

Turning Point

Experience + Attention = Change

Did you know you can change your brain? Research shows the brain can change its structure and function through thought and activity.

Our brain reflects the life we lead. Repetitive behavior and habits shape our brains, and mental training can change them. Our thoughts and actions either expand or contract different areas of the brain. By changing some of the things you focus and act on, you can actually “ramp up” regions of the brain that lead to more peace and “damp down” regions that lead to more stress.

According to Richard Davidson, author of “The Emotional Life of Your Brain” and “Altered Traits,” you can increase resilience and emotional control by strengthening connections between the left prefrontal cortex and amygdala. Mental training creates new neurons and thickens gray matter.

What we see is determined by what we pay attention to. We are bombarded with information every second of every day. Through our visual cortex, millions of neurons are firing because of what we are exposed to. So much information comes through our senses that we don’t even register some of it.

We have the power to choose who we become. Every moment of every day, we sculpt our brains through our thoughts and choices. We choose how we experience the world and how we interpret every situation. These choices are imprinted in our brains.

If you want to learn how to see the world through a different lens and confront challenges in a more resilient way, you’ll want to enroll in this leading-edge program. We hope you can join us!

See page two for the Emotional Life of Your Brain Series of programs.



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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

Increasing Resiliency Using EMDR Resourcing

Mondays, July 1-15 • 6:30-8 p.m.

Emily Scott, MA, LPC

Eye movement and desensitization and reprocessing (EMDR) is a therapeutic technique that can help you work through difficult emotions, confront traumatic experiences and manage stress or anxiety. In week one, you will learn about the basics of EMDR. In the following weeks, you will be led through "EMDR Resourcing," learning ways to increase positive feelings and decrease stress and anxiety. The EMDR resources will be an experience you can access anytime following the workshop to increase resiliency and reduce stress.

Wellness and Relaxation Group for Cancer

Mondays, ongoing • 10:30 a.m.-noon

Moira 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.

Understanding and Overcoming Childhood Emotional Neglect

Tuesdays, July 2-23 • Noon-2 p.m.

Missy Neville, MEd, LPC

"Childhood emotional neglect is not about what happened to you as a child, but rather what failed to happen for you as a child, what wasn't said, and what cannot be remembered." Based on Jonice Webb's groundbreaking book "Running on Empty," this four-week workshop will explore childhood emotional neglect, as well as help you develop a better understanding of why feelings matter and what to do with them. You'll learn how to create new habits that will support self-care, emotional regulation and resilience in a new way.

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.

Supporting the Supporters: A Group for Family and Friends

Wednesday, July 3 • 12:30-2 p.m.

AND/OR

Wednesday, Aug. 7 • 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.

Emotional Life of Your Brain Series

Mondays, July 8-22 • 2-3:30 p.m.

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

Your emotional style is the consistent way you respond to the events in your life. It is governed by specific brain circuits that



can be identified. Based on Richard Davidson's book "The Emotional Life of Your Brain" this series will help you understand why and how people differ in their emotional responses to what life throws at them. You will learn about the six dimensions of emotional style and where you fall among those dimensions. Learn exercises that target your emotional style, enhance your sense of well-being and promote positive qualities of mind.

Setting Things Right

Tuesdays, July 9-23 • 10-11:30 a.m.

Ilene Kimsey, PhD

The ancient Hawaiian practice of pono is "being at one with everything." It means being right with yourself, right with spirit, right with others and right with all of creation. A health challenge often pulls us out of alignment with ourselves and our world. Join us to experience the state of pono, and learn the process of Ho'oponopono – a way to return to the harmony of your natural well-being.



Looking for something to put on your calendar now?

Here are some remaining June programs.

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.

Game Night

Monday, June 24 • 6-7:30 p.m.

