SkillBuilders
Education & Support for Widows, Widowers and Caregivers

Fall 2019
September 17th to November 19th 2019
The Palmer Center, Craft Room
218 A North Pleasant, Independence, MO 64050
9:30 - 9:45 a.m. Coffee, Meet, Greet, Support
9:45 - 11:30 a.m. Program
Although classes are designed for widowed persons, anyone may attend. No pre-registration is necessary. There is no charge, attend any or all sessions.

Class Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 24</td>
<td>How Does the Half Remaining Become Whole: Navigating Loss!</td>
<td>Crossroad Hospice</td>
</tr>
<tr>
<td>Oct. 1</td>
<td>Stress Management</td>
<td>Kansas City Hospice</td>
</tr>
<tr>
<td>Oct. 8</td>
<td>Home Repair &amp; Vetting Contractors</td>
<td>Dennis Banka, Remodeler</td>
</tr>
<tr>
<td>Oct. 15</td>
<td>Home Computer &amp; Mobile Device Care</td>
<td>Midcontinent Public Library</td>
</tr>
<tr>
<td>Oct. 22</td>
<td>Selling Your Home in Today's Market</td>
<td>Lea Deo, Widow, MBA, Keller Williams Agency</td>
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<tr>
<td>Oct. 29</td>
<td>Cooking For One</td>
<td>Nutrition Specialist - Univ. of MO Extension</td>
</tr>
<tr>
<td>Nov. 5</td>
<td>Estate Planning, Transfer &amp; Other Legal Issues</td>
<td>John Hastings, Attorney</td>
</tr>
<tr>
<td>Nov 12</td>
<td>Finding Peace, One Piece at a Time</td>
<td>Rachel Kodanaz, Author, Speaker, Coach</td>
</tr>
<tr>
<td>Nov. 19</td>
<td>Adjusting to Reduced Income</td>
<td>Peter Hughes, CPA, CFA, RIA, MDIV</td>
</tr>
</tbody>
</table>

Weather Policy: If Independence Schools are closed for inclement weather SkillBuilders will not meet.

Heartland Widowed Persons Service, Coordinating Sponsor
SkillBuilders Classes are co-sponsored by:

Crossroads Hospice 816-333-9200
Crossroads Hospice Charitable Foundation
Crossroads Hospice Charitable Foundation
Kansas City Hospice 816-363-2600
Independence Parks & Rec. 816-325-6200

For information concerning classes and other support services for widowed individuals, information pertaining to becoming a sponsor or information about making tax exempt donations, call or write to: Stephen E. Hamilton, WPS Board President, 9900 Juniper Lane, Overland Park, Kansas 66207; phone number 913-383-2519, fax 913-648-3520, p40khawk1@yahoo.com, www.widowedpersonsservice.org
SkillBuilders
Education & Support for Widows, Widowers and Caregivers

Fall 2019
September 19th to November 21st 2019
Tomahawk Ridge Community Center
11902 Lowell Ave, Overland Park, KS 66213
9:30 - 10:00 a.m. Coffee, Meet, Greet, Support
10:00 - 11:50 a.m. Program

Although classes are designed for widowed persons, anyone may attend. No pre-registration is necessary. There is no charge, attend any or all sessions.

Class Schedule

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<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Speaker/Contact Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 19</td>
<td>Home Computer &amp; Mobile Device Care</td>
<td>Seniors Computer User Group: Kansas City</td>
</tr>
<tr>
<td>Sept. 26</td>
<td>Stress Management</td>
<td>Kansas City Hospice</td>
</tr>
<tr>
<td>Oct. 10</td>
<td>Home Repair &amp; Vetting Contractors</td>
<td>Dennis Banka, Remodeler</td>
</tr>
<tr>
<td>Oct. 17</td>
<td>Selling Your Home in Today's Market</td>
<td>Lea Deo, Widow, MBA, Keller Williams Agency</td>
</tr>
<tr>
<td>Oct. 24</td>
<td>Available Resources Promoting Aging in Place</td>
<td>JOCO Dept. On Aging</td>
</tr>
<tr>
<td>Oct. 31</td>
<td>Estate Planning, Transfer &amp; Other Legal Issues</td>
<td>John Hastings, Attorney</td>
</tr>
<tr>
<td>Nov. 7</td>
<td>Does the Half Remaining Become Whole: Navigating</td>
<td>Crossroads Hospice</td>
</tr>
<tr>
<td>Nov. 14</td>
<td>Finding Peace, One Piece at a Time</td>
<td>Rachel Kodanaz, Author, Speaker, Coach</td>
</tr>
<tr>
<td>Nov. 21</td>
<td>Adjusting to Reduced Income</td>
<td>Peter Hughes, CPA, CFA, RIA, MDIV</td>
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Weather Policy: If Shawnee Mission Schools are closed for inclement weather, SkillBuilders will not meet.

