“People don’t care how much you know until they know how much you care.”
– Joe Manchin
Dear Colleagues,

We are delighted to present the Spring 2016 lineup for continuing education programs. We have focused on many neuromuscular topics this fall and to this end many new instructors have come on board, as well as returning friends. After five very successful years, our Dementia Care Certificate has been revised and updated to help meet your scheduling needs. WomenHeart International returns to us to co-host their Day of Women’s Heart Health and will feature many of our community’s finest cardiac specialists to share their knowledge and expertise. The Parkinson Foundation Heartland Chapter also returns to provide professional and personal caregivers a tremendously important day of knowledge and support for those caring for persons with this illness. A Catch in My Get-Along: Restoring Function in Hip Osteoarthritis should prove to enlighten us all on this pertinent topic as will Current Multiple Sclerosis Treatment and Rehabilitation. Programs on Post Traumatic Brain Injury and Preventing Rehabilitation Complications and Barriers Following Stroke are also new programs this fall.

Kathy, Erica and I hope these programs and many more will meet your expectations and provide you with quality education experiences as we begin 2016.

Regards,

Penny Shaffer, RN, MA

Penny Shaffer, RN, MA
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## 23 Courses and Certificates
- Online CEU Certificate Courses
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Instructor Biographies

Amy Nichols, DPT, is an outpatient physical therapist at Olathe Medical Center, specializing in neurological conditions. She holds a biology degree from Pittsburg State University and a doctorate of physical therapy from the University of Kansas. She has taught courses on MS, stroke, TBI and exercise, and serves on KPTA research committee where she has presented findings from her own research on MS and exercise.

Belinda Viertenthaler, MSW, LACHA, received bachelor’s and master’s degrees in social work from the University of Kansas. She has experience as an assisted living operator, nursing home administrator and executive director, as well as serving as the former Kansas State Long-Term Care Ombudsman.

Candace Webb-Cohen, LSW, MBA, LAC, LACHA, received a master’s degree in social work from Washburn University and a master’s degree of business administration from Baker College in Flint, Michigan. She has been in the healthcare field for more than 10 years and is currently the interim administrator of Manor Care in Overland Park.

Chantel Braasch, DC, earned a doctorate of chiropractic from Northwestern Health Sciences University and is in private practice in Lenexa. She is a faculty member at Cleveland Chiropractic College. She has a passion for interdisciplinary collaboration with colleagues to achieve better outcomes in patients.

Diane K. Schmidt, LSCSW, is a counselor in private practice in Overland Park. She brings to her clients a wide breadth of life experience. As well as a solid therapeutic background, years of working in the business world gives Diane a deep understanding of the struggles faced by working individuals. She is a member of the National Association for Social Workers, the American Association of Christian Counselors and the Grief Support Network.

Ellyn R. Mulcahy, PhD, MPH, has completed postdoctoral studies in HIV neuroinvasion at KUMC and is currently an assistant professor at JCCC. Ellyn is a frequent and popular presenter and educator in the Kansas City metro area and she was voted Kansas Professor of the Year in 2011.

Harold Ivan Smith, EdS, DMin, FT, is a writer, storyteller and counselor. An exceptional wordsmith, Harold Ivan has a talent for helping people process information in a new perspective. He is on the teaching staff of Saint Luke’s Hospital, Kansas City, where he facilitates grief workshops and support groups. He is a grief educator and has taught at several universities.

Jamie L. McNally has a bachelor’s degree in occupational therapy from the University of Kansas. She practices occupational therapy at St. Francis Health Center in Topeka, Kansas, and works in multiple areas, including outpatient and inpatient rehabilitation, acute and home health therapy.

Janalea Hoffman, a music therapist and entrepreneur, is the president of Rhythmic Medicine, a training and consulting firm that offers seminars on music, imagery and creativity throughout the United States.

Janet Lockridge has a master’s degree in healthcare administration and certification in community health executive fellowship from the University of Kansas Medical Center. She is a seasoned healthcare facilities operations manager.

Jeannette Shumaker earned her bachelor’s degree in Bogota, Colombia, and has taught Spanish and cross-cultural skills for 13 years. She is a certified Command Spanish instructor and brings insight and enthusiasm to all of her classes.

Jeff David, CPCU, LUTCF, has been an insurance professional since 1987 and has operated his own agency since 1993. As a broker Jeff is an authorized agent for AARP, Blue Cross Blue Shield of Kansas City, Golden Rule, Humana, Aetna, Coventry and United Healthcare. Throughout the area Jeff shares his knowledge of insurance, by offering Community Education Classes on the Affordable Care Act and Medicare insurance.

Jim LeCluyse, LSCSW/LCSW, is currently a clinical counselor working in substance abuse/dual diagnosis for Chautauqua Counseling Center in Mission, Kansas. He has worked with clients with substance abuse/mental health issues at the intensive outpatient, partial hospital and inpatient psychiatric settings for 12 years. He has been offering counselor/clinician training classes since 2010. Jim is a 1998 graduate of the KU School of Social Welfare.

Joannie Blakely, RN, BSN, graduated from the University of Missouri and has spent the last eight years treating the allergic patient. She is an allied member of the American Academy of Otolaryngic Allergy. She has attended multiple courses to stay current on changes treating allergies and keep her patients educated on their health.

John C. Wade, PhD, is an associate professor of psychology and the program director of the clinical psychology program at Emporia State University. He is co-author of Strength-Based Supervision: Applying Positive Psychology to Clinical Training and Supervision, and is co-editing Positive Psychology on the College Campus.

Judith Zinn, ACSW, is founder of the Plaza Performance Group, a training and consulting firm in Overland Park. In addition to teaching workshops and seminars throughout the nation, she is a frequent and popular presenter at JCCC. Zinn has authored several self-paced CE courses and brings humor, insight and creativity to all of her presentations.

Katie Vena, LPC, is a certified school counselor and registered play therapist. She has been in the counseling field for more than 10 years and has worked in a variety of settings including residential substance abuse, home-based therapy, applied behavior analysis with autism, military family counseling and school services. Katie holds a dual master’s degree in professional and school counseling from Lindenwood University.

Kimberly Leeson, MSPT, earned a bachelor’s degree in biology from Fort Hays State University and a master’s degree in physical therapy and rehabilitation from the University of Kansas Medical Center. After practicing part time in a long-term care facility, she has extended her career to revenue integrity with Parallon where she is the education team lead. Kimberly also recently earned a certificate in medical coding from JCCC.

Lauren Little, PhD, OTR/L, is an assistant professor of occupational therapy at the University of Kansas Medical Center. She has a background in research in early intervention for families of children with autism spectrum disorders and has published numerous journal articles on autism.

Marge Malkames has a master’s degree in biomechanics and exercise physiology from the University of Kansas. She is a retired paramedic with Johnson County MedAct and has more than 35 years of teaching experience.

Mario R. Torres, LMT, NCTMB, MA, MBA, is a graduate from the 500-hour massage therapy program and the 350-hour energy therapy program at the Massage Therapy Training Institute. He is also a reiki master/teacher.
Michelle Niedens, MSW, is the director of education for the Alzheimer’s Association, Heart of America Chapter. She leads, develops and manages educational program efforts for 66 county territories. She also teaches social practice at the University of Kansas School of Social Welfare, focusing on working with groups and community organizations. Her passion is for advocacy for those affected by this illness.

Class on page 15

Pam Johnson is a retired pediatrician who was diagnosed with a degenerative neuromuscular disease in 2000. Her struggles led to dietary changes that brought her out of a wheelchair and gave her back her life. She teaches from her medical background and personal passion for health and wellness.

Class on page 17

Penny Shaffer, RN, MA, developed the nationally recognized Dementia Care Certificate through funding from the International Longevity Center. Shaffer has served as program director for Health and Human Services at Johnson County Community College since 2006.

Class on page 15

Rebekah Vandergriff, LMSW, has worked in brain injury rehabilitation for more than 18 years. She published, What Day Is It? A Family’s Journey Through Traumatic Brain Injury, in 2008. She has presented to the North American Brain Injury Society and many other organizations across the country advocating for those with TBI.

Class on page 9

Rene’ Russell, RN, BSN, is a health educator who has practiced in hospital and clinic settings with an emphasis on neuroscience, orthopedics, extended care, rehab, occupational medicine and wellness. She is currently pursuing her MSN.

Class on page 6

Richelle Marting, JD, MHSA, RHIA, CPC, CEMC, CPMA, is a healthcare attorney with Forbes Law Group in Overland Park. Her practice focuses on regulatory compliance, health information technology, electronic medical records and healthcare reimbursement matters. She assists healthcare providers in implementing medical records, meaningful use and other incentive programs, coding and documentation, and appeals of adverse claims decisions.

Class on page 22

Saeed Jalilpoor, has more than 30 years of experience in healthcare leadership in hospitals, including neonatal intensive care, trauma and neonate transport programs. He is the former director of the Respiratory, Neurology and Sleep Disorder Centers at Overland Park Regional Medical Center.

Class on pages 10 and 16

Sally King is a licensed clinical social worker in Missouri and Kansas and has worked in the field of community and emergency mental health with adults and seniors since 2001. Sally has provided outreach, education and project management on behalf of the KU Alzheimer’s Disease Center and Landon Center on Aging. She is also a regional trainer for Health IDEAS, a nationally recognized older adult depression care curriculum.

Class on pages 11, 14 and 19

Sandra Lane, PhD, DC, earned her doctorate of chiropractic from Palmer College, and a doctoral degree in health education with a concentration in sports medicine at Columbia Pacific University in California. She is certified by the National Athletic Trainer’s Association in Texas and is certified in sports massage from the Massage Training Institute in California.

Class on pages 8 and 12

Sharon Poisner, JD, PhD, is a mediator, mentor and motivator who provides easy and practical suggestions guaranteed to stimulate new thinking and encourage new habits. She will summarize the latest research, offer helpful tips regarding exercise, sleep, socialization, nutrition, dental care and stress reduction and demonstrate useful mental and physical exercises. Participants will obtain a selection of ideas for making healthy changes in their own lives and for encouraging healthy changes in the lives of their patients and clients.

Class on page 13

Terry Rehder, PharmD, retired as senior director of clinical research/clinical operations at Quintiles, Inc. He served as an associate professor at the University of Nebraska and Howard University. Terry has worked extensively in various phases of drug development and his special interests are in rheumatology, gerontology and cardiology. He is currently the director of the pharmacy technician program at JCCC.