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

Sand Tray for Adults

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 stressors that have had an 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 Four Agreements: A Practical Guide to Personal Freedom

Wednesdays, July 10-31 • 1-2:30 p.m.
Cathy Pendleton, LCSW

In this book by Don Miguel Ruiz, you'll discover strategies for moving away from self-limiting beliefs that hold you back from living a more centered, peaceful and joyful life. The focus of this group is to explore the strategies referred to as "The Four Agreements," which are:

- Be impeccable with your word
- Don't take anything personally
- Don't make assumptions
- Always do your best

It is not necessary to read the book before registering for this four-week program.

Mandala Sand Tray Group

Thursday, July 11 • 3-5 p.m.
Jami Hamilton-Ansley, LCSW, RPT

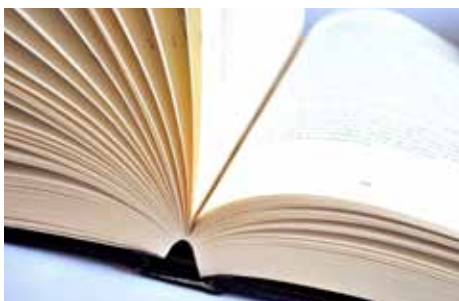
We will combine the power of the sand tray experience with a mandala container to tap into a meditative and powerful form of creating and self-expression. Come create something beautiful and uniquely you.

TP Book Club:

Wild Mercy by Mirabai Starr

Thursdays, July 11-25 • 5:30-7 p.m.
Susan Rieger, MSW, LCSW

Author Mirabai Starr, who teaches philosophy and world religions at the University of New Mexico, shares with us the wisdom, traditions and rituals of female spiritual teachers throughout history who have taught courage, joy, compassion and love. Both men and women are welcome. Reading the book is helpful but not required.



Feeding the Wolf of Kindness: Changing Your Thought Patterns

Wednesdays, July 17-31 • 1-2:30 p.m.
Susan Rieger, MSW, LCSW

A Cherokee parable tells of the battle going on inside all of us between two wolves. One wolf represents anger, envy, sorrow, greed, self-pity, false pride and self-doubt. The other is joy, hope, kindness, empathy, generosity, compassion and faith. Explore skills that feed the positive wolf through guided imagery, identifying strengths and asking for help. Also learn to acknowledge but not feed the negative wolf. Decrease negative thinking and distract the mind when the pessimistic wolf is tugging at your thoughts.

July Resilience Snapshot: Developing a Gratitude Practice

Monday, July 22 • 10-11:30 a.m.
Hayley Stolzle, MPH

Practicing gratitude is one of the best ways to increase our resilience and balance the heavy sides of life. "Gratitude" is defined by the Oxford Dictionary as a "readiness to show appreciation and return kindness." This class will provide an opportunity to pause, re-center our hearts on gratitude, and learn new and innovative ways to grow a gratitude practice for ourselves and our loved ones.

Emotional Wellness with Essential Oils

Tuesday, July 23 • 1-2 p.m.
Stacie Fogelberg, RN, BSN

There is a connection between the heart, brain and gut and how they affect your mood. This educational program about essential oils will teach you about natural, safe and effective solutions that may help you in managing your emotions.



Mandalas for Meditation and Reflection

Tuesday, July 23 • 3-5 p.m.

Jami Hamilton-Ansley, LCSW, 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!

Stress and Aging

Wednesday, July 24 • 11:15 a.m.-12:45 p.m.

Moira Mulhern, PhD, Turning Point's Co-founder and Executive Director
As we get older, our ability to deal with stress often decreases. Dealing with lots of stress throughout your lifetime can accelerate the traits of aging. Let's look at fascinating experiments and studies that explain the science behind the relationship between stress and aging.
Funded in part by the George H. Nettleton Foundation.

It's All 'Fun and Games' for Brain Health

Wednesdays, July 24 and 31 • 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!

Vision Board

Thursday, July 25 • 10 a.m.-noon
Jami Hamilton-Ansley, LCSW, RPT

Vision boards are a powerful way to set goals and clarify our life plan. If you're ready to create something new in your life, join us to set some new goals by creating a visual reminder you can refer to and reflect on as you forge ahead with your best life.

