

Turning Point

Meditation: A Powerful Tool for Managing Stress

by Turning Point Facilitator Cathy Pendleton, LCSW



"I now have a way to deal with my anxiety when I'm going through medical procedures."

"I don't get so caught up in other people's drama anymore."

"This group has become like family to me – I feel such support here."

These are just a few of the benefits of meditation expressed by people in the Meditation Group: A Time for Going Inside.

The group meets every Wednesday morning at Turning Point. And these aren't the only people experiencing the benefits. Hundreds of published studies have found that people who practice meditation on a regular basis are able to:

- Recover more quickly from stressful life experiences
- Think more clearly
- Concentrate more easily
- Manage their pain more effectively
- Stop thoughts that lead to more stress and redirect their thinking in a more helpful way
- Sleep better – both falling asleep easier and returning to sleep after waking at night
- Feel calmer, more relaxed
- Be happier

Meditation isn't as much about quieting our own mind as it is about finding the quietness that's always deep inside us. If you've ever heard yourself saying, "I can't meditate," or, "I don't have the time to mediate," or, "It makes me nervous to sit still," you're not alone! During the busyness of everyday life that comes from doctors' appointments, work, fatigue, raising children, pain, financial worries and other things that take your attention, it may be hard to imagine that you really can find some relaxation and peace deep inside yourself. With illness, life does change. We certainly don't always have control over the stress that comes our way. Our power lies in how we manage that stress. Meditation can help.

We hope you'll be able to join us for one or more of the meditation groups you'll find on page 4 of this calendar.

What's Inside

Emotional/Physical Support	2-4
Meditation	4
Nutrition.....	5
Creativity	6
Practical Issues.....	6
Body Movement	7
Families, Teens and Children.....	8
Pain Management Series.....	9
Area Cancer Centers.....	9-10
Support Groups.....	11

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**.

Emotional/Physical Support

Your Perception Creates Your Reality

Tuesdays, March 5-26 • 10-11:30 a.m.

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

Our experience determines who we become and how our brains are wired. Two people can experience the same thing at the same time yet have two entirely different interpretations of the event. Why? It's their perception. Our perception controls our reality. Can you change your perception? Yes. Can you train yourself to focus and respond differently to events? Yes. In this program you will learn how your current reality was created and how to change your perception of the world.

Expert Panel on Women and Parkinson's Disease

Tuesday, March 5 • 5-7 p.m.

Phaedra Dowell, MD, Lou Eisenbrandt, RN
Lindsey Heidrick, CCC-SLPD, Susan Rieger, LCSW

Join Parkinson's disease experts for a discussion on women's questions, experiences and strategies for living better with Parkinson's disease. Join us at 5 p.m. for refreshments and to meet others from the Parkinson's community. Chair yoga will be offered at 5:30 p.m. for those interested, followed by the expert panel from 6 to 7 p.m.

In partnership with
Parkinson's Foundation
Heartland Chapter



Cancer-Related Fatigue

Wednesday, March 6 • 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.

Supporting the Supporters: A Group for Family and Friends

Wednesday, March 6 • 12:30-2 p.m.

AND/OR

Wednesday, April 3 • 12:30-2 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.



The Art of Letting Go

Thursday, March 7 • 2:30-4 p.m.

OR

Wednesday, April 17 • 10-11:30 a.m.

Missy Neville, MEd, LPC

Wouldn't it be wonderful to live in a home that was perfectly organized? To live in an environment that supports your goals and dreams? Sometimes all we need is less. Guided by the principles of Marie Kondo, we will explore the values we attach to our things, why we have a hard time letting go and the life-changing benefits that open up when we are willing to embrace a new viewpoint. Learn practical tips on using the Kon Mari method of organizing, how to keep clutter at bay and why the best time to begin this journey is now.

Embrace Your Life

Thursdays, March 7-28 • 5:30-7 p.m.

