

Turning Point

Is Turning Point Right for My Family?

Learn more about our programs for children and teens in this Q&A.

Why would my child or teen need Turning Point?

When a family is faced with a diagnosis of a physical illness, there are many unknowns. Children and teens often lack the life experiences to know how to address emotional issues that might arise. Turning Point's licensed and experienced facilitators help them develop a language to explain how they think or feel about these issues.



My child isn't asking or talking about my diagnosis, so do they really need to attend a Turning Point group?

Just because they aren't asking or talking doesn't mean they don't wonder what's going on. Children often don't know the questions to ask. Being in a Turning Point group with other kids will allow them to put words to the feelings they are experiencing.

Will being in a group scare my child or make them worry more?

Attending a program allows kids to see that their family is not the only one affected by illness. Turning Point provides a sense of community and helps them feel less isolated. Our programs are based in theories of resilience and play. When a child comes to Turning Point, they will do what children do best – play, explore, have fun and be creative.

What will a child do in a Turning Point group?

Our groups are interactive and creative because we believe in hands-on learning. Children might draw, write, make music, do yoga or participate in other expressive arts. These activities will help them increase their resilience, develop positive coping skills and give their hearts a voice.

Plan your summer with us!

We're offering a FREE Day Camp, monthly Family Night, Yoga for the Whole Family, music and expressive art programs and more.

See pages eight and nine for details.

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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**.

Emotional/Physical Support

Managing the Emotions of Living with a Neurological Disease

Wednesday, April 24 • 1-3 p.m.

AND/OR

Wednesday, June 5 • 1-3 p.m.

Lou Eisenbrandt, who has been living with Parkinson's the last 16 years, and Cathy Pendleton, LSCSW

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.

Funded in part by The George H. Nettleton Foundation.

Supporting the Supporters: A Group for Family and Friends

Wednesday, May 1 • 12:30-2 p.m.

AND/OR

Wednesday, June 5 • 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.

For Women Only: The Roles We Play

Wednesday, May 1 • 1-2:45 p.m.

Cathy Pendleton, LSCSW

At a very early age and over the course of our lives, we learn what it means to be a daughter, a mother, an employee, an employer, a parent, a grandparent, to name a few. Here we take a look at the messages we've received around these roles, which ones still fit and which ones we'd like to rewrite.



Sweeten Your Self-Talk

Thursdays, May 2-23 • 1:30-3 p.m.

Susan Rieger, MSW, LCSW

Positive self-talk takes practice. We will try some novel forms of self-talk, including sending ourselves letters (yes, in the mail) and various forms of electronic communication. This class can improve self-image and your ability to rebound from challenging situations, as well as help you quiet your inner critic or anxious voice.

Embracing Our Reset Button

Mondays, May 6-20 • 10-11:30 a.m.

Hayley Stolzle, MPH

Over time, we experience a variety of losses, including the loss of health and function. These losses challenge us, but they also provide us with an opportunity to hit the reset button and re-establish how we create joy and meaning in our lives. Join us for this uplifting series and learn how to discover your unique potential for inspiring others.

Menopause and Pelvic Health

Monday, May 6 • 2-3 p.m.

Sarah Dominguez, PT, MSPT, CLT

It's no secret that menopause can cause hot flashes, weight gain, mood swings and disrupted sleep, but it can also affect your pelvic health. In this program, you will learn what the pelvic floor is, how menopause can impact it and what you can do to stay healthy.

Funded in part by The George H. Nettleton Foundation.

Resilience Series

Tuesdays, May 7-June 11 • 2:30-4 p.m.

Hayley Stolzle, MPH

Have you ever wondered why some people are able to bounce back from a big challenge while others get stuck? Resilience plays a big role in our ability to recover from hardships. In this program series, we will learn about the 10 Facets of Resilience that have been shown to significantly decrease anxiety, depression and overall levels of distress for those who complete the program. Come get the support and resources you need to start feeling stronger.

