

Dr. Charmane Kandt

Neuromuscular Wellness Center, FHSU

Physical exercise can vastly speed up recovery from major medical complications such as stroke or heart attack. Dr. Kandt's presentation will focus on how being active can help you achieve optimum health.

SESSIONS

Dying and Grieving Well in America 2015

Dr. Joe Barnes and Maralyn Cooper, Hospice Services of Northwest Kansas

Focuses on how we as a society approach death and bereavement and will describe the dying process and how we can support loved ones and family members during difficult times.

Documenting Your Health History

Nora Rhoades, Extension Agent, KSU

"Thanks Mom and Dad!" This session describes the importance of knowing your family health history and how it affects your health. Knowing your family's health history can help you and future generations know about certain health conditions that may be hereditary.

Legally Secure Your Financial Future

Elizabeth Kiss, PH.D. Extension Specialist KSU

What will happen if you are unable to tell your doctor what medical treatments you want or don't want if you fall ill? Advance directives and a living will can help you and your family during a major medical event. An explanation of advance directives and how they can affect your future: living wills and durable power of attorney for health care matters.

Leaving a Legacy

Doug Beech, Planned Giving Officer, KS 4-H Foundation

This session will focus on the major tools of charitable estate planning and how you can preserve your values through your estate plan.

Know the 10 Signs

Linsey Norton, Alzheimer's Association Central and Western Kansas

Memory loss that disrupts daily life may be a symptom of Alzheimer's or another dementia. This session will focus on the 10 warning signs and symptoms of Alzheimer's Disease.

Making Reading More Fun

Bradford Wiles, PH.D. Extension Specialist, KSU

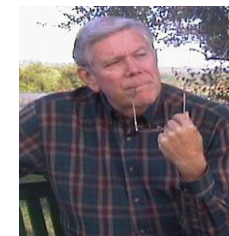
An interactive session to help you learn specific ways to make reading with children more fun.

Program Schedule

- 9:15 Registration & Resource Fair
- 9:45 Welcome & Introductions
- 10:00 **Breakout Session 1**
- Dying and Grieving Well in America 2015
Joe Barnes and Maralyn Cooper
 - Documenting Your Health History
Nora Rhoades
- 10:50 Break and Resource Fair
- 11:00 **Breakout Session 2**
- Making Reading More Fun
Bradford Wiles
 - Legally Secure Your Financial Future
Elizabeth Kiss
- 11:55 Lunch
- 12:15 **Finish Well! Ron Willis**
The impact grandparents have on their families.
- 1:15 Break and Resource Fair
- 1:30 **Breakout Session 3**
- Leaving a Legacy
Doug Beech
 - Know the 10 Signs
Linsey Norton
- 2:30 **Dr. Charmane Kandt**
Incentivizing Mobility in the Elderly
- 3:30 Evaluations

Ron Willis

What we think of ourselves begins early. Our parents, grandparents, teachers, and others, all have an impact of who we are today.



Things I've learned from my front porch swing.

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Please rank your choices for each session. Classes will be assigned on a first-come, first-served basis.

BREAKOUT SESSION 1

_____ Dying and Grieving Well in America 2015

_____ Documenting Your Health History

BREAKOUT SESSION 2

_____ Making Reading More Fun

_____ Legally Secure Your Financial Future

BREAKOUT SESSION 3

_____ Leaving a Legacy

_____ Know the 10 Signs

Please attend the sessions you signed up for.

**Register online at:
northwest.ksu.edu/fullcircle**

Registration is \$30.00 per person or \$50 for 2 family members. **Due April 17, 2015.**

Full Circle...an Aging Expo

First Person

Second Person

Register online at:

northwest.ksu.edu/fullcircle

OR

Return form and check payable to **KSU** to:

Jen Schoenfeld
Golden Prairie Extension District
P.O. Box 158
Gove, Kansas 67736

Name: _____
Address: _____
City/State/Zip: _____
Phone: _____

• Registration fees cover lunch and facilities.

Email: _____
Please list any special accommodations needed (i.e. handicap accessibility, dietary restrictions, etc.).

• Registration at the door is \$35 per person, Lunch will **not** be guaranteed.

Cut along dotted line and return with check for \$30.00 or \$50.00.

LOCATION & DIRECTIONS

Colby Community College – Student Union

1255 S. Range, Colby, KS 67701
From I-70, turn right on Range to College Street, turn right, you are there!

From: K-25 North, (Range Avenue) go south on Range to College Street, turn left, you are there!



EDUCATIONAL SPONSORS:

**K-State Research & Extension, NW Area
Northwest Kansas Area Agency on Aging
FHSU Dept. of Health & Human Performance**

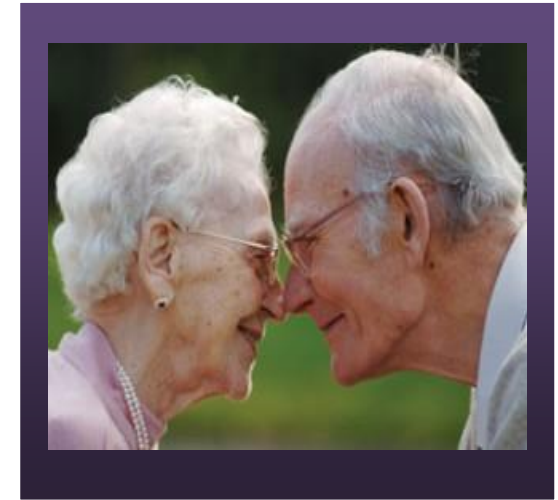
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*Full
Circle...*
an Aging Expo



Finish Well!



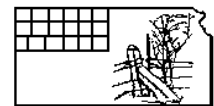
April 24, 2015

9:45 am – 3:30 pm

(Registration - 9:15)

Colby Community College–Student
Union

1255 S. Range, Colby, KS



NWKAA