Susan Rieger, MSW, LCSW

This group uses Tara Brach's book "Radical Acceptance" as a guide. Confront what she calls the "trance of unworthiness," and find your inner sanctuary of wisdom and peace, even in the midst of difficulty. We use stories, meditations and discussion to help us regard what we see happening within ourselves with an open, kind and loving heart.

Jin Shin Jyutsu: Part 1

Mondays, March 11-25 • 5:30-7 p.m.

Nancy Steele,
Certified Jin Shin Jyutsu Practitioner

Jin Shin Jyutsu is an ancient and innate art of harmonizing the body's life energy through gentle touch of one's hands. This experiential class will explain the history and philosophy, as well as guide you through the applications in Self-Help Book 1. Learn how simple placement of your hands on your own body can de-stress and harmonize your body's energy. Please dress comfortably.

Turning Point Book Club: How to Survive Change You Didn't Ask For

Mondays, March 11-25 • 2:30-4 p.m.

Hayley Stolze, MPH

In this three-part series based on M.J. Ryan's "How to Survive Change You Didn't Ask For," we will discuss how to recognize our reactions to change and adapt to it instead of fight against it.



The class is best summarized by Jon Kabat-Zinn's quote: "We can't stop the waves, but we can learn how to surf." Reading or already having the book is not required.

March Resilience Snapshot: Reversing the Fight-or-Flight Response

Tuesday, March 12 • 10-11:30 a.m.

Hayley Stolze, MPH

Our bodies can't tell the difference between a big stress and a little one. Our automatic nervous system triggers the same fight-or-flight reaction for either. Learning how to recover from these reactions is the key to keeping a healthy nervous system and fighting the effects of stress. Learn quick and easy relaxation techniques to quiet the fight-or-flight response and restore feelings of safety and calm.

Emotional/Physical Support

For Women Only: Self-Compassion: A Gift to Ourselves and to Others

Wednesday, March 13 • 1-3 p.m.

Cathy Pendleton, LSCSW

As women, we often get the message that it's more important to focus on the feelings, needs and wants of others instead of our own. Research shows that people who find it easy to be supportive and understanding of others often score quite low on self-compassion tests, getting down on themselves for not measuring up. People who score high on tests of self-compassion seem to have less depression and anxiety, and they tend to be happier and more optimistic. This group will address the importance of treating ourselves with compassion and exploring what that would look like for you!

Striving for Success: How to Create and Reach Your Goals

Thursday, March 14 • 3-4 p.m.

Susan Krigel, PhD

Have you been successful in keeping your New Year's resolutions? Need help to reach your goals? Come find out how to change your behaviors and increase your chances of reaching your goals.

Gender and Sexual Diversity: Building a Shared Language

Monday, March 18 • 10-11:30 a.m.

Hayley Stolzle, MPH

Learn about the important differences between gender identity, gender expression, sexual orientation, biological sex and recognizing gender and sexual diversity when it comes to our health. The goal is to build our understanding of a shared language and how to use it to better support ourselves, our loved ones and our community.

Perfectly Imperfect

Tuesdays, March 26-April 16 • 5:30-7 p.m.

Hayley Stolzle, MPH

Nothing in this world is perfect, nor should it be! This class celebrates this fact. We will explore the best ways to build self-confidence, acceptance and self-compassion. This class gives you a supportive and healing foundation to let go of judgment and perfectionistic tendencies for better health and well-being.

Mandala Sand Tray Group

Thursday, March 28 • 1-2:30 p.m.

Jami Hamilton-Ansley, LSCSW, RPT

We will combine the power of the sand tray experience with a mandala container to tap into a meditative and powerful form of creating and self-expression. Come create something beautiful and uniquely you.

Finding Freedom from Pain Through the Wisdom of the Body

Wednesdays, April 3-17 • 1-2:30 p.m.

