



# Northland Shepherd's Center

Serving Clay and Platte Counties

May/June 2025

## A TRIBUTE TO THOSE THAT RAISED US

*A mother's love nurtures the heart, a father's love strengthens the soul—together, they build a child's world.*

This time of year brings a little extra sunshine — not just in the sky, but in our hearts. With Mother's Day and Father's Day on the horizon, we've been thinking a lot about family, and the people in our lives who have shaped us. The ones who cheered us on, wiped our tears, and taught us what it means to love and be loved.

Our team is sharing favorite photos and memories of their moms and dads. We hope this tribute brings a smile to your face and stirs some fond memories of your own. Whether your parents are still with you or live on in your heart, this season is a chance to remember them with gratitude and love.

Happy Mother's Day and Father's Day to all — and to the parents who helped us find our way.



Darrell 1965



Christina 2013



Susan 1961



Kelley 1987



Rebecca Age 6 Mexico



Jenny 1975



Michelle's Parents 2014



Crissy's Parents 1978



Jeremiah 1997



Patty 2001



Angela 3 Generations



## Card Games

Join us on the 1st & 3rd Thursdays for Five Crowns card game at 1:00 pm. Five Crowns is a perfect blend of strategy and luck, and a great way to meet new people and have some fun. Whether you're a seasoned player or new to the game, everyone is welcomed. We also play Bridge every Friday at 11:00 am. So, gather your friends, and let the games begin!

## Free Health Screening

North Kansas City Hospital will be at Northland Shepherd's Center to offer FREE health screenings on **Monday, May 5th, from 9:00 to 11:00 AM**. A nurse will be available to conduct the screenings and provide personalized education based on your results. Walk-ins are welcome! The health screenings will include:

- Fasting Blood Sugar
- Cholesterol
- HDL & LDL
- Triglycerides
- Blood Pressure

## Come Move With Us

Northland Shepherd's Center offers many opportunities to exercise with other senior adults. Our exercise classes help to improve balance, strength and over all heath. It is also helpful to exercise with others. Check out our calendar online or stop in to see our classes. No registration is required for the classes and best of all, these classes are for all fitness levels.



## KEEP SAFE & SOUND

Our Center just received a wonderful gift of home safety items like grab bars, bed rails, and shower chairs. Need a little extra support at home? Stop by and make a small donation – whatever fits your budget – to get what you need. First come, first served!



**Plate of Hope**

**May Pantry Needs**

*Rice • Canned Beans • Tortillas • Salsa*  
*Corn • Canned Tomatoes*  
*Taco or Enchilada Kits*

**OTHER NEEDS:**  
*Canned fruit*  
*Oatmeal packets*  
*Jelly*  
*Nutrition shakes*

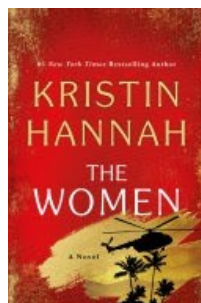
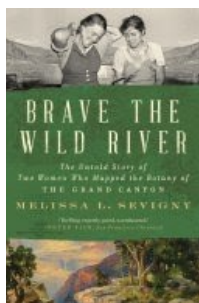
Northland Shepherd's Center



## A Jazzy Little Book Club

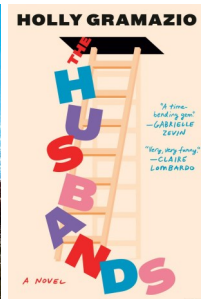
The Jazzy Little Book Club is a fun community of readers eager to dive into new literary adventures. It's a wonderful way to connect with fellow book lovers and broaden one's reading horizons. For those looking to join, reach out to us by calling 816-452-4536. The book club meets the second and fourth Wednesday at 1:00 pm. Books are provided by the Antioch Mid-Continent Public Library. Happy reading!

**May 14**  
*Brave the Wild River*



**May 28**  
*The Women*

**June 11**  
*The Five Star Weekend*



**June 25**  
*The Husbands*

## Learning & Laughter

# LEARNING & LAUGHTER

**MAY/JUNE**

**May 14**

Bingo with Roula  
Musical Guest - Del Sutton  
Lunch - TBD

**May 28**

Craft - To Do List Holder  
Guest Speaker - Division of Senior & Disability Services  
Lunch - Hamburger, Potato Salad, Fruit

**June 11**

Bingo with Alliance  
Musical Guest - Paula Zigmond  
Lunch - TBD

**June 25**

Craft - 4<sup>th</sup> of July Windsock  
Guest Speaker - Dr. Hellman on Osteoporosis  
Lunch - Chicken Salad Sandwich, Chips, Fruit

RSVP by the Friday before program date. There is a \$10 fee to offset cost of programming.



