



Northern Exposure

Helping Seniors Thrive

Northland Shepherd's Center

Mar/Apr 2023

JAZZ GOES HOLLYWOOD



JAZZ Goes Hollywood and YOU made the guest list!

If you've ever wanted to attend the Oscars, now is your chance as we host the 16th season of the Jazz series, the Northland Shepherd Center's fundraising gala, on April 22 at the Argosy Casino.

Jazz has taken us to many places and this year we are going to Hollywood. We're rolling out the red carpet for our guests dressed in their most glamorous looks (or come comfy; it's up to you) for a night of cocktails, dinner, live music, dancing and bidding on auction items with proceeds funding the programs hosted by Northland Shepherd's Center.

"We'll also be honoring a few of our very own Oscar winners, so you won't want to miss the party of the year," said Todd Hess, Executive Director of the Northland Shepherd's Center. "Plus, you'll be supporting NSC as we continue "Helping Seniors Thrive" in the Northland. I call that a win-win! "

Doors will be opening and the red carpet will come alive at 5:30. At that time the silent auction will be open and the drinks start flowing. This will be followed by a buffet-style dinner along with an awards ceremony and live auction. You can also rock out to SuperEasy, a Kansas City cover band that will play some of the best music featured in movies throughout the decades.

You will want to be part of the glitz and glamor as we celebrate our seniors and support our programs. Tickets are \$110 per person or \$800 for a table of eight and may be purchased on our website at www.northlandsc.org. For information regarding sponsorship opportunities, please reach out to Todd Hess at 816-844-3963 or by email at Todd@northlandsc.org.

We look forward to seeing you under the spotlights.

Jazz GOES Hollywood

A Benefit for Northland Shepherd's Center

April 22, 2023

5:30pm - Cocktails, Silent Auction,
Dinner, Entertainment and Live Auction

For more information and tickets,
please visit northlandsc.org





Jazz GOES Hollywood

A Benefit for Northland Shepherd's Center

April 22, 2023

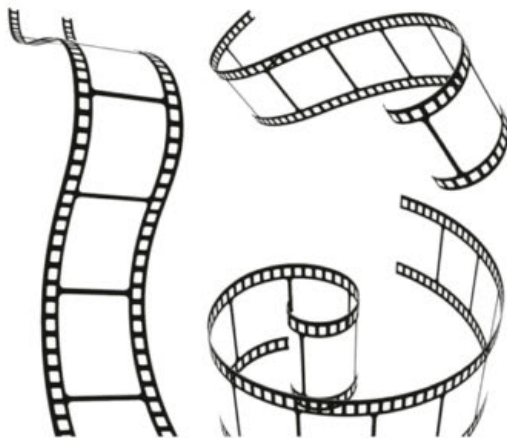
5:30pm - Cocktails, Silent Auction,
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For more information and tickets,
please visit northlandsc.org



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two Northland locations, by appointment only.

Antioch Bible Baptist Church
800 NE 72nd St, Gladstone, MO 64118
Call (417) 754-0321 to schedule an appointment

Pleasant Valley Baptist Church
1600 N. 291 Hwy, Liberty, MO 64068
Call (816) 659-1747 to schedule an appointment

SHOUT OUT TO VAL!

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Life Enrichment Opportunities

Breaktime Club

Compassionate Service

Crafts, Entertainment & Bingo

Gentle Chair Exercises

Healthy Lunch

Supervision, Support & Assistance

Caregiver Respite



Breaktime Club is a social day program for adults aged 60 and better who need light to moderate caregiver support. Participants enjoy peer comradery, activities, exercise & lunch in a structured group setting. In March & April we will celebrate St Patrick's Day, Spring & Easter, and look forward to a performance by the Cowtown Cloggers & a visit from Lakeside Nature Sanctuary with their animals. You must register to attend by 12:00 on the Monday preceding the event. Call Cindy at 816-721-0124.

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Aging with Excellence Classes

Living A Healthy Life with Chronic Pain

An evidence-based 6-week class for individuals living with chronic pain. Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management plan. Topics covered include:

- Appropriate use of medications
- Techniques to deal with problems such as frustration, fatigue, isolation and poor sleep
- Communicating effectively with family, friends and health professionals
- Nutrition and Pacing activity and rest

Class will be every Thursday, starting on March 30 at 11:30.