Open Art Studio: Creating Visions of Hope

Tuesdays, May 7, 21, June 4, 25

10:30 a.m.-noon

Linda Kramer, MA, ATR, Art Therapist

An open art studio allows a safe place to create individually with group energy. Our intent will be to express difficult emotions and thoughts that are hard to put into words. The process enlightens, empowers and transforms depression and anxiety into manageable visions of hope and understanding. After a brief demonstration of a medium's techniques, individuals will select a comfortable expressive material such as collage, watercolors, colored pencils, clay, tissue paper or colored papers. If members wish, bringing ideas and materials is encouraged. Individual skills will vary. Attend any or all sessions, but please preregister for those you plan to attend.

The Safe and Effective Use of Supplements

Thursday, May 9 • 9:30-11 a.m.

Emily Day, APRN, Integrative Health at The University of Kansas Health System

More than 50% of U.S. adults take vitamins, minerals and herbal supplements, but many are unregulated and may not be safe. We will discuss the value of supplements, but also review the main concerns providers face when recommending them. Learn strategies to find high-quality supplements, resources to check interactions between supplements and prescription medications and resources to review potential adverse effects.

Sand Tray for Adults

Thursday, May 9 • 3-4:30 p.m.

AND/OR

Thursday, June 27 • 3-4:30 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.

Emotional/Physical Support

The Art of Happiness: Do We Really Have a Happiness 'Set Point'?

Monday, May 13 • 2:30-4 p.m.
Moirra Mulhern, PhD, Turning Point's
Co-founder and Executive Director

Is there a happiness set point? Researchers in the past thought there was. The popular belief was that we are all either born with a happiness set point or it was set by adolescence. What we know now is that we can change our happiness set point; we can change set points for anger, sadness, compassion and joy through brain training. Regardless of how happy you are right now, there are strategies for increasing happiness. Join us to explore what they are.

May Resilience Snapshot: Improving Our Social Support

Tuesday, May 14 • 10-11:30 a.m.
Hayley Stolzle, MPH

Illness, chronic conditions and major life changes often lead us to feelings of social isolation or loneliness. In this class, we will discuss how to ease these feelings by actively strengthening our social support system. We will also discuss how we can be a better friend and supporter to those around us.

Jin Shin Jyutsu Self-Help: Part 2

Tuesdays, May 14 and 21 • 5:30-7 p.m.
Nancy Steele,
Certified Jin Shin Jyutsu Practitioner

Deepening our understanding of Jin Shin Jyutsu, we will explore the 26 Safety Energy Locks through which we access and harmonize the body's energy. Learn what and where they are, as well as simple self-help routines to unlock them. This is an experiential class, so please dress comfortably.

Fall Prevention Series

**Wednesdays, May 15-June 5
10:30 a.m.-noon**

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.

Mandalas for Meditation and Reflection

Thursday, May 16 • 3-5 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!

Turning Point Book Club: Running on Empty – Overcome Your Childhood Emotional Neglect

Thursday, May 16 • 10-11:30 a.m.

OR

Monday, June 17 • 5:30-7 p.m.

Missy Neville, MEd, LPC

We can all remember moments from childhood when we desperately wanted our parents' attention, approval, acknowledgment or support, but didn't get it. Jonice Webb's book, "Running on Empty: Overcome Your Childhood Emotional Neglect," gives clear strategies for how to heal and offers ways to eradicate the effects of an invisible enemy. Reading this book is recommended but not required.

Take Two of These: Recovering with Humor and Laughter

Monday, May 20 • 1-2 p.m.

James (Jamie) Copaken, LSCSW

Can laughter cure disease? It can change your outlook, speed recovery, elevate mood and help you navigate life's bumpy rides. Explore what humor and laughter can do and why it's an essential, and often overlooked, part of our health and recovery.

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 director before attending the group.

Hand Reflexology

Wednesdays, May 22-June 5 • 6-7:30 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.

Cancer-Related Fatigue

Thursday, May 30 • 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.

