

In the next edition, the title will change to *Community Health Transmitter* to better reflect our new scope of work.

Newsletter of
Kadlec Neurological
Resource Center

The NEURO TRANSMITTER

January / February 2018

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Healthy Ages Programs
- 8 | New Brain Injury Resource /
Save the Date

◀ *One Mother's
Story -*

***Because some secrets
should be shared.***

See page 2

Photo credit Michael A. Mears

KADLEC | NEUROLOGICAL
RESOURCE CENTER

www.kadlec.org/knrc

Kadlec Foundation, a 501 (c) 3, is a not-for-profit organization. This newsletter, KNRC programs and resource materials are available thanks to the generosity of our donors and sponsors. A special thank you to Kadlec Auxiliary for their monumental support.



Photo credit Jay Frank

One Mother's Story | By Mary Lynn Merriman

When Kimberly Starr of Prosser gives her presentation on suicide prevention, she poses two questions. The first, who in the room knows someone who has been diagnosed with a mental health disorder such as depression or anxiety? The second, who in the room has been impacted by a death by suicide?

For both questions, the room is filled with hands going up in the air. This leads to a third question, if so many are impacted by mental illness and suicide, why are these both taboo subjects in our society?

Kimberly wants to change that.

Her reasons are deeply personal. On March 16, 2015, Kimberly lost her 16-year-old son, Tom, to death by suicide.

"I want people to understand, if it can happen in our family, it can happen in yours," she said. "We need to talk more openly about mental illness and become advocates for our own and our loved ones' mental health."

Kristi Haynes, Prevention Education Consultant/Trainer with Educational Services District 123, agrees. "Suicide is the second leading cause of death for ages 15 to 34 and within the top ten leading causes of death for all ages. This makes it a community health problem, and we need to address it that way," she said.

Recognizing the signs

Before Tom's death, Kimberly attended a suicide prevention training as a part of her employment.

"I remember thinking to myself, 'I am so glad I don't have to worry about this with my kids,'" she said. "If someone would have been sitting next to me, I would have said it out loud to them. I was that confident in my children's mental health."

When another former Prosser student took his life a few years before Tom's death, Kimberly asked her son if he'd ever considered suicide himself. He said no.

She also understands suicide on a different level. She has twice contemplated suicide — once in high school and once as an adult. Both times she was able to reach out for help.

According to The Jason Foundation, four out of five teens who attempt suicide give clear warning signs.

Following Tom's death, Kimberly was certain Tom did not demonstrate those warning signs.

"It wasn't until about a year later that I began to realize there were signs, we just weren't able to see them. We knew about his anxiety, but not of the extent of its hold on him. We were completely in the dark regarding his depression," she said. "We thought his seriousness and reserve were personality changes in response to puberty and his maturation."

"The biggest sign we missed was his struggle with sleep," she said. "We didn't know about the



Tom Starr Mears, Tom's stepfather L.J. Da Corsi, Kimberly A. Starr

CONTINUED FROM PAGE 2

relationship between sleeping problems, depression and suicide."

Since her son's death, Kimberly has become determined to tell Tom's story, to help educate people on mental illness and suicide. She wrote "457 Days", a book that chronicles her journey along grief's path following Tom's death by suicide. She continues to make presentations to both adults and young people.

In addition to her efforts to make people more aware of mental illness and the signs of suicide, she also "now sees people differently. I ask, 'How are you?' I have better eyes to recognize the signs," she said. "I've become more comfortable asking people, 'Are you feeling so bad you are thinking about suicide?' and a handful have said yes."

One person who was considering suicide, opened up to Kimberly, and got help.

KEYNOTE ONE MOTHER'S STORY

Join Kimberly in a conversation on mental illness, anxiety, depression and suicide. On February 28, she will share Tom's story to help educate people on mental illness and suicide and reduce the stigma of mental illness.

Kimberly A. Starr began writing 457 Days to help cope with her grief over the death of her son Tom. She hopes her words can help others going through a similar loss.

This presentation is for anyone who thinks suicide couldn't happen in their family.

"I am grateful for that," she said.

"We have to talk about this," Kimberly said. "How many lives could we save if we talk about mental illness in our society? Why do we stigmatize it? We can't do this any longer. It's important for people to know and understand that I was confident it couldn't happen in my family, but it did."

Kimberly also wants people to remember Tom, the sensitive and loving son, who shared love and laughter even in the days leading up to his death.

"He was an incredibly beautiful, helpful soul," she said.

"Tom's legacy is so much bigger than I will ever understand. He lives on in others. We don't even know how many lives."

Because, some secrets should be shared.



Photo credit Jay Frank

KEYNOTE February 28, 2018

5:30PM - 6:00PM
Kadlec Healthplex

SOS PROGRAM February 28, 2018

6:00PM - 7:30PM
Kadlec Healthplex

Presented without charge

REGISTRATION IS LIMITED TO 50
Must be 18 years of age to attend.

REGISTER ONLINE or call (509) 943-8455

SOS SIGNS OF SUICIDE® PREVENTION

A 90-minute, award winning, evidence based suicide prevention program that teaches parents and community members how to identify signs and symptoms of depression in themselves and the youth in their lives, and teaching them how to respond effectively.

The program teaches safe messaging using the ACT acronym:


- **ACKNOWLEDGE** that there may be an issue
- Let your friend or child know that you **CARE**
- **TELL** a trusted adult or professional

The evening will also include a video and round table discussion led by certified SOS trainer Kristi Haynes, from

the ESD123, who has 10 years of experience in suicide prevention education.

The SOS Program is designed to:

- Decrease suicide and attempts by increasing knowledge and adaptive attitudes about depression
- Encourage individual help-seeking and help-seeking on behalf of a friend
- Reduce stigma: mental illness, like physical illness, requires treatment
- Engage parents, school staff and community as partners in prevention through gatekeeper education.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 KNRC LIBRARY CLOSED FOR NEW YEARS DAY 	2 MS SUPPORT GROUP 2:00 PM ROOM (O)	3 POST POLIO SUPPORT GROUP 1:00 PM ROOM (C) TBI SUPPORT GROUP 3:00 PM ROOM (C)			
7	8 HEALTHY AGES MEDICARE CLASS (SEE PAGE 7)	9 ART EXPRESSIONS 10:00 AM ROOM (O ¹)	10	11	12 CHRONIC PAIN SUPPORT GROUP 1:00 PM ROOM (C)	13
14	15 PARKINSON'S SUPPORT GROUP 1:30 PM ROOM (S)	16 CAREGIVERS SUPPORT GROUP 1:00 PM ROOM (O) STROKE SUPPORT GROUP 3:00 PM ROOM (C)	17 ALZHEIMER'S EDUCATION (SEE PAGE 6)	18 PARKINSON'S SUPPER CLUB 4:30 PM LOCATION ² CAREGIVERS FOR ALZ/DEM SUPPORT GROUP 5:30 PM LOCATION (CG)	19 HEALTHY AGES MEDICARE CLASS (SEE PAGE 7)	20 PARKINSON'S DANCE 11:00 AM ROOM (S)
21	22 CAREGIVERS SUPPORT GROUP (MEN ONLY) 12:30 PM LOCATION (CG) MTHFR (SEE PAGE 6)	23 CAREGIVERS FOR ALZ/DEM SUPPORT GROUP 5:30 PM LOCATION (CG) PARKINSON'S SUPPORT GROUP 6:30 PM LOCATION (BMS)	24 ALS SUPPORT GROUP 12:00 PM ROOM (M) WALLA WALLA ALZHEIMER'S EDUCATION (SEE PAGE 6)	25 HEALTHY AGES WELLNESS PROGRAM (SEE PAGE 7)	26 CHRONIC PAIN SUPPORT GROUP 1:00 PM ROOM (M ³)	27
28	29	30	31 HEALTHY AGES END-OF-LIFE SEMINAR (SEE PAGE 7)			

CALENDAR KEY

BMS Brookdale Meadow Springs | 770 W Gage Blvd, Richland

C Cedar Room

CG Callaway Gardens | 5505 W Skagit Court, Kennewick
Light meal served, RSVP is requested. Call (509) 783-5433.

M Maple Room

O Oak Room

S Sycamore Room

1 RSVP is required to ensure enough supplies are available.

2 The Parkinson's Supper Club will meet at Apollo's Greek restaurant in Richland.

3 Presentation by Dr. Wing Chau on acupuncture.



INCLEMENT WEATHER—if the schools and Hanford cancel or close early, we will close as well. If you're not sure, please call.

ART EXPRESSIONS

This group meets the 2nd Tuesday of the month at 10:00AM. RSVP is required to ensure enough supplies are available. Please call (509) 943-8455 to RSVP. Art therapy has been used to benefit a wide range of mental health symptoms and disorders, challenging life issues, and physical health conditions as well. These include the following:

- Depression
- Bipolar disorder
- Anxiety
- Autism spectrum disorders
- Dementia
- Traumatic brain injury
- Grief and loss
- Chronic or terminal health issues
- Coping with disability
- Cancer
- Family conflict
- Suicidal thoughts

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ALL SUPPORT GROUPS MEET AT KADLEC HEALTHPLEX, 1268 LEE BLVD, RICHLAND WA, EXCEPT WHERE NOTED OTHERWISE.				1	2	3
4	5	6 MS SUPPORT GROUP 2:00 PM ROOM (O)	7 POST POLIO SUPPORT GROUP 1:00 PM ROOM (C) TBI SUPPORT GROUP 3:00 PM ROOM (C)	8	9 CHRONIC PAIN SUPPORT GROUP 1:00 PM ROOM (M)	10
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- M** Maple Room
- O** Oak Room
- S** Sycamore Room

- 1** RSVP is required to ensure enough supplies are available.
- 2** The Parkinson's Support Group will meet at Isla Bonita restaurant in Richland.
- 3** Lori Gardner, Kadlec Diabetes Learning Center will discuss nutrition with the group.



