



Northern Exposure

Helping Seniors Thrive

Northland Shepherd's Center

Jan/Feb 2023



I would like to welcome everyone to a new year at the Northland Shepherd's Center. For those of you that haven't met me yet, I am Todd Hess, the new Executive Director and I look forward to meeting you. To start, a little about me.

I am a graduate of Florida State University and have worked as the Vice President of Business Operations for the Central Florida Sports Commission and the Executive Director of Big Brothers Big Sisters of Central Florida. My wife Heather and I moved to Kansas City from Orlando 5 years ago to help care for elder parents. Presently Heather's father lives with us so we can provide the care he needs. You might see him at our Breaktime club in the near

future.

As we start this new year, you will notice some changes at the NSC, foremost some missing faces. Several of our cherished staff have decided to make the move into a well-deserved retirement. Terry, Dale, Tammy, Dianna and T.J. have retired at the end of December. These ladies have been a big part of the foundation of the NSC with their combined 75+ years of service to the senior community of the Northland. It is through their hard work and sacrifice that the NSC is what it is today. They are to be applauded and will be sorely missed.

Though we will be missing some familiar faces, you will be seeing some new ones also. We have brought on some new staff that will be stepping into large shoes and will be moving our programs forward. Along with keeping our present programs growing I am happy to say that there are a few new programs on the horizon. Whether you are a participant of the Meals on Wheels program, come to exercise, participate in Learning in Laughter, or shop at the Plate of Hope Pantry, remember **WE ARE HERE TO SERVE YOU!**

The one thing that is always at the top of my mind is the quality of people I have met here, and I would be remiss if I didn't speak about our volunteer corps. Without our generous volunteers none of this could happen, so if you are a volunteer, thank you, and if not, please thank them as they are the core of our organization.

In closing, we look forward to an exciting new year and we hope you come along for the ride.
Best wishes, Todd Hess

Plate of Hope Senior Pantry is Open



What a Special Day!

As Kelley Creek, Aging Specialist with NSC, explained the process of dreaming, creating and opening the pantry, Terry Tipton, Interim Executive Director, stands by Board President, Melanie Beard, and sheds tears of joy... A dream realized!



WITH HEARTFELT THANKS



Northland Shepherd's Center also wants to thank and acknowledge the following individuals and groups for their generosity and for showing compassion to the older adults in our community...

To the **NKC Retired Secretaries** group for the \$175.00 in cash and for the Walmart cards to be distributed at Christmas, to **Barbara Taliaferro** and the **Northland Stitchers** for the beautiful Christmas stockings (over 100) that they made and were distributed to our Meals on Wheels clients, to the **Assistance League of Kansas City** for the Blizzard bags for our Meals on Wheels clients that provide meals if there is inclement weather and volunteers can't reach them, to the **Elks** for the 40 Thanksgiving Day meals, to **Chandler Baptist Church**, **Faubion UMC**, **Pastor Shane Stamm** with **Solid Rock Bible Church** and **KC Senior Citizens Christmas Day Dinner** for home bound seniors and their community dinner party, and to **Fortiviti** for their food drive donations of 40 Christmas meals.

It has been a phenomenal year in so many ways and we have a sense here at NSC of God's hand being on us. We are so thankful for all of our volunteers, for all of our clients and for those of you who pray for us we are also so grateful for you. The response to many of our programs has been very heartwarming. Please know we appreciate every donation and every act of service. **We Love You**

Todd Hess, our new Executive Director, said a few words, thanked major donors, **WellSky**, **Clay County Senior Services** and **H & R Bloch**. Then, the ribbon was cut!

Plate of Hope is now open and **serving adults over 60**.

Call NSC to qualify to use the Pantry at 816-452-4536. Ask for Kelley.

We also want to thank all of you who contributed financially or with goods. The outpouring of support has been overwhelming and very heart warming!

Thank you to our advertisers shown below and on pages 7 and 9 for their support. They make the publishing of this newsletter possible! Whenever you are able, support their businesses as well!

