

TURNING POINT

A Community Resource of

 THE UNIVERSITY OF KANSAS HEALTH SYSTEM



Program Calendar

The Center for Hope and Healing

Poet Learns, Teaches and Connects With Our Community

In 2015, Annie Newcomer accepted an invitation to take part in a class at Turning Point. At first, she wondered if it was the right fit for her. She liked the idea of a place that provides hope and healing to those with illness. But she wasn't interested in commiserating about her own medical issues.

Annie's perception changed when she met the staff, program leaders and participants. She discovered the positivity of this special community and has been a champion of Turning Point ever since.

"The wide-ranging class topics drew me in, but the wonderful people have become my focus," explains Annie. "They have inspired me to do more."

For Annie, that meant offering to teach a class of her own. The topic? Poetry, of course.

"My brother was a renowned Russian historian, Jewish scholar and poetry lover. He died of cancer in 2007," shares Annie. "I write and teach poetry in his honor."

Annie's husband, David, attended her first class to show his support for her passion. She was touched by his devotion and enthusiasm. "He even wrote a poem," Annie says with a smile.

Keeping class material fresh from session to session is important to Annie. She and her students have delved into tribute poems, biographical poems and will soon explore sonnets. Participants write their own poetry and are invited to recite in class. Annie spends hours reading and critiquing her students' work. Through her love of poetry, she hopes to help anyone with a serious illness find their voice.

"Writing is a sanctuary," shares Annie. "It allows us to get away from the pain or sadness of an illness or event in our lives. Then, over time, we can use writing to advance the healing process."

Annie is not only thoughtful about the classes she teaches, she's also mindful about her charitable giving efforts. She chooses to partner with groups who are good stewards of her dollars. When it comes to Turning Point, she has seen the benefits firsthand.

"In every single class, someone offers unsolicited testimony about how Turning Point has helped them get through a difficult time," says Annie. "I give because I want to make sure these quality programs continue to exist."

Now, that's pure poetry.



January/February 2019

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Turning Point Office Hours:

8:30 a.m.-5 p.m. • Monday-Thursday
8:30 a.m.-noon • Friday

**All sessions are held at Turning Point,
8900 State Line Road, Suite 240,
in Leawood unless otherwise noted.**

To register for a program, please do so 48 hours in advance by calling **913-574-0900**. For more information, visit us online at turningpointkc.org.

Are you new to Turning Point?

For a tour of Turning Point or help deciding which programs would best fit your needs, please give us a call at 913-574-0900.

All classes are funded by generous donors. To sponsor one of our programs or donate your time, call 913-574-0900 or visit turningpointkc.org.

Turning Point is a gathering place for individuals, families and friends living with serious or chronic physical illness. Thanks to our generous donors, our education and support programs are offered at no charge.

Emotional/Physical Support

Sand Tray for Adults

Monday, Dec. 17 • 1:30-3 p.m. AND/OR

Thursday, Jan. 17 • 1-2:30 p.m.

Jami Hamilton-Ansley, LCSW, RPT

Adults and children alike can gain insight from therapeutic sand tray activities. Playing in the sand is a great way to work through the stressors that have had a great impact on us. By using sand and miniature objects, sand tray therapy is a fun, meaningful tool designed to help participants tap into their inner wisdom.

Mandalas for Meditation and Reflection

Thursday, Dec. 20 • 1:30-3 p.m. AND/OR

Thursday, Feb. 21 • 5:30-7 p.m.

Jami Hamilton-Ansley, LCSW, RPT

Mandala means circle. Circles are everywhere – art, architecture, religion – reminding us of our interconnectedness. Historically used for religious purposes, anyone can use a mandala to meditate and reflect. In this class, we will use expressive art techniques to create a mandala. Let's work from the inside out and see what insights we discover!

Biofeedback to Improve Health

Tuesdays, Jan. 8-22 • 10-11:30 a.m.

Moira Mulhern, PhD, Turning Point's Co-founder and Executive Director

Biofeedback is a powerful tool for individuals and families living with illness. It helps people manage high blood pressure, side effects of chemotherapy, heart problems, stress, pain and other conditions. Using special biofeedback equipment, participants will learn simple exercises and get feedback to help clear the heart and mind. It builds resilience, increases energy and promotes focus, mental clarity and emotional balance.

Love What's Good for You

Tuesday, Jan. 8 • 2:30-4 p.m.

Nikki Crawford, PhD, Owner of Your Peaceful Space

This program will show you how to harness your brain's natural plasticity by helping you create habits that are good for you, such as exercise, healthy eating or mindfulness. Build internal resiliency to support yourself through tough times and develop the ability to focus on what is good in your life.

Supporting the Supporters: A Group for Family and Friends

Wednesday, Jan. 9 • Noon-1:30 p.m.

Susan Rieger, MSW, LCSW

Join others to hear how they respond to the emotional roller coaster that being a supporter brings, and learn practical ways to manage the feelings that go with it. Topics include riding the emotional roller coaster, factors of resilience and the importance of self-care.

Set Your Compass: Framework for the Year

Thursdays, Jan. 10-31 • 5:30-7 p.m.

Susan Rieger, MSW, LCSW

What if we look at our New Year's resolutions in a different light – one that includes compassion, visualization and group support? Brain research tells us that it takes 30 days to establish a new habit. Over the course of this class, we will choose one to three habits, stated in positive terms, that you want to adopt. The support and accountability of the group will help us be successful and kind to ourselves.

January's Resilience Snapshot: Hope for the New Year

Monday, Jan. 14 • 10-11:30 a.m.

Hayley Stolzle, MPH

Research shows that where our mind goes, we go! In this month's Resilience Snapshot, we will learn how to start the new year off right by walking a path of hope and optimism. When we face hard times or uncertainty, it is hard to remain hopeful. We can even get into the habit of preparing for the worst. Come learn some effective ways for harnessing more hope and breaking the cycle of negative and distressing thought patterns. We will end the class by creating a Hope Tree for 2019.

Turning Point Book Club: 'It's Always Something' by Gilda Radner

Wednesdays, Jan. 16-30 • 12:30-2 p.m.

Susan Rieger, MSW, LCSW

We'll discuss the book "It's Always Something" by Gilda Radner, as well as clips of her comedy sketches. "It's always something" was the phrase she used to close her sketches as Roseanne Roseannadanna on "Saturday Night Live." It was also her dad's favorite phrase. The 20th anniversary edition of this memoir has just been released and in it she poignantly addresses her struggle with ovarian cancer. New sections include comments from her friends and colleagues and an expanded section on resources for those living with cancer. Everyone is welcome to attend.

Managing the Emotions of Living with a Neurological Disease

Wednesday, Jan. 16 • 1-3 p.m.

Lou Eisenbrandt, who has been living with Parkinson's the last 16 years, and Cathy Pendleton, LCSW

Each morning, do you ask, "Who will I be today?" Joyous, sad, calm, frustrated, graceful, awkward, clear-thinking, fuzzy-brained? For people living with a neurological disease such as Parkinson's or multiple sclerosis, and for their families and friends, this can be an ongoing challenge. Learn practical, everyday skills for managing the ups and downs experienced by those whose lives have been touched by these conditions.

