents; caring for the caregiver; independent living; eldercare mediation and family decision-making; dental care and chair yoga.

Educational sessions will be conducted in the morning and afternoon. Participants can register for four sessions of their choice. Local vendors will be on hand with information on products and services. Registration is \$15 per person. Advance registration deadline is Friday, April 19th. The registration fee covers lunch, speaker fees and program materials.

The “Active Aging Expo” is sponsored by Angels Care Home Health, East Central Kansas Area Agency on Aging, K-State Research and Extension (Frontier District, Marais des Cygnes District and Coffey County) and First Baptist Church, Ottawa.

For registration and program information, visit www.agingexpo.k-state.edu. For more information contact Franny Eastwood, FCS Agent at 913-795-2829, Marais des Cygnes Extension District or write to fmeastwo@ksu.edu or check out our website: www.maraisdescygn.es.k-state.edu.