INCLEMENT WEATHER—if the schools and Hanford cancel or close early, we will close as well. If you're not sure, please call.



ATTEND & LEARN

FEATURED KNRC EVENTS

Know the 10 Signs - Speaker: Joan Acres

Co-Sponsored by the Alzheimer's Association

January 17, 2018 | 1:30PM – 3:30PM

Kadlec Healthplex–Sycamore Room

Learn the signs of dementia and Alzheimer's disease.



alzheimer's association

MTHFR: General - Speaker: Neil Rawlins, MD

January 22, 2018 | 5:00PM – 6:30PM

Kadlec Healthplex–Cedar/Sycamore Room

MTHFR is a genetic defect that affects up to 70% of the population.

Parkinson's Disease: Beyond Motor Symptoms - Speaker: Jason Kellogg, MD

February 12, 2018 | 5:00PM – 6:30PM

Kadlec Healthplex–Cedar/Sycamore Room

50% of people living with Parkinson's disease will experience hallucinations or delusions over the course of their disease. Dr. Jason Kellogg, Psychiatrist, Chief of Staff, Newport Bay Hospital will share information related to this topic, as well as a new treatment option for people experiencing these symptoms.

The Basics - Speaker: Joan Acres

Co-Sponsored by the Alzheimer's Association

February 13, 2018 | 1:30PM – 3:30PM

Kadlec Healthplex–Sycamore Room

Learn the facts about dementia and Alzheimer's disease.



alzheimer's association

Suicide Awareness & Prevention

Must be 18 years of age to attend.

Supported by



Kadlec
Auxiliary

Keynote: A Mother's Story: If it could happen in my family, it can happen in yours - Speaker: Kimberly A. Starr

February 28, 2018 | 5:30PM – 6:00PM

Kadlec Healthplex-Sycamore Room - Registration is Limited

Kimberly's son, Tom, died by suicide. Her story is compelling.

See Page 3 for more information.

Signs of Suicide Program - Speaker: Kristi Haynes

February 28, 2018 | 6:00PM – 7:30PM

Kadlec Healthplex-Sycamore Room - Registration is Limited

The evening will also include a video and round table discussion led by certified SOS trainer Kristi Haynes, from the ESD123, who has 10 years of experience in suicide prevention education.

See Page 3 for more information.

Walla Walla Program

Know the 10 Signs

Co-Sponsored by the Alzheimer's Association

Speaker: Joan Acres

January 24, 2018

1:30PM – 3:30PM

Providence St. Mary Medical Center

Mother Joseph Room

Learn the facts about dementia and Alzheimer's Disease.

Register online at www.kadlec.org/knrc or call (509) 943-8455.



alzheimer's association

Sneak Peak - March 2018 Programs

Meditation for Stress Reduction

Speaker: Chris Murray, *Insight Meditation of the Mid-Columbia*

March 2, 2018 | 1:00PM – 2:30PM

Kadlec Healthplex–Cedar/Sycamore Room

An introduction to mindfulness meditation and other forms of meditation and their use in reducing stress and working with physical and mental pain.

Effective Communication Strategies

Co-Sponsored by the Alzheimer's Association

Speaker: Joan Acres

March 13, 2018 | 1:30PM – 3:30PM

Kadlec Healthplex–Cedar/Sycamore Room

Learn some of the most common behavioral challenges of Alzheimer's disease.



alzheimer's association

Is it Just My Child? Sensory Processing and How it Effects Everyday Living

Speaker: Rae Catt, OT

March 14, 2018 | 6:00PM – 7:30PM

Kadlec Healthplex–Cedar/Sycamore Room

Every day, all day our children are influenced by sensory input (sensations). This is the first in a four-part quarterly series of presentations by Rachael (Rae) Marie Catt, OT. Rae is a Pediatric Occupational Therapist at Kadlec Healthplex.



For additional information and to register online, go to kadlec.org/knrc or call (509) 943-8455.

All classes meet at Kadlec Healthplex, 1268 Lee Blvd., except where noted otherwise.