Missy Neville, MEd, LPC

Drawing on the groundbreaking work of Dr. Peter Levine and Dr. Maggie Phillips in "Freedom from Pain," discover your body's power to overcome physical pain by learning how to recognize and access the unspoken, automatic responses of the body and nervous system. In this three-week series, you will learn ways to better regulate your body and to avoid the "pain trap." Reading "Freedom from Pain" is encouraged but not required.

The Power of Pause

Tuesdays, April 4-18 • 10-11:30 a.m.

Ilene Kimsey, PhD

In the activity and challenges of life, a moment of pause can activate empowerment. Come "pause" with us for quiet reflection, journaling and mutual support. Take these moments to leave concerns at the door, align with yourself, allow insights and be ready to step forward with refreshed awareness. You will also try simple ways to pause throughout your day, which will allow you to be more present in your life. Please bring a journal.

Fear of Recurrence of Cancer

Thursdays, April 4-25 • 5:30-7 p.m.

Susan Rieger, MSW, LCSW

Worrying about cancer coming back is normal and experienced by nearly everyone who goes through treatment. Even years after treatment, events or symptoms can cause you to worry. This group will give you emotional support for these fears and look at ideas that have helped others deal with this uncertainty.

Recognizing Secondary Trauma and What to Do About It

Mondays, April 8 and 15 • 2:30-4 p.m.

Hayley Stolzle, MPH

Having a serious or chronic illness and caring for those who deal with pain or illness expose us to ongoing trauma. Without even realizing it, we can experience burnout, compassion fatigue and secondary trauma in ways that affect our health. In this two-part series, we will learn how to recognize the types of trauma in ourselves and others. We will also discuss the skills and systems of support that can help us build resilience and heal the effects of trauma.

Biofeedback for Stress Reduction

Tuesdays, April 9-30 • 10-11:30 a.m.

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

Biofeedback is a powerful tool for individuals living with illness and pain. It helps people manage a variety of conditions, including migraine headaches, stress and pain. It builds resilience, increases energy and promotes focus, mental clarity and emotional balance.

Resources for the Cancer-Patient Caregiver

Wednesday, April 10 • 2-3 p.m.

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

This class will review support communities, self-care for caregivers and other resources that will enhance participants' knowledge.

April Resilience Snapshot: Keeping Our Buckets Full

Wednesday, April 10 • 5:30-7 p.m.

Hayley Stolzle, MPH

Each of us has an invisible bucket that is constantly being emptied or filled depending on what others say or do to us and what we say or do to ourselves. A full bucket gives us an improved outlook and renewed energy, but it can be hard to keep our buckets full with the stress, health issues and competing demands that come with being human. Learn the keys to self-replenishment and how to keep your positive energy supply going strong

Emotional/Physical Support

Craniosacral Therapy: Healing Power of the Gentle Touch

Wednesdays, April 10 and 17
5:30-7:30 p.m.

Sheri Woxland, Craniosacral Practitioner and Co-owner of At the Healing Place

Using craniosacral therapy, learn specific self-help techniques to help control pain, relax your central nervous system and give you a greater sense of peace. Also learn breathing and meditation techniques to relieve stress in your body.

Jin Shin Jyutsu® Practice Sessions

Monday, April 15 • 2:30-4 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. Class will include review of some of the 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!

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

Tuesdays, April 23 and 30 • 5:30-7 p.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 regular table-top games can help protect us against depression. Playing games can also improve cognitive performance in our working memory, executive function and logical reasoning. What are we waiting for? Let's play!

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.

Managing the Emotions of Living with a Neurological Disease

Wednesday, April 24 • 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.

Vision Board

Thursday, April 25 • 1-2:30 p.m.

Jami Hamilton-Ansley, LCSW, RPT

Vision boards are a powerful way to set goals and clarify our life plan. If you're ready to create something new in your life, join us to set some new goals by creating a visual reminder you can refer to and reflect on as you forge ahead with your best life.

Chinese Medicine: Acupuncture

Monday, April 29 • 6-7:30 p.m.

