

**FREE Chronic Disease  
Self-Management Workshop  
Put Life Back Into Your Life**

Thursdays, October 5 to November 9, 2017  
1:00 to 3:30 pm  
Landon Center on Aging, Room 270

Are you an adult with an ongoing health condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety? This workshop can help you take charge of your life.

**Family Caregivers Support Group  
Sep 28, Oct 26, Nov 16, & Dec 14, 2017  
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](mailto:mhyatt@kumc.edu) for more information.

**Writing for Life  
September 19, October 17,  
November 21, & December 19, 2016**

**1:00 to 2:30 pm, Room 270**

Enjoy writing with others in a "no pressure" non-judgmental atmosphere.

**Upcoming Winter Events**

**December 5** - Forever Young Choir  
Winter Concert, Tuesday, 7:00 pm,  
Battenfeld Auditorium

**December 8** - Holiday Pot Luck  
Join the Community Outreach Team and  
Landon Center on Aging staff for a commu-  
nity potluck lunch. Bring your favorite  
dish and enjoy the company of others.  
Turkey and drinks will be provided by the  
Center.

**Forever Young Choir**

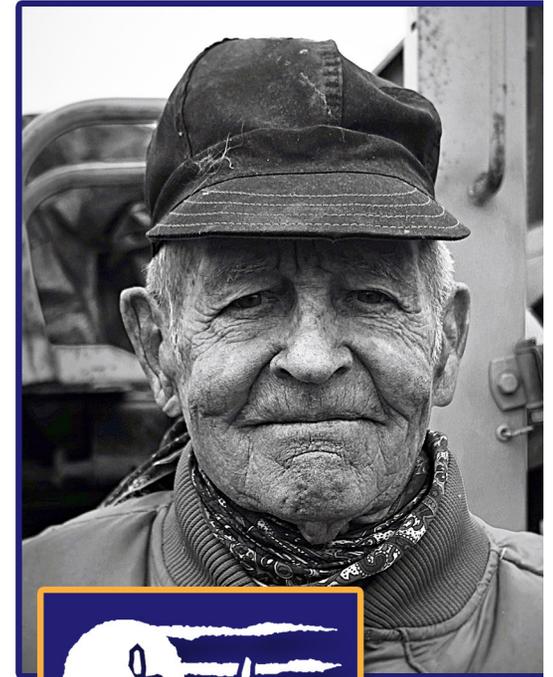
Rehearsals begin on  
September 11, 2017.

Contact Myra Hyatt at (913) 588-2365  
or email: [mhyatt@kumc.edu](mailto:mhyatt@kumc.edu)  
for more information

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

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**FALL 2017  
COMMUNITY  
OUTREACH  
PROGRAMS**

**THEO AND ALFRED M. 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

**September 6, Noon to 1:00 pm**  
***The Case for Proactive Palliative Care***  
**Presenter: Kasey Kern**

Palliative care is a multidisciplinary approach that focuses on a patient's quality of life and burden of symptoms as well as a means to provide psychosocial support for patients and their caregivers.

**September 13, Noon to 1:00 pm**  
***Veteran's Benefits***  
**Presenter: Mary Reichart**

A sharing of information about Veteran's Benefits. There are services available to all veterans and, in some cases, their caregivers.

**September 20, Noon to 1:00 pm**  
***Post-Traumatic Stress Disorder***  
**Presenter: Nick Lundholm**

An informative presentation about PTSD and the recognition and treatment of PTSD in order to provide high quality care for our veterans at the end-of-life

**September 27, Noon to 1:00 pm**  
***Have the Talk of a Lifetime***  
**Presenter: Jenny Mertes**

Learn to talk to loved ones about what matters most in their lives and document this information now, while they still have the opportunity.

**October 11, Noon to 1:00 pm**  
***Driving Miss Daisy***  
**Presenter: Evah Riungu**

Our reflexes can slow as we age and our eyes can become less clear. This may lead us to give up driving for our safety and the safety of others. Thankfully, transportation is available for those who need it.

**October 18, Noon to 1:00 pm**  
***Laughing Your Way to Health and Happiness***  
**Presenter: Ron Zoglin and Deborah Shouse**

There are no Downward Facing Dogs, Warriors, or other traditional yoga postures in the laughter practice. Instead Laughter Yoga includes breathing exercises, clapping, gentle movements, and of course, laughing.

**October 25, Noon to 1:00 pm**  
***Hearing Concerns in Older Adults***  
**Presenter: Cole Campbell, AuD**

One of the biggest concerns for people as they age is loss of hearing. Join Dr. Campbell and his graduate students as they make a short presentation about hearing loss and then break the audience into smaller groups to have discussions about hearing loss and communication strategies to combat hearing loss.

**November 1, Noon to 1:00 pm**  
***Coping with the Holidays***  
**Presenter: Stella Ruiz**

This workshop offers grief education and support to those having a difficult time during the holiday season. Ideas will be shared to help cope with the stress and holiday anticipation. A gentle and caring environment.

**November 8, 11:30 am to 1:00 pm**  
***Veteran's Benefits***  
**Presenter: Mary Reichart**

Find out about Veteran's benefits and stay for a pinning ceremony honoring veterans. Please RSVP with the name and rank of the veteran(s) who will be attending by 10/27/17 to Matt Chandler at 913/588-3094 or mchandler@kumc.edu.

**November 15, Noon am to 1:00 pm**  
***Willed Body and Organ Donation***  
**Presenter: Pam Thomas**

This presentation will explain the processes of body donation and organ donation, the differences between them and how to plan ahead.

**November 29, Noon am to 1:00 pm**  
***The Blues - Rainy Days and Mondays Always Get Me Down***  
**Presenter: Evah Riungu**

Getting older means that our friends are aging, as well. It is common for seniors to lose their friends. Spending time with remaining friends and family members becomes more important. Engaging in activities with others is key to happiness.

**December 13, Noon to 1:00 pm**  
***Holiday Logistics***  
**Presenter: Evah Riungu**

During the holidays everything seems to be more stressful. Getting groceries, buying and wrapping presents, cooking or going to doctor's visits take their toll. We may need to have daily assistance or a home care provider.



**14th Annual  
Landon Center on Aging  
Chili Feed**

**October 27, 2017  
11:00 am to 1:00 pm**

The Community Outreach team would like to extend an invitation to you to help us with our holiday "Adopt-a-Senior" program by purchasing a ticket or making a donation for our annual Chili Feed.