

TURNING POINT

A Community Resource of

 THE UNIVERSITY OF KANSAS HEALTH SYSTEM



Program Calendar

The Center for Hope and Healing

How to Handle the Holidays When You're Not Feeling Festive

For anyone who's dealing with a serious illness, the holidays can be a time of stress and grief. Turning Point facilitator Susan Rieger says it's not surprising to feel apprehensive about this time of year.

"The year is coming to an end and you may have hoped things would turn out differently," Susan says. "You may also find yourself comparing this holiday season to previous years when you weren't sick."



In addition to these emotional triggers, environmental issues can make the most wonderful time of the year not so wonderful. "Fewer hours of sunlight can contribute to a drop in your energy level and a depressed mood," she says. "And cold weather may stiffen your joints, making it harder to stay active."

5 Tips for BE-ing Your Best

Susan encourages Turning Point participants to strengthen their resilience and coping skills before the holidays hit. Here are a few helpful hints:

- **Be present:** It's important to spend time with family and friends. But you don't have to get caught up in gift-giving, decorating or preparing elaborate meals. Just be there.
- **Be choosy:** Do the things you want to do. If you feel like cooking, go ahead. If you would rather save your energy for a card game with the kids or grandkids, do that.
- **Be rested:** Try to get enough sleep so you can be as active as possible. But remember it's OK to take a break when you're tired.
- **Be wise:** Recognize your limits. It's better to say "no" than to be exhausted.
- **Be flexible:** Don't feel obligated to make this holiday season exactly like the ones before. You can celebrate with fewer decorations, simpler meals and zero gifts.

We have a few classes specially designed to address holiday hiccups.

Sign up for one or more and feel prepared for the holidays.

Navigating Holiday Hurdles • Wednesday, Nov. 14, or Thursday, Dec. 6 (See page 3.)

Fall Family Day • Saturday, Nov. 17 (See page 8.)

Family Fun with Holiday Music • Monday, Dec. 3 (See page 8.)

Holiday Music and Memories • Monday, Dec. 10 (See page 6.)

Holidays and Health: Celebrating Culture While Preserving Health • Thursday, Dec. 13 (See page 4.)

"I hope inner calm and creative problem-solving will bring greater peace and contentment to all."

— Susan Rieger

November/December 2018

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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.

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

Supporting the Supporters: A Group for Family and Friends

Thursday, Nov. 1 • 5:30-7 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.

Family Matters: The Power of the Family

Thursday, Nov. 1 • 5:30-7 p.m.

Donna Oberstein, LMSW

For better or worse, your family is a powerful force in your life and greatly influences the person you are today. Whether stress or inspiration, this program will explore the power of family influence.

Monday Night at the Movies

Monday, Nov. 5 • 6-9 p.m.

Pat Durkin, M.A.Ed

Join us for a viewing of the movie "Ladybird" and popcorn as we explore and discuss family dynamics together from the perspective of Bowen Family Systems Theory.

Turning Point Book Club: How to be Yourself: Quiet Your Inner Critic and Rise Above Social Anxiety

Tuesday, Nov. 6 • Noon-1:30 p.m.

OR

Thursday, Dec. 6 • 4-5:30 p.m.

Missy Neville, MEd, LPC, Certified Grief Recovery Specialist

What if you knew that you already have everything you need to succeed in an unfamiliar social situation? Based on leading-edge science, concrete tips and compelling stories of real people who have risen above their social anxiety, Ellen Hendriksen, PhD, proposes just that. She explores the roots of social anxiety, why it endures and how we can rewire our brains through our behavior. You will learn some of her many techniques to develop confidence, ease panic and relax in the face of uncertainty.

Jin Shin Jyutsu® Practice Sessions

Monday, Nov. 5 • 2:15-3:15 p.m.

Monday, Nov. 19 • 5:30-6:30 p.m.

Monday, Dec. 3 • 2:15-3:15 p.m.

Monday, Dec. 10 • 2:15-3:15 p.m.