Emotional/Physical Support

For Women Only: Tending the Spirit: The Art of Self-Care

Wednesday, July 31 • 3:15-5:15 p.m.

Cathy Pendleton, LCSW

“Self-care? You’ve got to be kidding!”
When illness touches your life – either your own illness or that of a loved one – it can be a real challenge to your self-care. With the emotional strain, schedule and role changes, doctor’s visits, etc., people often put taking care of themselves at the bottom of their list of priorities. Yet, practicing simple, concrete ways to care for yourself creates a powerful tool for managing life’s stressors – even during times of illness. In this group, we will explore simple, “user-friendly” physical, mental, emotional and spiritual aspects of self-care.

Managing Life with an Autoimmune Disease

Monday, Aug. 5 • 10 a.m.-noon

Hayley Stolzle, MPH

There are more than 100 autoimmune diseases, including multiple sclerosis, rheumatoid arthritis, Crohn’s disease, lupus, celiac disease, psoriasis, Hashimoto’s thyroiditis and many more. Living with autoimmune disease or supporting those with a disease can feel overwhelming. This class will provide a supportive environment to discuss how to manage the ups and downs, the unknowns and the ongoing fears that often accompany life with autoimmune disease.

August Resilience Snapshot: The Gift of Generosity

Tuesday, Aug. 6 • 6-7:30 p.m.

Hayley Stolzle, MPH

What we give or give out is what really matters in life. But what if we extended our generosity to include the gift of genuine human connection? In this month’s Resilience Snapshot, we will discuss what it means to be truly generous in spirit and how generosity improves our resilience. We will also make encouraging notes for orphans and vulnerable youth in Botswana, Africa.



Biofeedback for Stress Reduction

Thursdays, Aug. 8-22 • 2-3:30 p.m.

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

Biofeedback helps people manage a variety of conditions, including migraine headaches, stress and pain. It builds resilience, increases energy and promotes focus, mental clarity and emotional balance.

Healing Power of Sound Vibrations

Thursday, Aug. 8 • 2-3:30 p.m.

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

Learn to live life at a slower pace and with a more tranquil attitude. Using deep breathing, group toning and singing, we will treat ourselves to vibrational healing that can be practiced anytime. Discover how to use your own breath and voice to bring you healthy restfulness.

Moving Beyond Fear: Reclaiming Our Power

Thursdays, Aug. 15-29 • 10-11:30 a.m.

Missy Neville, MEd, LPC

In this three-week series, we will identify the somatic nature of fear and how it shows up in our bodies. We will explore the thought patterns that keep us stuck in fear, new ways of experiencing our fear-based thoughts and techniques for shifting into a greater sense of resilience. Please attend all sessions. Reading the book “Feel the Fear ... and Do It Anyway” by Susan Jeffers is encouraged, but not required.

Grief Recovery Method Support Group

Wednesdays, Aug. 21-Oct. 9 • 9:30-11:30 a.m.

Missy Neville, MEd, LPC, Certified Grief
Recovery Specialist

People say you have to let go and move on with your life, but they don’t tell you how. This group provides a safe environment for you to look at old beliefs about dealing with loss and take actions to deal with unresolved emotions that may still be causing you pain. Participants must be willing to commit to the eight-week program and have possession of “The Grief Recovery Handbook – 20th Anniversary Expanded Edition.”

Books available from major booksellers, or you may purchase your book at the first class for \$17.

Meditation

Meditation Practice Across Cultures

Tuesdays, July 9-30 • 7-8:30 p.m.

Sarah Fremerman Aptilon, PhD

Meditation is part of religious life in every culture. This course will explore the practice of meditation as it is expressed in various religious traditions throughout the world, including not only Buddhism and Hinduism, but also Christianity, Judaism, Islam and Native American religions, among others. We will try several distinct forms of meditation to identify the approaches that most resonate with everyone.