Metastatic Cancer Support Group

Wednesdays, ongoing • 10:30 a.m.-noon

Elizabeth Hunter-Blank, LCSW, LSCSW

Discuss, process, give and receive support in managing issues and feelings of living with metastatic cancer. ONLY for people living with metastatic or advanced cancer. Must speak with our adult program manager before attending the group.

Follow us on



Find us at [facebook.com/turningpointkc](https://www.facebook.com/turningpointkc).

Emotional/Physical Support

Grief Recovery Method Support Group

Tuesdays, Jan. 22-March 12 • 1-3 p.m.
Missy Neville, MEd, LPC, Certified Grief Recovery Specialist

People say you have to let go and move on with your life, but they don't tell you how. The Grief Recovery Method Support Group, refined over the past 30 years, teaches you how to recover from loss with supportive guidance every step of the way. This group provides a safe environment for you to look at your old beliefs about dealing with loss and then take actions to lead you to complete unresolved emotions that may still be causing you pain. Participants are guided through reading and writing assignments. Participants must be willing to commit to the eight-week program and have possession of "The Grief Recovery Handbook – 20th Anniversary Expanded Edition."

Books can be purchased from most major booksellers, or you may purchase your book at the first session for \$17.

Vibrational Healing for the New Year

Thursday, Jan. 24 • 2-3:30 p.m.
Susan Rieger, MSW, LCSW

The holiday season can bring joy as well as stress. This workshop is designed to help us start the new year at a slower pace and a more tranquil attitude. Using deep breathing, group toning and singing, we will treat ourselves to vibrational healing that can be practiced throughout the year. No musical background is necessary. Come and discover how to use your own breath and voice to bring you healthy restfulness as we begin a new year.

Wellness and Relaxation Group for Cancer

Mondays, ongoing • 10:30 a.m.-noon
Moira Mulhern, PhD, Turning Point's Co-founder and Executive Director

This meditation and discussion group focuses on issues/topics related to the mental, emotional and spiritual aspects of living well with cancer. Must speak with our adult program manager before attending the group.

Loving Hands: Practical Massage Techniques

Thursdays, Jan. 24 and 31 • 6-7:30 p.m.
Sheri Woxland, Craniosacral Practitioner and Co-owner of At the Healing Place

Learn how to use simple massage techniques to improve your or a loved one's quality of life. This hands-on class will help you become comfortable in giving stress relief and pain relief by learning simple techniques to massage the face, head, arms, shoulders, back, feet and hands. Contraindications to massage and self-care ideas will also be addressed.



For Women Only: Filling up Your Bucket

Monday, Jan. 28 • 1-3 p.m.
Cathy Pendleton, LCSW

Resilience research tells us that an important stress management tool involves replenishing ourselves on a regular basis. So, between doctors' appointments, family responsibilities, decreased energy, physical discomforts and other life stressors, how can you possibly add one more thing to your schedule? Let's take a look at how to "fill up your bucket" in concrete, practical and manageable ways.



Open Art Studio: Creating Visions of Hope

Thursday, Jan. 31 • Noon-1:30 p.m.
AND/OR

Thursday, Feb. 28 • 1-2:30 p.m.
Linda Kramer, MA, ATR, Art Therapist
Open Art Studio is a quiet, safe place to reflect and create. Our intent is to express difficult emotions and thoughts that are hard to put into words. Creating art can allow the unseen to be experienced and sometimes seen, contributing to healing and to a fulfilled life. After a brief demonstration of a medium's techniques, individuals will select a comfortable expressive material: collaging, watercolors, colored pencils, clay, tissue paper, colored papers, etc. Bringing ideas and materials is encouraged. Individual skills will vary.

Increasing Resiliency Using EMDR Resourcing

Fridays, Feb. 1-15 • 10-11:30 a.m.
Emily Scott, MA, LPC

Eye movement and desensitization and reprocessing (EMDR) is a therapeutic technique that can help you work through difficult emotions, confront traumatic experiences and manage stress or anxiety. In week one, you will learn about the basics of EMDR. In the following weeks, you will be led through "EMDR Resourcing," learning ways to increase positive feelings and decrease stress and anxiety. The EMDR resources will be an experience you can access anytime following the workshop to increase resiliency and reduce stress.

February's Resilience Snapshot: Honoring the Way We Feel

Monday, Feb. 4 • 5:30-7 p.m.
Hayley Stolze, MPH

Feeling our true feelings may sound scary, but it is one of the most important ways we bounce back from hardship and become more resilient. In this month's Resilience Snapshot, learn about the steps to process our emotions and how to make emotional expressiveness a routine habit. Instead of stuffing or disguising our emotions, we will learn how to feel what we are really feeling without judgment, expressing feelings in a safe and appropriate way.

Integrate the Whole of You

Thursdays, Feb. 7-21 • 10-11:30 a.m.
Ilene Kimsey, PhD

Ever feel like your body is moving in one direction, your mind in another and your emotions flying everywhere? Meanwhile, you're trying to keep it all together? In this series, we will help you re-establish a healthy relationship with each part of yourself (physical, mental, emotional and spiritual). When all aspects are aligned and integrated, we experience a sense of well-being or wholeness. Through private reflection, creative expression and discussion, we will discover simple ways to move through life honoring all aspects of ourselves. Please bring a journal.

Emotional/Physical Support

Warding off the Winter Blues

Thursdays, Feb. 7-21 • 1:30-3 p.m.

Susan Rieger, MSW, LCSW

Depression increases in the winter for many reasons. Sunlight exposure decreases.



Family gatherings cause emotional stress or financial burdens. We miss lost loved ones. Our eating is less healthy. We exercise less. And we become deficient in vitamin D. Let's use Stephen Ilardi's six-step program to beat depression and develop a plan to keep depression at bay this winter.

What's Your Love Language?

Tuesday, Feb. 12 • 10:30 a.m.-noon

Missy Neville, MEd, LPC

"I love you" means different things to different people. Could the frustration and miscommunication we feel in our relationships simply be the result of speaking different love languages? Based on the book "The 5 Love Languages" by Gary Chapman, we will identify the characteristics of each love language, learn which language satisfies our need to feel love and learn which love language we might want to use more as we love one another. This workshop includes a small group activity and discussion.

Understanding Chronic Inflammation

Tuesday, Feb. 12 • 4-5:30 p.m.

Hayley Stolzle, MPH

Many health conditions cause both acute and chronic inflammation. If uncontrolled, inflammation can cause lasting effects in the body over time. Come learn the ins and outs of how chronic inflammation affects us and the ways we can prevent and manage the inflammatory response.

Fostering Resilience

Wednesdays, Feb. 13-27 • 6-7:30 p.m.

Maria Arvanitakis, MS, CRC

Most people have heard that resilience is tied to positive health outcomes, but they may still misunderstand the meaning of resilience. In this group, we will explore the concept of resilience and connect it to our lives. We will dissect some of the factors that make up resilience and discuss how we can attain them. Being resilient within the context of a serious chronic illness is hard, so let's learn how to do it together.