Class on page 19

Therese McKechnie, LSCSW, is currently in private practice, specializing in grief and loss, addictions and codependency, family life stresses and transitions, care giving for aging relatives and personal growth. Therese teaches Clinical Practice and Grief and Loss the University of Kansas Edwards Campus.

Class on page 8

WomenHeart: A Day of Women’s Heart Health

Presenters:
James H O’Keefe, Jr, MD
Elizabeth V Dang, MD, FACC
Russell Davis, MD
Cathy Pendleton, LSCSW

Class on page 18
Administrator in Training Preceptor Training Course
Preceptors have the difficult task of training AITs to the wide spectrum of roles the nursing home administrator experiences. This course is designed to help you get organized, assist you in your role of training and teach role modeling to the next generation of nursing home administrators. You will be coached in the five domains of practice and provided helpful tools and tips to engage the adult learner.

This course is fully online. ACHAs will earn 4 (A) hours.

$105 / 1 session
21185 Jan. 4-Dec. 23 (on demand)
Online Course Belinda Vierthaler

Anatomy and Physiology
This 45-hour course is the prerequisite for the current Medical Coding Certification course or Pharmacy Technician. The course will cover gross anatomy, basic physiology and common disease processes. Course content will be specifically structured to address students’ needs for understanding of human anatomy and disease processes.

This course is by selective admission only. Call 913-469-3811 for details.

Learning Objectives:
- Describe the various systems of the human body and how they relate together
- Describe basic metabolism, how the body uses food
- Understand basic physiology of each body system
- Describe how various disease processes affect different anatomical systems

$579 / 15 sessions
20355 M Jan. 11 6-9 p.m.
  M Jan. 25-Mar. 7
  Regnier Center 157 6-9 p.m.
  M Mar. 21-Apr. 4
  Regnier Center 175 6-9 p.m.
  M Apr. 11
  Regnier Center 175 6-9 p.m.
  M To Be Arranged
  Regnier Center 181 6-9 p.m.
  M Apr. 18
  Regnier Center 181 6-9 p.m.
  M Apr. 25-May 2
  Regnier Center 181 6-9 p.m.
  Belinda Vierthaler

Take Your Medicine – Put On Your Tennis Shoes
In this class you will explore the evidence of the role of exercise in managing chronic disease including diabetes and CV disease. The role of exercise in the prevention of chronic and acute illness will also be explored, including arthritis, osteoporosis, cancer and infectious disease.

RNIs, LPNs, APRNs, social workers, counselors, registered dietitians and respiratory therapists will earn 4 contact hours. ACHAs will earn 4 (RC) hours. Approval is pending for PTs and OTs.

Learning Objectives:
- Experience an overview of chronic and acute illnesses which can be managed in part with an exercise program
- Identify links between exercise and disease prevention/management that is currently emerging in the research
- Review exercise modalities that promote health and assist with chronic disease management
- Explore strategies for incorporating exercise prescriptions into current practice

$60 / 1 session
21212 T Jan. 12 8:30 a.m.-12:30 p.m.
  Regnier Center 181 René Russell
  Network member: $20
21213

Basic Life Support (CPR) for Healthcare Provider
The student will develop a basic understanding of the cardiovascular and respiratory systems, discuss medical and environmental emergencies as they might relate to CPR, as well as gain insight into the structure and function of the emergency medical services system. The student will demonstrate most current practical CPR skills including CPR and airway obstruction techniques on adults, children and infants. Additionally, the automated external defibrillator (AED) will be introduced to the student.

Upon successful completion of all American Heart Association standards, the student will receive affirmation at the Basic Rescuer level (Healthcare Provider).

No CE is awarded for this course.

Learning Objectives:
- List and describe the signs/symptoms of an AMI (heart attack)
- Describe the major parts/functions of the cardiovascular and respiratory systems
- Given an adult, child and infant mannequin, perform pulmonary resuscitation and procedures for removing an airway obstruction
- Given an adult, child and infant mannequin, perform one-rescuer CPR
- Given an adult, child and infant mannequin, perform two-rescuer CPR
- Demonstrate the proper use of barrier devices
- Describe the use and function of automated external defibrillators

$65 / 1 session
20356 S Jan. 16 8:30 a.m.-4:30 p.m.
  Regnier Center 181 Deborah Allen
20357 S Feb. 20 8:30 a.m.-4:30 p.m.
  Regnier Center 181 Deborah Allen
20358 S Mar. 26 8:30 a.m.-4:30 p.m.
  Regnier Center 181 Deborah Allen
20359 S Apr. 16 8:30 a.m.-4:30 p.m.
  Regnier Center 181 Deborah Allen
Got Woo? Discovering Your Strengths

Conventional wisdom is that we achieve success through remedying our weaknesses. However, research indicates that people tend not to change very much, and that time and energy is much better spent identifying and focusing on our strengths. This workshop will guide you through discovering your strengths and talents to use both at work and in everyday life. Practical suggestions on ways to incorporate a strengths-based perspective in working with clients and co-workers will be explored. (Students will need to have completed the StrengthsFinder 2.0 and bring the printed results to the workshop.)

The StrengthsFinder 2.0 book by Tom Rath, which contains an access code to the assessment, can be purchased from Amazon.com or at any bookstore.

RNs, LPNs, social workers, psychologists, LPCs, LCPCs and registered dietitians will earn 6 contact hours. ACHAs will earn 6 (E) hours.

Learning Objectives:
- Examine empirical factors related to success
- Identify your signature strengths
- Effectively put your strengths to work
- Become familiar with creating “positive deviance” and “planned happenstance”
- Create a positive and more productive work environment
- Understand and work more effectively with clients and co-workers who have different strengths profiles

$90 / 1 session

20389 F Jan. 29 9 a.m.-1 p.m.
Regnier Center 181 Ellyn Mulcahy

20390 Network member: $20

Epigenetics: The Exciting New Science of Aging

Epigenetics is the study of external or environmental factors that turn genes on and off and affect how cells read genes. Recently, the differences between biological age and chronological age has indicated that biological and genetic factors may accelerate the aging process. Telomere shortening is involved in the aging process and telomere length represents our biological age as opposed to our chronological age. Come join this exciting discussion that will update your knowledge on current and future genetic-based technologies and methods that explore aging. Discussions will focus on telomeres, gene expression, potential genetic-based therapies and how these technologies may change the face of aging and healthcare.

RNs, LPNs, social workers, LPCs, LCPCs, registered dietitians and respiratory therapists will earn 4 contact hours. ACHAs will earn 4 (E) hours. Approval is pending for OTs and PTs.

Learning Objectives:
- Describe the principles of genetics and aging
- Discuss the function of telomeres in genetics and aging
- Discuss the genetic basis of biological age
- Understand the future of aging and genetics, and the ethical and moral implications for DNA manipulation.

$60 / 1 session

20389 F Jan. 29 9 a.m.-1 p.m.
Regnier Center 181 Ellyn Mulcahy

20390 Network member: $20

Administrator in Training AIT

This course consists of two classroom courses and 480 practicum hours. The practicum consists of time spent in a nursing facility learning all facets of the administrator’s role and working with all departments of the facility. Upon successful completion of the program you will be eligible to apply for the Kansas Adult Care Home Administrator license and take the open-book test over the Kansas Nursing Facility Regulations, the Kansas Assisted Living/Residential Care Facility Regulations and the 150-question test developed by the National Association of Long Term Care Administrator Boards (NAB).

A bachelor’s degree is required.

The program coordinator will assist with practicum placement.

No refunds will be issued after the course begins.

Learning Objectives:
- Gain knowledge of the long-term care system/network through hands-on experience
- Understand the role of facility staff
- Identify key strategies for the challenges of nursing home administration
- List administrator duties and responsibilities

$1,140 / 2 sessions

20369 S Jan. 30 9 a.m.-5 p.m.
Regnier Center 144 John Wade

20370 S May 14 9 a.m.-5 p.m.
Regnier Center 181 Candace Webb-Cohen

New Instructor Pathways to Safety: Evacuation and Emergency Preparedness

We all know that the time to be prepared for a disaster is not during one. Come learn how to develop emergency action plans for your building based on OSHA requirements. This interactive training session will help you create a sound emergency plan and be prepared to protect your patients, your staff and yourself should the unthinkable happen.

RNs, LPNs, social workers, registered dietitians, respiratory therapists, massage therapists and counselors will earn 4 contact hours. ACHAs will earn 4 (A) hours. Approval is pending for OTs and PTs.

Learning Objectives:
- Identify five workplace emergencies in a healthcare setting
- State the need for emergency action plans and fire protection plans
- Discuss what elements are needed for effective emergency action and fire plans
- Identify elements of an effective evacuation plan

$60 / 1 session

20470 T Feb. 2 8:30 a.m.-12:30 p.m.
Regnier Center 181 Janet Lockridge

20471 Network member: $20

20472 T Apr. 12 4:30-8:30 p.m.
Regnier Center 181 Janet Lockridge

20473 Network member: $20
Neck and Shoulder: Soft Tissue Release Techniques

This course is designed to increase your skill level as a therapist by examining the anatomy of the neck and shoulder region as it relates to specific compensated patterns resulting in pain and dysfunction in regions of concern and leading to compensation in other areas of the body. You will learn to assess muscles, identify dysfunction, design treatment plans using various massage and manual therapy techniques to improve function in these regions.

RNs, LPNs, and massage therapists will earn 7 contact hours. Approval is pending for PTs and OTs.

**Learning Objectives:**
- Examine the anatomy of the neck and shoulder regions
- Examine patterns of dysfunction in the body that result from neck and shoulder pain
- Perform hands-on application of techniques to release the patterns of dysfunction that are associated with neck and shoulder dysfunction
- Increase proficiency in recognizing and feeling restrictions as they relate to dysfunctional pain patterns
- Increase ability to successfully release restrictions and relieve pain in areas associated with neck and shoulder dysfunction

$105 / 1 session

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<td>Regnier Center 101 C-D</td>
<td>Sandra Lane</td>
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Early Screening and Intervention in Autism Spectrum Disorders

Autism spectrum disorder (ASD) is a range of complex neurodevelopment disorders, characterized by social impairments, communication difficulties, and restricted, repetitive and stereotyped patterns of behavior. Experts estimate that one out of 88 children by age 8 will have an ASD diagnosis. There is no cure for ASDs. Therapies and behavioral interventions are designed to remedy specific symptoms and can bring about substantial improvement. In this course, you will learn early signs of ASD and how to use validated screening tools to help identify children with this condition early in development. This course will also offer an introduction into specific early intervention strategies that may be used in practice with young children with ASD.