Monday, Dec. 17 • 5:30-6:30 p.m.

Nancy Steele, Certified Jin Shin Jyutsu Practitioner

This is a time to deepen your awareness of your body's energy as we practice together what is taught in the Jin Shin Jyutsu self-help classes. Sessions will include review of some of the class material as well as address the needs of the group. Please dress comfortably. Haven't taken a JSJ class yet? Not a problem – you're welcome to join us! Attend any or all sessions but please register for the ones you plan to attend.

Hand Reflexology

Tuesdays, Nov. 6-20 • 2-4 p.m.

Tammy Barton, LMT,

Co-owner of At the Healing Place

Reflexology therapy is a science founded on the basis that areas of the feet, hands and ears consist of reflex areas that correspond to all glands, organs and bodily systems. Receive a hand reflexology chart and learn to apply pressure to your hands to help with stress reduction, digestion, pain management and other symptoms associated with illness.

Living with Lymphedema Panel

Tuesday, Nov. 6 • 6-7:30 p.m.

Ildiko Kapros, MSPT, CSMT, CLT
Sabrina Korentager, MSN, RN, BS, CLT-UE
Mary Jo Ward, BSN, RN, CLT-UE
James Butterworth, MD, Plastic Surgeon,
The University of Kansas Health System

Lymphedema is a chronic condition that can often result from breast cancer treatment. Those who are living with lymphedema are aware of how debilitating this condition can be. Please join this dynamic group of speakers from The University of Kansas Health System's Lymphedema Prevention Clinic for an informative and interactive discussion on lymphedema prevention, causes and treatment options, including surgery, physical therapy or compression garments.

Appetizers and drinks will be provided!

How Not to Be Stressed Out

Tuesday, Nov. 6 • 10-11:30 a.m.

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

Stress is inevitable – being stressed out isn't. In this class, you will learn about the relationship between stress and health. You will also leave with a few practical strategies for managing life's stressors in more effective ways.

For Women Only: A Time to Be Still

Wednesday, Nov. 7 • 12:45-2:15 p.m.

Cathy Pendleton, LSCSW

Let's join together for a time of meditation – a time of relaxation, peace and stillness as we continue to move through the holiday season.



Open Art Studio: Creating Visions of Hope

**Thursday, Nov. 8 • 10:30 a.m.-noon
AND/OR**

Tuesday, Dec. 4 • 10:30 a.m.-noon

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.

Mandalas for Meditation and Reflection

Monday, Nov. 12 • 1:30-3 p.m.

AND/OR

Thursday, Dec. 20 • 1:30-3 p.m.

Jami Hamilton-Ansley, LSCSW, 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!

Emotional/Physical Support

November's Resilience Snapshot: Cultivating Gratitude and Thanksgiving

Monday, Nov. 12 • 6-7:30 p.m.

Hayley Stolze, MPH

Our stomachs may be ready for Thanksgiving, but our hearts and minds require the true preparation. One of the best ways we can prepare ourselves for the holiday whirlwind is to stop and note the many blessings found within day-to-day life. In this class, we will take a moment to reflect on what it means to live with gratitude in our hearts and how this affects our resilience. Whether you want to learn new ways of cultivating a gratitude practice or simply need the chance to stop and center yourself before the holidays, please join us for a peace-filled evening.

The Gifts of Imperfection: Your Guide to a Wholehearted Life – Guideposts 6-10

**Wednesdays, Nov. 14-Dec. 12
12:45-2:15 p.m.**

Cathy Pendleton, LSCSW

Author and researcher Brene Brown tells us that “wholehearted living is about engaging in our lives from a place of worthiness. It means cultivating the courage, compassion and connection to wake up in the morning and think, ‘No matter what gets done and how much is left undone, I am enough ... I am brave and worthy of love and belonging.’” In this interactive group, we explore Brene’s Guideposts 6-10 for living a wholehearted life: cultivating creativity, play and rest, calm and stillness, meaningful work and laughter, dance and song.