It's All 'Fun and Games' for Brain Health

Tuesdays, Feb. 19 and 26 • 10-11:30 a.m.

Hayley Stolzle, MPH

In this class, fun is the focus! We will learn about and play different games to discover which ones fit our needs and interests. Research shows that playing tabletop games can have a protective effect against depression. Playing games can also improve cognitive performance in the areas of working memory, executive function and logical reasoning. What are we waiting for? Let's play!

Coping with Cancer with Occupational Therapy

Wednesday, Feb. 20 • 11 a.m.-noon

Cath Glennon, RN

Jill Hardy, RN

Bailey Rhoades, OTS

Taryn Kruse, OTS

Morgan Hodges, OTS

Join nurses and occupational therapy students in an interactive presentation on the role of occupational therapy after a cancer diagnosis. We will go into detail on the importance and need for proper coping mechanisms for patients, caregivers and family members. Our presentation will be focused around the core values of occupational therapy that encompass the person and improve overall quality of life.

Hardwiring Happiness

Thursday, Feb. 28 • 5:30-7 p.m.

Susan Rieger, MSW, LCSW

This class will reflect on Rick Hanson's book "Hardwiring Happiness: The New Brain Science of Contentment, Calm and Confidence." Learn easy-to-use practices for growing a steady sense of well-being, self-worth and inner peace. Leave the "red zone" of fight-flight-freeze and become centered in the brain's "green zone," where we feel a sense of ease, fulfillment and love, even while dealing with life's challenges.

Meditation

Relaxation Basics

Tuesdays, Feb. 5-26 • 2-3:30 p.m.

Moira Mulhern, PhD, Turning Point's Co-founder and Executive Director

If you've ever uttered the words "I can't meditate," this series may be for you. An introduction to relaxation techniques will be covered during this four-week series. Several different types of relaxation methods (autogenic training, progressive relaxation, guided imagery and breathing techniques) will be taught and practiced so you can find the one that works for you. Leave with practical tools to create your own relaxation practice.

Meditation Series: Self-Reflection

Wednesdays, Feb. 6-27 • 1-2:30 p.m.

Cathy Pendleton, LSCSW

The use of quieting practices offers time for touching that deeper, wiser part of ourselves. Through meditation, writing and group discussion, we will focus on a different topic each week: gratitude, compassion, self-compassion, forgiveness and spirituality.

Meditation Group: A Time for 'Going Inside'

Join anytime, but please preregister.

Wednesdays, ongoing • 10-11 a.m.

Cathy Pendleton, LSCSW

Give yourself the gift of quiet contemplation. The ability to self-calm is a powerful tool for managing life's stressors. It is also a valuable complement to traditional medical treatments and can enhance overall well-being. We offer different meditative experiences each week.

Nutrition Programs

Healthy Kitchen Makeover

Wednesday, Jan. 9 • 2-3:30 p.m.

Lisa Markley, MS, RDN, Owner of Nourish Yourself: Nutrition and Wellness

Come to this class to learn all about how to fill your pantry and refrigerator with nutritious choices. Lisa will teach you some helpful label-reading guidelines to empower you to make better choices and will demo a simple recipe featuring some of her favorite healthful pantry staples and time-saving shortcuts. **Material fee of \$3 per person for recipe tasting.**

Boosting Immunity with Superfoods

Monday, Jan. 14 • 2-3 p.m.

Melanie Nicsinger, CHN, RYT, Owner of Lifestyle Benefits Health Coaching

By choosing to incorporate superfoods in your diet on a regular basis, you can build a stronger immune system and feel your best. Whether you are 23 or 63, now is the right time to start eating superfoods! Includes superfoods list and recipes.

Warming Winter Soups

Wednesday, Jan. 30 • 2-3:30 p.m.

Lisa Markley, MS, RDN, Owner of Nourish Yourself: Nutrition and Wellness

Soups are the original healthy one-pot meal! In this class, Lisa will teach you how to make two simple, yet deliciously nourishing, soups. She'll share her favorite tips, shortcuts and product recommendations with you to help give you the confidence to try some new recipes at home.

Material fee of \$3 per person for recipe tasting.

Making Peace with Food: Emotional Eating Support Group

Thursday, Jan. 24 • 2:30-4 p.m.

AND/OR

Thursday, Feb. 28 • 2:30-4 p.m.

Karen Ialapi, RD, LD, CDE

Certified Diabetes Educator, Wellness Coach

This support group provides a safe place for people who struggle with food to connect with others. You will learn how to gently explore what's happening with food from a place of nonjudgment. You will also practice mindfulness, identify unmet needs and build self-care skills to help you heal your relationship with food.

Please note: This is not a diet class.

Beyond Diets: Shifting to a Health at Every Size Approach (HAES)

Mondays, Jan. 28-Feb. 18 • 2:30-4 p.m.

Karen Ialapi, RD, LD, CDE

Certified Diabetes Educator, Wellness Coach

The seductiveness of diets returns with a vengeance every January despite the dismal statistics. Ninety percent of people who intentionally lose weight regain it – with two-thirds gaining more than they lost. The HAES approach does not mean giving up. It means shifting the focus from your scale to how you live your life and take care of yourself now – regardless of your size. This four-week series will help you explore the HAES movement, debunk common weight-driven care myths and move toward integrating long-term wellness behaviors at any size.

Cooking with Nutrient-Dense Foods

Thursday, Feb. 7 • 2-3:30 p.m.

Lisa Markley, MS, RDN, Owner of Nourish Yourself: Nutrition and Wellness

Come gain a better understanding of how you can harness the healing power of nutrient-dense foods that may help to counter inflammation and oxidative stress in the body. Lisa will share tangible, practical and delicious ways to help you incorporate more nourishing foods into your diet plus you'll have an opportunity to sample a few of her tasty recipes that are easy to make at home.

Please bring a \$3 donation for food tasting.

Chocolate: Friend or Foe

Thursday, Feb. 14 • 2:30-4:30 p.m.

Karen Ialapi, RD, LD, CDE

Certified Diabetes Educator, Wellness Coach

Spend part of your Valentine's Day at Turning Point and learn about chocolate's medicinal benefits, how to discern science from hyperbole and tips for navigating the plethora of choices in the chocolate aisle. Learn the art of enjoying the benefits of chocolate while putting a speedbump on intake. Samples provided.



Meal Prep:

Secrets to Save Time and Money

Wednesday, Feb. 20 • 2-3 p.m.

Melanie Nicsinger, CHN, RYT, Owner of Lifestyle Benefits Health Coaching

Take the guesswork out of healthy eating with these quick and easy meal-preparation tips. From having the right equipment, to what foods to use to boost your health, you will learn kitchen strategies that you can put to work from day one. Includes recipes.

Cooking for Digestive Wellness

Wednesday, Feb. 27 • 2-3:30 p.m.

Lisa Markley, MS, RDN, Owner of Nourish Yourself: Nutrition and Wellness

Lisa will take you on a journey through the digestive system to learn about gut health and why it's important for your overall health. We'll delve into diet and lifestyle factors that may be compromising gut health, as well as foods, nutrients and lifestyle approaches that can help nourish and restore proper gut function. You'll also have an opportunity to taste a few of her recipes that promote digestive wellness.