Chris Powell, OMD, Acupuncturist

For centuries, the Chinese have used various traditions to improve the immune system and deal with disease. Learn how Chinese medicine and acupuncture can be an invaluable complement to conventional Western medicine.

Metastatic Cancer Support Group

Wednesdays, ongoing • 10:30 a.m.-noon

Elizabeth Hunter-Blank, LCSW, LCSW

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

Meditation Series

Wednesdays, March 20-April 10
12:45-2:15 p.m.

Cathy Pendleton, LCSW

Come learn how to develop or strengthen your meditation practice! Research shows meditation helps to manage stress, enhance overall well-being and ease pain and other symptoms. In this group, you will learn about and practice a different type of meditation, including autogenic training, guided imagery, progressive muscle relaxation and loving kindness.

On the 'Way:' Meditation, Wellness and Creativity

Mondays, April 1-22 • 5:30-7 p.m.

Sarah Fremerman Aptilon, PhD

This four-session course is designed to make meditation easy and accessible, even if you have found it difficult in the past. You will learn a set of basic meditation and breathing techniques. And you'll learn about the power of visualization and anchor these practices in daily life by drawing upon key Zen concepts from Japanese culture. These key concepts are heart-mind, impermanence, gratitude, "entrusting the self" and imperfect beauty.

Meditation Group: A Time for 'Going Inside'

Join anytime, but please preregister.

Wednesdays, ongoing • 10-11 a.m.

Cathy Pendleton, LCSW

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

Making Peace with Food: Emotional Eating Support Group

Thursday, Feb. 28 • 2:30-4 p.m.

Wednesday, March 27 • 2:30-4 p.m.

Thursday, April 18 • 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.

Spring Clean Your Pantry

Wednesday, March 20 • 2-3 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.

All About Oils

Thursday, March 21 • 3-4 p.m.

Bethany Diggert, MS, RDN, LD

The cooking-oil aisle of your local grocery store has many oils made from nuts, seeds, fruits and vegetables. Each of these oils has a distinct flavor and property that makes them tasty additions to your recipes. With so many varieties to choose from, which is the best oil for your table?

Food and Feelings

Mondays, March 25-April 15 • 10-11:30 a.m.

Karen Ialapi, RD, LD, CDE

Certified Diabetes Educator, Wellness Coach

Our feelings offer us pearls of wisdom, insight and inner guidance. But we can distract ourselves from our emotions through dysregulated eating and food obsession. This four-week series will explore how food and feelings become entangled. And we'll learn we can heal on many levels when we welcome all our emotions with curiosity and acceptance.

Get Your Greens

Tuesday, March 26 • 2-3:30 p.m.

Lisa Markley, MS, RDN, Owner of Nourish

Yourself: Nutrition and Wellness

Learn about the wonderful nutrition and health benefits of eating dark-green, leafy vegetables. Leave this class with some new ways to prepare and incorporate more of these nutritious powerhouses into your diet. Recipes and tastings included.

Please bring a \$3 donation for food tasting.

More Veggies, Please

Thursdays, April 4 and 11 • 2:30-4 p.m.

Karen Ialapi, RD, LD, CDE

Certified Diabetes Educator, Wellness Coach

Most of us have a gap between knowing that vegetables are "good for us" and making them the center of our diet. Veggie Tales, aka negative childhood experiences with vegetables, lack of exposure or know-how, time challenges and taste and texture issues can leave us in a veggie rut. This two-part series explores benefits and myths about vegetables, helps overcome roadblocks to consumption and introduces easy and fun ways to enjoy this gift from Mother Nature.

Meal Makeover

Wednesday, April 17 • 3-4 p.m.

Claire Walsh, MS, RD, LD, CHC

Simple switches can make a huge difference in the nutritional value of what you cook. Learn how to substitute and add healthful ingredients to your favorite meals while preserving all the flavor.

Healthy Habit Jump Start

Monday, April 22 • 2-3 p.m.