Mindfulness for Daily Life: Part Two

Mondays, Aug. 5-26 • 2:30-4 p.m.

Lisa Pinsker, MA, Owner of Mindfulness
Matters

This four-part series will explore mindfulness at a deeper level. We will go further in discussing a variety of different practices, how to bring mindfulness into daily life to decrease physical or psychological symptoms and improve your quality of life. Some mindfulness experience preferred, but not required.

Meditations for Self-Reflection

Wednesdays, Aug. 7-28 • 1-3 p.m.

Cathy Pendleton, LCSW

The use of quieting practices offers time for touching that deeper, wiser part of ourselves. Through meditation, writing and group discussion, we will focus on a different topic each week: gratitude, compassion, self-compassion, forgiveness and spirituality.

Meditation Group: A Time for ‘Going Inside’

Join anytime, but please preregister.

Wednesdays, ongoing • 10-11 a.m.

Cathy Pendleton, LCSW

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.

Creativity Programs

Crane Folding

Monday, July 8 • Noon-1:30 p.m.

Jackie Clark, Volunteer

The crane is a Japanese symbol of peace, hope and good wishes. It is a Japanese tradition to give 1,000 cranes to people living with illness, newlyweds, the young and the old. All of these people wish for longevity, good fortune, prosperity, hope and more. If you are an origami expert or have never even folded a paper airplane, join us to learn this Japanese art.



So, You Think You Can Write ... And Recite Favorite Poems

Monday, July 15 • 2-3:30 p.m.

Annie Newcomer, BA, MA, Poetry Advocate

If you love poetry, please join us for our Second Annual Summer Solstice Poetry Party +1 Month. You are welcome to share poems you have written or read work from your favorite poets. In addition, we will honor the life of Pulitzer Prize-winning poet Mary Oliver as we consider her musing, "Tell me, what it is you plan to do with your one wild and precious life?"

Midsummer Writing Retreat

Saturday, July 20 • 11 a.m.-3 p.m.

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

In this class, we'll explore stories of summers past and present through innovative writing prompts. We'll bring to the surface whatever is on tap: poems, stories, dialogues, journal entries and more. Anyone living with serious illness – caregivers, patients or survivors – is welcome. Please bring a notebook, a pen and, if you wish, snacks to share.



Contemplating Religious Art: Myth and Practice Across Cultures

Thursday, July 25 • 7-9 p.m.

Location:

**Nelson-Atkins Museum of Art
4525 Oak St., Kansas City, MO 64111**

Sarah Fremmerman Apton, PhD

The Nelson-Atkins Museum of Art houses one of the nation's most fascinating collections of religious art. In this interactive two-hour session, we will stroll through the collection and discuss a few selected objects and images from world religious traditions, including Buddhism, Hinduism, Sikhism, Christianity, Judaism, Islam and Native American religions, among others. In contemplating these objects, we will delve into the stories, myths, beliefs and healing practices. Please meet in front of the gift shop at The Nelson-Atkins Museum at 7 p.m.



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.



**Turning Point
will be closed
Thursday, July 4,
in observance of
Independence Day.**



Practical Issues

Getting Your Ducks in a Row: Make Sure Those Who Know You Best Know the Answers

Tuesday, July 9 • 2:30-4 p.m.

Christy Howard and Annie Presley, Co-Authors

Your most valuable gifts to your loved ones are memories, bonds and time together. Join us as author Christy Howard walks us through "Read This ... When I'm Dead," a book she co-authored with Annie Presley. Their guided journal will help you ensure that nothing else will get in the way of those great gifts. Do your loved ones know where you hid things? Do they know which bank has your safe deposit box? Have you shared your favorite memories? You will receive a free copy of this journal. Space will be limited.
Funded in part by the George H. Nettleton Foundation.