Snow Bird Alert!



Yikes! We've come to that time of year when the snow birds leave for better weather- and that includes many of our volunteers! We are so happy for them!! But as a result, we're looking for volunteers to fill the gap. We need **Meals on Wheels Volunteers** to deliver meals to clients, we need **Transportation Volunteers** to drive clients to essential services like doctor appointments, to the pharmacy and for groceries— if they are not on the Grocery Van routes. We also need **Minor Home Maintenance Volunteers** to do jobs like changing light bulbs, dealing with a drip, and other small jobs.

Actually this is a great time to volunteer to help someone over 60.... Wouldn't you like to fill the empty nest of a snow bird? We would never ask you to do anything during inclement weather or something you don't have time to do. We will show you how to access our online list of needs for our clients and you can pick and choose which ones you would like to do. We have lots of other volunteer positions that you choose from too! Call today and ask to speak to Patty!

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Aging With Excellence Classes



Matter of Balance

Matter of Balance is an 8 week class that is designed to reduce the fear of falling and increase activity levels. The MOB class helps participants become more confident about managing falls. Each session will consist of positive coping methods to reduce falls and strategies to remain active and independent. January 26, we will start our 8 week **Matter of Balance** class. This class will be held every Thursday at 11:30. Call Northland Shepherd's Center to RSVP.

Test Your Ticker

for **Heart Health Month** at Northland Shepherd's Center. North Kansas City Hospital professionals from Cardiology, Stroke, and Total Weight Loss Clinic will be available to ask questions related to Heart Health. Participants can receive a full lipid profile, glucose and blood pressure screening. This event will be February 6 from 9:00am to 11:00 am. Please RSVP by calling 816-452-4536 or register online at nkch.org/classes then search for **Test Your Ticker at Northland Shepherd's Center**. Please call Chanel with questions at 816-452-4536.

Chair Yoga

can help to increase your mobility, balance and help to decrease your stress and anxiety. This class is for all fitness levels and modifications will be given. Class is held every Monday and Friday at 9:30am.

Tai Chi

Tai Chi is an ancient Chinese movement practice that significantly improves balance, cognitive function, strength and mobility. The controlled movements are very gentle and slow. Tai Chi is offered every Tuesday and Thursday at 9:30.

Aerobic Chair Exercise

is great for senior adults who want to get fit but who worry about overdoing it or falling when doing an aerobic exercise. This aerobic chair exercise class will improve energy, increase mobility, blood flow and stamina. This class is perfect for all fitness levels. This class is offered Thursdays at 10:30.

LIFT and PEPPi

are exercise classes that have been very popular at Northland Shepherd's Center. Life Improving Fitness Training (LIFT) is designed to increase strength by using weights. In our Peer Exercise Program Promotes Independence (PEPPi) class we use resistance bands. Both programs are offered standing or seated and help to improve activities of daily living. LIFT is offered Mondays and PEPPi is on Fridays, both at 10:45.

Health Screening

North Kansas City Hospital will be at Northland Shepherd's Center Monday January 9 to provide FREE health screenings. The nurse will be testing blood sugar along with cholesterol, HDL, LDN, Triglycerides and blood pressure. If possible, only have water before your test. The nurse will also provide education with the results of your test. Come anytime between 9:00 and 11:00am on January 9. If you have questions, call Chanel at 816-452-4536.

CALENDAR

MONDAYS

Chair Yoga 9:30
LIFT 10:45

TUESDAYS

Tai Chi 9:30

WEDNESDAYS

Learning and Laughter
10:00 2nd and 4th Wed.