Melanie Nicsinger, CHN, RYT, Owner of

Lifestyle Benefits Health Coaching

Do you feel like you need to hit the reset button? In this workshop, you'll learn practical ways to improve the main pillars of health – nutrition, exercise, sleep and relaxation/community connection. Learn simple ways to enhance energy and vitality, get rid of stress and create lifestyle habits that support your health and wellness. Includes Healthy Lifestyle Workbook and recipes.

Healthy Snacking

Tuesday, April 30 • 2:30-4 p.m.

Lisa Markley, MS, RDN, Owner of Nourish

Yourself: Nutrition and Wellness

Join us for a simple cooking demonstration and learn healthy, yet practical, ways to make tasty snacks that will help boost and sustain your energy. Recipes and tastings included.

Please bring a \$3 donation for food tasting.

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.

Life After Cancer Programs

These programs are made possible through the generosity of the Stamm family:

Cancer-Related Fatigue – page 2

Resources for the Cancer-Patient Caregiver – page 3

Fear of Recurrence of Cancer – page 3

Moving for Life – page 7

Creativity Programs

So You Think You Can Write ... A 10-Minute Play

Monday, March 4 • 3-4:30 p.m.

Annie Newcomer, BA, MA, Poetry Advocate
Lezlie Revelle Zucker, BA, MA

Imagine if your written characters could speak! How exciting would that be? Come have fun discovering the basics of playwriting from Lezlie Revelle Zucker, producer and award-winning playwright, author and singer-songwriter. She will also show us how to sprinkle our work with music.

Tiles of Hope

Monday, March 4 • 5:30-7:30 p.m.

Cath Glennon, RN
Jill Hardy, RN
Bailey Rhodes, OTS
Taryn Kruse, OTS
Morgan Hodges, OTS

Learn how art making benefits health while creating a tile with Tiles of Hope! Tiles of Hope is a creative art program that encourages self-expression through painting a ceramic tile. All supplies are provided.



At completion of the program, Paint, Glaze, Fire Ceramics and Coffee House will glaze and fire the tiles. Participants may donate their tile to the permanent display at The University of Kansas Cancer Center to inspire hope for individuals undergoing cancer treatment or have tiles returned for personal enjoyment. This is an intergenerational class for individuals and families of all ages. Best suited for ages 4 and up.

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.

Writing Beauty and Bravery

Saturday, March 16 • 11 a.m.-3 p.m.

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

Opening our eyes to what brings us beauty can help us summon and recover our innate and hard-won bravery. And courage can improve our ability to connect with the things that bring our lives beauty. We'll write together about bravery and beauty on the cusp of spring at this welcoming workshop for people living with serious illness and their caregivers. Using short writing prompts, we'll explore the stories and images in our lives that give us more meaning and strength. Bring something to write on and with and, if you wish, snacks to share.

The Art of Jewelry Making

Abby Necklace (\$5)

Saturday, March 2 • 10 a.m.-noon

Tree of Life Pendant (\$6)

Wednesday, March 6 • 10 a.m.-noon

Flat Leather Bracelet (\$8)

Wednesday, March 20 • 10 a.m.-noon

Spring Leather Bracelet (\$8)

Saturday, March 23 • 10 a.m.-noon

Spring/Easter Necklace (\$8-10)

Wednesday, April 3 • 10 a.m.-noon

Spring/Easter Earrings (\$5)

Saturday, April 6 • 10 a.m.-noon

People Dangle (\$6)

Wednesday, April 17 • 10 a.m.-noon

Ring (\$5)

Saturday, April 20 • 10 a.m.-noon

Nancy Fischer, Volunteer

Supply fee payments accepted at the class.

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.



Practical Issues

Legal Issues and Practical Matters

Monday, April 8 • 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.

Spring CLEANing: Make and Take

Tuesday, April 9 • 10-11 a.m.

