

News Column for Use Week of 03/14/2022
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River Valley Extension District
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Keys to Embracing Aging 101 and Understanding Hospice and Advanced Directives

It may be hard to believe with our recent weather, but spring is upon us. The spring brings along with it some programming opportunities to attend in the River Valley Extension District. A few of the upcoming programs include Understanding Hospice and Advanced Directives and Keys to Embracing Aging 101.

Discover answers to your questions at this presentation about hospice care ranging from how it works, how it's paid for, and how you get started. It will provide an understanding of how hospice can ease the burden when a patient is faced with the decision of how to spend their last moments.

The presentation will also discuss advanced directives and the importance of having this critical conversation with your loved ones. Tools will be provided to help navigate those conversations. Advanced directives can help ease the burden your loved ones face when they have to make decisions for you. They will be confident they are following your wishes and not left trying to determine what your wishes are.

Amy Burr, Director of Meadowlark Hospice, will be presenting on Understanding Hospice and Advanced Directives at the Clay Center Extension Office meeting room on April 11, at 6:00 p.m. There is no cost to attend this event and there is a zoom option. If you would like to attend the event, RSVP to the Clay Center Office at 785-632-5335 by April 7th.

Another program being offered is Keys to Embracing Aging 101. What we do today will affect our future. This is specifically true in issues regarding aging. How we take care of ourselves both physically and mentally, throughout the years will affect our natural process of aging. Many healthy centenarians (Americans who are 100 years old or older) are teaching us that aging can be a positive, joyful, and exciting experience. They demonstrate that each new year of life brings increased knowledge, wisdom, and a greater ability to engineer a positive approach to the aging process.

Many older Americans contribute their longevity to a positive attitude, nutrition, physical activity, mental and social stimulation, staying in tune with the times, safety, medical literacy, financial security, sleep, and taking time for oneself. When given the necessary attention, such lifestyle choices can positively affect future health, well-being, and optimal aging.

This program will be offered in all four counties of the district. Join us on May 17th at 10:00 a.m. in Washington at Good Shepherd Lutheran Church and 2:00 p.m. in Clay Center at the Clay Center Extension Office meeting room or join us on May 19th at 10:00 a.m. in Concordia at the Resource Center and 2:00 p.m. in Belleville at the Belleville Public Library.

Please RSVP to these programs by May 10th by calling 785-325-2121. If you have any questions about these programs please contact me, Jordan Schuette, Adult Development and Aging Agent at 785-325-2121.

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