Please bring a \$3 donation for food tasting.

Holiday Schedule

Turning Point programs will not be held:

**Monday, Dec. 24, through
Tuesday, Jan. 1**

Programs will resume Wednesday, Jan. 2.

Turning Point office will be closed:

Tuesday, Dec. 25, and Tuesday, Jan. 1

Turning Point office will be closed and
programs will not be held:

**Monday, Jan. 21, in observance of Martin
Luther King Day**

Snow Policy

Turning Point follows the Shawnee Mission School District (USD 512)

snow policy.

If the school district cancels school due to inclement weather, Turning Point will cancel all programs.



Creativity Programs

Writing, Winter and Wonder

Saturday, Jan. 5 • 11 a.m.-3 p.m.

Caryn Mirriam-Goldberg, PhD, CPT
2009-2013 Poet Laureate Emeritus of Kansas,
author of 19 books

Warm up in the heart of winter by writing with a group about wonders you've experienced, made happen, witnessed or wish to invite into your life now. We'll draw on innovative writing prompts to discover what poems, stories, dialogues and other writing wants to show itself, then share our work (always optional). Anyone living with serious illness – caregivers, patients or survivors – who write or want to write are welcome! Please bring something to write with and on and, if you like, snacks to share.

The Art of Jewelry Making

Wire-Wrap Stone (\$8)

Wednesday, Jan. 2 • 10 a.m.-noon

Wire-Wrap Earrings (\$8)

Saturday, Jan. 5 • 10 a.m.-noon

Valentine's Day Bracelet (\$7)

Wednesday, Jan. 23 • 10 a.m.-noon

Earrings (\$5)

Saturday, Jan. 26 • 10 a.m.-noon

Stamping - Heart Dangle (\$5)

Saturday, Feb. 2 • 10 a.m.-noon

Stamping (\$5)

Wednesday, Feb. 6 • 10 a.m.-noon

Thimble Dangle (\$5)

Wednesday, Feb. 20 • 10 a.m.-noon

Crochet Necklace (\$5)

Saturday, Feb. 23 • 10 a.m.-noon

Nancy Fischer, Volunteer

Supply fee payments accepted at the class.

Writing Life's Turning Point

Saturday, Feb. 16 • 11 a.m.-3 p.m.

Caryn Mirriam-Goldberg, PhD, CPT
2009-2013 Poet Laureate Emeritus of Kansas,
author of 19 books

Join a welcoming community to explore your life's turning point – moments when your story shifted as well as moments you changed the story you're living. Using short, innovative writing prompts and drawing on the power of writing in community, we will share moments and stories that matter most to us. Anyone living with serious illness – caregivers, patients or survivors – who write or want to write are welcome! Please bring something to write with and on and, if you like, snacks to share.

So You Think You Can Write ... A Cross-Stitch Poem

Monday, Feb. 11 • 3-4:30 p.m.

Annie Newcomer, BA, MA, Published Poet
Join us to explore this fun poetry form in a small group. Discover your artistic side as you cross out some words to shape your poem. In addition, feel free to bring a favorite poem to share with the class. Fun for both novice and experienced poets.

Practical Issues

Rightsizing Your Lifestyle

Monday, Jan. 7 • 2:30-4 p.m.

Evie Curtis, Senior and Disability Advocate
Linda Scardino, Gentle Changes
Cathy Acuff, Acuff Estate Sales

Simplifying your life as you age gives us power – the power to live safely in the setting of our choice. It is hard to downsize and it is real work. You need energy and stamina. Most of us don't even know how to get started. Our speakers will give you tips you can use now. Will you have a garage sale or estate sale in your future? What is the difference? Our community has many choices for companies that can help you sell your "stuff" but how do they work and how can you make the best choice for what you have? Let our speakers give you tips to start you moving in the right direction.

Budgeting: Bossing Your Money Around

Tuesday, Jan. 15 • 2:30-4 p.m.

LaToya Woods, Financial Coach with The Women's Employment Network

Our goal is to empower you to take control of your money. You will learn the basics of budgeting, such as components to creating a realistic budget and exploring budgeting models that work for you. This workshop also has a focus on turning goals into actions, prioritizing financial health, savings and using technology as a saving tool.



Knitting Is Not a Winter Sport!

Second Saturday • 10 a.m.-noon

Nancy Fischer and Cindy Connellan, Volunteers

Treat yourself to good conversation and enjoy a great stress reducer.



Get knitting instructions for beginning and advanced techniques or bring a project of your own from home.

Senior Housing Options Part 1: What Are Your Choices?

Monday, Feb. 18 • 4-5:30 p.m.

Evie Curtis, Senior and Disability Advocate

When it comes to navigating the senior market, you have to know the language. This session covers the vocabulary associated with aging and senior housing choices. Learn the basics as a way to start your exploration of what is right for you.

General Rules of Medicare and Medicaid Coverage for Assisted Living and Long-Term Care

Monday, Feb. 25 • 6-7:30 p.m.

Karen Weber, JD, Elder Law Attorney

Learn the DOs and DON'Ts of Medicaid and Medicare coverage and eligibility for long-term care, including assisted living and skilled nursing care.

Senior Housing Options Part 2: Navigating the Decision Tree

Monday, Feb. 25 • 4-5:30 p.m.

Evie Curtis, Senior and Disability Advocate
Mark Gingrich, Senior Housing Consultant

We will lead you through the 11 options for living independently that currently exist in our area plus compare the five options available for advanced care. By use of a flow chart, you will learn a decision process for guiding you toward selecting the option best suited for you. We will also lead you through a series of "things to consider" as part of your evaluation process, plus discuss ways to "flush out" information you will want to know prior to making your final decision.

Body Movement Programs

Yoga Nidra/Restorative

Saturday, Jan. 5 • 10:30 a.m.-noon
AND/OR

Saturday, Feb. 2 • 10:30 a.m.-noon
Sami Aaron, Certified Yoga Teacher

Restorative yoga poses are held longer than more active forms of yoga and use the support of props. The class ends with the deep relaxation of yoga nidra.

Relax and Restore Yoga

Monday, Jan. 14 • 3:30-5 p.m.
AND/OR

Wednesday, Feb. 20 • 3:30-5 p.m.

Melanie Nicsinger, Registered Yoga Teacher, Certified Holistic Nutritionist

Relax and de-stress in this gentle yoga class. Restorative yoga poses are held longer than more active forms of yoga and use the support of props: bolsters, blankets and blocks. Soothing music and gentle breathing exercises help you release tension and encourage healing. Must be able to get down and up from the floor without assistance.

Therapeutic Yoga and Ayurvedic Workshop for Digestion

Wednesdays, Jan. 30 and Feb. 6
4-5:30 p.m.