RNs, LPNs, social workers, LPCs, LCPCs will earn 4 contact hours. Approval is pending for PTs and OTs.

**Learning Objectives:**
- Identify early signs of Autism Spectrum Disorders (ASD)
- Practice using specific screening tools
- Learn specific early intervention strategies for young children with ASD

$60 / 1 session

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<td>Lauren Little</td>
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New Instructor Preventing Rehabilitation Complications and Barriers Following Stroke

Unfortunately, setbacks can occur when a patient is recovering from a stroke. Many of these complications can lead to readmission and further debilitating problems. Research and data have shown that some of these barriers can be prevented or held to a minimum with proper and proactive interventions from the healthcare team. This course will inform you on the most recent data on what to look for when caring for stroke survivors from the acute stages all the way to home care to maximize their rehabilitation efforts and prevent setbacks.

APRNs, RNs, LPNs, social workers, registered dietitians and counselors will earn 3 contact hours. ACHAs will earn 3 (RC) hours. Approval is pending for OTs and PTs.

**Learning Objectives:**
- Learn the prevalence of falls and objective measures to predict and prevent post-stroke falls
- Discuss the role of fatigue and its effects on stroke survivors
- Identify three interventions to assist stroke survivors with managing fatigue
- Identify common sites of pain and its prevalence in stroke survivors
- State four pain management strategies for post-stroke pain
- Discuss the three highest rates of infections following stroke and the risk factors
- Name four infection prevention measures in post-stroke survivors

$45 / 1 session

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Eldercare: Helping Families with Tough Decisions and Difficult Conversations

As family members age there are tough decisions to be made as people are living longer and require caregiving over extended periods. When someone is caregiving it can be difficult to balance the various roles, demands, needs, desires and expectations that come with adult life. Approaching subjects such as a parent leaving their home; assisted living/nursing home placement; end-of-life care; financial status; and issues pertaining to dementia are difficult conversations to have. Other complicating factors can be siblings with conflicting ideas or stepfamily challenges. This presentation will address family responses to aging challenges and outline practical suggestions to help family members manage eldercare issues and concerns so they can do the necessary planning for and with their elders.

RNs, LPNs, social workers and counselors will earn 6 contact hours. ACHAs will earn 6 (RC) hours.

**Learning Objectives:**
- Recognize various grief issues with aging and end-of-life care of a family member

$90 / 1 session

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New Instructor

Did you know that Traumatic Brain Injury (TBI) is a leading cause of death and disability in children and adults from ages 1 to 44? Effects of TBI can include impaired thinking or memory, movement, sensation (e.g., vision or hearing), or emotional functioning (e.g., personality changes, depression). These issues not only affect individuals but can have lasting effects on families and communities. This workshop will enlighten you to recognize the signs and symptoms of TBI, potential effects, prevention and rehabilitation for someone with a TBI. Discussion of services provided for them and their families will also be reviewed, including brain injury waivers and private insurance.

**Learning Objectives:**
- Review common structures of the brain and functions
- Discuss various types of brain injuries and possible consequences
- Identify three levels of coma secondary to brain injury
- Become familiar with the signs and symptoms of TBI
- State three services available to those with TBI
- Discuss ways to assist those with TBI to return to a meaningful lifestyle

$45 / 1 session

**21208**  W  Feb. 17  8:30-11:30 a.m.  Regnier Center 181  Rebekah Vandergriff

**21209**  Network member: $15

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**Traumatic Brain Injury: Even If a Person Looks Fine, Are You Asking the Right Questions?**

In this session you will gain an understanding of the basic anatomy of the cervical region. You will learn how to assess and to safely perform massage and bodywork techniques to the cervical region that will assist with pain management of cervical injuries and postural deficiencies. Upon completion of the course you will be able to assess, examine, perform and set treatment plans for your clients/patients that will assist them in managing or alleviating head, neck and shoulder pain.

**Learning Objectives:**
- Gain an understanding of the basic anatomy of the cervical region
- Be able to assess, examine and safely perform massage and bodywork techniques to the cervical region
- Be able to develop a treatment plan for clients/patients to assist in pain management to the head, neck and shoulders

$90 / 1 session

**21197**  R  Feb. 18  9 a.m.-4 p.m.  Regnier Center 144  Mario Torres

**21198**  Network member: $30

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**Hip, Hip, Hurrah!**

There’s special training designed for nurses, physical, massage and occupational therapists to positively impact the growing number of Americans of all ages, including those over 70, suffering from balance and gait dysfunction. *A Catch in My Get-Along: Restoring Function in Hip Osteoarthritis* assists attendees in recognizing dynamic biomechanical changes and provides effective techniques to minimize dysfunction and improve mobility.

**9 a.m.-5 p.m.  Tuesday, May 3**

See page 20 for course information.

For more information, call 913-469-3811.
In the Best Interest of the Children: Kansas Child Custody Evaluations

During this dynamic workshop you will learn practical and user-friendly information collected from Kansas legal and mental health professionals. With Kansas citizens in mind, find out what judges are required to consider when deciding on child custody issues. Discuss legal ethics, professional ethics and guidelines, communications among professionals, adequate evaluation and report formats and vulnerability of professionals.

APRNs, RNs, LPNs, psychologists, social workers, LPCs, LCPCs will earn 4 contact hours.

This course meets KBSRB criteria for ethics.

Learning Objectives:
- Increase understanding of the Kansas Court’s difficulty in developing custody situations in the best interest of children
- Increase understanding of what Kansas attorneys struggle with when they represent litigants in child custody matters
- Increase knowledge of the laws, rules, regulations and procedures during child custody evaluations
- Increase understanding of what judges consider during child custody hearings
- Increase understanding of the ethical rules and regulations that apply to attorneys during child custody hearings

$60 / 1 session

20464 F Feb. 19 8 a.m.-noon
Norman Museum 217

20465 Network member: $20

20466 JDs, paralegals, police, mediators: $40

20467 Public (no CEUs): $10

Breaking Bad: The Hidden Benefits of Your ‘Dark Side’

It is often assumed that happiness and well-being entails avoiding unpleasant emotions or experiences, and simply “focusing on the positive.” Although positive emotions feel good and have many benefits such as increased productivity and learning, we also need the more uncomfortable emotions as well (and they are simply unavoidable). This course will explore the hidden benefits of our “negative” emotions (especially anxiety and depression), and most importantly, will provide suggestions for how clients can increase their emotional and mental agility to effectively respond to the full range of human experience.

RNs, LPNs, social workers, psychologists, registered dietitians and respiratory therapists will earn 3 contact hours. ACHAs will earn 3 (RC) hours. Approval is pending for PTs and OTs.

Learning Objectives:
- Review DSM-5 criteria for anxiety and depressive disorders
- Distinguish between positive thinking and the science of positive psychology
- Recognize the downside and potential risks of positive emotions
- Understand the hidden potential of uncomfortable emotions
- Develop mental and behavioral agility
- Learn practical resilience and buffering strategies

$90 / 1 session

20477 F Feb. 19 8:30 a.m.-3:30 p.m.
Regnier Center 181
John Wade

20478 Network member: $30

Helping Clients Understand Their Medicare Benefits

A recent study indicated that more than 90 percent of Medicare beneficiaries do not understand the system or the benefits and coverage it provides them. As healthcare professionals we often interface with senior clients who are ill, need care and treatment, but are often reluctant to accept care until they know what it will cost them in dollars and cents first. In this interactive course, we will bring clarity to a complex system and clearly define all parts of coverages, as well as eligibility, costs, system structure (deductibles, copays) and various coverage options available beyond original Medicare. This information will help you, the healthcare provider, assist your clients to navigate their healthcare needs and costs so they can better access what they need and deserve.

RNs, LPNs, social workers, LPCs, LCPCs, psychologists, registered dietitians and respiratory therapists will earn 3 contact hours. ACHAs will earn 3 (A) hours. Approval is pending for PTs and OTs.

Learning Objectives:
- Clearly define Medicare Parts A, B, C and D including what they cover and what they don’t
- Identify various enrollment periods and eligibility
- Learn Medicare costs – both monthly and those incurred as one accesses benefits

$45 / 1 session

20379 T Feb. 23 5:30-8:30 p.m.
Regnier Center 181
Jeff David

20380 Network member: $15

New Instructor Asthma: Breakthroughs to Bronchial Thermoplasty

There are more than 300 million asthma sufferers worldwide and it has no cure. The exact cause is still not known. Many manage their disease by medications that are costly and have major side effects that affect quality of life in other ways. These patients may still have frequent attacks that require visits to emergency rooms and sometimes hospitalization. This workshop will review the most up-to-date known triggers and treatments for asthma including the revolutionary bronchial thermoplasty, which improves the quality of asthma patients’ lives and reduces emergency room visits.

RNs, LPNs, social workers, registered dietitians and respiratory therapists will earn 3 contact hours. ACHAs will earn 3 (RC) hours.

Learning Objectives:
- Describe the role of airway smooth muscle in asthma
- List four known triggers for asthma
- Discuss five oral and inhalation therapies for asthma
- State four benefits of bronchial thermoplasty
- Identify four side effects of bronchial thermoplasty

$45 / 1 session

21180 W Feb. 24 8:30-11:30 a.m.
Regnier Center 181
Saeed Jalilpoor

21181 Network member: $15

To register by phone, call 913-469-2323.
Funeral? Who’s Got Time for a Funeral? Grief in a Busy, Multicultural ‘Lite’ Society

Historically we asked, “When is the funeral?” Now we ask, “Will there be a service?” A convergence of factors challenge meaningful memorialization: economics, families spread across the nation or the globe; fragmentation of families; decline in participation in religious communities; the growth of cremation; and the impact of diversity. Tradition says, “This is the way we do memorialization;” others prefer an “I did it my way” approach. Growing numbers choose “lite” or no memorialization. Given familial dysfunction, memorialization can derail or distract from grief work and result in a ritual insult, ritual wound or ritual abuse. Increasingly, ritual aftermath [or splash, backlash] derails meaningful grief work. Come join this thought-provoking workshop on how to help clients with this end-of-life grief issue.