Pet Therapy

Wednesday, July 10 • 11 a.m.-noon

Mo-Kan Pet Partners

Research has shown that interactions with our four-legged friends can significantly reduce blood pressure, anxiety and stress. Mo-Kan Pet Partners is a local community partner of Pet Partners, the nation's largest nonprofit organization providing animal-assisted interventions. Stop by or stay for the whole hour and leave feeling a little less stress.

Legal Issues and Practical Matters

Monday, Aug. 12 • 6-7:30 p.m.

Karen Weber, JD, Elder Law Attorney

Learn about wills, trusts, powers of attorney, guardianship, disability benefits, preserving your assets, advanced directives and other issues that are so important in planning for the future.
Funded in part by the George H. Nettleton Foundation.

Social Security Disability 101

Wednesday, Aug. 28 • 5:30-7 p.m.

J. Robert Willard, Attorney with Burnett Driskell

Join us to learn more about the Social Security disability process, what benefits you may be eligible for and when to apply.

Nutrition Programs

Eating in the Light

Tuesdays, July 9-30 • 2:30-4 p.m.

Karen Ialapi, RD, LD, CDE

Certified Diabetes Educator, Wellness Coach

We can feel in the dark about our struggles with food whether we obsess about food, yo-yo diet, binge eat, eat emotionally or swing between deprivation and overindulgence. Shining a soft light on our food stories helps discharge the shame and takes us on a deeper journey of self-discovery and helps us identify our unmet needs. This class will refer to Anita Johnson's book "Eating in the Light of the Moon: How Women Can Transform Their Relationships with Food Through Myths, Metaphors & Storytelling." Reading it is helpful but not necessary.

Making Peace with Food: Emotional Eating Support Group

Wednesday, July 10 • 2-4 p.m.

AND/OR

Thursday, Aug. 29 • 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. This is not a diet class.

Cooking for Digestive Wellness

Thursday, July 11 • 2-3:30 p.m.

Lisa Markley, MS, RDN, Owner of Nourish Yourself: Nutrition and Wellness

This class will take you through the digestive system to learn all about gut health and why it's important for your overall health. We'll delve into diet and lifestyle factors that may be compromising gut health as well as foods, nutrients and lifestyle approaches that can help nourish and restore proper gut function. You'll also have an opportunity to taste a recipe that promotes digestive wellness.

Please bring a \$2 donation for food tasting.

Plant Powered! Nature's Superfoods

Thursday, July 18 • 3-4 p.m.

Caitlin Tyler, MS, RD, LD

Is your dinner plate lacking color?

Are you buying the same fruits and vegetables at the grocery store?

Interested in a plant-based diet but not sure what to eat? Learn to power yourself with plants by adding some of nature's disease-fighting foods to your diet.



Battle Stress and Fatigue with Your Fork

Monday, July 22 • 2-3 p.m.

Melanie Nicsinger, CHN, RYT

Owner of Lifestyle Benefits Health Coaching

Do you wake up feeling tired and fatigued? Do you yawn your way through the afternoon, struggling to stay awake only to be wide awake at bedtime? The food you eat has a tremendous impact on how you feel. This class will help you understand how food affects you and will provide strategies for getting more energy. Learn how eating an anti-inflammatory diet can effectively reduce stress and raise energy.

Breakfast of Champions

Monday, Aug. 5 • 2:30-4:30 p.m.

Karen Ialapi, RD, LD, CDE, Certified Diabetes Educator, Wellness Coach

If you know that breakfast is the most important meal of the day, but still find yourself running out the door on empty, grabbing a quick fix or feeling turned off by traditional breakfast foods, this class is for you. You'll learn practical and tasty tips for jump-starting your day, like how to make a smoothie that rocks, nutritious grab-and-go items you can make ahead of time, how to mix fuels to sustain energy and blood sugar levels, how to add pizzazz (and a nutritional boost) to common breakfast foods and creative ideas that will get you thinking outside the cereal box.

Mediterranean Diet

Thursday, Aug. 22 • 3-4 p.m.