Jodi Novicoff, BS in Kinesiology, 500 E-RYT, YACEP
Ayurveda medicine was developed 3,000 years ago in India and is one of the oldest holistic healing systems in the world. This two-part series will provide a basic understanding of Ayurvedic principles and how they can complement traditional medicine to improve digestion. Therapeutic yoga using gentle movements and breaths that support the digestive system will also be taught. The goal is to provide an empowering set of tools you can use to increase health and vitality.

Dance Sampler

Wednesdays, Feb. 6-20 • 11 a.m.-noon
Susan Rieger, MSW, LCSW, Dance Instructor

This class will be a fun hour of a warmup, followed by easy movement combinations and a cooldown. Whatever your fitness level, you can take this class at your own pace. We will cover the styles of ballet, jazz and modern dance. Good for your brain, body and soul!

Yoga in Chairs

Mondays, ongoing • 11:30 a.m.-12:30 p.m.
Michelle Warner, LMT, Registered Yoga Teacher

Mondays, ongoing • 1-2 p.m.
Michelle Warner

Thursdays, ongoing • 4-5 p.m.

Susan Rieger, Registered Yoga Teacher

This yoga class works joints and muscles to increase flexibility, strength, balance and circulation. It goes beyond typical exercises by encouraging quiet reflection, proper breathing and better posture.

Yoga – for Beginners

Tuesdays, ongoing • 5:30-6:45 p.m.

Emily Darling, Registered Yoga Teacher

Thursdays, ongoing • 9-10:15 a.m.

Emily Darling

Thursdays, ongoing • 5:30-6:45 p.m.

Jessica Sexton, Certified Yoga Teacher

Through gentle stretching and movement, you will practice beginning yoga postures and learn to use your breath for relaxation and healing.

T'ai Chi Dim Sa

Tuesdays, ongoing • 12:30-1:30 p.m.

Video Instruction: Jacque Carpenter

Explore the meditative aspects of t'ai chi through slow, purposeful movements and breath work. Experience an increase in strength, flexibility, emotional balance and energy flow.

T'ai Chi for the Heart

Tuesdays, ongoing • 11 a.m.-noon

Bill Douglas, author of "The Complete Idiot's Guide to T'ai Chi and Qigong"

Harvard Health Publication describes t'ai chi as "meditation in motion," but you might call it "medication in motion." Research has shown that t'ai chi may be helpful for heart failure, depression, cholesterol levels and ability to exercise.

T'ai Chi for Neurological Disorders

Wednesdays, ongoing • Noon-1 p.m.

Bill Douglas

This class includes breathing exercises, balance awareness techniques and t'ai chi walking. T'ai chi walking focuses on posture and helps you become aware of the way the body moves, shifting weight in a slow, controlled setting that helps your daily movement become more centered, effortless and relaxed.

T'ai Chi and Qigong Meditations

Wednesdays, ongoing • 1:15-2:15 p.m.
Bill Douglas

This class, adaptable for sitting and standing movements, is designed for deep meditation and stress release. T'ai chi is perhaps the lowest impact exercise known, yet benefits your heart, burns calories, improves balance and promotes relaxation.

Moving for Life

Thursdays, ongoing • 10:30-11:30 a.m.

Susan Rieger, MSW, LCSW, Dance Instructor

Moving for Life Dance Exercise, originally created for breast cancer survivors, is open to anyone who has had cancer. Research shows regular aerobic exercise improves quality of life and may help speed recovery. It helps with lymphedema, fatigue, range of motion, joint pain and mood. This low-impact exercise with fun music has options that make it safe for all.

Intro to T'ai Chi Long Form

Thursdays, ongoing • 1:30-2:30 p.m.

Bill Douglas

This class involves the sitting relaxation therapy qigong meditation, moving qigong meditation and introduction to t'ai chi long form beginning moves. This class is followed by the T'ai Chi Long Form Club that meets from 2:30 to 3:30 p.m., led by advanced student Al Hussar. You are welcome to attend both classes.

Pilates for Everyone

Thursdays, ongoing • 11:30 a.m.-12:30 p.m.

Terri Henges, ACE-Certified Personal Trainer, STOTT-Certified Pilates Instructor

This beginning-level Pilates class will develop your mind-body connection, strengthen your core and improve function. Instructor encourages everyone to work at their own pace.

Mindful Movement

Fridays, ongoing • 11 a.m.-noon

Tina Sprinkle, ACE- and STOTT Pilates-Certified Instructor

Join our gentle stretch class that nurtures, heals and inspires.

This is a moving meditation that leaves participants feeling grounded, peaceful and relaxed.

Programs for Families, Teens and Children

Yoga for the Whole Family

Wednesdays

Jan. 9, Jan. 23, Feb. 13, Feb. 27

4:45-5:45 p.m.

Susan Rieger, Certified Yoga Teacher

Like adults, kids live in a busy world. Here, participants explore yoga using creative themes, interactive games and breathing. Yoga can improve concentration, physical/emotional balance, sense of calmness, flexibility and promote relaxation and stress reduction. For ages 5 and older. Parent participation is welcome. If you already own a yoga mat, please bring it. If not, we have some available for you to borrow. Attend any or all sessions.

Family Night:

A Time for Fun and Support

Thursday, Jan. 10 • 6-7:30 p.m.

AND/OR

Thursday, Feb. 7 • 6-7:30 p.m.

Leslie Abbey, LSCSW, Amelia Ryan, CCLS
Jami Hamilton-Ansley, LSCSW, RPT

Join us for this family group. Kids and teens will participate in art, games and activities to promote self-expression, build resilience and learn positive coping skills. An adult group will run at the same time for parents and other adult supporters. The adult group will offer support and information about managing life, parenting and changes that come with illness. If you've attended a previous family night, feel free to join us again – activities and topics are different each session. Ages 4 and older.

Parenting: Helping Kids Understand Illness in the Family

Thursday, Jan. 17 • 9-10 a.m.

AND/OR

Thursday, Feb. 21 • 9-10 a.m.

James (Jamie) Copaken, LSCSW

Kids ask tough questions. And they keep things inside. How do you unlock what they're thinking and not telling you? How do you explain things that are hard for us adults to understand? Come get ideas and answers from the experts – including your peers – on helping kids open up and be supported through the journey of a family member's illness. Attend one or both sessions.

Family Sand Tray Group

Tuesday, Jan. 29 • 6-7 p.m.

Jami Hamilton-Ansley, LSCSW, RPT

Adults and children can gain both insight and healing using therapeutic sand play. Sand play therapy is a great way for families to connect. The stories created in the sand can also be a powerful source of healing. The sand tray and miniatures are symbolic representations of objects in our world. Come play and create in the sand together. This group is for the whole family, but it's best suited for ages 4 and older.

Winter Family Day: Let It Snow

Saturday, Feb. 2 • 9-11 a.m.

Festive Snack Provided

Joy Zimmerman, LMSW, Singer/songwriter
Annie Seal, MS, CCLS, Turning Point's
Children's Program Director

Join us for a morning of all things snow. Each snowflake is unique just as each person and family has unique skills and talents to offer. Your family will have fun creating snow crafts, running relay races and learning about the science of snow. A seasonal snack will be served. This group is for the whole family, but it's best suited for ages 4 and older.