RNs, LPNs, social workers, LPCs, LCPCs, psychologists and registered dietitians will earn 4 contact hours. ACHAs will earn 4 (RC) hours.

Learning Objectives:
• Describe the role of ritual and ritual participation in history
• Identify elements in good memorialization ritual
• Distinguish between ritual wound, ritual insult and ritual abuse
• Process how cultural and spiritual diversity shapes and influences end-of-life and death rituals

$60 / 1 session

20787  R  Feb. 25  8:30 a.m.-12:30 p.m.
Regnier Center 181  Harold Ivan Smith

20788  Network member: $20

Hoard: Buried Alive

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 discussed. 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) hours.

Learning Objectives:
• Identify specific problems associated with hoarding, including typical behaviors, impairments in functioning, health risks, housing options and consequences of hoarding
• Discuss two specific assessment strategies to identify hoarding problems and associated features
• Identify three interventions for hoarding, including cognitive and behavior methods

$90 / 1 session

21178  F  Feb. 26  8:30 a.m.-3:30 p.m.
Regnier Center 181  Sally King

21179  Network member: $30

Put Yourself in Their Shoes

To improve the lives of people with dementia and their caregivers, this three-day workshop explores this disease from a neurological viewpoint and provides an understanding of what the world might be like for those experiencing dementia.

Dementia Care Certificate: A Comprehensive Walk Through Caring for Someone with Dementia is all about learning how to interact with dementia patients, structure person-centered care and help them maintain dignity throughout the illness.

8:30 a.m.-3:30 p.m.
Tuesday-Thursday, April 5-7

See page 15 for course information.
For more information, call 913-469-3811.

Revised and Updated
Understanding the Genetic Toggle Switch

What occurs around us in the environment turns genes on and off and this affects how cells read genes. Consequently, this toggling influences the aging process. **Epigenetics: The Exciting New Science of Aging** updates attendees on current and future genetic-based technologies and methods that explore aging.

**9 a.m.-1 p.m.**
**Friday, Jan. 29**

See page 7 for course information. For more information, call 913-469-3811.
Spanish for Nurses Caring for Latinos

This course is designed to teach Spanish that can be used immediately in day-to-day communication with patients. Pronunciation, work-specific language, phonetic encoding and listening activities are part of each lesson. This is a customized real-life Spanish program designed to prepare the non-Spanish-speaking nurse to better interact with and care for Spanish-speaking patients.

RNs and LPNs will earn 16 contact hours.

Learning Objectives:
- Learn to obtain basic information for the patient history and vital signs
- Perform physical assessment and routine procedures
- Prepare patients for surgery or other procedures
- Administer medications and injections
- Assist and interact with patients’ families

$275 / 8 sessions

20377 M Mar. 7-May 2 6-8 p.m.
Regnier Center 181 Jeannette Shumaker

20378 Network member: $92

Current Research Regarding Physical Exercise, Cognition and Aging

Everyone knows that physical exercise contributes to good health. Referencing the latest research, this practical course will differentiate among various types of physical exercise, define and identify the specific benefits that may be derived from each type, and detail ways that can maximize these benefits for our patients and our own well-being.

RNs, LPNs, social workers, LPCs, LCPCs and registered dietitians will earn 3 contact hours. ACHAs will earn 3 (RC) hours.

Learning Objectives:
- Obtain the most current practical information as to the potential benefits of physical exercise from a whole brain/body perspective
- Learn how to maximize potential exercise benefits by timing nutrition, hydration, sleep and exercise
- Gain greater insight into how we might best motivate ourselves and those we serve to adopt better health practices as we age

$45 / 1 session

20397 R Mar. 10 8:30-11:30 a.m.
Regnier Center 181 Sharon Poisner

20398 Network member: $15

The U.S. Healthcare System – Less Bang for Big Bucks

Did you know that the United States spends twice as much on healthcare, but is ranked dead last compared to 11 of the top advanced industrialized countries? Three issues emerged as top contributing factors: cost of new technologies and prescription drugs, rise of chronic diseases and high administrative costs. The U.S. leads all other industrialized countries in the share of national healthcare expenditures devoted to insurance administration and yet, we have the poorest health indicator outcomes such as life expectancy, morbidity and disability. Come learn how other systems really work and the outcomes for these countries’ citizens from someone who knows from a personal and professional perspective.

RNs, LPNs, social workers, LPCs, LCPCs, registered dietitians and respiratory therapists will earn 4 contact hours. ACHAs will earn 4 (A) hours. Approval is pending for PTs and OTs.

Learning Objectives:
- Describe the process of comparing healthcare spending and outcomes
- Compare the U.S. to other countries in terms of healthcare costs and health outcomes
- Discuss the health indicators that are used to determine effectiveness of healthcare
- Understand the future of healthcare and discuss models of costs

$60 / 1 session

20391 F Mar. 11 9 a.m.-1 p.m.
Regnier Center 181 Ellyn Mulcahy

20392 Network member: $20

Codependency: When Being Responsible Is Not a Good Thing

Codependency is an emotional disorder that negatively impacts individuation, self-esteem and interpersonal relationships. Codependent people generally put aside their own needs for the needs of others, often feeling unnecessarily responsible for another. Beliefs may include “if I don’t do it, it won’t get done” or “everyone else’s needs and feelings take priority over mine.” Come learn how to best help clients who are busy trying to please others, who are overextended or overinvested in the lives of others, need to be all things to all people, or surrender their own well-being for the sake of assisting another.

RNs, LPNs, social workers, LPCs, LCPCs, and registered dietitians will earn 3 contact hours.

Learning Objectives:
- Understand the definition of codependency and identify the patterns, symptoms and characteristics of codependency and how “view of self” is impacted
- Discover the eight characteristics of a messiah and what “escaping the messiah trap” means
- Use specific strategies to avoid codependent pitfalls, set and maintain healthy boundaries and implement a plan for continued recovery
- Learn the 12 steps of Codependents Anonymous and self-care tips

$45 / 1 session

20381 F Mar. 25 8:30-11:30 a.m.
Regnier Center 181 Diane Schmidt

20382 Network member: $15
Current Multiple Sclerosis Treatment and Rehabilitation

Multiple Sclerosis (MS) affects more than 2.3 million people worldwide, with symptoms that are varied and unpredictable. Currently there is no cure for MS, however research and treatment options continue to grow. This course will bring you up to date on the current practices of comprehensive MS care, in addition to detailed evidence-based rehabilitation strategies.

APRNs, RNs, LPNs, social workers, registered dietitians, respiratory therapists and counselors will earn 6 contact hours. ACHAs will earn 6 (RC) hours. Approval is pending for OTs and PTs.

**Learning Objectives:**
- Learn the pathophysiology of MS and how an accurate diagnosis is made
- Learn the different signs and symptoms of MS
- Learn the different types of medication available for individuals with MS
- Learn what evidence based treatments are available in the rehabilitation setting

**$90 / 1 session**

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The Basics of Mental Illness – An Update on DSM 5 Major Diagnosis Changes

We’ve come a long way baby since the days of the 1950s original DSM, both in purpose and clinical understanding of mental illness diagnoses and symptomology. Mental health concerns are now some of the most disabling health conditions in our urban and industrialized world and it’s critical that clinicians have an understanding of the purpose, scope and power that the DSM 5 has in the diagnostic world and whether it’s still relevant. Come get a practical review of the major mental health diagnoses such as major depressive disorder, anxiety disorders, bipolar disorders, schizophrenia and other disorders, such as grief and dementia, related to older adults.

RNs, LPNs, social workers, LPCs and LCPCs will earn 3 contact hours. ACHAs will earn 3 (RC) hours.

**Learning Objectives:**
- Participants will review the initial purpose of the DSM and how this has evolved since its inception
- Participants will review the process of the creation of the new DSM 5 and why it has been controversial
- Participants will review major mental illness diagnoses and relevant changes per the DSM 5
- Participants will review assessment and referral strategies for clients with mental illness

**$45 / 1 session**

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America: Coming of Age

“The afternoon knows what the morning never suspected.”

Those words from poet Robert Frost highlight the wisdom and joy of aging. By year’s end, the last baby boomer will turn 50. We need creative strategies that will help America’s 156 million aging people do so with dignity, grace and style. We’ll need innovative approaches to manage the issues of the mental health needs of the elderly, medical systems to ensure quality care, and housing and community support systems that will allow aging in place. Are you prepared for the coming tsunami of aging people? Join us for an in-depth examination of aging Americans.

RNs, LPNs, social workers, and counselors will earn 6 contact hours. ACHAs will earn 6 (RC) hours. Approval is pending for PTs and OTs.

**Learning Objectives:**
- Discuss the demographics of aging, to include an examination of where aging people live
- List common mental health needs of aging people
- Discuss innovative living arrangements for elders who want to age in place
- Analyze the issues of poverty and hunger among aging people
- Discuss creative healthcare options to better serve aging people

**$90 / 1 session**

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<td>Judy Zinn</td>
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Staying Safe While Aging in Place

Do you have clients who want to remain at home as they grow older, but are finding it more difficult to manage their daily tasks? Do you or family members have safety concerns about living at home? This interactive course will provide needed information on home safety recommendations for the elderly. Course content will review adaptive equipment, home safety modifications in/around the home and tips that can make the difference in a senior’s ability to remain independent and safe at home.

RNs, LPNs, social workers, counselors and registered dietitians will earn 3 contact hours. Approval is pending for OTs.

**Learning Objectives:**
- Identify 15 pieces of adaptive equipment that can be used in the home to improve safety
- Identify three strategies for each room of the home to improve safety
- Review home safety assessments that can be used to identify concerns in the home

**$45 / 1 session**

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<td>Jamie McNally</td>
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The Truth About the Role of Alcohol in Disease

According to the CDC, excessive alcohol use led to approximately 88,000 deaths and 2.5 million years of potential life lost (YPLL) each year in the United States from 2006 to 2010. Further, excessive drinking was responsible for one in 10 deaths among working-age adults ages 20 to 64. This program will enlighten you to how excessive alcohol consumption is a biological and chemical disorder and survey the current research into the possible mechanisms of addiction. Discussion will focus on the role that alcohol plays in different disease states such as the development of chronic diseases, accident and injury, cancer, mental health decline, high blood pressure, heart disease, stroke, liver disease and digestive problems. The difference between moderate alcohol usage and its benefits from excessive alcohol consumption and risks will be evaluated. Genetic links to alcohol sensitivity will also be examined.