Funded in part by the Stamm family.

Matter of Balance

Tuesday, June 4 • 9-10:30 a.m.

Dolly Wood, OTA/L

Olivia Desmarais, Trauma Outreach and Injury Prevention Director, The University of Kansas Health System

A Matter of Balance is an evidence-based fall prevention program that teaches ways to prevent falls and increase daily activity. The course has been proven to reduce falls and fear of falling in participants.

Funded in part by The George H. Nettleton Foundation.

Wellness and Relaxation Group for Cancer

Mondays, ongoing • 10:30 a.m.-noon

Moirra 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 director before attending the group.

Funded in part by The George H. Nettleton Foundation.

Emotional/Physical Support

Therapeutic Yoga and Ayurvedic Workshop for Digestion

Tuesday, June 4 • 2-3:30 p.m.

Jodi Novicoff, BS in Kinesiology, 500 E-RYT, YACEP
Ayurveda medicine was developed 3,000 years ago in India and is one of the oldest holistic healing systems in the world. This class will provide a basic understanding of Ayurvedic principles and how they can complement traditional medicine to improve digestion. Therapeutic yoga using gentle movements and breaths that support the digestive system will also be taught. The goal is to provide an empowering set of tools you can use to increase health and vitality.

The Functional and Integrative Medicine Approach to Fibromyalgia

Thursday, June 6 • 9:30-11 a.m.

Emily Day, APRN, Integrative Health at The University of Kansas Health System
Fibromyalgia is a common syndrome affecting up to 10% of the general population. In this series, you'll learn functional and integrative medicine strategies that can be implemented right away to help relieve symptoms, as well as resources to turn to when advanced support is needed.

Biofeedback to Improve Health

Thursdays, June 6-27 • 5:30-7 p.m.

Susan Rieger, MSW, LCSW

Biofeedback is a powerful tool. It helps people manage high blood pressure, side effects of chemotherapy, heart problems, stress, pain and other conditions. Using special biofeedback equipment, participants will learn simple exercises and get feedback to help clear the heart and mind.

The Weather in Your Brain: Emotions

Monday, June 10 • 2:30-4 p.m.

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

Did you know that, once learned, fear memory can actually be unlearned? Do you know what parts of the brain are involved in anxiety? This class helps you feel comfortable with how you are wired emotionally and helps you understand how important emotions are to your daily interactions and survival.

Jin Shin Jyutsu® Practice Session

Monday, June 10 • 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

Mondays, June 10 and 17 • 6-7:30 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!

The Healing Power of Sound Vibrations

Thursday, June 20 • 2-3:30 p.m.

Riva Capellari, M.M., vocal instructor, and Joy Zimmerman, LMSW, singer/songwriter

This workshop is designed to help us live life with a slower pace and a more tranquil attitude. Using deep breathing, group toning and singing, we will treat ourselves to vibrational healing that can be practiced anytime. No musical background is necessary. Come and discover how to use your own breath and voice to bring you healthy restfulness.

Young Adult Cancer Education Panel

Thursday, June 20 • 5:30-8 p.m.

Meagan Dwyer, PhD, Director of Onco-psychology, The University of Kansas Cancer Center

Kim Vandegest-Wallace, PhD, Sex Therapist, The University of Kansas Health System

Courtney Heitz, Cancer Survivor

Michelle Clarke, Financial Counselor at The University of Kansas Cancer Center

Kristin Holoch, MD, FACOG, Center for Advanced Reproductive Medicine

Jodi Novicoff, BS in Kinesiology, 500 E-RYT, YACEP

A cancer diagnosis at any age is a life-changing moment, but those diagnosed with cancer as young adults have specific and unique needs. Cancer treatment can have long-lasting effects for anyone, but for this population it can bring up questions about dating, marriage, intimacy, fertility concerns and finances. Please join this panel of speakers who will address your concerns. Come with questions. Dinner provided.

In partnership with Gilda's Club Kansas City.