Family Mandalas

Tuesday, Feb. 26 • 6-7 p.m.

Jami Hamilton-Ansley, LSCSW, RPT

Expressive art techniques are a wonderful way to communicate our current thoughts and feelings. Since it's cold outside, bring your family inside for a heartwarming art experience. Your family will collaboratively create a mandala that you can take home and enjoy. This group is for the whole family, but it's best suited for ages 4 and older.

Individual Sessions

To schedule an appointment for any of the following, please call Annie Seal at 913-574-0913.

Parent Consultation

A certified child life specialist is available to talk with you over the phone or in person about any concerns you may have with your child's understanding of their illness or that of a family member.

Teen Chat

Teens can meet with a certified child life specialist or social worker to express concerns related to their illness or the illness of a friend or family member.

Kids' Corner

When a family is faced with a serious or chronic physical illness, there are often many unknowns. Children may lack the life experience or emotional language to voice their concerns, thoughts and feelings. Play, art and storytelling can help children better understand the illness and the many feelings that accompany it.

Camp Kesem by the University of Kansas

May 26-June 1

**Rock Springs 4-H Center
Junction City, Kansas**

Camp Kesem serves children ages 6 to 16 who have lost a parent to cancer, have a parent undergoing cancer treatment or whose parent is a cancer survivor.

Camp Kesem is completely free of charge to all children who attend.

**For more information go to
campkesem.org.**

Applications open in January!



Programs at Area Cancer Centers

Kansas City, KS

The University of Kansas Hospital
Spine Center Conference Room
4000 Cambridge St.
Kansas City, KS 66160

Pain Management Series: Learn to Manage Your Pain Before It Manages You

For people living with chronic pain.
Attendance at all programs is recommended but not required.

Week 1: Why Me – Why Do I Hurt?

Wednesday, Jan. 9 • Noon-1 p.m. Andrew Sack, MD

We will discuss how chronic pain can affect emotional well-being and how it can make it hard to enjoy even the simplest daily activities.

Week 2: Opioid Discussion

Wednesday, Jan. 16 • Noon-1 p.m. Teresa Long, MD

Learn about risks, benefits and physician perspectives involved in treating pain with opioid medications.

Week 3: The Role of Hope

Wednesday, Jan. 30 • Noon-1 p.m. Rev. Ashley Huber, MDiv, BCC

Explore ways to find hope, even when we are experiencing great pain.

Week 4: Functional Restoration

Wednesday, Feb. 6 • Noon-1 p.m. Tom Riggs, MPT, CSCS, FAFS, CAFS

Functional restoration can increase physical functioning, improve pain-coping skills, promote the return to a productive lifestyle and limit the need for treatment.

Week 5: Basics of Fibromyalgia

Wednesday, Feb. 13 • Noon-1 p.m. Andrea Nicol, MD

We will discuss the basics of fibromyalgia, including causes, risk factors, diagnosis and treatment modalities.

Week 6: Managing Pain with Neuroanatomical Acupuncture

Wednesday, Feb. 20 • Noon-1 p.m. Yoon Hang "John" Kim, MD

Acupuncture has been around for centuries, but modern patients are embracing it as a nonpharmaceutical treatment option. Learn how today's science-based approach to acupuncture offers relief for a wide array of pain issues.

Week 7: Anti-Inflammatory Diet

Wednesday, Feb. 27 • Noon-1 p.m. Melanie Nicsinger, CHN, RYT

Learn how eating certain foods will reduce your body's inflammatory response.

Week 8: Behavioral Strategies for Pain Management

Wednesday, March 6 • Noon-1 p.m. Lora Black, PhD

This talk will review cognitive behavioral strategies to manage chronic pain, focusing on improving quality of life and decreasing disability. Strategies include restructuring thoughts, managing stress and scheduling pleasant activities.

Week 9: Biofeedback for Pain

Wednesday, March 13 • Noon-1 p.m. Susan Rieger, MSW, LCSW

Biofeedback helps manage high blood pressure, stress, pain and other conditions.

Kansas City, MO

The University of Kansas Cancer Center
Conference Room
8700 N. Green Hills Road
Kansas City, MO 64154

T'ai Chi

Thursdays, ongoing • 3-4 p.m.

Join anytime, but please preregister.

Rod Philp, MS, PhD, Certified by the T'ai Chi for Health Institute

T'ai chi is a gentle form of exercise that has both physical and mental benefits. The aim is to maintain and slowly improve flexibility and strength. T'ai chi can be done standing or sitting.

North Kansas City

The University of Kansas Cancer Center
Medical Plaza North, Burlington Room
2750 Clay Edwards Drive
North Kansas City, MO 64116

In partnership with



Yoga in Chairs

Monday, Feb. 18 • 5:30-7 p.m.

Katie Strahan, RYT 200 Certified Yoga Teacher

This yoga class works the joints and muscles to increase flexibility, strength, balance and circulation. It goes beyond typical exercises by encouraging quiet reflection, proper breathing and better posture.

Westwood

The University of Kansas Cancer Center
Atrium Conference Room
2650 Shawnee Mission Pkwy.
Westwood, KS 66205

Mindfulness-Based Cancer Care

Mondays, Jan. 28-March 18 • 3-4:30 p.m.

Kadie Harry, PhD

This eight-week program is for cancer patients, caregivers and survivors. The program teaches mindfulness meditation and relaxation techniques that are shown to benefit the mind and body when offered in a structured and supportive environment.

Participants must register ahead of time, as spaces are limited. To register, contact Kadie Harry, PhD at 913-588-6463 or kharry3@kumc.edu.

Programs at Area Cancer Centers and Other Locations

Overland Park

The University of Kansas Cancer Center
12200 W. 110th St.
Overland Park, KS 66210

Yoga in Chairs

Wednesday, Jan. 16 • 1-2 p.m.
AND/OR

Wednesday, Feb. 13 • 1-2 p.m.
Melanie Nicsinger, CHN, RYT, Owner of
Lifestyle Benefits Health Coaching

This yoga class works the joints and muscles to increase flexibility, strength, balance and circulation. It goes beyond typical exercises by encouraging quiet reflection, proper breathing and better posture.

Meal Prep: Secrets to Save Time and Money

Wednesday, Jan. 23 • 1-2 p.m.
Melanie Nicsinger, CHN, RYT, Owner of
Lifestyle Benefits Health Coaching

Take the guesswork out of healthy eating with these quick and easy meal-preparation tips. From having the right equipment, to what foods to use to boost your health, you will learn kitchen strategies that you can put to work from day one. Includes recipes.

Boosting Immunity with Superfoods

Wednesday, Feb. 27 • 2-3 p.m.
Melanie Nicsinger, CHN, RYT, Owner of
Lifestyle Benefits Health Coaching
By choosing to incorporate superfoods in your diet on a regular basis, you can build a stronger immune system and feel your best. Whether you are 23 or 63, now is the right time to start eating superfoods! Includes superfoods list and recipes.