RNs, LPNs, registered dietitians, respiratory therapists, social workers, LPCs, LCPCs, psychologists and massage therapists will earn 4 contact hours. ACHAs will earn 4 (RC) hours. Approval is pending for PTs and OTs.

Learning Objectives:
• Describe the important biological and biochemical aspects of alcohol consumption
• Describe the addiction of alcohol
• Discuss the role of alcohol in chronic disease progression
• Discuss and examine the genetic susceptibility to alcohol-linked diseases
• Identify the positive effects of alcohol on some disease states

$60 / 1 session

20393 F Apr. 1 9 a.m.-1 p.m.
Regnier Center 183
Ellyn Mulcahy

20394 Network member: $20

Dementia Care Certificate: A Comprehensive Walk Through Caring for Someone with Dementia

Alzheimer’s is the nation’s sixth-leading cause of death – but the true total may be as much as six times higher. This three-day workshop will explore what we’ve learned that can significantly improve the lives of both the person with dementia and their caregivers in practical and applicable ways. We will explore dementia from a neurological viewpoint and come to understand what the world may be like for those experiencing these illnesses. This approach will guide us better how to interact with them, structure purposeful, person-centered care and maintain dignity and identity throughout the illness process. Caregiver stress, community resources, grief and loss issues, and hope will also be covered.

RNs, LPNs, counselors and social workers will earn 18 contact hours. CNAs, home health aides and personal caregivers will receive a certificate of completion for the program.

Learning Objectives:
• Discuss functional and cognitive deficits associated with Alzheimer’s and other dementing illnesses
• Review common causes of behavior problems in persons with dementia
• State five common uses and side effects of antipsychotic medications
• Demonstrate four ways to use music and multisensory stimulation to calm persons with dementia
• Discuss self-care and stress intervention techniques for caregivers
• Discuss and identify four resources for respite care and identifying needs for LTC placement

$225 / 3 sessions

20351 TWR Apr. 5-7 8:30 a.m.-3:30 p.m.
Regnier Center 181
Michelle Niedens
Penny Shaffer

20352 Public (no CEUs): $100

20353 Network member: $75
We encounter patients with allergies on a regular basis and they are miserable. Allergies are impacting more people each year and so are their options for treatment. This course will update you in the various methods of immunotherapy, including shots, drops and sublingual tablets, as well as OTC medications. We will review the pros and cons of each treatment method and how to best educate your clients on their options.

RNs, LPNs, registered dietitians and respiratory therapists will earn 3 contact hours.

Learning Objectives:
- Identify the most common symptoms related to allergies
- Identify three medical conditions that are associated with allergies
- State three methods for testing a patient for allergies
- State four treatment options now available to allergy sufferers
- Identify three options for avoiding allergies

$45 / 1 session

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<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>20468</td>
<td>Apr. 5</td>
<td>5:30-8:30 p.m.</td>
<td>Jeannie Blakely</td>
</tr>
<tr>
<td>20469</td>
<td>Network member: $15</td>
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</tbody>
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Caring for the Parkinson Patient Long-Term Caregiver 2016

This workshop is co-sponsored with

New Instructor

Spirituality: The Fourth Dimension of Recovery

A useful paradigm for addiction treatment is that of a "bio-psycho-social-spiritual disease." Most clinicians have a handle on the "bio-psycho-social" part, but many of us struggle with comprehension, familiarity and facility in exploring the spiritual angle with clients. This class will examine various models and definitions of spirituality, and look at its importance in treatment and recovery. Spirituality will be explored via three contemporary schools of treatment and recovery: acceptance and commitment therapy (ACT); dialectical behavior therapy (DBT); and the 12 steps of Alcoholics Anonymous. DSM-5 diagnostic criteria for substance use disorders will be reviewed.

RNs, LPNs, APRNs, social workers and counselors will earn 6 contact hours.

Learning Objectives:
- Define and explain the meaning of "spirituality" from the perspective of addiction treatment and recovery
- Understand the importance of spirituality in addiction treatment and recovery
- Know and be able to use – professionally and/or personally – the core constructs of ACT, DBT and the 12 steps of AA with regard to the spiritual dimension
- Recognize the DSM-5 criteria for substance use disorders

$90 / 1 session

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<thead>
<tr>
<th>Course Code</th>
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<th>Instructor</th>
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<tbody>
<tr>
<td>20370</td>
<td>Apr. 8</td>
<td>8:30 a.m.-3:30 p.m.</td>
<td>Jim LeCluyse</td>
</tr>
<tr>
<td>20371</td>
<td>Network member: $30</td>
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Mechanical Ventilation: A Multidisciplinary Approach

A major goal of critical care clinicians is to liberate patients from mechanical ventilation as early as possible to avoid the multitude of complications and risks associated with prolonged mechanical ventilation, including ventilator induced lung injury, pneumonia, increased length of stay and increased cost of care delivery. Studies reveal mechanically ventilated patients, who have awakening and breathing coordination as part of their critical care bundle, were liberated three days sooner, had decreased delirium and overall a shorter hospital stay. This workshop will explore the role of the multidisciplinary team’s varying roles that make early liberation a reality.

APRNs, RNs, respiratory therapists, registered dietitians and social workers will earn 2 contact hours. Approval is pending for PTs and OTs.

Learning Objectives:
- Define ABCDE, awaking, breathing, coordination, delirium and early mobility
- Define spontaneous awakening trial (SAT)
- Define spontaneous breathing trial (SBT)
- Discuss SAT and SBT to include key components of the multidisciplinary rounding partnership

$30 / 1 session

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<tr>
<th>Course Code</th>
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<td>21199</td>
<td>Apr. 7</td>
<td>6-8 p.m.</td>
<td>Saeed Jalilpo</td>
</tr>
<tr>
<td>21200</td>
<td>Network member: $10</td>
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To register by phone, call 913-469-2323.
The Changing Face of Aging
This course focuses on how American society cares for older adults, giving both a historical context and addressing the needs of our future older adult baby boomers. It will examine the deep system change from institutionalization to person-centered care that promotes aging as life-affirming and humane for our elders and those who work with them. You will explore best practices in caring for our older adults and implication for changing policy, values, beliefs and attitudes as it relates to changing the face of aging.

RNs, LPNs LMHTs, social workers and counselors will earn 3 contact hours. ACHAs will earn 3 (A) hours.

Learning Objectives:
• Discuss how baby boomers will be change agents for our current long-term care system
• Review changes in policy and its impact on the long-term care system
• Learn the benefits and basic concepts of person-centered care
• Discover how culture change and the changing rituals in long-term care celebrate the end of life

$45 / 1 session

20365 R Apr. 14 8:30-11:30 a.m.
Regnier Center 181 Jenny Hellman

Social Gerontology: An Overview
Understanding and meeting the needs of elders has come to the forefront of healthcare as the population becomes older. Older people today are not the same as their grandparents. They expect more, are more verbal and will live far longer. Lifestyles, employment, retirement and healthcare needs are different – so will our approach to caring for them change? Come explore the demographic factors of the aging population, normal biological, psychological and social changes that occur in aging adults. You will learn causes, symptoms and manifestations of depression and Alzheimer’s Disease. You will learn to compare and contrast aging in different environments and learn to identify the stages of grief and the stages of retirement.

RNs, LPNs, LMHTs, social workers, LPCs and LCPCs will earn 6 contact hours. APRNs, RNs, LPNs, social workers and registered dietitians will earn 3 contact hours. ACHAs will earn 3 (RC) hours. Approval is pending for OTs and PTs.

Learning Objectives:
• Identify the basic personality traits of older adults
• Identify ways in which an older adult’s personality develops
• Identify the psychosocial needs of older adults and common responses when their needs are not met
• Identify basic personality disorders of older adults

$90 / 1 session

20363 F Apr. 15 8:30 a.m.-3:30 p.m.
Regnier Center 181 Novella Perrin

20364 Network member: $30

New Instructor Heal Your Gut, Change Your Life
A new era of medicine is emerging with the understanding that gut microbiota plays a significant role in the body’s overall health and immune system. Though in its infancy, many important revelations have come to light on how gut microbiota may be affecting disease at the cellular level that we did not realize a few short years ago. Come learn from a retired physician what research is discovering about our standard American diet and how it is making us sick. You will be surprised by what her research and personal journey will teach you.

APRNs, RNs, LPNs, social workers and registered dietitians will earn 3 contact hours. ACHAs will earn 3 (RC) hours.

Learning Objectives:
• Discuss the human microbiome and its effects on the immune system
• State four factors that emphasize the importance of a healthy gut
• List five components of a healthy diet
• Explore the map to health and wellness

$45 / 1 session

21214 T Apr. 19 5:30-8:30 p.m.
Regnier Center 181 Pam Johnson

21215 Network member: $15

21216 Public (no CEUs): $15

Information Isn’t Enough: Helping Patients with Lifestyle Change
Most people struggle with making change, even when they know it’s in their best interests to modify their behavior. Education regarding the benefits of change is important, but it is one component of successful lifestyle change. Explaining to patients why they need to make better choices is like selling snow to Alaskans. Alaskans know the benefits and limitations of snow and patients recognize their need to change – but they don’t know how. When education doesn’t produce the desired outcome, we move to the next tool in our kit: persuasion. Join us to discover techniques that make successful behavioral changes easier to master for patients and professionals.

RNs, LPNs, LPCs, LCPCs, social workers, registered dietitians and respiratory therapists will earn 6 contact hours. Approval is pending for OTs and PTs.

