

Classes and Workshops

May/June 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, May 02 6:00 PM

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

[RSVP CLICK HERE](#)

Tuesday, May 09 6:00 PM

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

[RSVP CLICK HERE](#)

Beginner Level Yoga Classes

6-week series (Join at anytime)

Tuesdays April 18 - May 23

4:30pm - 5:30pm

Westport Branch Library, 118 Westport Rd, Kansas City, MO 64111

Call the Westport Branch Library to RSVP (816) 701-3488

Bring your yoga mat, water and dress in layer. Regular attendees will be entered to win door prizes!

Our instructor Sally King is a registered Yoga teacher with 200 hours. She will be guiding us in a six week course designed to help participants relax and rejuvenate. Arrive to class at least 5 minutes early.

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

May 23, 2017

Speaker: Signature Psychiatric Hospital

Title: TBA

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, LSCSW (913) 715-7774

Elder Justice - Advocacy Challenges When Working with Seniors

May 12, 2017

8:30-11:30am

3 ethics CEUs

Speaker: Sally King, LCSW

Location: JCCC, Regnier Center

Come learn the latest issues regarding the quality-of-life rights of our frail and isolated seniors in both independent and supportive living situations and how healthcare professionals can advocate for culture change. Older adults who are isolated are often battling significant ethical/cultural issues which correlates to their high rates of completed suicide. Come ready to reflect upon your own perceptions of senility or depression and how this impacts our practice and boundaries and advocacy towards seniors getting the quality of life they deserve. RNs, LPNs, social workers, registered dietitians, LPCs and LCPCS will earn 3 contact hours. ACHAs will earn 3 (RC). This course meets BSRB criteria for ethics.

For more info and how to register: <http://sallykingconsulting.us2.list-manage1.com/track/click?u=149bc3558e2eea7cf0535612f&id=fc073354c2&e=f94743cdae>

Medicare 101

Wednesday, May 26, 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

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>

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