

We Care
Newsletter

Care Connection at
shepherd's center
OF KC CENTRAL

January 2016

The Care Connection at Shepherd's Center Central promotes and supports the advancement of skills, good health, and resilience of caregivers for older adults.

Shepherd's Center Central is a not-for-profit community-based organization that empowers mid-life and older adults to live healthy, engaged and independent lives.

www.sccentral.org 816-444-1122



3 New Year's Resolutions for Caregivers

By DailyCaring Editorial Staff

This year, protect your health and well-being by putting yourself near the top of your priority list. We know your personality and caring heart won't let you put yourself first, but try to get a little closer, ok?

Here are 3 top resolutions that all caregivers should adopt and suggestions for how to make them happen. Sticking to these will reduce your stress and minimize the toll caring for an older adult takes on you.

1. Get help so you're not doing everything by yourself
2. Take 20 minutes for yourself EVERY day
3. Schedule regular breaks

For more information and to read the whole article visit:
<http://dailycaring.com/3-new-years-resolutions-for-caregivers/>

This Month's Tip

January is National Bathroom Safety Month

While the bathroom may be some people's favorite room in the house (think relaxing bath - a refuge from daily pressures), it is also one of the most dangerous rooms in the house. This is especially true for older adults. With a little effort and using a few bathroom safety tips, you can make the bathroom a safe and relaxing place for everyone in the household.



Why should you be concerned? Over 400 individuals drown in the bath tub each year. In addition, many thousands slip or fall which can lead to serious injuries. Older adults are at greater risk of injury because some medications they take can cause dizziness or hypotension and they have more limited mobility. Also, many of the surfaces in the bathroom (metal, cold tile and porcelain) can be slippery when wet and have little cushion when a person falls. Since many more older adults are staying at home longer as they age, bathroom safety and preventing falls in that particular room of the house should be a concern for everyone.

6 BATHROOM SAFETY TIPS

We Have More Information to Share

Remember...The Care Connection at Shepherd's Center Central is here to help anyone who is concerned about an aging parent, loved one, neighbor, or friend who needs referrals to resources, care planning, practical advice, guidance in balancing work and family, or stress relief.



The Kansas City Caregiver Support Line provides resources and referrals for caregivers of older adults. **Call 816-444-1122**

Click for info on: [Care Connection](#)

Mark Your Calendar for Upcoming Events

January 15, 2016

1:00pm-4:00pm

Ethical Considerations in Contemporary Clinical Practice

- 3 Ethics CEUs

Location: KU Edwards Campus, 12600 Quivira Road, Overland Park KS

Instructor: Sally King, LSCSW

Just as the DSM 5 overhaul is shaping how we diagnose, clinicians are also having to re-look at how they can maintain ethical standards in an electronic world of high access and changing reimbursement. Participants will receive an overview of contemporary clinical and ethical dilemmas faced by mental health professionals when working with troubled clients. You will be provided clear strategies for approaching and resolving ethical dilemmas with particular attention to boundary issues, counter-transference, high risk situations (suicide, violence, and abuse) and risk management. Case examples will be examined and group discussion will be integrated into the presentation to illustrate the grey areas surrounding these complex issues. Clinicians will leave this course with key skills to decrease risk in clinical practice and increase ethical clinical practice with greater awareness of ethical treatment plans and documentation and clinical competence in the areas of advanced training, continuing education, and supervision.