Learning Objectives:
• Identify techniques for providing best practice education
• Discuss how to use motivational interviewing to help patients overcome their resistance to change
• List techniques for using appreciative inquiry to build patient confidence
• Analyze methods for producing fun, interactive educational games
• Discuss whether group education can facilitate positive outcomes

$90 / 1 session

20387 W Apr. 20 8:30 a.m.-3:30 p.m.
Regnier Center 181 Judy Zinn

20388 Network member: $30

Save time! Enroll online: www.jccc.edu/hhs
Music that Speaks to Those on the Autism Spectrum

Music therapy interventions used with children and teens with autism spectrum disorder can improve social behaviors, increase focus and attention, increase communication, reduce anxiety and improve body awareness and coordination. In this class you will learn about the vestibular system or ear and how it relates to autism. Experience different kinds of music and learn how it affects sensory, cognitive and emotion systems.

RNs, LPNs, social workers, counselors and massage therapists will earn 4 contact hours. Approval is pending for OTs and PTs.

Learning Objectives:
- Learn three benefits of music for individuals with autism
- Describe how music helps the emotional response
- Discover one way music can help increase body awareness
- Discuss two ways that music decreases anxiety

$60 / 1 session

WomenHeart: A Day of Women’s Heart Health

The National Coalition for Women with Heart Disease is the nation’s only organization solely devoted to supporting the 42 million American women living with or at risk for heart disease – the leading cause of death in women. WomenHeart advances women’s heart health through advocacy and community education on prevention, early detection, accurate diagnosis and proper treatment and coordinates the nation’s only patient support network for women living with heart disease. WomenHeart is both a coalition and a community of thousands of members nationwide, including women heart patients and their families, physicians and health advocates, all committed to helping women live longer, healthier lives.

This will be a dynamic day of learning for those attending the conference. Cardiologists, healthcare professionals and women living with heart disease, from the Kansas City area, will present on topics including: understanding heart disease in women, how heart disease affects our bodies and its impact on other organs, new trends and treatments, “Thinking Out of the Box” in the treatment and prevention of heart disease, “After the Diagnosis” discussing coronary angioplasty, stent procedures and open heart surgeries. The program will also include discussions on cardiac rehab and living well with heart disease.

Healthcare professionals will earn 7 contact hours for attending the conference. RNs, LPNs, APRNs, social workers, counselors, psychologists, registered dietitians and respiratory therapists will earn 7 contact hours. ACHAs will earn 7(RC) hours. Approval is pending for OTs and PTs.

Learning Objectives:
- Understand what makes heart disease in women different.
- Discuss the impact of heart disease on the body
- Discuss new trends in the treatment of women with heart disease and the associated challenges
- Open our minds when thinking of treatment, prevention and living healthy
- To discuss coronary angioplasty and stent procedures
- Discuss when open heart is appropriate and what it means for the patient
- Discuss the impact and importance of living well with heart disease and the role of cardiac rehab in the overall outcome of the patients success rate

$105 / 1 session

Rebounding with Positive Stroke Rehab

Recovery from a stroke is a long and difficult road. That’s why healthcare providers approach each step in rebounding from a stroke in the best possible way to avoid complications. Preventing Rehabilitation Complications and Barriers Following Stroke uses recent data to inform attendees about what to look for when caring for stroke survivors throughout the entire recovery process in efforts to maximize rehabilitation.

1:30-4:30 p.m.
Thursday, Feb. 11

See page 8 for course information.
For more information, call 913-469-3811.
Moving Forward and Outmuscling MS Symptoms

Advances in research and treatment options for Multiple Sclerosis grow while efforts continue to find a cure for MS. Learn about current practices of comprehensive MS care in addition to detailed evidence-based rehabilitation strategies by attending Current Multiple Sclerosis Treatment and Rehabilitation.

1-7 p.m.
Tuesday, March 29

See page 14 for course information.
For more information, call 913-469-3811.

To Clot or Not to Clot: Anticoagulants and Antiplatelet Medications

Blood clots are formed to stop blood loss when an injury occurs. Without the formation of blood clots even a minor cut could result in excessive bleeding. Problems can arise when blood clots form unnecessarily. Hemostasis is a complex process that ensures a proper balance of clotting such that bleeding is controlled without inhibiting blood flow within the body. Blood can clot abnormally with unique circumstances as stasis, hypercoagulability and endothelial damage. Anticoagulant medications are foundation therapies used to treat and prevent thrombus formation. Although specific in action with a positive endpoint, these medications can produce serious adverse reactions. This course will review coagulation disorders, anticoagulant medications and associated risks of therapy.

APRNs, RNs, LPNs, social workers, counselors, registered dietitians and respiratory therapists will earn 3 contact hours. ACHAs will earn 3 (RC) hours. Approval is pending for PTs and OTs.

Learning Objectives:
• Describe Virchow’s Triad of Coagulability
• Identify three common causes of deep vein thrombosis
• Summarize the pathology of pulmonary embolus
• List the most common anticoagulant medications and describe their associated mechanisms of action
• List three antiplatelet medications and compare their mechanism of action to those of anticoagulant medications
• Identify the measures employed to prevent and/or manage adverse effects caused by the anticoagulant and antiplatelet medications

$45 / 1 session

20395 T Apr. 26 5:30-8:30 p.m.
Regnier Center 181 Terry Rehder

20396 Network member: $15

Women and Mood Across the Lifespan: A Biopsychosocial Diagnostic Look

Since the 1980s the subject of women’s mental health, particularly as it relates to hormones and reproduction has gotten a lot of attention. There is growing recognition, especially during child-bearing years, that women are at higher risk for depression, anxiety, eating disorders and postpartum mood changes. One in four women in their 40s and 50s is currently on an antidepressant. This course will examine the latest research on women and mood from birth to death, reviewing the current DSM 5 diagnosis related to mood and reproductive mental health issues and a discussion on the various other cultural and ageist contributors that might be underlying this pathology.

RNs, LPNs, social workers, LPCs and LCPCs will earn 3 contact hours. ACHAs will earn 3 (RC) hours.

Learning Objectives:
• Discuss the current mental health epidemic with attention to DSM 5 criteria for major depression, eating and trauma disorders, premenstrual dysmorphic disorder and other reproductive mental health conditions
• Discuss cultural and ageist contributors to the pathology
• Discuss the role of the pharmaceutical industry in drug use trends and overuse
• Describe normal mood progression for a typical female, birth to death and symptoms related to hormone fluctuations
• Differentiate between normal mood changes and what may indicate a true clinical diagnosis
• Discuss strategies for coping and advocating for women’s innate inner-wisdom in navigating this emotional terrain

$45 / 1 session

21219 R Apr. 28 8:30-11:30 a.m.
Regnier Center 181 Sally King

21220 Network member: $15
Kansas Assisted Living Facility Operator Training Course
This course is designed to provide operators of assisted living facilities, residential healthcare facilities, home plus and adult day care facilities with information on the principles of assisted living. The aging process and its effect on activities, treatment and management of the elderly will be presented. Participants who attend all sessions and successfully complete a comprehensive examination will meet the requirements to be a long-term care facility “operator” for those mentioned above as established by the Kansas Department of Health and Environment. This course is also recommended for current operators as a beneficial update on the latest information in assisted living and residential healthcare.

Enrollees must have an associate’s degree in hospitality, gerontology or health and human services or other degrees approved by the secretary of the Kansas Department of Aging and Disabilities Services or have a bachelor’s degree.

Kansas ACHAs will earn 30 (A) hours and 15 (RC) hours. RNs, LPNs and social workers will earn 45 contact hours. This course does not provide a business plan for opening an assisted living, residential healthcare or home plus.

Learning Objectives:
• Express a philosophy of person-centered, long-term care based on individual resident needs, preferences and choices
• Express knowledge of the aging process
• Demonstrate knowledge of applicable state and federal regulations
• Discuss resident rights and issues involved in the management of internal support staff, budgeting, supplies and outside resources

$710 / 6 sessions

20362   FS   Apr. 29-May 14 8 a.m.-5 p.m.
Regnier Center 144                Belinda Vierthaler

Handling Stress: Changing from Beat Down to Charged Up
Stress is a daily part of Western life. Although we now have more time-saving gadgets than ever before, our schedules are busier than ever. In spite of all of this effort and busyness, fulfillment is often not the end result. And as we know, stress can exacerbate the symptoms of almost all DSM diagnoses. This workshop will focus on providing a template for helping clients, especially those diagnosed with anxiety or depression, flourish in spite of unavoidable stress. The research findings of positive psychology and other related disciplines will be used to identify steps to increase meaning and fulfillment, and achieve more balance and peace for both our clients and ourselves.

RNs, LPNs, social workers, psychologists, LPCs, LCPCs, respiratory therapists, massage therapists and registered dietitians will earn 6 contact hours. ACHAs will earn 6 (RC) hours. Approval is pending for PTs and OTs.

Learning Objectives:
• Review criteria for DSM-5 anxiety and depressive disorders
• Increase resilience to stress for anxiety and depressive disorders
• Learn basic principles of positive psychology
• Understand how the modern lifestyle increases stress
• Learn how to live more fully in the present
• Become familiar with practical, empirically supported strategies to work more efficiently
• Understand the role of strengths and virtues

$90 / 1 session

20481   F   Apr. 29 8:30 a.m.-3:30 p.m.
Regnier Center 181                 John Wade

20482   Network member: $30

New Instructor  A Catch in My Get-Along: Restoring Function in Hip Osteoarthritis
Balance and gait dysfunction are associated with immobility and falls in the aging population, impairing their quality of life. A 2006 research study showed a 35-percent prevalence of gait disorders among people older than 70. In 2013, the CDC reported 25,500 older adults die from unintentional falls. Of the 250,000 hip fractures reported every year, 95 percent of those were from falls. This course is intended to assist you in recognizing dynamic biomechanical changes that occur in clients with hip osteoarthritis and provide effective techniques to minimize the dysfunction and improve mobility and quality of life.

RNPs, LPNs and massage therapists will earn 7 contact hours. Approval is pending for PTs and OTs.

Learning Objectives:
• Learn to evaluate for biomechanical dysfunction of the hip and surrounding tissue
• Determine the cause for the dysfunction
• Learn four effective therapeutic options to restore functional mobility
• Gain proficiency in palpation of lumbopelvic and lower extremity musculature
• Use evaluation of peripheral nerve entrapment to determine contribution to dysfunction

$105 / 1 session

21217   T   May 3 9 a.m.-5 p.m.
Regnier Center 181                Chantel Braasch

21218   Network member: $35

Using Music for a Better Death Experience
Music can help persons facing the end of life feel more supported, improve self-esteem, express emotions, resolve conflicts, and create a safe, less-threatening environment within the hospital, hospice or home setting. Music can be a beautiful bridge between this life and death and also take over when language/words are no longer effective. In this workshop you will learn ways to use music to help your clients or loved ones use music to make their transition easier and help bring a more blessed death – through music one can die whole and at peace.