Heartland Widowed Persons Service, Coordinating Sponsor
SkillBuilders Classes are co-sponsored by:

Crossroads Hospice 913-850-7500
Crossroads Hospice Charitable Foundation
Crossroads Hospice Charitable Foundation

Heartland Widowed Persons Service, Coordinating Sponsor
SkillBuilders Classes are co-sponsored by:

Kansas City Hospice 816-363-2600
Johnson County Park & Rec 50+ Program 913-826-2830

For information concerning classes and other support services for widowed individuals, information pertaining to becoming a sponsor or information about making tax exempt donations, call or write to: Stephen E. Hamilton, WPS Board President, 9900 Juniper Lane, Overland Park, Kansas 66207; phone number 913-383-2519, fax 913-648-3520, p40khawk1@yahoo.com, www.widowedpersonsservice.org
Skill Builders
Education & Support for Widows, Widowers and Caregivers

Fall 2019
September 20th to November 22nd 2019
Platte County Resource Center, Board Room
11724 N.W. Plaza Circle, Kansas City, MO 64153
10:00 - 10:00 a.m. Coffee, Meet, Greet, Support
10:15 - 11:50 a.m. Program
Although classes are designed for widowed persons, anyone may attend. No pre-registration is necessary. There is no charge, attend any or all sessions.

Class Schedule

Sept 20  How Does the Half Remaining Become Whole: Navigating Loss!  Crossroad Hospice
Sept 27  Resources for Senior Independence at Home  Celia Casolari, Platte County Senior Fund
Oct  4  Cyber, Home & Personal Safety  Platte County Sheriff's Dept.
Oct 11  Home Computer & Mobile Device Care  Senior Computer Users Group: Kansas City
Oct 18  Cooking for One  Nutrition Specialist - Univ. of MO Extension
Oct 25  Sorting Through  Kansas City Hospice
Nov  1  Estate Planning, Transfer & Other Legal Issues  John Hastings, Attorney
Nov  8  Dreading the Holidays? Coping Strategies  Kansas City Hospice
Nov 15  Selling Your Home in Today's Market  Lea Deo, Widow, MBA Keller Williams Agency
Nov 22  Adjusting to Reduced Income  Peter Hughes, CPA, CFA, RIA, MDIV

Weather Policy: If Platte County Schools are closed for inclement weather Skill Builders will not meet.

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Skill Builders Classes are co-sponsored by:

Crossroads Hospice 816-333-9200
Crossroads Hospice Charitable Foundation
Kansas City Hospice 816-363-2600
Platte County Senior Fund 816-270-2800

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No one knows better how to embrace life’s challenges than Rachel herself. Overcoming her own adversity of being widowed at 31 years old with a 2-year-old daughter, she “wows” audiences with her down-to-earth, current and relevant presentations - helping attendees to reach their potential by embracing and learning from all of life’s complexities. Having worked in management for Fortune 100 companies, she is fully aware of the see-saw created when personal and professional challenges collide. Rachel has been speaking passionately to national audiences of all sizes for 20 years, addressing all aspects of change, growth, and acceptance that comes with embracing life’s challenges - those expected and unexpected. Through her books, Living with Loss, One Day at a Time and Grief in the Workplace, Rachel offers a wealth of knowledge, inspiration and practical advice for those who have lost a loved one or are supporting someone who has lost a loved one.

This October, Rachel is pleased to release her third book, Finding Peace, One Piece at a Time. This book provides encouragement and tools for those seeking to down-size, right-size or sort through a loved one’s possessions. Whether they are in physical or electronic form, those possessions tell the story of the person’s life. Rachel’s book shares practical ways to thin, repurpose, and redistribute these possessions so they continue to share the story with future generations.

Rachel is available for speaking appearances, educational programs, interviews and community outreach.

“Nobody likes to sit down and listen to a talk about life’s challenges. But somehow, Rachel makes it all Okay. Her warmth and sensitivity, and especially her story, enables us to hear brutal honesty and embrace it, rather than fear it. Bravo, Rachel Kodanaz.” Ora De Morrow, Senior Financial Advisor, Vice President Merrill Lynch