We extend a huge thank you to our business community for their generous gifts. We are deeply grateful for this wonderful expression of appreciation to our volunteers.

Hallmark  
Starbucks  
United Way  
WellSky



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<b>MAY 2025</b>			9:30 Tai Chi 10:00 Caring Connections 1:00 Five Crowns Plate of Hope-by Appt	9:30 Chair Yoga 10:30 PEPPi 11:00 Bridge
5	6	7	8	9
9:00-11:00 NKC Hospital Health Screening 9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	9:00 Breaktime Club Clay 9:30 Tai Chi Plate of Hope- by appt 1:00-3:00 Farmer's Market Voucher program- RSVP	9:30 Chair Yoga 1:30 Appy Hour-Calendar	9:30 Tai Chi Plate of Hope – by appt 1:00 Emergency Preparedness seminar- RSVP	9:30 Chair Yoga 10:30 PEPPi 11:00 Bridge
12	13	14	15	16
9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	9:00 Breaktime Club Clay 9:30 Tai Chi Plate of Hope – by appt	10:00 Learning & Laughter RSVP 05/09 1:00 Book Club 1:30 iPhone Basics	9:00 Breaktime Club Platte City 9:30 Tai Chi 10:00 Caring Connections 1:00 Five Crowns Plate of Hope – by appt	9:30 Chair Yoga 10:30 PEPPi 11:00 Bridge
19	20	21	22	23
9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	9:00 Breaktime Club Clay 9:30 Tai Chi Plate of Hope – by appt	9:30 Chair Yoga 1:30 Android Basics	9:30 Tai Chi Plate of Hope – by appt Mobile Food Pantry & CSFP	9:30 Chair Yoga 10:30 PEPPi 11:00 Bridge
26	27	28	29	30
<b>Memorial Day Closed</b>	NO BTC 9:30 Tai Chi Plate of Hope – by appt	10:00 Learning & Laughter RSVP 05/23 1:00 Book Club	9:30 Tai Chi Plate of Hope – by appt	9:30 Chair Yoga 10:30 PEPPi 11:00 Bridge



Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	3 9:00 Breaktime Club Clay 9:30 Tai Chi Plate of Hope – by appt 1:00-3:00 Farmer's Market Voucher program- RSVP	4 9:30 Chair Yoga	5 9:00 Breaktime Club Platte City 9:30 Tai Chi 1:00 Five Crowns 10:00 Caring Connections	6 9:30 Chair Yoga 10:30 PEPPI 11:00 Bridge
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16 9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	17 9:00 Breaktime Club Clay 9:30 Tai Chi Plate of Hope – by appt	18 9:30 Chair Yoga 1:30 iPhone Basics	19 9:00 Breaktime Club Platte City 9:30 Tai Chi 10:00 Caring Connections 1:00 Five Crowns Plate of Hope – by appt	20 9:30 Chair Yoga 10:30 PEPPI 11:00 Bridge
23 9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	24 9:00 Breaktime Club Clay 9:30 Tai Chi Plate of Hope – by appt	25 10:00 Learning & Laughter RSVP 06/20 1:00 Book Club 1:30 Android Basics	26 9:30 Tai Chi Plate of Hope – by appt Mobile Food Pantry & CSFP	27 9:30 Chair Yoga 10:30 PEPPI 11:00 Bridge
30 9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	   <p>June 15th</p>			

# JUNE 2025

## Missouri Senior Farmers Market Nutrition Program

The Missouri Senior Farmers Market Nutrition Program (MoSFMNP) provides benefits to low-income seniors (60 years of age or older) residing in one of 47 Missouri counties. Eligible seniors receive \$50 in benefits annually. Benefits can be exchanged for eligible foods at a farmers market or roadside stand with an authorized farmer.

Participants can redeem benefits: **May 1 - Oct. 31**

### Eligible foods include:

- Fresh, unprocessed vegetables
- Fresh, unprocessed fruits
- Fresh cut herbs
- Pure/raw honey

**Benefits can ONLY be redeemed at a farmers market or roadside stand!**

### Enrollment event happening on:

Tuesday, May 6, 2025 from 1-3 pm

Please bring Photo ID and proof of income for all household members.