Lizzie Wright, LSCSW
Turning Point Program Manager
Annie Seal, MS, CCLS
Turning Point Children's Program Director
Katie Strahan, Turning Point Program Coordinator

Join us to make your own household cleaners with nontoxic products. Leave this workshop with two ready-to-use cleaners and easy recipes so you can make your own at home.

Planting Native Gardens at Home

Tuesday, April 16 • 2:30-4 p.m.

Sami Aaron, Kansas Master Naturalist and
The Nature Process Master Coach

Learn to turn your home garden into a butterfly and pollinator wonderland using



native plants. This class will include information about the physical and emotional benefits of spending time in nature and how planting a four-season garden can elevate your mood and uplift your spirits.

Essential Oils

Tuesday, April 30 • 1-2 p.m.

Stacie Fogleberg, RN, BSN



A great class for the proactive health seeker. We will explore essential oils that

support daily self-care and common medical conditions. Participants will try various methods of using essential oils.

Body Movement Programs

Relax and Restore Yoga

Wednesday, Feb. 20 • 3:30-5 p.m.

AND/OR

Wednesday, March 20 • 3:30-5 p.m.

AND/OR

Monday, April 22 • 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.

Yoga Nidra/Restorative

Saturday, March 2 • 10:30 a.m.-noon

AND/OR

Saturday, April 6 • 10:30 a.m.-noon

Peggy Welkner, Registered 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.

Movement Is Medicine

Tuesdays, March 19-April 23 • 9-10 a.m.

Kathy Mayer, Wellness Instructor, PWR! Moves Certified

All movements in this class will encourage full range of motion, using the upper and lower body. We'll place special emphasis on the core and hip region. Exercises are helpful to anyone who is challenged by movement or balance. Movements can be done while seated or standing.

Dance Sampler

Wednesdays, April 10-24 • 11 a.m.-noon

Susan Rieger, MSW, LCSW, Dance Instructor

This class will be a fun hour of a warm-up, 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.

No class Tuesday, March 5

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

Tiles of Hope

Monday, March 4 • 5:30-7:30 p.m.

Cath Glennon, RN, Jill Hardy, RN
Bailey Rhodes, OTS, Taryn Kruse, OTS
Morgan Hodges, OTS

Learn how art making benefits health while creating a tile with Tiles of Hope! Tiles of Hope is a creative art program that encourages self-expression through painting a ceramic tile. All supplies are provided. At completion of the program, Paint, Glaze, Fire Ceramics and Coffee House will glaze and fire the tiles. Participants may donate their tile to the permanent display at The University of Kansas Cancer Center to inspire hope for individuals undergoing cancer treatment or have tiles returned for personal enjoyment. This is an intergenerational class for individuals and families of all ages. Best suited for ages 4 and up.

Parenting: Helping Kids Understand Illness in the Family

Tuesday, March 5 • 9-10 a.m.

AND/OR

Tuesday, April 2 • 9-10 a.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.

Yoga for the Whole Family

Wednesdays

**March 13, March 27, April 10, April 24
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, March 7 • 6-7:30 p.m.

AND/OR

Thursday, April 11 • 6-7:30 p.m.

Leslie Abbey, LCSW
Amelia Ryan, CCLS
Jami Hamilton-Ansley, LCSW, RPT
Missy Neville, MEd, LPC

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.

Family Sand Tray Group

Thursday, March 21 • 6-7 p.m.

Jami Hamilton-Ansley, LCSW, 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.

Teen Group:

Emotion Beyond the Emoji

**Thursdays, March 28 and April 25
6-7:30 p.m.**

Jami Hamilton-Ansley, LCSW, RPT

Using a variety of techniques in the expressive arts, we will build ourselves up and learn ways to create our biggest dreams. Through vision boards, meditative artistic expression and other creative outlets, we will realize we already have all the skills we need to thrive.

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.



Coming this Summer!