THURSDAYS

Tai Chi 9:30
Aerobic Chair Exercise 10:30

FRIDAYS

Chair Yoga 9:30
PEPPi 10:45

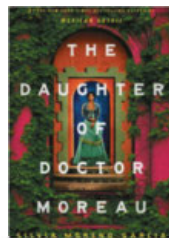


More Aging With Excellence Opportunities:

Pick up Jan 3rd & Due Date of Jan 28th

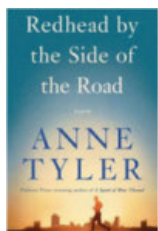


The Nightingale
by Kristin Hannah
Discussion Friday Jan 14 at 1 pm



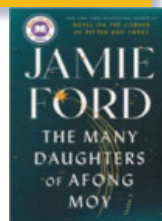
The Daughter of Doctor Moreau
by Silvia Moreno Garcia
Discussion Friday, Jan 28th at 1 pm

A Jazzy Little Book Club



Pick up Jan 26th & Due Date of Feb 10th

Redhead by the Side of the Road
by Anne Tyler
Discussion Friday, Feb 10 at 1 pm



The Many Daughters of Afong Moy
By Jamie Ford
Discussion 1pm

Please REMEMBER NORTHLAND SHEPHERD'S CENTER AS YOU SHOP the after Christmas sales and for your Valentine!

Want to help make a difference while you shop in the Amazon app, at no extra cost to you?

Simply follow the instructions below to select "Northland Shepherd's Center" as your charity and activate AmazonSmile in the app. They'll donate a portion of your eligible mobile app purchases to NSC.

How it works:

1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile" within Programs & Features
3. Select "Northland Shepherd's Center" as your charity
4. Follow the on-screen instructions to activate Amazon Smile in the mobile app .



BreakTime Club

November & December

Crafts, Entertainment, Exercise, BINGO,
Lunch & More!

Time: 10:00am-1:00pm

You must register to attend!

Please call Cindy at 816.721.0124 to RSVP

Dates:

- ⇒ Jan 3
- ⇒ Jan 10
- ⇒ Jan 17
- ⇒ Jan 24
- ⇒ Feb 7
- ⇒ Feb 14
- ⇒ Feb 21
- ⇒ Feb 28



Location: 5601 NE Antioch Rd., Gladstone, MO

Learning & Laughter

November & December

Call NSC to RSVP the Fri before Wed @ 816.452.4536

January 11

New Year & New Fun Activities & BINGO

Lunch- Soup

January 25

Healthy Snack Demonstration & Crafts with Pam

Lunch- Chili

February 8

Keeping Your Heart Health Presentation & BINGO

Lunch- Meatloaf

February 22

Crafts with Pam & Movie with Popcorn

Lunch- Pizza



Loaner Wi-Fi Hotspots

If you are over the age of 60 and would like to connect to Wi-Fi in your home, Northland Shepherd's Center is now offering loaner Wi-Fi Hotspot devices.



These devices are being offered on first come, first served, and to those with the greatest need. These devices will help you by providing internet access from your home to use with your smart phone, laptop, or tablets.

These Wi-Fi Hotspot devices were made possible by grants and donations to help our Seniors thrive.

This is a Franklin 10 LTE Mobile Hotspot. It can support up to 10 device connections. The device has multiband support, and provides seamless wireless data connection, wherever it goes.

Tech Connect Calendar

January 2023

⇒ **OPEN PC LAB:** January, 10, 12, 24, 26

Walk in and ask a question. Use a PC and get some extra help.

⇒ **January 17th 1:30 ZOOM CLASS CREATING AN EMAIL ACCOUNT**

Come create your own email account. Learn about emails and how they are used today.

⇒ **January 19th: 1:30 ZOOM CLASS ETIQUETTE**

Come join a zoom class to learn more about Zoom participation and etiquette. This class is for those who have never used zoom and some who have used Zoom and want to learn more!



February 2023

⇒ **OPEN PC LAB:** February 14, 16, 21, 23

⇒ **February 15th 1:30: CLASS TO LEARN ABOUT PODCASTS**

Have you ever wanted to find out what the buzz is on podcasts? Come find out!

⇒ **February 22nd 1:30: CLASS TO LEARN ABOUT GOOGLE EARTH**

Have you heard about Google Earth? Come and join me as we discover fun places to visit in this world we live in!