Reading Brene’s book “The Gifts of Imperfection” prior to meeting is recommended but not required. Attendance in the Guideposts 1-5 class is not required.

Attendance in all sessions is recommended.

Navigating Holiday Hurdles

Wednesday, Nov. 14 • 1:30-3 p.m.

OR

Thursday, Dec. 6 • 5:30-7 p.m.

Susan Rieger, MSW, LCSW

Give yourself the gift that will last through the holidays. Learn some breathing and meditation exercises to bring you peace and develop some strategies to get through the challenging issues that you face. Learn how to allow the season to bring you the peace and joy it was intended to evoke.

Neurofeedback

Thursday, Nov. 15 • 6-7:30 p.m.

Tiffany Burch, CMA, BCN-T, Integrative Medicine at The University of Kansas Health System

Neurofeedback is a subset of Biofeedback, which focuses more on brain function and the ability to train the brain to function better. This program will provide a detailed overview of neurofeedback, its health benefits and a demonstration of what to expect from treatments.

Sand Tray for Adults

Thursday, Nov. 15 • 1:30-3 p.m.

AND/OR

Monday, Dec. 17 • 1:30-3 p.m.

Jami Hamilton-Ansley, LSCSW, 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.

Keeping Your Sense of Humor During the Holidays

Thursday, Nov. 15 • 5:30-7 p.m.

Susan Rieger, MSW, LCSW

Laughter can help us access the relaxation response. Let’s investigate our families’ types of humor and the different styles of humor. We will also share our favorite jokes or comedians. Finally, we will reflect on our own role in making our homes or workplaces a fun place to be during the holidays.

Facing the Holidays: Honoring Your Grief

Monday, Nov. 19 • 10:30 a.m.-noon

OR

Tuesday, Dec. 18 • 2:30-4 p.m.

Missy Neville, MEd, LPC

For many, the holidays are a time of family, friends, celebration and tradition. Yet, the holidays are also a time that the expectations of others and your own expectations can create a lot of stress. This is especially true when you are grieving. Take a break to slow down, connect with others and learn tools and coping strategies that will allow you to tend to your grief during this difficult time. You’ll find support in where you are now, not where you “should” be this holiday season.

Embracing Our Reset Button: Finding Inspiration in the Midst of Hardship

Mondays, Nov. 26-Dec. 10 • 10-11:30 a.m.

Hayley Stolze, MPH

Over time, we experience a variety of losses, including loss of health and function. These losses can knock us flat, but they also provide an opportunity to hit the reset button and re-establish how we create joy and meaning in our lives. Please join us for this uplifting series to learn how to re-establish our unique potential for inspiring others. Regardless of what we’ve been through or what we are currently going through, we always have the power to hit the reset button. Come learn how and share your own insight on joy and meaning in the midst of hardship.

Does It Have to Hurt? How to Effectively Use Rage, Fear and Devastation

Tuesday, Nov. 27 • Noon-1 p.m.

James (Jamie) Copaken, LSCSW

When we’re faced with crisis – whether it’s family conflict, job stress or a health problem – we can find ourselves on a roller coaster of emotions. How can we better harness these emotions to be instructive, instead of destructive, for ourselves and those we love? Learn some of the best ways to increase understanding, communication and healing.

Emotional/Physical Support

Moving Beyond Fear: Reclaiming Our Power

Tuesdays, Nov. 27-Dec. 11 • 2-4 p.m.
Missy Neville, MEd, LPC

In this interactive workshop, we will identify the somatic nature of fear and how it shows up in our bodies. We will explore the thought patterns that keep us stuck in fear, new ways of experiencing our fear-based thoughts and techniques for shifting into a greater sense of resilience and power. This workshop is conducted over a three-week series. Please be prepared to attend all sessions. Reading the book "Feel the Fear ... and Do It Anyway" by Susan Jeffers is encouraged, but not required.

Conquering White Coat Syndrome

Wednesdays, Nov. 28-Dec. 19 • 10-11:30 a.m.
Susan Rieger, MSW, LCSW

White coat syndrome describes a rise in blood pressure at the doctor's office or a medical appointment. Many people experience this, especially when coping with a serious or long-term illness. Learn some practices to relax and lower your blood pressure. Your new toolbox will include breathing techniques, biofeedback and guided imagery. We will also discuss how to prepare assertive questions for your medical team.

Fall Prevention Series

Wednesdays, Nov. 28-Dec. 19 • 2:30-4 p.m.
Susan Rieger, MSW, LCSW

Build your confidence as you move around your home and the larger world. Practice physical exercises that improve strength and balance, learn meditations to help you be less distracted and find out how to avoid several falling risks at home and in public.

Funded in part by The George H. Nettleton Foundation.

How to Get Your Zzzzzs

Thursday, November 29 • 3-4 p.m.
Susan Krigel, PhD, Licensed Psychologist,
Midwest Cancer Alliance

Having trouble getting to sleep, or waking too early? Find out about common sleep disorders, the consequences of poor sleep and strategies for getting a restful night's sleep.

Stress and Aging

Monday, Dec. 3 • 2-3:30 p.m.
Moira Mulhern, PhD, Turning Point's
Co-founder and Executive Director

As we get older, our ability to deal with stress often decreases. Dealing with lots of stress throughout your lifetime can accelerate the traits of aging. Let's look at fascinating experiments and studies that explain the science behind the relationship between stress and aging.

Funded in part by The George H. Nettleton Foundation.

Pelvic Health

Tuesday, Dec. 4 • 1:30-3 p.m.
Sarah Dominguez, PT, MSPT, CLT

Pelvic dysfunction affects 80 percent of women and 20 percent of men. We will discuss many disorders, including pelvic organ prolapse, pelvic pain and its causes and give helpful tips on pelvic health and wellness.

Family Matters: Making Decisions

Thursday, Dec. 6 • 10-11:30 a.m.

Donna Oberstein, LMSW

What is responsible decision-making? Am I simply responding or reacting as I make decisions? Join us as we look at how we make responsible decisions in relation to ourselves and other important people in our lives.

December's Resilience Snapshot: The Gift of Generosity

Tuesday, Dec. 11 • 10-11:30 a.m.
Hayley Stolzle, MPH

The holidays are a time of giving. We give gifts to loved ones and charitable causes, but what happens when we simply give the gift of human connection? Being generous doesn't have to take a monetary or physical form. In this month's Resilience Snapshot, we will discuss what it means to be truly generous in spirit and how giving the gift of human connection fosters resilience. We will have the opportunity to learn about and write encouraging letters to students in Botswana and Chad, Africa.

Cancer-Related Fatigue

Tuesday, Dec. 11 • 2-3 p.m.

Cathy Glennon, RN, MHS, OCN, NE-BC

Cancer-related fatigue, different from fatigue in healthy people, is the most common side effect of cancer treatment. How cancer treatments cause fatigue is not clear, but many different factors, including side effects from treatments such as anemia, poor nutrition or depression, contribute to this fatigue. This discussion will address ways to relieve symptoms and improve quality of life.

Holidays and Health: Celebrating Culture While Preserving Health

Thursday, Dec. 13 • 10-11:30 a.m.

Hayley Stolzle, MPH

The holidays are celebrated differently all over the world. While some traditions share similarities, everyone experiences the holidays differently due to various personal, social, cultural and environmental factors influencing how we care for ourselves and others. We will discuss the importance of celebrating holiday traditions while staying in tune with our own needs. We will also learn ways in which we can modify or establish traditions to be more nourishing and how to receive the support we need. Holiday snacks from various cultures will be provided.

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.

Funded in part by The George H. Nettleton Foundation.

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.

Meditation

Meditations for Gratitude and Peace

Thursdays, Nov. 1-15 • 1:30-3 p.m.

