

Save the Date

FOREVER YOUNG CHOIR

PRESENTS

MOVIE SONGS

April 12, 2017

7:00 P.M.

Battenfeld Auditorium

Refreshments following concert

Join us for a viewing of the



May 11

Landon Center on Aging
Room 200

Game starts at 12:10 pm

**Free popcorn, peanuts, hot dogs,
and much more**

MOBILE LIBRARY at the Landon Center on Aging

In conjunction with the Kansas City, KS Public Library the Landon Center on Aging will be hosting a mobile library, to be parked in the front of the Landon Center on Aging building, from 1:00 to 3:00 p.m.

March 1, 15, and 29
April 12 and 26
May 10 and 24

Family Caregivers Support Group March 23 April 27, and May 25, 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 for more information.

Writing for Life March 21, April 18, & May 16, 2017

1:00 to 2:30 pm, Room 270

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

*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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SPRING 2017 COMMUNITY OUTREACH PROGRAMS

THEO AND ALFRED M. LANDON
CENTER ON AGING

<http://www.kumc.edu/landon-center-on-aging.htm>

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

March 1, Noon to 1:00 pm
Understanding and Caring for Stroke Patients
Presenter: Harold Dinsmore

If you are caring for a stroke survivor, you may have a lot of questions about whether your loved one will recover and what his or her needs will be in the months and years ahead. Know when to enlist help and how to take care of yourself as a caregiver.

March 8, Noon to 1:00 pm
Program of All-Inclusive Care for the Elderly
Presenter: Danell Watson

Learn about Midland Care's Program of All-Inclusive Care for the Elderly (PACE) is a not for profit health care program offered in partnership with the state of Kansas (KDADS and KSHE) and the Centers for Medicare and Medicaid Services (CMS) that helps people who qualify stay in their homes as they age and manage health care needs.

March 15, Noon to 1:00 pm
If Pills Could Talk What Would They Say
Presenter: Dr. Rusty Ryan

This discussion will emphasize medication information that patients need to converse effectively with health professionals.

March 22, Noon to 1:00 pm
Introduction of Managing Your Chronic Disease
Presenter: Sara Kurtz

This program will outline a 6 week workshop that can help manage your chronic disease. If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety this workshop gives you the

tools for better health so you can take charge of your life.

March 29, Noon to 1:00 pm
Talking With a Doctor
Presenter: Dr. Alan Forker

Perspectives of a cardiologist in the management of diabetes.

April 5, Noon to 1:00 pm
Healthy Eating and Cooking for One or Two
Presenter: Shawn Mueller

Join us in discussing what nutritional needs seniors have, challenges they face in meeting those nutritional needs, ways to meet those needs with healthy – and simple – recipes, and even trying a few samples.

April 12, Noon to 1:00 pm
Downsizing 101
Presenters: Peggy Shults & Jennifer Wuebker

If downsizing is in your future, come learn about practical ways to help make it much easier. We'll cover ways to overcome common emotional obstacles, proven strategies for managing the process, and useful resources that can help make you more successful.

April 19, Noon to 1:00 pm
Ten Things You Can Do To Prevent Falls
Presenter: Debbie Hartzler

This talk helps identify causes and changes that can be made to minimize risk for falls. Learn how increasing your awareness implementing some changes can improve overall safety and function within your home.

April 26, Noon to 1:00 pm
When is it Time for Older Adults to Ask for Help
Presenter: Evah Riungu

People want to remain independent for as long as they are able, but are afraid to ask for help for fear of losing that independence. Join us and find out when it is time to ask for outside help and how that actually increases your independence.

May 3, Noon to 1:00 pm
What is Hospice?
Presenter: Harold Dinsmore

The primary goals of hospice are to provide comfort and promote the dignity of terminally ill people while relieving physical, psychological, social and spiritual suffering. Hospice care neither prolongs nor hastens the dying process.

May 10, Noon to 1:00 pm
How to Prevent Fraud
Presenter: Evah Riungu

Learn about the most common fraud schemes that target older adults and how to identify them and prevent becoming a victim.

May 17, Noon to 1:00 pm
Aging and Our Eyes
Presenter: Dirck DeKeyser

An overview of common eye diseases that develop with age and their relation to vision. Also will address other concerns for vision as we age.

May 24, Noon to 1:00 pm
Understanding Alzheimer's Disease
Presenter: Nick Lundholm

To provide training on the unique needs of persons suffering from Alzheimer's Disease and Related Disorders, to ensure quality end-of-life care.

May 31, Noon to 1:00 pm
Issues in Medicaid Eligibility
Presenter: Steven R. Anderson

Medicaid is a government program that can pay for long term care for those with limited resources. However, Medicaid law and rules of when a person is eligible, what assets a spouse can keep and what assets are subject to recovery are complex. Steve Anderson will provide information on eligibility for Medicaid in Kansas and Missouri, planning options and pitfalls to avoid.