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A few more pics of our Hello and Goodbyes



A True Christmas Heart



Elaine Williams has a tender heart and the needle skills of a professional...a professional cross stitcher!. She started both knitting and cross stitching when she was only 12 and always found it relaxing and stress relieving.. She completed a bedspread before she was married and then quit to raise her two daughters, Suzanne and Stacey. But then in her 40s she started again and she hasn't looked back. She has made an untold number of things for family and friends and in turn they have always encouraged her to sell these beautiful works of art. Her specialty are beautiful, cute and clever Tea Towels. Recently she relented to daughter Suzanne's urgings to sell on Etsy. She agreed but only if she could give the proceeds to something she believed in. And she picked Shepherd's Center!!! We feel so blessed!

You have to checkout her Etsy site at www.etsy.com/shop/kitchinstitchins

Recently she blessed some of our clients with Tea Towels and several mentioned how loved they felt to receive such a special handmade gift. It made them feel remembered and cared for.

NSC is truly grateful to this great lady who has given the inexpressibly wonderful gift of herself!

Caregiver Support



Together We Care Caregiver Support Group

Older adult caregiver support offered by Northland Shepherd's Center and Tri-County Mental Health:

This group will meet in a two formats, either at Woodneath Mid-Continent Library in Liberty or virtually by Zoom. Email Dianna@northlandsc.org for the Link or to RSVP.

Jan. 5 and Feb 2, 2023 from 10 - 11:30 am @ Woodneath Mid-Continent Public Library. Coffee or tea is provided if you RSVP courtesy of Tri-County. (1st Thursday of each month).



Caring Café Meetings:

Jan 18 from 2-4 there is the Caring Café meeting at Northland Shepherd's Center Winter Pep Time! Come learn practical ways to stay active as a means of combating the Winter Blues. We look forward to doing some guided activities together, discussing coping tools for coping through the winter months and staying warm with hot cider or hot cocoa.

Feb 15 from 2-4 pm at NSC : Love is a Verb: Did you know that acts of kindness not only benefit the other person, but YOU too? Join us for a time of discussion on how to show love and kindness to others and yourself as a form of self-care. Wear your red or pink for this time of care and pampering. **This is a fabulous opportunity for caregivers (past and present) to gather together. You are welcome to bring your loved one. Please RSVP to either Dianna@northlandsc.org or beckyf@tri-countymhs.org**



Catholic Community Health is a Faith-based, not-for-profit healthcare ministry that is sponsored by the Archdiocese of Kansas City in Kansas. Our services include:

- Private Duty Home Care
- Hospice
- Hospice House

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CatholicCommunityHealth.org



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Osher Classes: Lifelong Learning Opportunities

Clay County Senior Services partners with Kansas University /Osher Institute to offer interesting classes taught by knowledgeable professors. Classes are held in Gladstone at Northland Innovation Center, 6889 N Oak Trafficway, 4th floor in NW Missouri State suite.

Spring 2023 Sneak Peek:

Music Inspired by the Natural World – Feb. 7, 14, 21; 2:00 – 4:00 pm

Why are we here? A very brief introduction to philosophy – March 22, 29, April 5, 2:00 – 4:00 pm

Your Space Enabled Life – April 13, 20, 27; 2:00 – 4:00 pm

Clay County residents age 60+ pay just \$15 for our 3 sponsored courses! To register or request catalogs: 913-897-8530 or osher.ku.edu.



Aging Mastery Program elective class: If you've attended the Aging Mastery Program or would like to discover what Aging Mastery Program from the National Council on Aging is about, you'll want to attend this 1-time elective class.

"Rightsizing Your Life" on Tuesday, January 24, 2023, 2:00 – 3:30 pm;

This is a free class, materials provided. You must register by contacting Paula Zigmond, 816-595-0086 or paula@claycoseniors.org (Watch in future newsletters info on Spring Classes)

LIVING WELL WITH CHRONIC PAIN Wednesdays, Jan. 18 thru Feb. 22, 2023 11:00 am to 1:30 pm

Living with a chronic condition that causes pain can be a daily challenge. But it doesn't have to be.