Mindfulness-Based Cancer Care

Tuesdays, Feb. 5-March 26 • Noon-1:30 p.m.
Marcus Alt, PhD

This eight-week program is for cancer patients, caregivers and survivors. The program teaches mindfulness meditation and relaxation techniques that are shown to benefit the mind and body when offered in a structured and supportive environment.

Participants must register ahead of time, as spaces are limited. To register, contact Marcus Alt, PhD, at 913-574-2343 or malt2@kumc.edu.

Fairway

The University of Kansas
Clinical Research Center
4350 Shawnee Mission Pkwy.
Fairway, KS 66205

Kitchen Therapy: Cooking up Comfort

For dates and to register, call 913-588-4719.

Those dealing with cancer and other chronic diseases are invited to join us for free cooking demonstrations and tips on how to make nutritious food appealing and enhance appetites. Midwest Cancer Alliance teams with KU Integrative Medicine dietitians to find ways for patients and caregivers to cook up comfort.

Cancer Action

Cancer Action – Overland Park
10520 Barkley, Suite 100
Overland Park, KS 66212

Functional Exercise for the Beginner

Wednesdays, ongoing • Noon-1 p.m.
OR

Wednesdays, ongoing • 1-2 p.m.
Melissa Davis, Personal Trainer

This weekly exercise class is for exercisers of any level who want to get stronger in their everyday lives. Learn how simple movements give you more energy, make daily tasks easier and boost your metabolism. For cancer survivors only.

In partnership with



Lawrence

Lawrence Public Library
Meeting Room B
707 Vermont St.
Lawrence, KS 66044

Warding off the Winter Blues

Mondays, Jan. 28, Feb. 4, Feb. 11
10:30 a.m.-noon

Susan Rieger, MSW, LCSW

Depression increases in the winter for many reasons. Sunlight exposure decreases.



Family gatherings cause emotional stress or financial burdens. We miss lost loved ones. Our eating is less healthy. We exercise less. And we become deficient in vitamin D. Let's use Stephen Ilardi's six-step program to beat depression and develop a plan to keep depression at bay this winter.

Topeka

The University of Kansas
Health System St. Francis Campus
1700 SW 7th St., CC 2nd floor
Topeka, KS 66606

Resilience: Managing the Stress of Life

Fridays, Jan. 25, Feb. 1, Feb. 8 • 2:30-4 p.m.
Susan Rieger, MSW, LCSW

Research shows that, when we haven't figured out effective ways to manage daily, ongoing stress, it has a way of adding up. The result? The stress gets bigger, we feel like the stress is in charge of us, we make mistakes, forget things we need to remember, react instead of respond to those stressors, say things we later regret and the list goes on. Sound familiar? Then this is the group for you! Resilience is the ability to manage stress in ways that work well, to draw upon internal and external resources and to bounce back. Discover the 10 facets of resilience and learn ways to strengthen them within yourself.

Support Groups

Cancer

Bladder Cancer Support Group

Bimonthly, even-numbered months

First Wednesday • 6-7 p.m.

Contact Katie Mann to register. 913-588-7576
kpriest@kumc.edu

Turning Point, Suite 240
8900 State Line Road, Leawood, KS 66206

Breast Cancer Support Group

Second Wednesday of the month

Michelle Faucheux, RN, 913-588-9927

mfaucheux@kumc.edu

Turning Point, Suite 240
8900 State Line Road, Leawood, KS 66206

CLL/Lymphoma Support Group

Second Tuesday • 6-7:30 p.m.

Kari Accurso, RN, BSN, OCN, Clinical Nurse
Coordinator, Medical oncology, 913-574-2695
kfrees@kumc.edu

Turning Point, Suite 240
8900 State Line Road, Leawood, KS 66206

Esophageal/Gastric Cancer Support Group

Third Wednesday • 6-7:30 p.m.

Dianne Dickenson, RN, 913-588-6262
ddickenson@kumc.edu

Turning Point, Suite 240
8900 State Line Road, Leawood, KS 66206

Gynecologic Cancer Support

Third Tuesday • Social time 6-6:30 p.m.

Meeting 6:30-8 p.m.

Tammy Wheaton, 913-378-8433, or
Joyce Landes, 913-782-8820

Turning Point, Suite 240
8900 State Line Road, Leawood, KS 66206

Head and Neck Cancer Support Group

**Second and fourth Wednesdays
3:30-5 p.m.**

Dorothy Austin, RN, OCN, 913-588-6576
daustin@kumc.edu, or
Jane Myer, LSCSW, 913-588-3630
jmyer2@kumc.edu

The University of Kansas Hospital
Cambridge Tower, Room 1090 Conference Room
3825 Cambridge St., Kansas City, KS 66160

Kansas City Multiple Myeloma Family Support Group

Third Monday • 7-9 p.m.

Cindy Ralston, 913-268-7422
cralston@everestkc.net

Website: kc.support.myeloma.org
Central United Methodist Church
5144 Oak St., Kansas City, MO 64112

Prostate Network Group

First Wednesday • 6:30-8 p.m.

support@prostatenetwork.org, 913-485-1892
Turning Point, Suite 240
8900 State Line Road, Leawood, KS 66206

Sarcoma Support Group

Third Thursday • 3:30-4:30 p.m.

Gail Saunders, LMSW, 913-574-2712, or
Stacie Fogelberg, RN/Tiffany Verhulst, 913-574-2707

The University of Kansas Cancer Center
Conference Room
12200 W. 110th St., Overland Park, KS 66210

Waldenstrom Support Group

Bimonthly, odd-numbered months

Last Saturday • 11 a.m.-1 p.m.

Contact Karen Jo Davis, 785-266-0121

Turning Point, Suite 240
8900 State Line Road, Leawood, KS 66206

Other Groups

Burn Survivors Support Group

Second Tuesday • 6:30-8 p.m.

Karla Oberle, RN, BSN, CHRN, 913-588-4058
burnsurvivor@kumc.edu

Turning Point, Suite 240
8900 State Line Road, Leawood, KS 66206

Cardiac Support Group

Third Tuesday • 6:30-8 p.m.

Pat Twenter, RN, MSN, 913-588-8618

Turning Point, Suite 240
8900 State Line Road, Leawood, KS 66206

Caregiver Support Group

Fourth Thursday • Noon-1 p.m.

Myra Hyatt, LSCSW, 913-588-2365

Landon Center, Room 210
3599 Rainbow Blvd., Kansas City, KS

Healthy Diabetes Living

First Wednesday • 6-7:30 p.m.

Catherine Parkhurst, RN, MSN, CDE
913-574-1433

Turning Point, Suite 240
8900 State Line Road, Leawood, KS 66206

Liver Transplant Support Group

First Wednesday • 6-7:30 p.m.

Kellie Elliott, LMSW, 913-588-4417

The University of Kansas Hospital
Wyandotte Room
4000 Cambridge St., Kansas City, KS 66160

Ostomy Support Group

Thursday, Jan. 17 • 6:30-7:30 p.m.

Meredith Hill, RN, BSN, CWON, CFCN
913-588-0438, mhill6@kumc.edu
Website: kcostomy.org

Turning Point, Suite 240
8900 State Line Road, Leawood, KS 66206

Kansas City Area Vestibular and Dizziness Support Group

Third Saturday • 2:30-3:30 p.m.