Susan Rieger, MSW, LCSW

Research shows that stress increases at the holidays, even though there may be many joyful moments. Give yourself the gift of space to meditate with this series. Each week, we will practice a relaxing guided imagery meditation that recognizes and enhances gratitude, peacefulness or our connection with others. These will help guide us through the holiday season with a calm and open heart.

Funded in part by The Curry Family Foundation.

Mindfulness for Daily Life

Wednesdays, Nov. 7 and 14 • 2:30-4 p.m.

Lisa Pinsker, MA, Owner of Mindfulness Matters

This two-part series will explore mindfulness. What is it? What are the benefits? What's fact and what's hype? We'll sample and discuss a variety of practices, investigating how to bring mindfulness into daily life to decrease physical or psychological symptoms and improve your quality of life.

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.

Funded in part by The Curry Family Foundation.

Reminder

Refrain from using or wearing anything scented when coming to Turning Point.

Many of our participants are quite allergic to smells and may become ill if exposed to perfume, incense, body lotion, cigarette smoke and/or other smells.

Nutrition Programs

Health in a Hurry: Quick and Easy Recipes

Monday, Nov. 5 • 2-3 p.m.

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

It's possible to eat healthy foods, even with a jam-packed schedule. It just requires a bit of preplanning to ensure your success. Learn how to fuel your body for better health and more energy even when you're on the go. Recipes included.

Holiday Social and Recipe Exchange

Tuesday, Nov. 6 • Noon-3 p.m.

Join us anytime between noon and 3 p.m. for holiday cheer and recipe sharing. Do you have a favorite dip, casserole or secret family recipe you are willing to share? We will be happy to make copies for everyone. You will also leave with recipes from some of our Turning Point dietitians. Festive music and snacks provided.

Healthy Holiday Eating

Thursday, Nov. 8 • 3-4 p.m.

Bethany Diggert, MS, RDN, LD

As much as we look forward to holiday parties and dinner, many of us fear enjoying it too much – and packing on the pounds. Enjoy the holidays with the comfort foods you love without the guilt of overindulgence or weight gain.

Making Peace with Food: Emotional Eating Support Group

Thursday, Nov. 15 • 2:30-4 p.m.

AND/OR

Wednesday, Dec. 5 • 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.

Eating in the Light of Self-Compassion

Mondays, Nov. 26-Dec. 10 • 2:30-4 p.m.

Karen Ialapi, RD, LD, CDE, Certified Diabetes Educator, Wellness Coach

Make 2018 the year you move away from cookie-cutter diets, weight cycling and shame-driven approaches to food and your body. Learn how cultivating self-compassion, curiosity and storytelling can help heal the issues underlying your eating patterns. This class will help you feel more in charge of nonhunger eating and soften your inner critic.

Perk up Your Pantry

Wednesday, Dec. 12 • 2:30-3:30 p.m.

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

Learn how to fill your pantry with the most nourishing and healthy foods. You'll swap out the junky stuff that's leaving you feeling depleted for delicious items that will boost your mood and give you energy throughout the day. This program will include tips on putting together a shopping list and how to navigate the aisles of the grocery store to help you create a foundation of health in your kitchen.

Plant-Based Nutrition

Thursday, Dec. 13 • 3-4 p.m.

Kaitlin Cilufu, MS, RD, LD

Learn about the health benefits of a diet high in plant-based and whole foods and low in processed foods.



Practical Issues

Medicare Basics

Wednesday, Nov. 7 • 2:30-4:30 p.m.

Diane Burnett, Johnson County SHICK Educator/Counselor, East Central Kansas Area Agency on Aging

Many people don't give Medicare a second thought until they approach 65 and find themselves in the middle of a big decision about their future health care. It's important to understand requirements, eligibility and benefits when considering your future healthcare coverage. Demystify the world of Medicare at this informational session with a local expert. This program is for anyone turning 65 or getting Medicare this year due to a disability. Family members who are assisting someone with Medicare are also encouraged to attend. Senior Health Insurance Counseling for Kansas (SHICK) in Johnson County is a program of the East Central Kansas Area Agency on Aging, Ottawa, KS. SHICK is funded through a grant from the Kansas Department for Aging and Disability Services.