In this class, participants will learn:

- strategies to overcome problems such as frustration, fatigue, isolation, and poor sleep;
- exercises for maintaining and improving strength, flexibility, endurance and pacing activity with rest; an appropriate use of medications and evaluating new treatments
- communication skills and the importance of good nutrition in pain management.

Facilitators for this class will be: Amy Vance, AV Yoga & Wellness and Paula Zigmond, Clay County Senior Services. This FREE 6-week class will take place at North Kansas City YMCA. All materials provided.

Bring your lunch; snacks and beverages will be provided.

Registration required! Contact: Lauren Crome, Active Older Adult Program Coordinator, Lauren-Crome@kansascityymca.org or 816-300-0531.

Living Well classes are offered year-round by the Northland Living Well Collaborative: AV Yoga & Wellness Mid-America Regional Council Clay County Senior Services North Kansas City Hospital Kansas City Regional Arthritis Center Northland Shepherd's Center Kansas City Quality Improvement Consortium University of Missouri Extension



NSC wishes to express our condolences to the families and friends of Lora Rainey, a long time BreakTime client, Nancy Ballard, and Jo Ann Strever who were also clients. Please pray for the families of Dixie Briebeck and Carolyn Humber who were dear volunteers that did above and beyond for NSC. Also prayers for the family of Ray Straight who was a Meals on Wheels client. All of the staff and our volunteers are deeply effected each time we loose a client. They become a part of our lives and more importantly our hearts. We treasure our memories of each of them.



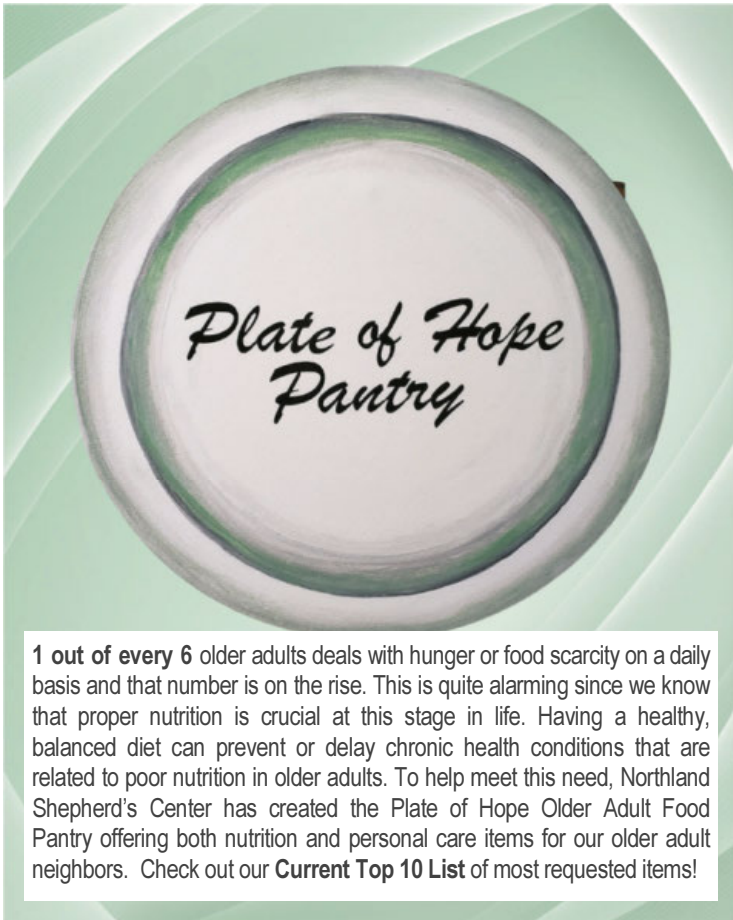


Reminder: There are no more parking lot food distributions. All food will be handed out inside of the Plate of Hope Older Adult Food Pantry. We are scheduling appointments on Tuesdays and Thursdays beginning at 9am with the last appointment of the day at 1:30pm. At your first appointment you will need to provide us with basic information along with proof of income (social security award letter, tax return, etc.), proof of residency (utility bill, bank statement, etc.), and proof of age. You can access the pantry entrance from the front side of the building on the north end – you will see a green banner reading “Plate of Hope”.