Sue Tucker, PT, 913-825-9827

Turning Point, Suite 240
8900 State Line Road, Leawood, KS 66206

Brain/Neurological

Alzheimer's Disease and Memory Disorders for Caregivers

Second Monday • 2-3:30 p.m.

Phyllis Switzer, 913-588-6981

The University of Kansas Clinical Research Center
Suite 1200
4350 Shawnee Mission Pkwy., Fairway, KS 66205

Aphasia

**Usually first, third and fifth Mondays
10-11:30 a.m.**

\$35/seven sessions or \$5/individual session
Reservations: Laura Melo, 913-588-5937

Cedar Roe Library
5120 Cedar St., Roeland Park, KS 66205

Brain Tumor Support Group

First Tuesday • 6-7 p.m.

Nancy Sullivan, MA, BSN, RN, 913-945-6436
nsullivan@kumc.edu

Website: brainsupportkansascity.org

The University of Kansas Clinical Research Center
First Floor Auditorium
4350 Shawnee Mission Pkwy., Fairway, KS 66205

Brain Vascular/Aneurysm Support Group

Second Tuesday • 6-7 p.m.

Nancy Sullivan, MA, BSN, RN, 913-945-6436
nsullivan@kumc.edu

Website: brainsupportkansascity.org

The University of Kansas Clinical Research Center
First Floor Auditorium
4350 Shawnee Mission Pkwy., Fairway, KS 66205

Epilepsy Support Group

Third Tuesday • 6-7 p.m.

Emily Bebermeyer, BSN, RN,
ebebermeyer2@kumc.edu

Website: brainsupportkansascity.org

The University of Kansas Clinical Research Center
First Floor Auditorium
4350 Shawnee Mission Pkwy., Fairway, KS 66205

Frontotemporal Degeneration Caregiver Support Group

First Wednesday • 2-3:30 p.m.

Phyllis Switzer, 913-588-6981

The University of Kansas Clinical Research Center
Suite 1200
4350 Shawnee Mission Pkwy., Fairway, KS 66205

Parkinson's Disease Speech Therapy Group

Most Fridays • 9-10 a.m. OR 10-11 a.m.

To enroll, call the KU Hearing and Speech
Department at 913-588-5937.

Turning Point, Suite 240
8900 State Line Road, Leawood, KS 66206

Traumatic Brain Injury

Tuesdays • Bimonthly • 4:30-5:30 p.m.

For details, email dwood@kumc.edu or
sphillips4@kumc.edu or call 913-588-6943.

The University of Kansas Hospital
Inpatient Acute Rehabilitation Center
Multipurpose room • Second Level
4000 Cambridge St., Kansas City, KS 66160

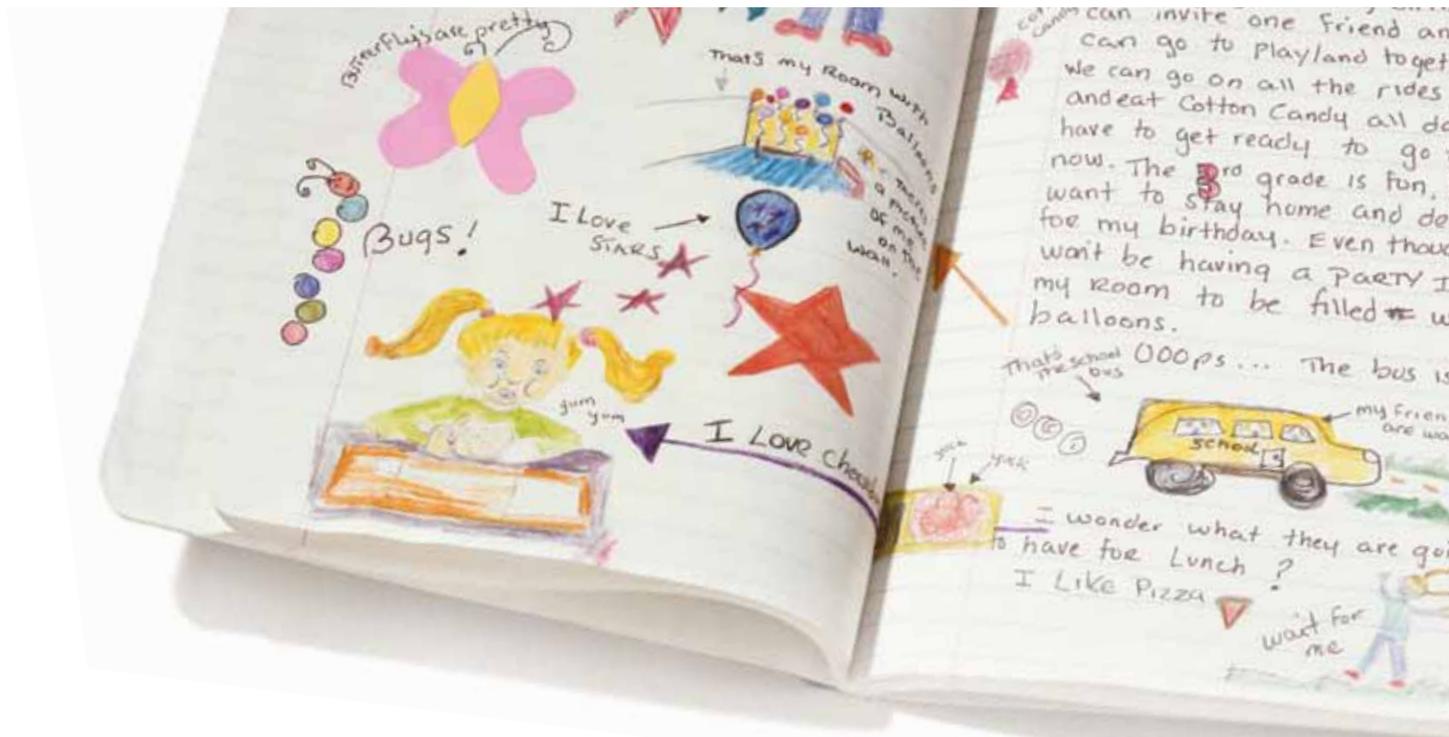
TURNING POINT

A Community Resource of

THE UNIVERSITY OF KANSAS HEALTH SYSTEM

8900 State Line Road, Suite 240
Leawood, KS 66206

Turning Point is a gathering place for individuals, families and friends living with serious or chronic physical illness. Thanks to our generous donors, our education and support programs are offered at no charge. **Registration is required 48 hours in advance.**



Write a new chapter

Suddenly, the course of your life unexpectedly changes. You or someone you love is diagnosed with a serious illness – and you need help coping with the new normal.

Turn to us.

Turning Point offers classes, resources and programs to support everyone affected. All with the goal of living life to the fullest.

Because chronic illness is a Turning Point.

Visit turningpointkc.org for more details.

If you would like to help Turning Point help people affected by serious or chronic physical illness, call 913-574-0900. You can also donate online at turningpointkc.org.