Budgeting: Bossing Your Money Around

Thursday, Nov. 8 • 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.

Advance Care Planning: Capacity, Agency and Guardianships

Thursday, Nov. 15 • 10:30 a.m.-noon

Lindsey Collins, JD, MPA, Managing Attorney for KU School of Law Medical-Legal Partnership

Please join us for a discussion on estate planning fundamentals such as DPOAs, healthcare directives, living wills, last will and testaments and guardianships (when a person no longer has cognitive capacity).

Legal Issues and Practical Matters

Tuesday, Dec. 4 • 6-7:30 p.m.

Karen Weber, JD, Elder Law Attorney

Learn about wills, trusts, powers of attorney, guardianship, disability benefits, preserving your assets, advanced directives and other issues that are so important in planning for the future.

Funded in part by The George H. Nettleton Foundation.

Creativity Programs

Writing Workshop: Writing Grace and Gratitude

Saturday, Nov. 17 • 11 a.m.-3 p.m.

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

Writing can shine a light on our lives. Join our welcoming community writing retreat to journey into your own grace and gratitude. Along the way, you'll make new friends and discover what you have to say to yourself and others. Anyone living with serious illness – caregivers, patients or survivors – who write or want to write are welcome! Please bring something to write on and with, and if you'd like, snacks to share. Please visit our blog to read some of the writing from previous sessions.

mytreecalledlife.wordpress.com

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.



Holiday Music and Memories

Monday, Dec. 10 • 6-7:30 p.m.

Joy Zimmerman, LMSW, Singer/songwriter

Treat yourself to the gift of holiday music and reflection. Through story and song, we will set our intention for the season, celebrate our memories and enjoy the beauty of our most meaningful gifts.

The Art of Jewelry Making

Furnace Glass Bracelets (\$5)

Saturday, Nov. 3 • 10 a.m.-noon

Roll chain/Crystal Necklace (\$6)

Wednesday, Nov. 7 • 10 a.m.-noon

Twisted Wire Bangle Bracelet (\$6)

Wednesday, Nov. 14 • 10 a.m.-noon

Rings (\$5)

Saturday, Nov. 17 • 10 a.m.-noon

Christmas Ornaments (\$5)

Saturday, Dec. 1 • 10 a.m.-noon

Leather Bracelet (\$7)

Wednesday, Dec. 5 • 10 a.m.-noon

Christmas Earrings (\$5)

Saturday, Dec. 8 • 12:30-2:30 p.m.

Charm Bracelet (\$7)

Wednesday, Dec. 12 • 10 a.m.-noon

Nancy Fischer, Volunteer

Supply fee payments accepted at the class.

So You Think You Can Write ... A Tribute Poem

Monday, Dec. 17 • 3-4:30 p.m.

Annie Newcomer, BA, MA, Community Advocate of Writing and Literature

Explore ways to honor your loved ones in verse. Consider written expression as a way to remember or to create a gift. We will also reflect on the life of the late Michelle Boisseau, PhD, a professor at the University of Missouri-Kansas City and pioneer of the Kansas City poetry community.

Holiday Schedule

Turning Point office will be closed and programs will not be held Thursday, Nov. 22, and Friday, Nov. 23.

Turning Point office will be closed Tuesday, Dec. 25, and Tuesday, Jan. 1.

Turning Point programs will not be held Tuesday, Dec. 25, through Tuesday, Jan. 1. Programs will resume Wednesday, Jan. 2.

Body Movement Programs

Relax and Restore Yoga Through the Holidays

Monday, Nov. 5 • 3:30-5 p.m.

AND/OR

Monday, Dec. 3 • 3:30-5 p.m.

Melanie Nicsinger, Registered Yoga Teacher, Certified Holistic Nutritionist

Relax and de-stress during the holidays 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.

