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Melinda Daily
K-State Research and Extension
313 Main St. Courthouse
PO Box 189
Sharon Springs, KS 67758-0189

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Full Circle... an Aging Expo



Best Care Practices Professional Track

*April 22, 2016
United Methodist Church, 500 Summit Ave.
Wakeeney, KS*



Best Care Practices

Find Answers, Gain Ideas,
Get Inspired!



Welcome to the

Full Circle – Professional Track, is a joint project of K-State Research and Extension, and the NW Area Agency on Aging, 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 up to 6.

Our speakers come from varied backgrounds and professional arenas. We invite you to explore the following pages that contain a short description of the individual sessions and learning 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.

Register and pay online:

www.northwest.ksu.edu/fullcircle **OR**

Return registration form (below) & payment (payable to KSU) to:

Melinda Daily

Sunflower Extension District, Sharon Springs Office

PO Box 189

313 Main St. Courthouse

Sharon Springs, KS 67758-0189

Professional Track Registration Form

Registration Deadline - April 12th
or postmarked by April 12th

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

Please print how your name is to appear on the CEU certificate.

Name: _____

Address: _____

Preferred phone contact: _____

Email: _____

I wish to register for:

_____ All day \$85 (including lunch)

_____ Morning only \$60 (not including lunch)

_____ Afternoon only \$60 (not including lunch)

Conference fees include CEUs.

Make checks payable to KSU

Late registration is an additional:

\$20 for all day (lunch may not be available), \$10 for half day.

CEU's available pending approval:

Administrative

Dental

Dietitian

Nursing

Resident Care

Social Work

Physical Therapy

Call to see if other CEU's can be approved

Type of CEU requested: _____

4:00pm-5:00pm

Specialty Wound Care, Benefits of Early Referral
Todd Walburn, RN Case Manager, Wound Clinic



All wound care should start locally, if no significant improvement, refer on to a Specialized Wound Care Center for treatment. Chronic wounds are wounds that have not shown significant improvement within 30 days on onset. Delayed wound healing can be caused by many factors and need specialized treatments, no one thing works for all wounds. It truly takes a multi-disciplinary approach to heal these chronic wounds.

1 CEU pending

Objectives:

- Recognize when to refer a wound to special care
- Explore and identify different treatments for wounds
- Identify factors that may delay the healing of wounds

Cancellation policy – Registration can be transferred to another person. If you need to cancel, please call 785-462-6281. A \$10 cancellation fee will apply. **No refunds after April 12th.**

Photo release: K-State Research and Extension occasionally uses photographs and videos of attendees in promotional and educational materials. By virtue of your attendance, you automatically agree to the usage of your likeness in such materials.

Register Today!

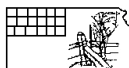
For the lowest registration fee, register by April 12, 2015.
Additional questions, contact Melinda Daily at 785-852-4285

EDUCATIONAL SPONSORS:

K-State Research & Extension
NW Area Northwest Kansas Area Agency on Aging
Trego Manor Inc. - Amy Bellerive Jewell



Kansas State University is committed to making its services, activities, and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Clyde Howard, Director of Affirmative Action, Kansas State University, (TTY)785-532-4807. Kansas State University Agricultural Experiment Station and Cooperative Extension Service.



NWKAAA

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Professional Track

8:45-9:15	Registration
9:15	Welcome
9:30-10:30	Get the Most Power From Your Bite
10:30-10:45	BREAK
10:45-11:45	Understanding the Oral Systemic Link
11:45-1:15	LUNCH – Master of Memory
1:15-1:45	Resource Fair
1:45-2:45	Sleep as You Grow Older
2:45-3:00	BREAK
3:00-4:00	Managing Chronic Pain
4:00-5:00	Specialty Wound Care
5:00-5:15	Wrap-up, evaluation and send off

Minimum – 20 participants required

Maximum 40



9:30am-10:30am

**Get the Most Power From Your Bite -
Nutritional Aspects of Wound Care**
Belinda Kasper, RD

Protein is the nutrient that assists in repairing our bodies. Are you getting enough? Are you getting too much? Is there a danger to our bodies if we get too much? What is a serving and how many servings do we need? Besides animal protein are there other proteins we can eat? These and other questions will be answered when we discover the power of protein.

1 CEU pending

Objectives:

- Understand the amount of protein you need
- Be able to choose protein for your life style
- Identify alternate forms of protein for healing
- Evaluate protein supplements

10:45am-11:45am

Understand the Oral-Systemic Link
Dr. Jeffery Lowe, DDS

This session will include an introduction to the science behind “Complete Health Dentistry” and the connection between oral health and overall systemic health.

Objectives:

- Understand the oral-systemic link
- Identify basic oral problems and when to refer to a dentist
- Understand the root cause of atherosclerosis



1 CEU pending



11:45am – 1:15 pm

Master of Memory - Andy Crocker

Research shows that many older adults complain about memory problems but seldom report these problems to their health professional. People of all ages forget, but older people tend to worry more about forgetting and memory loss. While there may be changes in memory as people grow older, people can work to decrease their negative reaction to memory problems and even improve their memory with training and practice.

1 CEU pending



1:45-2:45pm

Sleep as You Grow Older
Bryan Noone, RN, RPSGT

This session will examine changes that occur in sleep as we age and discuss some strategies to allow the best opportunity for sleep (sleep hygiene). We will also discuss some of the more common sleep disorders that affect an aging population.

1 CEU pending

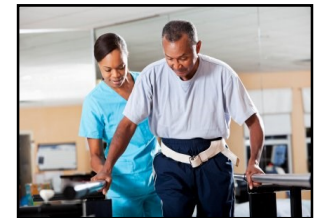
Objectives:

- Identifying common changes in sleep as we age
- Identifying sleep disorders that interfere with quality and quantity of sleep
- Understand strategies to improve sleep quality and quantity

3:00pm-4:00pm

**Managing Chronic Pain with
Physical Therapy**
Denise Ring, PT

This session will explain the benefits of utilizing the skills of a Physical Therapist in managing chronic pain in order to decrease dependency on medication. Explaining the benefits of specialized, targeted exercises to improve stability, posture and flexibility in order to help patients return to the most optimal physiological balance as possible.



1 CEU pending

Objectives:

- Understand the role physical therapy plays in managing chronic pain through specific guided programs to improve circulation, strength and flexibility.
- Understand the importance of a “balanced” biomechanical system in managing chronic pain with fewer meds.
- Understand the impact of stress and depression on a patient’s physical state and their perception of pain.

*** Please come dressed in comfortable clothing for this session.**