Funded in part by the Stamm family.

Understanding Chronic Inflammation

Tuesday, June 25 • 10-11:30 a.m.

Hayley Stolzle, MPH

Many health conditions cause both acute and chronic inflammation. If uncontrolled, inflammation can cause lasting effects in the body over time. Come learn the ins and outs of how chronic inflammation affects us and the ways we can prevent and manage the inflammatory response.

June Resilience Snapshot: Saying Goodbye to Our Inner Critic

Tuesday, June 25 • 6-7:30 p.m.

Hayley Stolzle, MPH

We all struggle with that little voice in our heads that tells us we are not good enough or we did not do enough. This is our inner critic. It makes us feel bad about ourselves, our bodies and our circumstances. It also tends to get us stuck in negative or self-destructive thought patterns. In this class, we will discuss how to identify our inner critic and replace it with more positive and encouraging thought patterns.

Meditation

Mindfulness for Daily Life

Thursdays, May 2-23 • 3-4:30 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.

Meditations for Self-Reflection

Cathy Pendleton, LSCSW

Gratitude:

Wednesday, May 8 • 1-3 p.m.

Self-Compassion:

Wednesday, May 15 • 1-3 p.m.

Forgiveness:

Wednesday, May 22 • 1-3 p.m.

Spirituality:

Wednesday, May 29 • 1-3 p.m.

The use of quieting practices offers time for touching the deeper, wiser part of ourselves. Through meditation, writing and group discussion, we will focus on exploring a different topic each week. Sign up for any or all of these meditation programs!

Meditation Series

Wednesdays, June 12-July 3 • 1-2:30 p.m.

Cathy Pendleton, LSCSW

Discover how to develop or strengthen your meditation practice! In this group, you will learn about and practice different types of meditation, including autogenic training, guided imagery, progressive muscle relaxation and loving kindness.

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.

Nutrition Programs

Halting Prediabetes with Diet and Lifestyle Changes

Mondays, May 6-20 • 2:30-4 p.m.

Karen Ialapi, RD, LD, CDE

Certified Diabetes Educator, Wellness Coach

Prediabetes affects more than 86 million Americans, yet it's often misunderstood and undertreated. This two-part series will clear up any confusion by debunking myths about prediabetes, identifying who's at risk, reviewing diagnostic criteria and underscoring how this stage of insulin resistance can impact health. You will learn diet and lifestyle steps you can take now to halt or reverse the progression of this so-called "biggest chronic disease in America."

Making Peace with Food: Emotional Eating Support Group

Wednesday, May 15 • 2-4 p.m.

AND/OR

Thursday, June 13 • 2-4 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.

Carbohydrate Monitoring for Weight Loss and Glucose Control

Tuesday, May 21 • 3-4 p.m.

Nicolette Jones, RD, LD

Carbohydrates are a hot topic in many diets. But do you know which carbohydrates should and should not be avoided? Learn how to monitor carbohydrates for weight loss and diabetes prevention/control while maintaining a healthy lifestyle.

Building a Healthy Salad

Wednesday, May 22 • 2-3 p.m.

Melanie Nicsinger, CHN, RYT,

Owner of Lifestyle Benefits Health Coaching

Are you bored with your salad?

Do you wonder what to add to it to make it healthy besides lettuce? Join us to learn about salad greens, toppings and dressings. Learn what to add and what to avoid to make a delicious, healthy salad. Recipes included.

What's for Dinner?

Monday, June 3 • 2-3 p.m.

Melanie Nicsinger, CHN, RYT,

Owner of Lifestyle Benefits Health Coaching

Quick and creative ways to answer this age-old question.

Discover Mindful Eating

Tuesdays, June 11-25 • 3-4:30 p.m.