Laughter Yoga

Tuesday, Nov. 6 • 3:30-4:30 p.m.

AND/OR

Tuesday, Dec. 4 • 3:30-4:30 p.m.

Linda Putthoff, Registered Yoga Teacher, Owner of Plaza Wellspring Studio

Laughter yoga can help reduce the stress hormones in the body, provide a cardiovascular workout and will help bring practitioners into the present moment. Please bring a yoga mat.

Yoga Nidra/Restorative

Saturday, Nov. 10 • 10:30 a.m.-noon

AND/OR

Saturday, Dec. 1 • 10-11:30 a.m.

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.

Yoga in Chairs

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

Michelle Warner, LMT, Registered Yoga Teacher

OR

Mondays, ongoing • 1-2 p.m.

Michelle Warner

OR

Thursdays, ongoing • 4-5 p.m.

Susan Rieger, Registered 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.

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. Must be able to get down and up from the floor without assistance. Please bring a mat and a towel.

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. Must be able to get on the floor and up again without assistance. Please bring a mat.

Programs for Families, Teens and Children

Family Night: A Time for Fun and Support

Thursday, Nov. 8 • 6-7:30 p.m.

AND/OR

Thursday, Dec. 13 • 6-7:30 p.m.

Leslie Abbey, LCSW

Amelia Ryan, CCLS

Jami Hamilton-Ansley, LCSW, 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.

Yoga for the Whole Family

Wednesdays

Nov. 14 and 28, Dec. 12

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.

Parenting: Helping Kids Understand Illness in the Family

Thursday, Nov. 15 • Noon-1 p.m.

AND/OR

Thursday, Dec. 6 • Noon-1 p.m.

James (Jamie) Copaken, LCSW

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 Fun with Holiday Music

Monday, Dec. 3 • 5:30-7 p.m.

Joy Zimmerman, LMSW, Singer/songwriter

Kids, grab an adult and join us for a holiday family music night. We will make an instrument or two, play musical games, sing festive songs, make a craft, enjoy holiday goodies and much, much more. During the fun we will talk about the many gifts and feelings during the holiday season. No musical experience necessary – just bring your holiday cheer! Best suited for kids ages 4 and up.



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.



Fall Family Day: Grateful Hearts

Saturday, Nov. 17 • 9:30-11:30 a.m. • Festive Snack Provided

Joy Zimmerman, LMSW, Singer/songwriter

Annie Seal, MS, CCLS, Turning Point's Children's Program Director

The word *otsaliheliga* (oh-jah-LEE-hay-lee-gah) is used by members of the Cherokee Nation to express gratitude. Your family will explore some Native American symbols and the topic of gratitude. Join us for a morning of creative fun activities such as art, music and storytelling. You will spend quality time together while discovering gratitude. Your family will leave with take-home treasures and a grateful heart. This program is designed for the whole family and is best suited for kids ages 4 and up.

Unless otherwise noted, all sessions are held at Turning Point 8900 State Line Road, Suite 240 Leawood, Kansas.

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.

Programs at Area Cancer Centers

Kansas City, MO

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

Yoga in Chairs

**Thursdays, Nov. 8, 29 and Dec. 6
1-2 p.m.**

Sami Aaron, 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.

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.

Holiday Stress Relief

Thursday, Nov. 15 • 1-2 p.m.

AND/OR

Thursday, Dec. 13 • 1-2 p.m.

Sami Aaron, Certified Yoga Teacher

Join us for a lighthearted workshop that will give you tools to help you calm the typical chaos that dominates much of our lives around the holidays. Learn a simple breathing and meditation home practice routine that you can turn to whenever you find the meaning of the holidays buried under the stress of your to-do lists and overflowing calendars. Understand and work with emotional and physical limitations and the stress that can arise as we reconnect with family and friends. With practice, you'll find peace, calm and heart-centered gratitude for the season's gifts.