On the 4th Thursday of the month we will still have the Harvesters Mobile Food Pantry and Commodity box distributions from 9:30am-10:30am. **You will need to come inside to receive your items and it is suggested you bring your reusable tote bag as the mobile pantry will no longer be pre-boxed. There is no appointment needed for this and is still first-come-first-served.**

Senior Hunger Info and the Top 10 Items Needed at the Pantry



1 out of every 6 older adults deals with hunger or food scarcity on a daily basis and that number is on the rise. This is quite alarming since we know that proper nutrition is crucial at this stage in life. Having a healthy, balanced diet can prevent or delay chronic health conditions that are related to poor nutrition in older adults. To help meet this need, Northland Shepherd's Center has created the Plate of Hope Older Adult Food Pantry offering both nutrition and personal care items for our older adult neighbors. Check out our **Current Top 10 List** of most requested items!

1. Fresh produce is best but frozen fruits & vegetables are great too!
2. Lean proteins – canned/pouches of chicken & tuna.
3. Low-fat/Fat-Free dairy products – but butter or margarine are nice too.
4. Boxed Milk is just the right size for a household of 1 and last longer too!
5. Low sodium/No salt canned vegetables or fruit in its own juices.
6. Nutritional drink supplements such as Boost or Ensure.
7. Sandwich bread or hamburger & hot dog buns.
8. Pantry staples such as flour, sugar, baking soda, vinegar, oil, etc.
9. Laundry detergent (pods are best for us to repackage!)
10. Cat & dog food.



Northland Shepherd's Center
5601 NE Antioch Road, Suite 12
Gladstone, MO 64119



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Available on our Website
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Northland Shepherd's Center

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Winter Weather Advisory

Rememberrrr! As winter weather returns to the KC area, our policy is that if the NKC Schools are closed due to inclement weather – so is NSC as are activities at the center and Meals on Wheels delivery. There may be other times we feel it is in the best interest to cancel programs, events, meal delivery or close early due to threatening weather conditions. The safety of our clients and volunteers is top priority when making these decisions. Cancellations will be announced on our answering machine by calling 816.452.4536, following us on Facebook, NSC website or by tuning into the local TV channels

Northland Shepherd's Center serves the community with these

Life Maintenance Services:

Community Aging Solutions

- Accessing benefits; i.e. utilities, prescriptions, home weatherization & more
- Commodities & Food distribution
- Plate of Hope Senior Pantry
- Medicare & Medicaid Assistance

Daily Well Being Call Check
Friendly Visitors & Call Care
Information & Resources Center
Meals On Wheels
Minor Home Repair
Tech Time

- One on one support with cell phones, tablets or laptops!
- Technology group classes: Zoom, Facebook, Selling on eBay & Facebook market place

Transportation Services

- To Medical appointments
- Market Bus
- Personal Shopping
- Day programs
- Essential Services

Life Enrichment Opportunities:

Aging With Excellence

- LIFT (light weights), PEPPi (exercise), Tai Chi, Chair Yoga, Stretching & Meditation classes, Walking with Ease classes

- Aging Mastery Classes
- Chronic Disease Self Management Classes
- Community Education Seminars

Break Time Club

- Day program for frail older adults & respite service for caregivers

Learning & Laughter

- Bimonthly day program for older adults to promote socialization

Caregiver Support

- Together We Care monthly newsletter with resources for caregivers
- Together We Care monthly support group meetings
- Caring Café: a monthly gathering of caregiver & receivers to enjoy an outing together
- Aging Mastery for Caregivers A 12 week course designed for caregivers.