Call Chanel to RSVP at 816-452-4536.



Bridge

Are you interested in learning how to play Bridge or are you a seasoned Bridge player? We will be offering Bridge lessons followed by playing. Lessons will run 12:00 - 12:30 and group play will be from 12:30 - 2:30 every Friday starting March 17.

Bridge will be held at Northland Shepherd's Center. 5601 NE Antioch Road, Gladstone, MO 64119. Parking and main entrance are on the back side of the building. If you have questions, call Chanel at 816-452-4536. If North Kansas City Schools are closed do to inclement weather, we will be closed as well.

Chair Yoga

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. Chair Yoga is held every Monday and Friday at 9:30.

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

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

LIFT and PEPPI

These classes are 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 to build strength. Both classes are offered standing or seated and help to improve activities of daily living. LIFT is held every Monday and PEPPI is every Friday, both at 10:45.

CALENDAR

MONDAYS

Chair Yoga 9:30
LIFT 10:45

TUESDAYS

Tai Chi 9:30

WEDNESDAYS

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

THURSDAYS

Tai Chi 9:30
Aerobic Chair Exercise 10:30

FRIDAYS

Chair Yoga 9:30
PEPPI 10:45
Bridge Lessons 12:00 - 12:30
Bridge 12:30 - 2:30

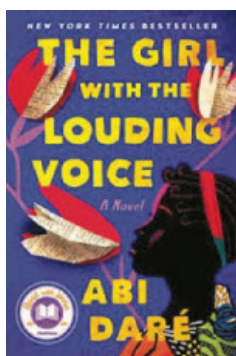


A Jazzy Little Book Club



Join our virtual book club! We call in to discuss the books on the 2nd & 4th Friday of every month at 1:00pm. If you would like to join the book club, call Chanel at 816-452-4536. Books are provided by the Antioch MCPL.

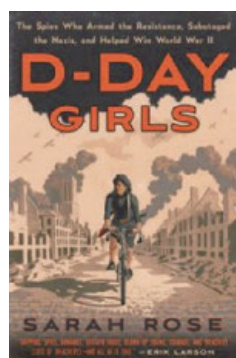
March 10:
The Girl with the Louding Voice



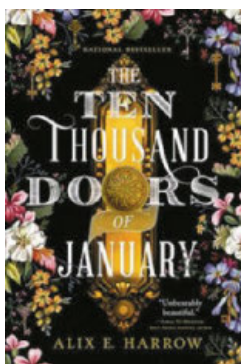
March 24:
Mrs. March



April 14:
D-Day Girls



April 28:
The Ten Thousand Doors of January



Aging with Excellence

Free Health Screening

North Kansas City Hospital will be at Northland Shepherd's Center Monday March 6 and April 3 to provide FREE health screenings. The nurse will be testing fasting blood sugar, cholesterol, HDL, LDN, triglycerides and blood pressure. The nurse will also provide education with the results of your test. Come anytime between 9:00 and 11:00am on March 6 and April 3. If you have questions, call Chanel at 816-452-4536.

Volunteer Needed

The Jazzy Little Book Club is in need of a volunteer to lead this fun group. The Mid-Continent Public Library selects the books for our group to read and they provide the discussion questions. This is a virtual group that calls in on a conference call the 2nd and 4th Friday. Please call Chanel at 816-452-4536 if you are interested in volunteering or joining the group.

Thank You!

Thank you to Dennis Spears for teaching Tai Chi at Northland Shepherd's Center. Dennis is welcoming, kind and a great Tai Chi instructor. He teaches Tuesdays and Thursdays at 9:30. Thank you, Dennis.



BreakTime Club

March & April

Crafts, Entertainment, Exercise, BINGO, Lunch & More

Time: 9:00 - 2:00

You must register to attend by 12:00 the Monday preceding the event. Call Cindy at 816-721-0124.

