



Northland
Shepherd's Center

NEWSLETTER

JULY/AUGUST 2026 EDITION



Delivering Dignity: Why Meals on Wheels is More Than Just a Meal

For many seniors in our community, independence isn't just about staying in their own homes—it's about staying connected to the world outside. That is exactly where Meals on Wheels steps in.

For neighbors aged 60 and older, this program is a vital lifeline. Our mission goes far beyond nutrition; we are dedicated to providing the nourishment, human connection, and consistent care that empowers seniors to live independently, safely, and with dignity.

Nourishment for the Body and Soul

Five days a week, a friendly face arrives at our clients' doorsteps with a hot, nutritious meal. These well-balanced meals are proudly prepared by NKC Health, a trusted partner of Meals on Wheels for over 50 years. For just \$5 a day, participants receive far more than food. They receive a daily visit from someone who cares.

The power of a Check-In

For many of the seniors we serve, our volunteers are the only people they see all day. These brief, daily visits do more than brighten a morning—they offer invaluable peace of mind to families who comfortingly know that someone is looking out for their loved ones.



Driven by Community, Powered by Heart
This program doesn't run on logistics alone; it runs on heartbeat.

125
Seniors
supported across
our community

120
Volunteers
who dedicate their time,
warmth, and energy

Our compassionate volunteers are the absolute core of this mission. Thanks to them, we aren't just dropping off a package—we are delivering care, connection, and a daily reminder that our seniors are valued.



How You Can Get Involved

Whether you are looking for support for a loved one or want to give back to your community, there is a place for you here.

- **Need Service?** If you or a senior you know could benefit from these daily meals and check-ins, we are ready to help.
- **Want to Volunteer?** Just a few hours of your week can completely change a local senior's life.

Connect with us today! Call Meals on Wheels at 816-691-5322 to sign up, volunteer, or learn more. Together, we can continue to uplift, support, and honor the seniors who helped build our community.



Scan to make
a donation



For more information contact
crissy@northlandsc.org

Ensure No Senior is Forgotten

As more older adults in our community age alone, the need for supportive services continues to grow. For many seniors, a simple daily connection can mean the difference between safety and crisis.

Our Call Check program provides that connection. Each morning, older adults call to let us know they are safe and well. While the calls may seem simple, they offer reassurance, dignity, and sometimes lifesaving intervention.

One morning, Helen did not make her daily call. Staff immediately contacted her emergency contact, her neighbor Marie, who found Helen injured after a fall on her front porch and unable to get up. Marie called 911, and Helen received the care she needed.

For Helen, one phone call may have saved her life.

Stories like this remind us that more seniors are living independently without nearby family or reliable support systems. Programs like Call Check ensure that someone notices when help is needed.

Your support helps provide safety, connection, and peace of mind for vulnerable older adults in our community. Please consider making a donation today so together, we can ensure no senior is forgotten.

Plate of Hope Pantry

Providing a place for older adults to shop in a dignified manner and help supplement their needs, which will enable more adults to stay in their homes and thrive.

Food pantry needs

- Canned fruits: pineapple, mandarin orange, pear
- Canned vegetables: carrot, spinach, creamed corn
- Chunky soups
- Granola bars
- Chili mix packets
- Taco mix packets
- Brown gravy packets
- Chicken gravy packets
- Toothpaste: Regular and sensitive
- Bar soap
- Kleenex



"I cannot thank the Plate of Hope Pantry enough. It's a struggle for me to afford the items I need in supporting myself. The pantry has provided food items, personal items, and even cat food for my cat Lucky! One of the biggest enjoyments of the Pantry is that I am greeted with a smile and a Hello! I feel like I have a group of volunteers who have become my friends who understand.

Thank you and God bless"

- Lisa





Deal Yourself Into the Fun!

Looking for a little friendly competition and a great way to meet new people? Grab a seat at the table and join us for our upcoming card games!

Five Crowns: Strategy Meets Luck

Join us on the first and third Thursday of each month for Five Crowns. It's an engaging, fast-paced game that's easy to learn and hard to put down. Whether you're a seasoned pro or have never picked up a deck, all skill levels are welcome!

When: 12:30 – 3:00 p.m.
First and third Thursday of the month

Friday Morning Bridge

End your week on a high note with a classic. Gather your friends (or come make some new ones) for a morning of Bridge.

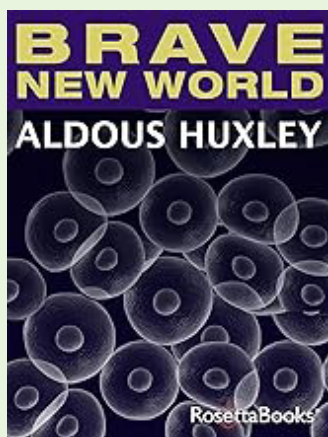
When: 10:30 a.m.
Every Friday of the month

No matter your experience level, we'd love to have you.