Overland Park

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

Yoga in Chairs

**Wednesdays, Nov. 7, 28 and Dec. 5
1-2 p.m.**

Sami Aaron, 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.

One-Pot Wonders

Wednesday, Nov. 14 • 1-2 p.m.

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

From the stockpot to the Crock-Pot, this class will show you how to make the most nutrient-dense, yummy soups and cook-ahead meals.

Save time, money and effort with these



simple meal-planning strategies. Leave this class with a plan and a recipe guide!

Possible benefits of t'ai chi:

- Better mood, with lower levels of stress and anxiety
- Greater aerobic capacity and muscle strength
- More energy and stamina
- Enhanced flexibility, balance and agility
- Lower blood pressure and improved heart health

Lee's Summit

The University of Kansas Cancer Center
4881 NE Goodview Circle
Lee's Summit, MO 64064

Chair Yoga and Mindfulness

**Tuesdays, Nov. 6, 27 and Dec. 11
1-2 p.m.**

Mary Duryea, RYT E500, Certified Yoga Instructor

Please join us for this exploration of the benefits of yoga and mindfulness, which may help decrease stress perception and potentially boost immunity. It will be gentle enough for anyone who can sit in a chair safely for an hour. Various modifications of the postures will be offered for multiple levels. Time for reflection, guided meditation and breath awareness will be included.

Westwood

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

Hair Loss Through Illness

**Thursday, Nov. 15 • 11 a.m.-noon
OR**

Tuesday, Dec. 11 • 1-2 p.m.

Judith Newell, CMF, Licensed Cosmetologist, Past Franchise Owner, Manager of Missys' Boutique

Please join us for an informative discussion surrounding hair loss during chemotherapy, wig selection, fitting and styling.

Holiday Stress Relief

Wednesday, Dec. 12 • 1-2 p.m.

Sami Aaron, Certified Yoga Teacher

Join us for a lighthearted workshop that will give you tools to help you calm the typical chaos that dominates much of our lives around the holidays. Learn a simple breathing and meditation home practice routine that you can turn to whenever you find the meaning of the holidays buried under the stress of your to-do lists and overflowing calendars. Understand and work with emotional and physical limitations and the stress that can arise as we reconnect with family and friends. With practice, you'll find peace, calm and heart-centered gratitude for the season's gifts.

Programs at Area Cancer Centers and Other Locations

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 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 Cancer Action.

Lawrence

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

Navigating Holiday Hurdles

Mondays, Nov. 26 and Dec. 3

10:30 a.m.-noon

Susan Rieger, MSW, LCSW

Give yourself the gift that will last through the holidays. Learn some breathing and meditation exercises to bring you peace and develop some strategies to get through the challenging issues that you face. Learn how to allow the season to bring you the peace and joy it was intended to evoke.

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



Cancer-Related Fatigue

Monday, Nov. 19 • 5:30-7 p.m.

Cathy Glennon, RN, MHS, OCN, NE-BC
Cancer-related fatigue, different from fatigue in healthy people, is the most common side effect of cancer treatment. How cancer treatments cause fatigue is not clear, but many different factors, including treatment from chemotherapy or radiation, or side effects from treatments such as anemia, poor nutrition or depression, contribute to this fatigue. This discussion will address ways to relieve symptoms and improve quality of life.

Fairway

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

Kitchen Therapy: Cooking up Comfort

Thursday, Nov. 15 • Noon-1 p.m.

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.

To register, call 913-588-4719.

Follow us on



Find us at

facebook.com/turningpointkc



After being diagnosed with Parkinson's disease, Lou didn't know what to think or where to turn.

"It was traumatic. In terms of knowing what the future might hold, I was scared," she said.

But once she found Turning Point, all of that changed. "The support I found at Turning Point saved my life."

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, 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, Nov. 15, 7-8 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
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
Overland Park Conference Room
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 regular updates on meeting details, email
dwood@kumc.edu or sphillips4@kumc.edu
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.**

Bend but don't break



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.