Bethany Diggett, MS, RDN, LD

Modern nutritional recommendations take inspiration from the traditional dietary patterns of Greece, southern Italy and Spain. Principle aspects of this diet include proportionally high consumption of olive oil, legumes, unrefined grains, fruits and vegetables, moderate to high consumption of fish, moderate consumption of dairy products (mostly cheese and yogurt), and low consumption of nonfish meat and nonfish meat products. Strong evidence suggests this diet offers a beneficial health effect and decreased mortality after switching to a plant-based diet.

Goodbye Sugar, Hello Health

Monday, Aug. 26 • 2-3 p.m.

Melanie Nicsinger, CHN, RYT

Owner of Lifestyle Benefits Health Coaching

Balanced blood sugar leads to more sustained energy, a better mood and better overall health. In this class, you'll learn how blood sugar swings don't just affect those with diabetes. Learn how to stop the sugar cycle and how to spot hidden sugars in everyday foods. Answer questions like, "Is it OK to eat fruit?" and, "Which sugar substitute should I use?" We will answer these common questions and more. Includes recipe guide.

Reminder

Please 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.

Body Movement Programs

Relax and Restore Yoga

Wednesday, June 26 • 3:30-5 p.m.

Monday, July 22 • 3:30-5 p.m.

Monday, Aug. 26 • 3:30-5 p.m.

Melanie Nicsinger, Registered Yoga Teacher

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.

Yoga Nidra/Restorative

Saturday, July 13 • 10:30 a.m.-noon

Saturday, Aug. 17 • 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.

Breath of Joy

Thursdays, Aug. 1-15 • 12:30-1:30 p.m.

Susan Rieger, MSW, LCSW

Learn to increase your awareness of breathing to change your mental and emotional state. Practice pranayama, the art of yoga breathing, which is the regulation and refinement of the breath. Learn techniques that help induce joy, reduce anxiety or address insomnia.

Dancing Toward Wholeness

Wednesdays, Aug. 7-21 • 11 a.m.-noon

Susan Rieger, MSW, LCSW

Bring body, mind and spirit together as we explore improvisational movement. This class will focus on different dance structures each week. Discover your own preferences and sensations that accompany different qualities of movement. Class can be done in a chair or with support of a walker or cane.

Movement Is Medicine

Tuesdays, ongoing (starting July 9) • 9-10 a.m.

Kathy Mayer, Wellness Instructor,

PWR! Moves Certified

All movements in this class will encourage full range of motion, using the upper and lower body. We'll place special emphasis on the core and hip region. Exercises are helpful to anyone who is challenged by movement or balance. Movements can be done seated or standing.

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.

Funded in part by the Stamm Family.

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 at Area Cancer Centers and Other Locations

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

For all people living with chronic pain.

Location:

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

Continued from the May/June Program Calendar

Week 8: Basics of Fibromyalgia

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

Fibromyalgia is a chronic pain condition that can cause widespread body pain and other associated medical symptoms. In this class 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 aims to increase physical functioning, improve pain-coping skills, promote the return to a productive lifestyle at home or at work and limit the need for future medical treatments.

Week 10: Filling up Your 'Tank'

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

You know how easy it is for your energy to get drained when you're living with pain. Let's get together to talk about practical ways to conserve your 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

Oftentimes, when we are diagnosed with a physical challenge such as pain, our spiritual balance is thrown off. Together, let's explore ways to find hope, even when we are experiencing great pain.

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



Overland Park

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

Yoga in Chairs

Wednesday, July 17 • 1-2 p.m.
AND/OR

Monday, Aug. 19 • 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.

Emotional Wellness with Essential Oils

Tuesday, Aug. 27 • 1-2 p.m.
Stacie Fogelberg, RN, BSN

There is a connection between heart, brain and gut and their effect on your mood. This educational program about essential oils will teach you about natural, safe and effective solutions that oils may help you with in managing emotions. Learn how you can improve your mood by using natural solutions.