To Register or for more info: <https://socwel.ku.edu/alumni/pce/course/ethical-considerations-contemporary-clinical-practice-early-bird>

January 21, 2016

7:00pm-8:00pm

A Nelson-Atkins Museum of Art Community Event Take 5: Death

Location: Lens 2 located in the Bloch Building of the Nelson-Atkins Museum, 4525 Oak Street, Kansas City, Missouri 64111 Reserve your FREE tickets by phone: 816-751-1ART or go online:

<http://sallykingconsulting.us2.list-manage.com/track/click?u=149bc3558e2eea7cf0535612f&id=78b1d2b22b&e=f94743cdae>

Take 5 and explore new perspectives on topics and issues relevant to everyone. Four presenters, including museum curators and community partners, each share a fascinating five-minute story on a topic before everyone joins the conversation. The dead of winter will be lively as we explore the topic of Death, moderated by KCUR Reporter, Elle Moxley and joined by panelists, Curator of African Art, Nii Quarcoompome; Sally King from the Kansas City Funeral Consumer Alliance; Megan Mooney, the Death Café and Jesse Leimkuhler of Belvoir Winery.

February 26, 2016

8:30am-3:30pm

Hoarding: Buried Alive - 6 Diagnosis CEUs

Location: Johnson County Community College, Health and Human Services, Professional and Community Education

Instructor: Sally King, LCSW

This course provides back to basics information about the symptoms and diagnosis of compulsive hoarding as outlined by the DSM-5. How to understand these behaviors, the latest research on hoarding, and the emotional attachments and beliefs about possessions that can trigger hoarding will be covered. Methods for assessing the severity of the hoarding problem and its associated mood and thought patterns are covered. Effective strategies for how individuals and communities can successfully intervene, while still honoring the dignity of the individual will be addressed. This course meets the KBSRB for DSM-5 diagnosis and treatment. RNs, LPNs, social workers, LPCs and LCPCS will earn 6 contact hours. ACHAs will earn 6 (RC).

Outline:

1. Identify specific problems associated with hoarding, including typical behaviors, impairments in functioning, health risks, housing options, and consequences of hoarding.
2. Discuss two specific assessment strategies to identify hoarding problems and associated features.

3. Identify three interventions for hoarding, including cognitive and behavior methods.

For more info and to register: <http://sallykingconsulting.us2.list-manage1.com/track/click?u=149bc3558e2eea7cf0535612f&id=5927d5d7eb&e=f94743cdae>

March 11, 2016

9:00am-4:00pm

Exploring Mindfulness Practices in Counseling and Coaching

Location: KU Edwards Campus, Overland Park, KS

Instructor: Sally King, LCSW

Mindfulness interventions such as Dialectical Behavioral Therapy, Acceptance and Commitment Therapy, and Mindfulness Based Cognitive Behavioral Therapy have universal appeal and access has begun to broaden, many thanks to the Western acceptance of Yoga. Health and mental health clinicians now look to Yoga's present-moment focus techniques as a viable coping skill for clients along with traditional mental health interventions that sync well. This seminar will give an introduction to Yoga and mindfulness-based techniques from DBT, ACT and CBT that have been found to be very effective in the treatment of depression, generalized anxiety disorder, panic disorder, and PTSD.

For more info and to register: <http://sallykingconsulting.us2.list-manage1.com/track/click?u=149bc3558e2eea7cf0535612f&id=9b2cefba29&e=f94743cdae>

Consider a Planned Gift. Please donate.

Please consider making a charitable bequest to Shepherd's Center of Kansas City Central in your will. Legacy gifts provide future support for charity. Any individual, at any time, can create a legacy gift. It can be as easy as naming a charity on the beneficiary form of a savings, checking or pension account, or through a more complex instrument such as a trust.

To make a bequest to SCC, simply include these words in your will:

"I give to Shepherd Center of Kansas City Central, a non-profit 501(c)(3) corporation, located in Kansas City, MO, __% of my estate for general purposes."

To create a residual charitable bequest, use these words:

"All the rest, residue and remainder of my estate, both real and personal, I give to Shepherd Center of Kansas City Central, a non-profit 501(c)(3) corporation, located in Kansas City, MO, for its general purposes."

Visit us at www.sccentral.org. Call us at 816-444-1121.

Shepherd's Center Central | 816-444-1122 | www.sccentral.org

See what's happening on our social sites:

