**Images of Aging Photo Contest**

The Images of Aging Photo Contest runs from **April 1 to May 15, 2016**. Entry forms and photographs must be received by **no later than May 15, 2016**.

Go to our website under “Community Outreach” and click on “Images of Aging” to learn more about the contest.

http://www.kumc.edu/landon-center-on-aging.html

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**Arts & Crafts**

Arts and Crafts are on First Tuesdays, 9:30 am to 11:00 am in Room 200

- January 5
- February 2
- March 1
- April 5

Bring a friend, neighbor, or grand child to this free program. No supplies required.

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**Family Caregivers Support Group**

Jan 28, Feb 25, Mar 24, & Apr 28

Noon to 1:00 pm, Room 210

Support and information for family caregivers. Call Myra at (913)588-2365 or e-mail mhyatt@kumc.edu for more information.

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**Writing for Life**

January 19, February 16, March 15, & April 19, 2016 (3rd Tuesdays)

1:00 to 2:30 pm, Room 270

Enjoy writing with others in a “no pressure” non judgmental atmosphere.

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**Save the Date**

**Forever Young Choir Concert**

April 13, 2016 (Wednesday)

7:00 pm

Battenfeld Auditorium
University of Kansas Medical Center
Corner of Rainbow Blvd. & Olathe Blvd.

Refreshments following Concert

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The Landon Center on Aging is dedicated to promoting health and well-being among older adults through excellence in education, research, and service.

Randolph J. Nudo, PhD, Director
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University of Kansas Medical Center
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Like us on Facebook
www.facebook.com/Landon.Center.on.Aging
Brownbag Lunch Series

All programs are at the Landon Center on Aging, 3599 Rainbow Blvd. on Wednesdays in Room 200, unless otherwise noted.

RSVP for all programs to Matt Chandler at (913)588-3094

January 13, Noon to 1:00 pm
Honor Flight KC
Whether you are a Veteran, or one who stands on the curb and claps, you will be interested in learning about Honor Flight KC.

January 20, Noon to 1:00 pm
Can You Hear Me Now?
Presentation about hearing loss as it relates to aging and educate on types of technology (i.e. hearing aids, cochlear implants), that can make positive differences.

January 27, Noon to 1:00 pm
Don’t Lose Your Home & Life Savings to Nursing Home Cost
Learn how to pro-actively deal with the 2 greatest threats facing Middle Americans. This workshop will teach you about positive steps you can take TODAY, to protect yourself and your family.

February 3, Noon to 1:00 pm
Shepherd’s Center
The Shepherd’s Center of Kansas City, Kansas is an interfaith, multicultural nonprofit organization that promotes and supports successful aging. Learn about the multiple services that reach more than 1,200 people in Wyandotte County.

February 10, Noon to 1:00 pm
Finding the Right Home
Learn what services and amenities from independent and assisted living, to continuing care retirement communities, to memory care, residential group homes and skilled nursing.

February 17, Noon to 1:00 pm
COPD
This presentation will define and describe COPD characteristics; list COPD and Emphysema related statistics; describe the anatomy and physiology of the respiratory system; describe the pathophysiology of COPD; explain how the disease affects the patient; and define hospice admission criteria for ES COPD.

February 24, Noon to 1:00 pm
Innovating Elder Care in Wyandotte County and Beyond
Eldercare is changing in the 21st century. The Piper is the first Household Model Community in the Kansas City area and has been designed to ensure independence while providing the highest quality of care.

March 2, Noon to 1:00 pm
Weathering the Storms of Caregiving
Caring for an aging loved one can be an emotional rollercoaster. Join us and listen to Chaplain Dinsmore tell us how to manage those emotions while caregiving.

March 9, Noon to 1:00 pm
Brain Health
What is being done to combat Alzheimer’s and other disease processes can impact our memories. Learn what to do to keep your mind healthy and warning signs to watch for.

March 16, Noon to 1:00 pm
Elderly Abuse, Neglect and Exploitation
This presentation will define two or more different types of abuse, neglect and exploitation and the identifying characteristics of each; list the risk factors for abuse, neglect and exploitation; describe the reporting process of elder abuse; and describe two or more current preventive measures.

March 23, Noon to 1:00 pm
Vision Issues for Older Adults
Find out about solutions to vision issues in older adults.

March 30, Noon to 1:00 pm
Explanation of Veteran Benefits
Understanding the many benefits that veterans are eligible for can be trying and often confusing. Please join us in learning about these important benefits for veterans.

April 6, Noon to 1:00 pm
Alzheimer’s: Through the Eyes of an Attorney
Learn:
• Why powers of attorney are critical for a person with Alzheimer’s;
• What does a person wanting assistance need to consider before signing a power of attorney;
• If it’s too late for the person to execute legal documents after his/her diagnosis of Alzheimer’s;
• How to protect against a person with Alzheimer’s giving away or mismanaging assets;
• Revising estate plans to accommodate the incapacity of a spouse.

April 13, Noon to 1:30 pm
Brain Gain
There are strategies and techniques one can use to help keep or improve one’s memory. Almost 2000 years ago Socrates lamented the invention of something, and said it would destroy our memories, do you know what he was talking about? Come and find out!

April 20, Noon to 1:00 pm
Diabetes Mellitus: A 21st Century Epidemic
This presentation is to bring awareness about diabetes and educate healthcare professionals on diabetes care and self-management behaviors that can lead to long-term diabetes control, and improved quality of life for patients with diabetes.