Karen Ialapi, RD, LD, CDE,

Certified Diabetes Educator, Wellness Coach

The paradox of our current relationship with food is that we *obsess* about nutrition and weight but are less present for the mealtime experience itself. Our routine mindset has us rushing through meals and eating on autopilot. This behavior can wreak havoc on our digestion system, add pounds to the scale and leave us feeling stuffed, but empty. Slowing down and bringing more attention and intention (mindfulness) to our food world can help us shift gears, embrace food as a gift, aid digestion, manage weight and feel more nourished on multiple levels. This series will introduce you to mindfulness as it relates to food.

Sugar: Finding the Balance

Thursday, June 20 • 3-4 p.m.

Kaitlin Cilufu, MS, RD, LD

Learn the difference between naturally occurring sugars and added sugars, along with their benefits/risks, and how to make overall healthier, balanced choices.

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Find us at [facebook.com/turningpointkc](https://www.facebook.com/turningpointkc).

Creativity Programs

Writing for Meaning and Magic

Saturday, June 1 • 11 a.m.-3 p.m.

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

Join us as we write about what gives us meaning and magic in this generous retreat. Using innovative writing prompts, we'll explore new ways to see our lives and restore our vision of how to live with greater vitality. Anyone living with serious illness – caregivers, patients or survivors – are welcome. Writing materials are required; snacks for sharing are optional.

The Art of Jewelry Making

Ornate Dangles (\$7)

Wednesday, May 1 • 10 a.m.-noon

Earrings (\$5)

Saturday, May 4 • 10 a.m.-noon

Wreath for House or Memorial (\$10)

Wednesday, May 15 • 10 a.m.-noon

Decorated Pen (\$10)

Saturday, May 18 • 10 a.m.-noon

Ring (\$7)

Saturday, June 1 • 10 a.m.-noon

Wire wrap pendant (\$5)

Wednesday, June 5 • 10 a.m.-noon

Fourth of July Bracelet (\$8)

Wednesday, June 19 • 10 a.m.-noon

Fourth of July Earrings (\$4)

Saturday, June 22 • 10 a.m.-noon

Nancy Fischer, Volunteer

Supply fee payments accepted at the class.

So You Think You Can Write ...

A 10-Minute Play: Part Two

Wednesday, June 19 • 3-4:30 p.m.

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

This playwriting class is a continuation of our energized March discussion with award-winning playwright, author and singer-songwriter Lezlie Revelle Zucker. If you have elected to try out this genre, feel free to bring work you completed at home, as well as any questions for our Q&A session. With your consent, Lezlie and Annie will read/perform up to two pages of your play for the class. If you missed our March session, please chat with Annie before registration.



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.



Practical Issues

General Rules of Medicare and Medicaid Coverage for Assisted Living and Long-Term Care

Monday, June 3 • 6-7:30 p.m.

Karen Weber, JD, Elder Law Attorney

Learn the DOs and DON'Ts of Medicaid and Medicare coverage and eligibility for long-term care, including assisted living and skilled nursing care.

Funded in part by The George H. Nettleton Foundation.

Game Night

Monday, June 24 • 6-7:30 p.m.

Please join us for a game night in the Turning Point living room. We will have a variety of different games to choose from, or feel free to bring your own game! Snacks will be provided.

A recent study shows there are microbes in soil that trigger serotonin in the brain. Get happy while working in the Turning Point garden. Interested?

Email Lou Eisenbrandt at leisenbr@gmail.com or Pat Durkin at pdurkin12@gmail.com.



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.

Turning Point will be closed Monday, May 27, in observance of Memorial Day.



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Body Movement Programs

Movement Is Medicine

Tuesdays, April 30-May 28 • 9-10 a.m.

Kathy Mayer, Wellness Instructor,
PWR!Moves Certified

All movements in this class will encourage full range of motion, using both the upper and lower body with a special emphasis on the core and hip region. Exercises are beneficial to anyone with movement or balance challenges. Movements can be modified for sitting and standing.

Yoga Nidra/Restorative

Saturday, May 4 • 10:30 a.m.-noon

AND/OR

Saturday, June 1 • 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.

Relax and Restore Yoga

Monday, June 3 • 3:30-5 p.m.