RNPs, LPNs, social workers, LPCs, LCPCs, registered dietitians and massage therapists will earn 4 contact hours. ACHAs will earn 4 (RC) hours.

Learning Objectives:
• Participants will be able to list two reasons how music can help the dying process
• Participant will be able to describe music thanatology
• Participant will be able to describe why favorite music from the past may not work at the end of life

$60 / 1 session

20785   W   May 4 8:30 a.m.-12:30 p.m.
Regnier Center 181                 Jan Hoffman

20786   Network member: $20

To register by phone, call 913-469-2323.
Adult Care Home Regulations Made Easy

If you have ever wanted to have a basic understanding of the regulations that govern assisted living and nursing homes from a non-clinical or administrative perspective, this is the class for you. Understanding whether a resident can be admitted or discharged can be confusing. Learn how to navigate through regulations and gain a better understanding of their meaning and the impact they have on your role.

RNs, LPNs, social workers, counselors and registered dietitians will earn 7 contact hours. This course is open to anyone involved or interested in the regulations that govern assisted living or nursing home facilities.

Learning Objectives:
• Experience an overview of adult care home regulations
• Learn how to navigate the regulations
• Apply the regulations to real-world situations

$105 / 1 session
21175 T May 10 9 a.m.-5 p.m.
Regnier Center 181 Belinda Vierthaler
21176 Network member: $35
21177 Public (no CEUs): $35

Non-Healing Wound Care: From Clinical Assessment and Treatment to Appropriate Coding of Procedures

Treatment of non-healing wounds is critical for patient recovery from disease, injury or surgery. Those involved from assessment to rehabilitation through appropriate coding and billing need to know the vital steps necessary for positive patient outcomes and reimbursement. This course will take you through every step of the clinical and business side of the healing process of wound care.

APRNs, RNs, LPNs and medical coders will earn 4 contact hours. Approval is pending for PTs.

Learning Objectives:
• State documentation practices according to evaluation and management (E/M) guidelines
• Describe five treatment options for wound care
• Identify five correct reporting and coding procedures
• Discuss various documentation requirements based on procedures done
• Discuss national and local coverage determinations (NCD/LCD) for medical necessity

$60 / 1 session
21221 S May 14 1-5 p.m.
To Be Arranged Kimberly Leeson
21222 Network member: $20

Parkinson Patient Care 101 for Family Members

If faced with caring for a family member or patient with Parkinson Disease, then naturally numerous questions about the disease and how to cope exist. Caring for the Parkinson Patient Long-Term Caregiver 2016 provides a good first step in finding the support, resources and understanding you need to be the best caregiver possible.

8:30 a.m.-3:30 p.m.
Thursday, April 14

See page 16 for course information.
For more information, call 913-469-3811.

This program is co-sponsored with PARKINSON FOUNDATION Heartland
Career Opportunities

ICD-10-CM Proficiency Assessment Preparation
This 8-hour course will introduce certified coders to the ICD-10-CM code set. Coders will learn the format, conventions, and guidelines of the new code set and analyze differences between ICD-9-CM and ICD-10-CM. Lecture will be supplemented with coding exercises for students to practice applying guidelines in code assignment. At the end of the course, students will be prepared with skills needed to sit for the ICD-10 proficiency assessment required for all AAPC-certified coders.

**Learning Objectives:**
- Review and compare changes in code sets between ICD-9-CM and ICD-10-CM
- Successfully complete coding exercises to apply guidelines
- Demonstrate proficiency with new code sets in practice environment

$275 / 1 session

**20368**  
S Feb. 20  
9 a.m.-5 p.m.  
Regnier Center 144  
Richelle Marting

Medical Coding Certification Course (CPC)
The wait is over. The ICD-10 is here and our newly revised hybrid course will study medical coding using the latest curriculum approved by the American Academy of Professional Coders (AAPC). Individuals who complete the course may apply to sit for the national AAPC exam. The CPT, ICD-10-CM and HCPCS are required books available in the JCCC Bookstore and must be purchased prior to the first day of class. Medical Terminology and Anatomy and Physiology are prerequisite courses offered prior to this course.

A three-part payment plan is available for this course. The $250 fee for the CPC certification exam is not included. This course is designed for those who have on-the-job training or other experience in healthcare and not recommended for those without prior experience. **Enrollment is by selective admission only.** Applications are available online at www.jccc.edu/hhs. Call 913-469-3811 for more information.

**Learning Objectives:**
- Know the difference between hospital and physician coding
- Understand proper process for selecting and assigning diagnosis codes
- Apply ICD-10-CM guidelines through accurate assignment and sequencing of codes
- Apply NCCI and CPT guidelines in assigning CPT codes
- Apply modifiers to procedural services accurately
- Recognize key concepts commonly tested on the CPC exam

$1,700 / 22 sessions

**20367**  
Jan. 7-May 14  
Online Course
R Jan. 7  
6-9 p.m.
R Jan. 28  
6-9 p.m.
R Feb. 11  
6-9 p.m.
R Mar. 3  
6-9 p.m.
R Mar. 24  
6-9 p.m.
R Apr. 14  
6-9 p.m.
S Apr. 30  
8 a.m.-2 p.m.
R May 5-May 12  
6-9 p.m.
Regnier Center 181  
Richelle Marting

Applicants are being reviewed now for 2016 classes

Pharmacy Technician Certification
Pharmacy technicians assist and support licensed pharmacists in providing medication therapy to patients. The Pharmacy Technician program at JCCC trains students in all phases of the pharmacy field: over-the-counter, prescription medication processing and distribution, pharmaceutical calculations, compounding, vaccine preparation, sterile products preparation, IV preparation, professional communication and problem-solving skills, ethics, inventory management, quality and safety initiatives, and federal Kansas and Missouri state pharmacy laws. This program is accredited by the American Society of Health System Pharmacists.

This program is by selective admission only and applicants are being reviewed now for the 2016 class. For more information call 913-469-3811 or log in at www.jccc.edu/hhs.
Spring 2016 > Career Opportunities and Online Courses

Students who enroll in both ECG and Phlebotomy will receive a 15-percent discount.

ECG Technician Course
This course goes far beyond teaching you to apply electrodes and operate the ECG machine. You will learn how to read and interpret ECGs and differentiate cardiac rhythms. This 60-hour program includes 40 hours of didactic and practical training on the JCCC campus and three days of clinical experience at Olathe Medical Center working 1:1 with ECG technician staff in performing ECGs in a variety of hospital units. You will be prepared to sit for national certification upon successful completion of this course.

This program is by selective admission only and applicants are being reviewed now for the class starting in January and July. For more information, call 913-469-3811 or log in at www.jccc.edu/hhs.

$950 / 11 sessions

Phlebotomy Technician Certification
This intensive 150-hour Phlebotomy Technician course will concentrate on both clinical and didactic phlebotomy and specimen collection. The student will learn all aspects of phlebotomy in a healthcare setting, including collection procedures, safety guidelines, patient rights, test requirements and equipment basics. Lecture and initial clinical work will be held at JCCC. Students who have successfully completed this portion of the course will be assigned a 1:1 rotation with an Olathe Medical Center laboratory staff to complete a 100+ hour clinical training rotation. After successfully passing clinicals and the final exam, the student will be prepared to sit for the national certification test from the American Society for Clinical Pathology.

This program is by selective admission only. For more information, call 913-469-3811 or log in at www.jccc.edu/hhs.

$1,650 / 22 sessions

Online CEU Certificate Courses

- Certificate in Pain Assessment and Management (12 CEU)
- Medical Terminology: A Word Association Approach*
- Certificate in End-of-Life Care (18 CEU)
- Certificate in Gerontology (25 CEU)
- Certificate in Complementary and Integrative Health (24 CEU)
- Certificate in Spirituality, Health and Healing (25 CEU)
- Certificate in Integrative Mental Health (20 CEU)
- Certificate in Holistic and Integrative Health: Foundation 1 (14 CEU)
- Certificate in Holistic and Integrative Health: Foundation 2 (10 CEU)
- Certificate in Holistic and Integrative Health: Foundation 3 (9 CEU)
- Certificate in Food, Nutrition and Health (16 CEU)
- Certificate in Optimal Healing Environments (16 CEU)
- Certificate in Brain Health (10 CEU)
- Certificate in Healthy Aging (10 CEU)
- Certificate in Stress Management (14 CEU)
- Spanish for Medical Professionals*

* No CEU course

For information about JCCC’s online certificate courses and prices, visit www.ed2go.com/jccc.
Choose self-paced study when you want the convenience of being able to complete CE in your own home at a time that is convenient for you!

**Self-paced study programs must be completed within six months of registration.**

The Kansas State Board of Nursing allows RNs and LPNs to obtain 30 hours of CE through self-paced study each renewal period. The Kansas Department of Health and Environment allows licensed adult care home administrators to obtain CE hours through self-paced study.

Self-paced study courses with content relevant to ACHA practice are approved for the indicated number and type of CE clock hours for ACHAs licensed by the Kansas Department of Health and Environment. Long-term Sponsorship Number: LTS A0004.

### Registering for self-paced study programs

To register, follow the same procedure as for any other course. A complete packet of materials will be mailed directly to you or you may pick it up in Regnier Center 159. Some courses are now available in PDF format and can be sent via email upon request.

In order to make the self-paced booklets more convenient for you, some booklets are now available in PDF format and can be emailed to you Monday through Friday. After completing the test, you can scan and email your answers back to us and we will mail your certificate to you. You can also bring your completed test to us, or mail it to us. Printed booklets are still available. Sorry, certificates cannot be scanned or faxed to you.