This institution is an equal opportunity provider.



## Tech Connect May / June

RSVP for Calendar Classes by calling 816-452-4536 or online at [Northlandsc.org](http://Northlandsc.org)

May 7 1:30 PM

### Appy Hour-Calendar Basics

May 14 & June 18 1:30 PM

### iPhone Basics!

May 21 & June 25 1:30PM

### Android Basics

June 11 1:30

### Appy Hour-Etsy

### Tech Connect Wednesdays!

Call for an individualized appointment (Tech Time) with a helpful tech coach. Learn something new!

## EMERGENCY PREPAREDNESS

### Starts with YOU!

### FREE Getting Prepared Seminar

Who is it for? Adults 60+ and guests

Date: Thursday, May 8, 2025

Time: 1:00 – 3:00 pm

Location: Northland Shepherd's Center

Refreshments provided

Please RSVP- 816-452-4536





## Caring Corner

Breaktime Club is a respite program for caregivers. It was created so we could provide an opportunity to support caregivers and their needs.

Each week at Breaktime Club we enjoy crafts, bingo, and really fun entertainment. Our singer, Pat Blyth, always gets people tapping their toes and sometimes out of their seats for some dancing. There is also always a delicious lunch.

We work on crafts each week and Breaktime Club loves what they are able to accomplish.



Tuesdays  
Gladstone Location  
9:00 - 2:00



1st and 3rd Thursdays  
Platte City Location  
9:00 - 2:00

Breaktime Club is for adults aged 60+ who may have cognitive or physical limitations or experience social isolation. Participants enjoy activities like exercise, crafts and lunch, plus social interaction, while their caregivers enjoy a respite. To learn more or enroll your loved one, please call 816-452-4536.

### Caring Connections:

Join our community of caregivers on the 1st and 3rd Thursday of the month from 10:00-11:30 am. Caregiving is an ever-evolving role. Caring Connections is here to support you as you give so much of yourself to your care recipient/loved one. Caring Connections provides a community to share resources, experiences, understanding, and empathy. If you would like to join, but can't make it in person, please email [annk@beaconmh.org](mailto:annk@beaconmh.org), or call 816-468-0400 x 330.



### New Grief Support Group:

#### On Your Terms: Coping with Life Transitions and Grief.

##### Helpful Information:

- 60 years old and older
- Clay and Platte County Residents
- Limited Space
- Beacon Mental Health (3100 NE 83rd Street-KC, MO 64119)

Questions: Contact [annk@beaconmh.org](mailto:annk@beaconmh.org) (816)-468-0400 x330

**Caregiver Directed Respite Program:** This program allows you to choose and hire your own respite care provider. You can receive reimbursement for up to 6 hours of respite care per week. Program guidelines apply. To learn more about eligibility, please contact Angela Curtis at 816-256-8096. (Funding for this program is provided by Clay County Senior Services.)





Northland  
Shepherd's Center

Serving Clay and Platte Counties

5601 NE Antioch Road, Suite 12  
Gladstone, MO 64119

Or Current Resident

Hours: Mon-Fri, 9:00 - 3:00  
816-452-4536

Visit us at:

[www.Northlandsc.org](http://www.Northlandsc.org)

Facebook & YouTube

Volume 35 No. 3

THANK  
YOU!

*Thank you Louise for stepping up to help on the Tuesday bus! Your step counter is probably staging a revolt after all that up and down.*

**A Heartfelt Thanks to Our Sponsors!**



Providing A BETTER Way

**LIFESCAPE**

LAW & DEVELOPMENT

A Life Care Planning Law Firm

Providing Elder Care & Estate Planning Services

**Serving Northland Citizens Aged 60 & Better**

Life Services

- Aging Resource Solutions
- Book Nook & Puzzle Play
- Call Check
- Computer Lab
- Information & Resources
- Market Bus
- Meals on Wheels
- Medicare & Medicaid Help
- Minor Home Repair
- Plate of Hope Food Pantry
- Technology Help & Training
- Transportation
- VOLUNTEERS NEEDED!

Life Enrichment

- Aging with Excellence
- Big Thinkers Tech Group
- Breaktime Club
- Caring Café
- Caring Connections
- Chair Yoga
- Health Screenings
- Healthy Living Seminars
- Learning & Laughter
- Matter of Balance Workshop
- Smartphone Classes
- Strength & Stretching
- Tai Chi