

FREE FAMILY MOVIE NIGHTS

Come join us at the Landon Center on Aging every Friday night in July at 6:00 pm for a free family movie, along with some free popcorn. Older adults can bring their grandchildren, family and friends. Everyone is welcome to join in on the fun. The movies will be seen in classroom 200; all movies are rated PG.

FRIDAYS AT 6



JULY 6 LEGO BATMAN

JULY 13 BEAUTY AND THE BEAST

JULY 20 COCO

JULY 27 A WRINKLE IN TIME

Intergenerational Arts & Crafts

9:30 to 11:00 am

Landon Center on Aging

Room 200

July 2 July 23

Bring yourself, your grandchildren or anyone that will enjoy making crafts. All supplies will be provided. Call Matt Chandler at 913-588-3094 to register.

Family Caregivers Support Group

June 28, July 26, & August 23, 2018

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

July 17 & August 21, 2018

1:00 to 2:30 pm, Room 270

Taught by Dr. Brenda Kelly.

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

Call Matt at (913) 588-3094 or email: mchandler@kumc.edu

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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Landon Center on Aging Community Outreach Programs

Summer 2018



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 at noon in Room 200, unless otherwise noted.

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

July 4 – Holiday (no Brownbag)

July 11 – Healthy Eating and Cooking for One or Two

Presenter: Shawn Mueller, Account Liaison, Heartland Hospice and Health Coach, YMCA of Greater KC

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. We have many recipes that are nutrient-dense and heart -healthy, with plenty of vitamins, protein and fiber ... and they taste good too!

July 18 – Right-sizing for Transitions

Presenter: Troy Bandy, MHA, RN; Cherished Transitions

There are numerous living options for older adults depending upon their needs. Come listen as Troy goes over these options and gives tips for downsizing.

July 25 – Advance Directives

Presenter: Nick Lundholm, Vitas Healthcare
This program is meant to familiarize patients with advance directives and advance care planning, as well as with Medicare's new perspective on advance care planning services.

August 1 – Top 10 Things to Know About Your Life & Estate

Presenter: Kristen Schroeder Larsen, Attorney at Law, Schroeder Larsen Law, P.A

Learn about the top five documents for your Life & Estate Plan and the top five issues your plan can address. Every situation is different but common misunderstandings can cause your estate to be handled differently than you intended. Preserve and pass on your legacy according to your wishes.

August 8 – Patient Rights Under Medicare

Presenter: Shawn Muller, Heartland Hospice
No matter how you get your Medicare, whether through a supplemental plan or through original Medicare, you have certain rights and protections that are designed to protect you when you get health care, make sure you get the health care services that the law says you can get, protect you against unethical practices, and protect your privacy. Come and join us to discuss the details about your rights in Medicare.

August 15 – Ask a Police Officer

Presenter: Sergeant Eddie Carrillo, Patrol Division, KU Police Department

Sgt. Eddie Carrillo will be on hand to answer community policing questions regarding older adults and vulnerability, including but not limited to the topics of scams, safety, and technology.

The University of Kansas Medical Center Police Department is nationally accredited by the Commission on Accreditation for Law Enforcement Agencies (CALEA) and is one of only seven Kansas law enforcement agencies and the state's first and only university police department to earn "the gold standard in public safety."

August 22 – Understanding Grief

Presenter: Carroll Oliver, Great Lakes Caring
Grief is personal and individual, and every person experiences its nuances differently. Your personality, your support system, your natural coping mechanisms and many other things will determine how loss will affect you. There are no rules, no timetables, and no linear progression. Some people feel better after a few weeks or months, and for others it may take years. And in the midst of recovery there may be setbacks — this nonlinear process can't be controlled. It's critical that you treat yourself with patience and compassion and allow the process to unfold.

August 29 – Non-Medical Home Care and Private Duty Services

Presenter: Evah Riungu, Everyday Home Care
A non-medical homecare provides services to Seniors living in their homes, Independent & Assisted Living facilities and Nursing homes that do not require medical certification or licensing.
A Non-Medical Home Care should ensure all their Caregivers hired are thoroughly screened, background checked, bonded, insured and fully trained.
Help Seniors with activities of daily living (ADLs) to assist them live more safely and comfortably. These activities include:

- Personal Care
- Home making
- Companionship
- Personal organization

Strive to maintain dignity and independence for aging Seniors by providing companionship and assistance with their everyday needs. These services allow seniors to feel that their lives continue to have meaning, and that they are not burdening their families.