

# Community Classes and Workshops

August 2017

## 11th Annual University of Kansas Medical Center's Parkinson's Disease Symposium

**Saturday, August 12th, 2017**

Overland Park Marriott, 10800 Metcalf, Overland Park, KS 66210

8:00 a.m. (exhibits) - 12:30 p.m.

Free Symposium, Open to the Public

This program is free of charge but registration is requested

PLEASE REGISTER NOW AT 913-588-6921 or online at <http://www.kumc.edu/parkinson> (click on upcoming events)

---

## Build you Independence Tool Kit: How to Stay Independent as You Age.

**Thursday, August 17**

1pm – 2pm

*See info below*

---

## Mental Health and Aging Coalition of Eastern Kansas Meetings

10:00-11:30 AM

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

**August 22, 2017** Speaker and Topic: Arts and Aging KC

**September 26, 2017** Speaker: Patti Rule Title: Retirement

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

---

## Northland Kansas City Aging and Mental Health Coalition

**Thursday, September 21<sup>st</sup>**

2:30 - 3:30 pm

Signature Healthcare will be speaking on Mental Illness with Seniors.

For more info:

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

32 Westwoods Dr., Liberty, MO 64068

Phone: (816) 678-3036

---

**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. 913-574-0900

[Program Calendar](#)

---

## **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, August 1**

6:00 PM

Olathe Community Center

1205 E Kansas City Road, Olathe, KS 66061

[RSVP for this Workshop](#)

### **Tuesday, August 8**

6:00 PM

Crown Care Center

3001 East Elm, Harrisonville, MO 64701

[RSVP for this Workshop](#)

### **Tuesday, August 15**

6:00 PM

Tomahawk Ridge Community Center

11902 Lowell Avenue, Overland Park, KS 66213

[RSVP for this Workshop](#)

### **Tuesday, August 22**

6:00 PM

Bonner Springs Community Center

200 East 3rd Street, Bonner Springs, KS 66012

[RSVP for this Workshop](#)

### **Tuesday, August 29**

6:00 PM

Sylvester Powell Community Center

6200 Martway Street, Mission, KS 66202

[RSVP for this Workshop](#)

*\* Scroll down for Building Independence Toolkit program information.*

# Building Your Independence Toolkit: How to Stay Independent as You Age

## Learn, Laugh & Love Series

As we age, some things in life become more challenging. This workshop will share resources and strategies to help older adults live safely, with autonomy and dignity.

Older adults and their adult children are invited to start the discussion and understand the many options available that can help you more effectively plan for the challenges that may lie ahead.

Join Laura Gilman, JFS Older Adult Care Manager to build your "independence toolkit"!



**Thursday, August 17, 2017**  
1:00 - 2:00 pm

**Jewish Community Campus**  
Boardroom  
5801 W. 115th Street  
Overland Park, KS

*This program is free, but reservations are requested by calling the  
Heritage Center reception desk at 913-327-8044.*



*Laura Gilman holds a bachelor's degree from Goucher College, a master's degree in clinical social work from University of Maryland and a master's degree in Jewish Communal Service from Towson University. She has worked in the field of aging since 2005, specializing in realizing meaning in the later stages of life and aging in community. Laura manages the older adult Care Management program at JFS. She is honored that her job allows her to journey with clients as they age and bear witness to their resilience and strength.*

**jfs**  **Jewish Family Services**  
of GREATER KANSAS CITY  
913-327-8250 • [www.jfskc.org](http://www.jfskc.org)

 **Jewish Community Center**  
of Greater Kansas City