Photo credit Kim Fetrow



LIBRARY NEW ARRIVALS

**Nuevos libros sobre el autismo disponible*

GRIEF/LOSS CHILDREN

Cuerpo de nube (Luz) (Spanish Edition)

Ana Eulate

Where Are You? A Child's Book About Loss

Laura Olivieri

Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies

Janis Silverman

MINDFULNESS

Yoga for Pain Relief: A New Approach to an Ancient Practice

Lee Albert, NMT

Thank you to the Kadlec Auxiliary for their support.

Mindfulness for Kids I: Seven Children's Stories & Mindfulness Exercises to Help Kids Be More Focused, Calm and Relaxed

Dr. Nicola Kluge

Mindfulness for Kids II: 7 Children's Stories & Mindfulness Practices to Help Kids Be More Focused, Calm and Relaxed

Dr. Nicola Kluge

The Mindful Way through Anxiety: Break Free from Chronic Worry and Reclaim Your Life

Susan M. Orsillo, PhD

Mindfulness: An Eight -Week Plan for Finding Peace in a Frantic World

Mark Williams, PhD



ATTEND & LEARN

FEATURED HEALTHY AGES PROGRAMS



Healthy Ages

Funded by Kadlec Auxiliary

Will you be new to Medicare in 2018 or considering retirement and eligible for Medicare? Healthy Ages offers a two-hour class each month at: Kadlec Healthplex, 1268 Lee Blvd., Richland.

You can choose a 9:30AM or 1:00PM class.

Medicare Classes *(call for class time)*

Speaker: Corey Wakeley, Healthy Ages Specialist

January 8, 2018

January 19, 2018

February 12, 2018

February 23, 2018 *(call for class time)*

Kadlec Healthplex-Cedar Room

Class size is limited and reservations are required. Please call Healthy Ages at (509) 942-2700 for class schedule and availability.

The information shared in the The NeuroTransmitter and educational programs is not intended for diagnosing or prescribing. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

End-of-Life Seminar

January 31, 2018 | 1:00PM-4:00PM

Kadlec Healthplex-Cedar/Sycamore Room

Please call Corey Wakeley, Healthy Ages at (509) 942-2700 for more information or to register.

Wellness Programs - Call (509) 544-3705 to register for the programs below.

Diabetes

Speaker: Nadine Mitchell, RDN, RN, BSN, CDE

January 25, 2018 | 1:00PM-2:00PM

Central United Protestant Church (CUP)

Audiology

Kadlec Speakers: Christina Durocher, AuD, CCC-A, Curtis Woolf, AuD, Elizabeth Zemel, AuD

February 22, 2018 | 1:00PM-2:00PM

Central United Protestant Church (CUP)

New Local Traumatic Brain Injury Resource

The Brain Injury Alliance of Washington offers free resources and Case Management to adult and pediatric clients living with brain injury and their supports. We assist with connecting to services, advocacy, medical support, IEP, 504, obtaining legal services, therapeutic animals, and much more. In addition, we also pride ourselves on providing opportunities for education and community support.

Drop In (KNRC LIBRARY)

Twice a Month

1st Tuesday: 9:30 AM - 10:30 AM

3rd Tuesday: 1:00 PM - 2:00 PM

Also available by phone

M-W, and Thursday Mornings.

(509) 379-5782

Resource Line (877) 824-1766

www.biawa.org



Brain Injury Alliance
WASHINGTON

Ashley Nicole Minyard, BA, BS, MS
Central WA Resource Manager
Brain Injury Alliance of Washington

Webinars Online

Michael J. Fox Foundation offers webinars moderated by Dave Iverson, a veteran broadcast journalist and person with Parkinson's. <https://www.michaeljfox.org/page.html?hot-topics-webinar-series>

ADHD - Listen to an on-demand webinar hosted by a leading ADHD experts providing up-to-date information and real-time answers to your most pressing questions. <https://www.additudemag.com/tag/webinar/>

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1268 Lee Boulevard
Richland, WA 99352
(509) 943-8455
kadlec.org/knrc

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Save the Date



Featuring
TEEPA SNOW,
MS, OTR/L, FAOTA
Teepa Snow is an advocate for those living with dementia.

CAREGIVER CONFERENCE
JUNE 25
2018

nac Northwest Autism CONFERENCE

AUGUST 14-15, 2018
SOUTHRIDGE HIGH SCHOOL

FEATURED SPEAKERS

PAULA Kluth, PHD

Dr. Paula Kluth is a consultant, teacher, author, and advocate, who works with teachers and families to provide inclusive opportunities for students with disabilities, and to create more responsive and engaging schooling experiences for all learners.



WILLIAM Shaw, PHD

Dr. Shaw is board certified in the fields of clinical chemistry and toxicology by the American Board of Clinical Chemistry. He is the author of Biological Treatments for Autism and PDD, and Autism: Beyond the Basics. He is a frequent speaker at conferences worldwide.