We'll see you at the tables!

Jazzy Little Book Club

Jazzy little book club meets the 2nd and 4th Wednesday of each month at 1:00 p.m.



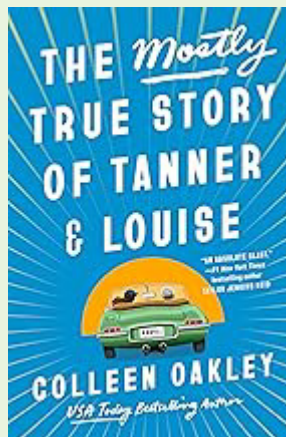
July 8

Brave New World
Aldous Huxley



July 22

Flying Solo
Linda Holmes



Aug. 12

The Mostly True Story
of Tanner & Louise
Colleen Oakley



Aug. 26

The Only Woman
in the Room
Marie Benedict

Pick up July books June 24

Pick up August books July 22

Call 816-452-4536 to join!

Thank you to our generous supporters



Ronald D. Deffenbaugh
Foundation

July 2026



5601 NE Antioch Rd Ste 12 Gladstone MO 64119 Front door on back side of the building 816-452-4536 www.northlandsc.org

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
9:30 Chair Yoga 10:30 Power in Motion 11:30 Line Dancing 2:00 Chair Dancing	9:30 Chair Yoga 2:00 Power in Motion	9:30 Tai Chi Plate of Hope – by appt 2:00 Chair Dancing	9:30 Tai Chi 10:00 Caring Connections Support 12:30 Five Crowns Plate of Hope – by appt 2:00 Chair Dancing	Closed
6	7	8	9	10
9:30 Chair Yoga 10:30 Power in Motion 11:30 Line Dancing 2:00 Chair Dancing	NO Brevertime Club 9:30 Tai Chi Plate of Hope- by appt	10:00 Learning & Laughter RSVP by 7/03 11-12:00 Tech Time 1:00 Book Club 2:00 Power in Motion	NO Brevertime Club 9:30 Tai Chi Plate of Hope – by appt 11-12:00 Tech Time 2:00 Chair Dancing	9:30 Chair Yoga 10:30 Bridge
13	14	15	16	17
9:30 Chair Yoga 10:30 Power in Motion 11:30 Line Dancing 2:00 Chair Dancing	9:30 Brevertime Club 9:30 Tai Chi Plate of Hope – by appt	9:30 Chair Yoga 2:00 Power in Motion	9:30 Tai Chi 10:00 Caring Connections Support 12:30 Five Crowns 1:00 Smart Phone Workshop (T-Mobile) Plate of Hope – by appt 2:00 Chair Dancing	9:30 Chair Yoga 10:30 Bridge
20	21	22	23	24
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27	28	29	30	31
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August 2026



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24 9:30 Chair Yoga 10:30 Power in Motion 11:30 Line Dancing 2:00 Chair Dancing	25 9:30 Breaktime Club 9:30 Tai Chi Plate of Hope – by appt	26 10:00 Learning & Laughter RSVP by 8/21 11-12:00 Tech Time 1:00 Book Club 2:00 Power in Motion	27 9:30 Breaktime Club 9:30 Tai Chi Plate of Hope – by appt Mobile Food Pantry & CSFP 11-12:00 Tech Time 2:00 Chair Dancing	28 9:30 Chair Yoga 10:30 Bridge
31 9:30 Chair Yoga 10:30 Power in Motion 11:30 Line Dancing 2:00 Chair Dancing				



NKC
Health

Introducing NKC Health

Care that empowers. A future that inspires.

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To learn more, visit nkchealth.org/Together.



NKC Health™



Northland
Shepherd's Center

5601 NE Antioch Road, Suite 12
Gladstone, MO 64119

OUR SERVICES & PROGRAMS

- **Meals on Wheels**
- **Plate of Hope**
- **Breaktime Club**
- **Aging with Excellence**
- **Community Aging Services**
- **Technology Center**

northlandsc.org | 816-452-4536

Become a Volunteer

Help Your Community — Help Your Neighbors!

Every weekday, Northland Shepherd's Center volunteers donate time and talents to fulfill a variety of needs such as transportation drivers, handy helpers, friendly call checks, Meals on Wheels drivers, Plate of Hope Food Pantry, event support, administrative support, and more.

Apply online at northlandsc.org/volunteer or call 816-452-4536



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