

Classes and Workshops

June/July 2017

KC Elder Law Workshops

One of the biggest fears that many people have is fear of having their life savings wiped out if they need long term care. What a shame to see someone's life savings wiped out by the cost of care! Whether you or a family member is in crisis or not, it is important that you understand what you can do to protect your hard-earned assets! Click below to sign up for one of our free Elder Care and Asset Protection Workshops.

Tuesday, June 6 6:00 PM

Bonner Springs Community Center
200 E. 3rd St., Bonner Springs, KS 66012

[RSVP CLICK HERE](#)

Tuesday, June 13 6:00 PM

The Gardens at Barry Road
8300 NW Barry Road, Kansas City, MO 64153

[RSVP CLICK HERE](#)

Tuesday, June 20 6:00 PM

Matt Ross Community Center
8101 Marty Street, Overland Park, KS 66204

[RSVP CLICK HERE](#)

Tuesday, June 27 6:00 PM

Tomahawk Ridge Community Center
11902 Lowell Avenue, Overland Park, KS 66213

[RSVP CLICK HERE](#)

Older Adult Anxiety and Its Relationship to Sleep and Incontinence Issues

June 9, 2017

8:30-11:30am

JCCC

Speaker: Sally King, LCSW

3 Diagnosis CEUs

If you work in the field of caring for an older adult than you often run across this common scenario of untreated anxiety presenting in sleep or bladder issues. The participant will gain understanding of anxiety both physical and emotional and the criteria in the DSM 5. How older adults may present more somatically than younger adults and how to address this issue. What is typical sleep issues as one ages and when does this turn into something pathological. How untreated anxiety can turn into sleep problems and interventions that work and don't work with sleep. What is typical incontinence issues as one ages, the physical and emotional contributors and how this interfaces with anxiety and sleep issues, complicating both. General strategies to address the anxiety and rumination loop, as well as behavior modification strategies for incontinence and sleep will be addressed.

For more info: <http://sallykingconsulting.us2.list-manage.com/track/click?u=149bc3558e2eea7cf0535612f&id=e82ae1b2a2&e=f94743cdae>

Mental Health and Aging Coalition of Eastern Kansas Meetings

10:00-11:30 AM

Roeland Park Community Center, 4850 Rosewood, Roeland Park, KS

CEU CERTIFICATES PROVIDED

June 27, 2017

Speaker: Mary Ann Rooney, RN

Title: Parkinson's Aphasia

July 25, 2017 Speaker: Dr Avis Garrett-Baptist

Title: Elizabeth Layton and Art Therapy

For more info: Nancy Luber, LCSW (913) 715-7774

Medicare 101

Wednesday, June 22, 2017

11:30 AM-12:30 PM (feel free to bring your lunch)

Shepherd's Center Central, 5200 Oak St., Kansas City, MO 64112

Is it Time to Think about Medicare? Confused by all the Parts and Plans? Medicare mail piling up on the dining room table? We don't sell insurance. We empower you so you can make the decisions.

Please RSVP 816-444-1121

Northland Kansas City Aging and Mental Health Coalition

Thursday, June 15th

2:30 - 3:30 pm

The speaker, the Pastoral Care Director with Platte Woods United Methodist Church, will speak on "How to Handle Difficult Conversations Related to Aging". Same location - 2nd floor conference room in the Human Services Building where Tri-County Mental Health Services is housed.

For more info:

Becky Franklin, LPC, Older Adult Educator, Tri-County Mental Health

32 Westwoods Dr., Liberty, MO 64068

Phone: (816) 678-3036

Stressed Out Providers – Five Minute Meditation Skills to lower Your (and your clients) Depression and Anxiety Risk

June 29th, 2017

2:30pm-4pm

Homestead Assisted Living of Lenexa. 8740 Caenen Lake Rd, Lenexa KS 66215

Do you work in the field of older adult care in the Johnson County area? Please attend "Professionals in Aging –South". Speaker: Sally King, LCSW. 1 CEU provided. All Professionals are welcome. No rsvp required. Street parking available.

For more info: Lynn Tenbrink (913) 620-5625, lttenbrink@midwest-health.com