

Full Circle...

an Aging Expo



*Find Answers, Gain Ideas,
Get Inspired!*

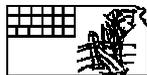
Professional Track

April 26, 2013

Impact Hall, Gateway Fellowship Church, Oakley, KS



FHSU



NWKAAA

Find Answers, Gain Ideas, Get Inspired!



Welcome to the new *Full Circle – Professional Track*, a joint project of K-State Research and Extension, NW Area Agency on Aging and the Department of Health and Human Performance, Fort Hays State University, designed to meet the needs and aspirations of those working in the aging industry.

This track will provide in-depth programs geared for those actively working with the elderly. Sessions are designed to provide participants with information and tools that they can take back to the workplace and implement immediately. CEUs are available for each session with the possibility of earning a total of 6 CEUs.

Our speakers come from varied backgrounds and professional arenas. Topics are equally varied addressing mental health, team building initiatives, intimacy with aging and the interplay between multi-generations.

The all-conference speakers include Karen Ridder, freelance journalist, sponsored by the Kansas Humanities Council and Debra Sellers, KSU Extension Specialist.

We invite you to explore the following pages that contain the topics with a short description ending with the session objectives.

Please join us for this unique educational and networking experience. You will leave this event with cutting-edge information, resources and tools to help you embrace the opportunities that await you

Professional Track

8:00 - 8:30	Registration and Resource Fair
8:30 - 10:00	Mental Health Crisis Intervention: A Primer of Mental Health First Aid
10:00 - 10:15	<i>Break</i>
10:15 - 11:45	Building Trust in Your Unit
11:55 - 1:15	Lunch / All Conference Speaker, Karen Ridder , “Bucket Lists and Looking Back”
1:25 - 2:15	Behind Closed Doors, Intimacy and Aging
2:15 - 2:30	<i>Break</i>
2:30 - 3:20	All Conference Speaker, Debra Sellers, Ph.D. “Adapting to Life’s Changes”
3:30 - 4:20	Cross-Generational Communication
4:20 - 4:45	Wrap-up, evaluation and send off

Minimum – 20 participants required
Maximum 40

8:30am - 10:00am Mental Health Crisis



Intervention:

A Primer of Mental Health First Aid

Ken Loos, MS, LMLP, LCP Manager; Community Prevention, Education and Outreach MHFA Instructor, High Plains Mental Health

Mental health crises encompass big events (like the Greensburg tornado) or small personal events (such as a death in the family). It is sometimes difficult to know what to say and how to help without making promises you cannot keep or becoming overly involved. This presentation will be an overview of an international public education program called Mental Health First Aid (MHFA). MHFA is designed to give people knowledge and skills so they can effectively help someone experiencing a mental health crisis.

You will:

- Learn basic mental health first aid
- Gain strategies for reaching out to co-workers, and patients' families

One CEU awarded



10:15am - 11:45pm Building Trust in Your Unit

Pat McNally, Ph.D.

Retired KSU 4-H Youth and Development State Leader, Coordinator of Oklahoma Operation: Military Kids

The most effective team is one where the team members trust their fellow

members, trust themselves and they trust the mission of purpose of the team. Trust doesn't come naturally or easily for some folks. We'll explore strategies that you can use to help build trust within your team. After all, you do want to be an effective team member on an effective team, right? *Interactive*

You will:

- Explore strategies for developing trust within your team
- Learn how to be a trusted team member

One CEU awarded



11:45 - 1:15pm

All-Conference Speaker

Bucket Lists & Looking Back: What Was Worth the Work?

Karen Ridder,

A freelance journalist specializing in Kansas topics

“Bucket lists” are wish lists of accomplishments people hope to do before they die, or “kick the bucket.” What life goals will you look back on and believe were the best work for your life? In researching this talk, Karen posed the question, “What was worth the work?” to Kansans living past their 95th year. Hear their answers and explore where they worked, why they worked, and what work they have continued through the years.

Objectives:

- Understand how one’s past relates to their present
- Learn keys to open communication between caregiver and patient

One CEU awarded

1:25 - 2:15pm

Behind Closed Doors: Intimacy and Aging

Gayle Doll, Ph.D., Assistant Professor and Director of the Center on Aging at KSU



One of the apparent outcomes of ageism is the assumption that older people are asexual – they just aren’t interested. This preconceived notion can lead older people to adopt similar beliefs and to repress their sexuality. Intimacy is the need to have close personal relationships, this need never goes away. This session is meant to help people to feel more comfortable discussing intimacy needs; including safe sex and STD’s and sexuality in dementia patients.

You will:

- Gain basic understanding of intimacy regardless of age
- Learn how to discuss intimacy issues with patients and their families
- Develop knowledge on issues related to safe sex

One CEU awarded

2:30 - 3:20pm Adapting to Life's Changes

Debra M. Sellers, Ph.D., Extension Specialist
Adult Development and Aging



Groucho Marx once remarked that anyone can get old – all you have to do is live long enough. But growing older is more than merely marking time. Individual and societal beliefs and attitudes about growing older fall onto a continuum of negative to positive views. Research provides a balanced understanding of what it means to age, and also offers a way of thinking about aging as another stage in life's journey.

You will:

- Identify personal beliefs about aging
- Explore dual ideas of loss and opportunity
- Discover a model for understanding the process of aging

One CEU awarded



3:30 - 4:20pm Cross-Generational Communication

Debra J. Bolton, Ph.D., C.F.L.E. Extension Specialist,
Family and Consumer Science, Southwest Area

“She’s just too old (young) to understand me!”
Have you ever heard such a statement? The U.S. is a nation of generations working and living side-by-side. *Interactive*

You will:

- Enhance your communication skills
- Learn how to relate to different generations

One CEU awarded

EDUCATIONAL SPONSORS:



K-State Research & Extension, NW Area

Dept. of Health & Human Performance, FHSU



Northwest Kansas Area Agency on Aging

NWKAAA

Professional Track Registration Form

**Registration Deadline - April 19th
or postmarked by April 19th**

Professional Track needs a minimum of 20 participants to be held.
(Maximum 40)

Name: _____

Address: _____

Daytime phone: _____ **Evening:** _____

Email: _____

I wish to register for:

_____ All day \$75 (including lunch)

_____ Morning only \$50 (not including lunch)

_____ Afternoon only \$50 (not including lunch)

Make checks payable to KSU

Late registration is an additional \$20 for all day, \$10 for half day.

Type of CEU's currently pre-approved:

Administrative

Nursing (submit own CEU request)

Dental

Resident Care

Dietician

Social Work

Call to see if other CEU's can be approved

Type CEU requested: _____

Please, print your name how it should appear on the CEU certificate:

Return form and check (payable to KSU) to:

Libby Curry

NW Area Extension Office - P.O. Box 786

Colby, Kansas 67701-0786

Return form and check (payable to KSU) to:

Libby Curry

NW Area Extension Office - P.O. Box 786

Colby, Kansas 67701-0786

Register Today! - Call Libby Curry at 785-462-6281 and pre-register by April 19, 2013. Conference fees **include CEUs.**

To download a form - www.northwest.ksu.edu/fullcircle

Print, complete and fax to 785-462-2315.

Cancellation policy – If you need to cancel, please call 462-6281. A \$10 cancellation fee will apply. **No cancellations after April 19.** However, you can transfer your registration to another person.

Conference dress: We recommend you wear **comfortable clothing and shoes** as some classes require movement.

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Return Service Requested