You can return your tests and evaluations to:

**Email**
kgill1@jccc.edu

**Mail**
Johnson County Community College
12345 College Blvd. Box 26
Overland Park, KS 66210

### Self-Paced Home Study: Booklet Courses

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Contact Hours</th>
<th>Fee</th>
</tr>
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<tbody>
<tr>
<td>ABCs of Viral Hepatitis</td>
<td>3 (RNs and LPNs); 3 (RC) (ACHAs)</td>
<td>$41</td>
</tr>
<tr>
<td>The Art of Positive Conflict: Effective Conflict Management Skills</td>
<td>1 (RN, LPN, social worker and counselor); 1 (A) (ACHAs)</td>
<td>$14</td>
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<tr>
<td>Assertiveness: New Perspectives</td>
<td>3.3 (RN, LPN, and social workers and counselors)</td>
<td>$45</td>
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<tr>
<td>Beyond Sadness: Major Depressive Disorder</td>
<td>4 (RN, LPN, and social workers and counselors); 4 (RC) (ACHAs)</td>
<td>$54</td>
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<td>Bouncing Back: Increasing Personal and Professional Resiliency</td>
<td>6 (RN, LPN, social workers and counselors); 6 (A) (ACHAs)</td>
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<td>Brief Solutions Focused Therapy</td>
<td>2 (RN, LPN, social workers, LPCs and LCPCs)</td>
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<td>Cancer in the 21st Century</td>
<td>4 (RN and LPN)</td>
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<td>Childhood Illnesses and Vaccinations</td>
<td>3 (RN and LPN)</td>
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<td>Conflict Management: Skills for Uncertain Times</td>
<td>5 (RN, LPN, LMHTs, social workers and counselors; 5 (A) hours (ACHAs)</td>
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<td>Cultural Competency</td>
<td>3 (RN, LPN, counselors, social workers and counselors; 3 (RC) (ACHAs)</td>
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<td>Dementia from Infectious Diseases</td>
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<td>Difficult Decisions: Ethical Decision Making in Nursing Practice</td>
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<td>Difficult Decisions: Ethical Decision Making in Social Work Practice</td>
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<td>Epidemiology of Infectious Diseases: A Review</td>
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<td>Foodborne Illness: A Serious Disease Going Unnoticed and Under-Reported</td>
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<td>Genetics and Nucleic Acids Inheritance and Therapy of the Future</td>
<td>3 (RN, LPN, APRNs and social workers)</td>
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<td>Course Title</td>
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<td><strong>HIV/AIDS</strong></td>
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<td>Contact hours: 2 for RNs, LPNs, social workers and counselors; 2 (RC) for ACHAs</td>
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<td><strong>Hepatitis C: The Silent Epidemic</strong></td>
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<td>Contact hours: 1 for RNs and LPNs; 1 (RC) for ACHAs</td>
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<td><strong>Hypertension: The Silent Killer</strong></td>
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<td>Contact hours: 4 for RNs and LPNs; 4 (RC) for ACHAs</td>
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<td><strong>The Immune System: Deficiencies and Disorders</strong></td>
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<td>Contact hours: 4 for RNs, LPNs, and social workers</td>
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<td><strong>Infections and Illnesses During Pregnancy</strong></td>
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<td>Contact hours: 4 for RNs, LPNs, and social workers</td>
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<td><strong>Influenza: A Virus to Cause Future Pandemics?</strong></td>
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<td>Contact hours: 3 for RNs and LPNs; 3 (RC) for ACHAs</td>
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<td><strong>Making the Connection: Keys to Quality Customer Service</strong></td>
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<td>Appropriate for all healthcare professionals.</td>
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<td>Contact hours: 5 for RNs, LPNs, social workers; 5 (A) for ACHAs</td>
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<td><strong>Methicillin-Resistant Staphylococcus aureus and Other Types of Antibiotic Resistance</strong></td>
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<td>Contact hours: 2 for RNs, LPNs, social workers and counselors; 2 (RC) for ACHAs</td>
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<td><strong>Mosquito-Borne Illnesses</strong></td>
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<td>Contact hours: 4 for RNs and LPNs; 4 (RC) for ACHAs</td>
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<td><strong>Patient Compliance: A New Look</strong></td>
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<td>Contact hours: 5.4 for RNs, LPNs, social workers and counselors</td>
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<td><strong>Positive Psychology 101</strong></td>
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<td>Contact hours: 3 for RNs, LPNs, social workers and counselors; 3 (A) ACHAs</td>
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<td><strong>Protect Your Nursing Practice: Know the Law</strong></td>
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<td>Contact hours: 4 for RNs and LPNs; 4 (A) for ACHAs</td>
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<td><strong>Sepsis: Silent and Deadly</strong></td>
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<td>Contact hours: 2 for RNs, LPNs, social workers, APRNs; 2 (RC) for ACHAs</td>
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<td><strong>Sexually Transmitted Diseases (STDs)</strong></td>
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<td>Contact hours: 3 for RNs, LPNs, counselors, social workers; 3 (RC) for ACHAs</td>
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<td><strong>Striving: Four Components of Resiliency</strong></td>
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<td>May not be taken with Bouncing Back: Increasing Personal and Professional Resiliency. Contact hours: 2 for RNs, LPNs, counselors and social workers; 2 (A) for ACHAs</td>
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<td><strong>Successfully Bridging Cultural Differences</strong></td>
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<td>Contact hours: 3 for RNs, LPNs, social workers, counselors and psychologists</td>
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<td><strong>Superachievers and Coping Strategies</strong></td>
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<td>Contact hours: 2.4 for RNs, LPNs, social workers and counselors</td>
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<td><strong>Surviving: Impact of the Stress, Anxiety, Tension Triangle</strong></td>
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<td>May not be taken with Bouncing Back: Increasing Personal and Professional Resiliency. Contact hours: 2 for RNs, LPNs, social workers and counselors; 2 (A) for ACHAs</td>
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<td><strong>Tactful Toughness: A Home Study Course for Helping Professionals</strong></td>
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<td><strong>Taking Care of Residents: A Customer Service Approach</strong></td>
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<td>Appropriate for staff in LTC – May not be taken with Making the Connection: Keys to Quality Customer Service in Healthcare. Contact hours: 5 for RNs, LPNs, counselors and social workers; 5 (RC) for ACHAs</td>
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<td><strong>Three-Score Years and 10: Families and Elder Care</strong></td>
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<td>Contact hours: 6 for RNs, LPNs, social workers and counselors; 6 (RC) for ACHAs</td>
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<td><strong>Tick-Borne Diseases</strong></td>
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<td>Contact hours: 3 for RNs and LPNs</td>
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<td>Contact hours: 2.6 for RNs, LPNs and social workers</td>
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<td><strong>Toxins in Our Environment: What You Can’t See Could Hurt You</strong></td>
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<td>Contact hours: 4 for RNs and LPNs</td>
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<td><strong>Upset Workbook</strong></td>
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<td>Contact hours: 8 for RNs, LPNs, social workers and counselors; 8 (A) ACHAs</td>
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<td><strong>Zoonotic Diseases: Diseases That Cross Between Humans and Animals</strong></td>
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<td>Contact hours: 4 for RNs and LPNs</td>
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</table>

**Self-paced CE Package Deal**

This 30-hour package provides a convenient, hassle-free way for busy nurses to complete their continuing education requirements. Choose from many different self-paced study booklets to complete your CE and do it whenever you want, wherever you want.

Call 913-469-3811 for a list of programs available at a discounted rate.
Important Information

Enrollment
Enroll early. Space is limited. Class space is reserved only after your registration fee is received.

Acknowledgement of Enrollment
An acknowledgement of registration and payment is emailed to you after your registration is received. Participants who have set up online access with Continuing Education Registration may also access their Schedule via the JCCC home page.

Attendance Policy
You are expected to attend each program in its entirety to receive contact hour credit. Credit for partial attendance is allowed only in emergency situations; contact hours will be rounded to the nearest half hour actually attended. Certificates will be awarded at the close of each program. Certificates must be picked up personally.

Continuing Education Transcripts
JCCC provides transcripts to document credit and professional continuing education coursework completed at JCCC. To request a transcript call 913-469-2323.

Certificates
You will receive a certificate of contact hours earned upon successful completion of the program.

Refund and Cancellation Policy
A full refund will be made if the college exercises its right to cancel a program or if the program is full when your registration is received. A request for refund will be honored if a request is received in the Continuing Education Registration office four business days before the program begins. Exceptions to this policy may be authorized by the program director and director of operations.

Parking – Come Early
Allow ample time to find a parking space. Parking is free.
How to Register for Classes

By Web
Register for a Continuing Education class online, through our Class Search or via EASI.

- Class Search
Visit www.jccc.edu/ce and click on Find a Class then click the “enroll” button. If a class is not yet available for online enrollment via the class search, please call a registration specialist at 913-469-2323.

- EASI
Go to www.jccc.edu/ce, click on “register online,” find the EASI option and enter your JCCC username and password.

By Phone – 913-469-2323
Register by phone using your credit card between 8 a.m. and 5 p.m. Monday through Friday.

In Person
Register in person at the Continuing Education Registration office, Regnier Center 173 on the JCCC campus. Registration is open 8 a.m. to 5 p.m. Monday through Friday.

Understanding Class Listings

Technology in Healthcare
Technology is not only used more in your personal life today, it is also impacting the daily life of healthcare professionals and patient care. Keeping up with the latest information can be time consuming, but can help you improve you professional skills and value within your organization.

Learning Objectives:
- Discuss the paradigm shift of technology use in healthcare

RN, LPNs, social workers and counselors will earn 3 contact hours. AHCAs will earn 3 (A) hours.

$42 / 1 session

91336  M  Mar. 9  Regnier Center 181  Bill Smith
91337  Network member $14

Technology in Healthcare
Technology in Healthcare
Technology in Healthcare
Technology in Healthcare

Days of the week key:

- M Monday
- T Tuesday
- W Wednesday
- R Thursday
- F Friday
- S Saturday
- U Sunday

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- S Saturday
- U Sunday

Save time! Enroll online: www.jccc.edu/hhs

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Spring 2016
Classes will fill fast.
Register today!

jccc.edu/hhs

Matters of a Woman’s Heart
Cardiologists, healthcare professionals and women living with heart disease come together in a heart-felt day of learning about the No. 1 killer of women. WomenHeart: A Day of Women’s Heart Health focuses on survivors, and attendees to discover more about living well with heart disease and becoming one’s own advocate. WomenHeart: The National Coalition for Women with Heart Disease co-sponsors this course.

8 a.m.-5 p.m., Saturday, April 23
See page 18 for more information.

This course is co-sponsored by

WomenHeart
The National Coalition for Women with Heart Disease

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