AND/OR

Wednesday, June 26 • 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.

Therapeutic Yoga and Ayurvedic Workshop for Digestion

Tuesday, June 4 • 2-3:30 p.m.

See page four for more information.

Dance Sampler

Wednesdays, June 19-July 3 • 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.

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

Music Programs

Your Family's Greatest Hits

Tuesday, June 4 • 6-7:30 p.m.

Joy Zimmerman, LMSW, Singer/songwriter

Let's celebrate your family's resilience with fun musical activities. No musical experience necessary – just an open spirit. All ages are welcome.



Music, Puzzles and More

Monday, July 8 • 6-7:30 p.m.

Joy Zimmerman, LMSW, Singer/songwriter

Join us for fun activities, musical games and puzzling puzzles! Enjoy the company of other resilient families too! All ages are welcome.

Yoga Programs

Yoga for the Whole Family

Wednesdays, May 8 and 22 • 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 one or both sessions.

Summer Yoga Adventure for the Whole Family

**Thursdays, June 6, 20, 27, July 11, 18, 25
12:30-1:30 p.m.**

Susan Rieger, Certified Yoga Teacher

These workshops are for children and the grown-ups in their life; however, adult participation is not required. Join us and take a magic carpet ride into the night sky. We will learn poses from nature and use our imagination to visit many beautiful vacation spots. Attend any or all sessions but please register for those you plan to attend..

Family Night:

A Time for Fun and Support

Thursday, May 9 • 6-7:30 p.m.

AND/OR

Thursday, June 6 • 6-7:30 p.m.

AND/OR

Thursday, July 11 • 6-7:30 p.m.

Leslie Abbey, LSCSW, Amelia Ryan, CCLS

Jami Hamilton-Ansley, LSCSW, 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.

Mindfulness: Nature Walk

Thursday, May 16 • 5:30-7 p.m.

AND/OR

Thursday, June 27 • 5:30-7 p.m.

Jami Hamilton-Ansley, LSCSW, RPT

Take a little walk while exploring nature and learn about being present and mindful in the midst of our busy world. Connect with your family and your five senses as you spend time exploring and making a fun summer memory. Attend one or both sessions.



Day Camp:

Riding the Wave of Resilience

Monday-Thursday, June 10-13

9 a.m.-1 p.m.

Stefanie Hinman, MS-ATR

Amelia Ryan, CCLS

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

The ability to stay afloat in difficult times is a skill that helps us navigate the waters of life. At day camp, your kids will learn about resilience and becoming more "buoyant." All campers, ages 5-12, will participate in creative art, science, music, body movement and games. Space is limited, so register soon to save your spot. Campers are encouraged to bring a sack lunch. Snacks are provided, and a special lunch will be served on the last day. Additional details will be provided upon registration.

Parents are welcome to attend our monthly parenting group on Wednesday, June 12, at 9 a.m.



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.

More Programs for Families, Children and Teens

Parenting: Helping Kids Understand Illness in the Family

Wednesday, June 12 • 9-10:30 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.

Family Nature Mandala

Tuesday, June 18 • 10-11:30 a.m.
AND/OR

Tuesday, July 23 • 6-7:30 p.m.
Jami Hamilton-Ansley, LCSW, RPT

Expressive art techniques are a wonderful way to communicate our current thoughts and feelings. As



summer arrives and it's fun to be outside, bring your family and join us in the Hope Garden for a nature-based art experience. You'll make a family mandala to take home.

Expressive Arts Summer Teen Series

Tuesdays, June 18, 25, July 9, 16
1-3:30 p.m.

Jami Hamilton-Ansley, LCSW, RPT

Summer is a great time to regroup, reflect and plan for the upcoming school year. Vision boards, writing activities, art projects and other fun interactive activities are a sure way to overcome the summer boredom. Best suited for kids ages 12 and older. Come to one or all sessions but please register for those you plan to attend.

Summer Sand Play

Thursday, June 20 • 2-3 p.m. AND/OR
Thursday, July 18 • 2-3 p.m.

Jami Hamilton-Ansley, LCSW, RPT

We might not be near the beach, but we can still play in the sand! Sand play is therapeutic, healing and a great way to gain insight into the world around us. This group is best suited for ages 4 and older. Attend one or both sessions.

Pain Management Series: Learn to Manage Your Pain Before It Manages You

For all people living with chronic pain. Attendance at all programs is recommended but not required.

The University of Kansas Hospital, Spine Center Conference Room
4000 Cambridge St., Kansas City, KS 66160

Week 1: Why Me – Why Do I Hurt?

Wednesday, May 1 • Noon-1 p.m. Andrew Sack, MD

We will discuss how chronic pain can affect emotional well-being and how it can make it hard to enjoy even the simplest daily activities.

Week 2: Managing Pain with Neuroanatomical Acupuncture

Wednesday, May 8 • Noon-1 p.m. Yoon 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 3: Overview of Pain Management Strategies

Wednesday, May 15 • Noon-1 p.m. Usman Latif, MD

We will review the differences between noninvasive, nondrug pain management (exercise), pain management (pain medications and antidepressants) and invasive pain management (injections).

Week 4: Opioid Discussion

Wednesday, May 22 • Noon-1 p.m. Teresa Long, MD

Learn about risks, benefits and physician perspectives involved in treating pain with opioid medications.

Week 5: Anti-Inflammatory Diet

Wednesday, May 29 • Noon-1 p.m. Melanie Nicsinger, CHN, RYT

Learn how eating certain foods will reduce your body's inflammatory response.

Week 6: Behavioral Strategies for Pain Management

Wednesday, June 5 • Noon-1 p.m. Lora Black, PhD

We will discuss cognitive behavioral strategies for the management of chronic pain that focus on improving quality of life and decreasing disability among patients.

Week 7: Biofeedback for Pain

Wednesday, June 12 • Noon-1 p.m. Susan Rieger, MSW, LCSW

Biofeedback helps manage high blood pressure, stress, pain and other conditions.

Week 8: Basics of Fibromyalgia

Wednesday, June 19 • Noon-1 p.m. Andrea Nicol, MD

We will discuss the basics of fibromyalgia, including causes, risk factors, diagnosis and treatment modalities.

Week 9: Functional Restoration

Wednesday, June 26 • Noon-1 p.m. Tom Riggs, MPT, CSCS, FAFS, CAFS

Functional restoration can increase physical functioning, improve pain-coping skills, promote the return to a productive lifestyle and limit the need for treatment.

Week 10: Filling up Your 'Tank'

Wednesday, July 10 • Noon-1 p.m. Susan Rieger, MSW, LCSW

Learn practical ways to conserve energy and to focus on the things in life that fill your tank back up.

Week 11: The Role of Hope

Wednesday, July 17 • Noon-1 p.m. Rev. Ashley Huber, MDiv, BCC

Explore ways to find hope, even when we are experiencing great pain.

Programs at Area Cancer Centers and Other Locations

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.

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



Be Your Own Medical Advocate

Monday, May 20 • 5:30-7 p.m.

Kate McGrath, LMSW

Join us as we show you how to navigate the complicated healthcare system. This educational opportunity will provide information to help you become better prepared, less anxious and more empowered to get what you need from your healthcare providers and be your own medical advocate.

Anti-Inflammatory Diet

Monday, June 17 • 5:30-7 p.m.

Stacie Fogelberg, RN, BSN

Discover how eating certain foods will reduce your body's inflammatory response and may lessen your risk of heart disease, cancer, diabetes and arthritis. You'll learn more about the "rocket fuel" foods that fight inflammation and keep your body strong.

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,
Certified Cancer Exercise Specialist

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



Lawrence

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

Meditation Series

Mondays, June 3-24 • 10:30 a.m.-noon

Susan Rieger, MSW, LCSW

This series is designed 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 different types of meditation in each session.



Overland Park

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

Health in a Hurry: Quick and Easy Healthy Recipes

Wednesday, May 1 • 1-2 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! Learn how to fuel your body for better health and more energy even when you're on the go. Recipes are included.

Relax and Restore Chair Yoga

Wednesday, June 5 • 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.

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

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

Location: Turning Point

Heart Failure Education Group

Second Wednesday • 6:30-8 p.m.

Sarah Sanders, 913-588-9606

smcginty@kumc.edu

Location: Turning Point

CLL/Lymphoma Support Group

Second Tuesday • 6-7:30 p.m.

Kari Accurso, RN, BSN, OCN, CNC, 913-574-2695
krees@kumc.edu

Location: Turning Point

Esophageal/Gastric Cancer

Third Wednesday • 6-7:30 p.m.

Dianne Dickenson, 913-588-6262

ddickenson@kumc.edu

Location: Turning Point

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

Peer-to-peer led, not facilitated by Turning Point
or The University of Kansas Health System staff.

Location: Turning Point

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

Peer-to-peer led, not facilitated by Turning Point
or The University of Kansas Health System staff.

Location: Turning Point

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

Location: Turning Point

Young Adult Cancer Group

Third Friday • 6:30 p.m.

Courtney Heitz, 815-742-2845, cheitz@kumc.edu

Peer-to-peer led, not facilitated by Turning Point
or The University of Kansas Health System staff.

Location varies.

Burn Survivors Support Group

Second Tuesday • 6:30-8 p.m.

Karla Oberle, RN, BSN, CHRN, 913-588-4058

burnsurvivor@kumc.edu

Location: Turning Point

Cardiac Support Group

Third Tuesday • 6:30-8 p.m.

Pat Twenter, RN, MSN, 913-588-8618

Location: Turning Point

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

Location: Turning Point

Kansas City Area Vestibular and Dizziness Support Group

Third Saturday • 2:30-3:30 p.m.

Sue Tucker, PT, 913-825-9827

Peer-to-peer led, not facilitated by Turning Point
or The University of Kansas Health System staff.

Location: Turning Point

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, May 16 • 6:30-7:30 p.m.

Meredith Hill, RN, BSN, CWON, CFCN

913-588-0438, mhill6@kumc.edu

Website: kcostomy.org

Location: Turning Point

PAINS-KC

First Wednesday • 5 p.m.

RSVP to Cindy Leyland, 816-979-1357

cleiland@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.

Amy Yeager, 913-945-7663

The University of Kansas Clinical Research Center
Suite 1200

4350 Shawnee Mission Pkwy., Fairway, KS 66205

Parkinson's Disease Voice Group

**Most Tuesday afternoons and Friday
mornings**

To enroll, call the KU Hearing and Speech
Department at 913-588-5937.

Location: Turning Point

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.**

Facilitator Spotlight: Jami Hamilton-Ansley

What is your background/training/education?

I have a Bachelor of Arts degree from the University of Kansas and a master's in social work from the University of Missouri – Kansas City. After graduate school, I worked for Children's Mercy and was a school social worker for 11 years. I'm also a registered play therapist and a registered yoga teacher for both children and adults.

What do you do in addition to facilitating at Turning Point?

In addition to Turning Point, I work part-time for Head Start programs as a mental health consultant. I teach yoga and mindfulness classes for children and adults.

What programs do you facilitate here?

I facilitate the Sand Play program for children, adults and families, as well as Mandala for adults and the family and children's portion of Family Night. I also lead individual sessions with children.

What is your philosophy or approach to working with kids/families?

I love using expressive arts techniques with children and adults to uncover hidden resilience and strength. I also enjoy using breath work and movement to empower and calm the body and mind.

Fun facts about you

I love the mountains! I'm also working on a young adult novel and have a long list of places I want to travel to; Japan, Iceland and Greece are high on my list. I live with my husband, 6-year-old daughter and 11-pound mutt in Lawrence.