Details to come in our May/June
Program Calendar

Resilience Day Camp –
June 10-13
Weekly Yoga Workshops
Play Therapy and Expressive
Art groups
Tween and Teen programs
Music Programs

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.

Continued from January/February
Program Calendar.

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.

Anti-Inflammatory Diet

Thursday, March 7 • 11 a.m.-noon

Melinda Pine, RD, LD, CSO

Learn how certain foods will reduce your body's inflammatory response and may lessen your risk of heart disease, cancer, diabetes and arthritis.

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



Caring for Caregivers

Monday, March 18 • 5:30-7 p.m.

Amy Ruse-Cheung, LCSW

Join us as we explore caregiver stressors and learn ways of caring for ourselves as we manage all the additional tasks required during any chronic illness.

Though some information provided in this class will be specific to concerns related to cancer, most of the information will be beneficial to anyone who is caring for a loved one.

Essential Oils

Monday, April 15 • 5:30-7 p.m.

Stacie Fogelberg, RN, BSN

A great class for the proactive health seeker. We will explore essential oils that support daily self-care and common medical conditions. Participants will try various methods of using essential oils.

Overland Park

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

Essential Oils

Tuesday, March 5 • 2-3 p.m.

AND/OR

Tuesday, April 23 • 2-3 p.m.

Stacie Fogelberg, RN, BSN

A great class for the proactive health seeker. We will explore essential oils that support daily self-care and common medical conditions. Participants will experience various methods of using essential oils.

Healthy Habits Jump Start

Wednesday, March 27 • 1-2 p.m.

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

Do you feel like you need to hit the reset button? In this workshop, you'll learn practical ways to improve the main pillars of health – nutrition, exercise, sleep and relaxation/ community connection. Learn simple ways to enhance energy and vitality, get rid of stress and create lifestyle habits that support your health and wellness. Includes Healthy Lifestyle Workbook and recipes.

Yoga in Chairs

Wednesday, April 17 • 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.

Please note:

Programs listed on pages 9 and 10 are held at various locations and not at the Turning Point location.

Programs at Area Cancer Centers and Other Locations

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



Lee's Summit

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

Chair Yoga and Mindfulness

Wednesdays

March 13 and 27, April 10 and 24
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.

Anti-Inflammatory Diet

Tuesday, March 12 • 11 a.m.-noon
Melinda Pine, RD, LD, CSO

Learn how certain foods will reduce your body's inflammatory response and may lessen your risk of heart disease, cancer, diabetes and arthritis.



Lawrence

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

Happy Brain, Contented You

Mondays, March 25-April 15
10:30 a.m.-noon

Susan Rieger, MSW, LCSW

This four-week series will reflect on Rick Hanson's latest book (2013), *Hardwiring Happiness: The New Brain Science of Contentment, Calm and Confidence*. This book offers easy-to-use practices for developing a steady sense of well-being, self-worth and inner peace. Dr. Hanson teaches us to leave the "red zone" of fight-flight-freeze and become centered in the brain's "green zone." This is where you feel a sense of ease, fulfillment and love, even while dealing with life's challenges.

Follow us on



Find us at

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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

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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 • 6:30-8 p.m.
Michelle Faucheux, RN, 913-588-9927
mfaucheux@kumc.edu

Richard and Annette
Bloch Radiation Oncology Pavilion
4001 Rainbow Blvd., Kansas City, KS 66160

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

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

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

Living with Lung Cancer Group

Second Friday • 9-10 a.m.
Sarah Lovitt, LMSW, 913-574-2712

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

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.
Sarah Lovitt, LMSW, 913-574-2712
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

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

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

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, March 21 • 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

PAINS-KC

First Wednesday • 5 p.m.
RSVP to Cindy Leyland, 816-979-1357
cleyland@practicalbioethics.org
University of Kansas Medical Center
Research Institute
4330 Shawnee Mission Pkwy., Fairway, KS 66205

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 Tuesdays and Fridays
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 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.**



Choose how your future unfolds

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.