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Programs at Area Cancer Centers and Other Locations

Kansas City, MO

Nelson-Atkins Museum of Art
4525 Oak St.
Kansas City, MO 64111

Contemplating Religious Art: Myth and Practice Across Cultures

Thursday, July 25 • 7-9 p.m.
Sarah Fremmerman Apton, Ph.D

The Nelson-Atkins Museum of Art houses one of the nation's most fascinating collections of religious art. In this interactive two-hour session, we will stroll through the collection and discuss a few selected objects and images from world religious traditions, including Buddhism, Hinduism, Sikhism, Christianity, Judaism, Islam and Native American religions, among others. In contemplating these objects, we will delve into the stories, myths, beliefs and healing practices. Please meet in front of the gift shop at The Nelson-Atkins Museum at 7 p.m.



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.

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

Lawrence

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

Feeding the Wolf of Kindness: Changing Your Thought Patterns

Monday, July 8-22 • 10:30 a.m.-noon
Susan Rieger, MSW, LCSW

A Cherokee parable tells of the battle going on inside all of us between two wolves. One wolf represents anger, envy, sorrow, greed, self-pity, false pride and self-doubt. The other is joy, hope, kindness, empathy, generosity, compassion and faith. Explore skills that feed the positive wolf through guided imagery, identifying strengths and asking for help. Also learn to acknowledge but not feed the negative wolf. Decrease negative thinking and distract the mind when the pessimistic wolf is tugging at your thoughts.

Please note:

Programs listed on pages 8 and 9 are held at various locations and not at the Turning Point location.



"Turning Point is free and it's priceless. If I have a freaky moment, I know I have the skills to stop and get my thoughts back on track. My life is so much more enjoyable. How do you attach a value to that?"

Programs for Families, Teens and Children

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.



Expressive Arts Summer Teen Series

Tuesdays, July 9 and 16 • 1-3:30 p.m.

Jami Hamilton-Ansley, LSCSW, 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 both sessions but please register if you plan to attend.

Family Nature Mandala

Tuesday, July 23 • 6-7:30 p.m.

Jami Hamilton-Ansley, LSCSW, 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.



Individual Sessions for Children and Families

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.

Family Night:

A Time for Fun and Support

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.

Summer Sand Play

Thursday, July 18 • 2-3 p.m.

Jami Hamilton-Ansley, LSCSW, 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.

Yoga Programs

Summer Yoga Adventure for the Whole Family

**Thursdays, 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 lives; 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.

Yoga for the Whole Family

Wednesday, Aug. 14 • 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.



Support Groups

Cancer

Bladder Cancer Support Group

Bimonthly, even-numbered months

First Wednesday • 5:30-7 p.m.

Contact Katie Mann to register. 913-588-7576
kpriest@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
kfrees@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

Heart Failure Education Group

Bimonthly, even-numbered months

Second Wednesday • 6:30-8 p.m.

Sarah Sanders, 913-588-9606

smcginty@kumc.edu

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, July 18 • 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

cleyland@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: Joy Zimmerman

What is your background/training/education?

I have a graduate degree in social work from Washington University with additional graduate classes at the University of Kansas. I've held a wide variety of social work jobs from residential treatment to school counseling, support group facilitation, statewide policy analysis to national information services.

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

I'm also a full-time performing singer/songwriter. I love how music connects people and deepens self-reflection.

What programs do you facilitate here?

I have co-facilitated the summer day camp and many family resilience workshops, led family music programs, sound healing and other workshops for adults, and given annual holiday music concerts.

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

I approach kids and families from a strengths perspective, which emphasizes each person's abilities, talents and resources. This framework fits well with the focus on resilience at Turning Point. I also believe in the importance of analyzing the various systems that impact each individual.

Fun facts about you

I was born with a tooth – and on Shakespeare's 400th birthday. I love to travel, be outdoors, write and perform music, and spend time with family and friends.