Calendar:

- ⇒ March 7
- ⇒ March 14
- ⇒ March 21
- ⇒ March 28
- ⇒ April 4
- ⇒ April 11
- ⇒ April 18
- ⇒ April 25



Learning & Laughter

March & April

For anyone that could use a little more fun in their life! Call NSC to **RSVP** the Friday before at 816-452-4536

March 8

Brain Health by AARP & BINGO
Lunch— Spaghetti & Breadsticks

March 29

Card Making & Crafts with Pam
Lunch— Pulled Pork & Baked Beans

April 12

Music by Ramona & BINGO
Lunch— Meatloaf, Green Beans & Potatoes

April 26

Seniors & Scams by Humana & Crafts with Pam
Lunch— Ham & Beans with Cornbread



Northland Shepherd's Center
Helping Seniors Thrive

Upcoming Events

TECHNOLOGY CENTER Senior Tech Connect *March and April Events*

March

7
11 am

Big Thinkers Group - March

A fun group for over 60 year old adventurers in Technology. This is for folks who want to learn about all types of technology! This session we will look at new Apps! Its called APPY HOUR! Lets have fun talking and sharing technology!

March

21
1:30

Computer Class 101

Come learn some tips about your computer or laptop. Don't have one? Come and listen to quick tips to get familiar with laptops or PC's. Meet in the Tech Center!

April

4
9:30

Big Thinkers Group - April

This fun group of thinkers will be meeting at Price Chopper on Vivian Rd to get to use a self checkout. Ask questions, and use one! Any level of user should come join us!

April

18
1:30

iPhone 101 Class

Do you have a new iPhone? Let's meet to learn more about the iPhone and answer some questions you might have. You have an Android phone? Don't worry! We will have a similar Android class next month!

Open PC Lab

Thursdays 1:00 pm to 3:00 pm

Come in, ask questions, use a computer or get help with a questions about your device.

Wi-Fi Hotspots still available for Checkout! If you are over the age of 60 and would like to connect to Wi-Fi in your home, Northland Shepherd's Center now offers loaner Wi-Fi Hotspot devices. Check out is a 2 month loan, and you must be a Clay or Platte County resident. Contact Christina at 816-621-2084 or Christina@northlandsc.org



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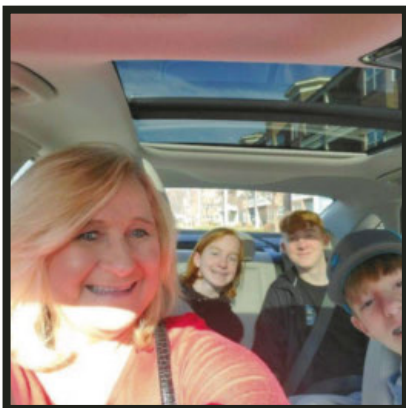
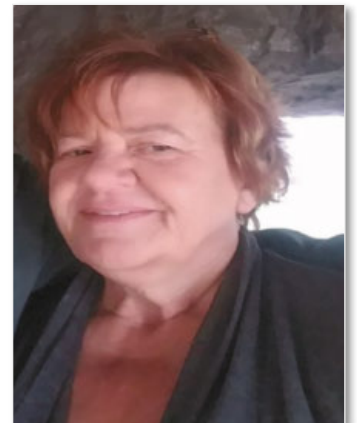
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Welcome New Staff



Welcome Angela Curtis, our new Community Aging Specialist. Angela will provide community-based support for older adults connecting them with services that promote wellness and assistance so that Northland seniors are able to safely and more effectively live in their own homes and thrive in the community. Angela is no stranger to Northland Shepherd's Center. Prior to joining our team, she volunteered for our Center. Angela has lived in the Northland her entire life and currently resides in Gladstone with her family. She has a Bachelor's Degree in Social Psychology from Park University and over 17 years of experience providing Care Coordination and Advocacy to adults in the Northland. Angela is passionate about helping others and loves serving the community in which she lives. She is currently a board member for Northland Community Services Coalition. When not at work, Angela enjoys spending time with her family, traveling and exploring new parts of Kansas City.

Welcome Christine Daw, BA, our new Pantry Manager & Volunteer Coordinator. Christine received her bachelor's in Sociology with a focus on Aging and Developmental Disabilities from UMKC. She has over 25 years of experience working in the nonprofit sector, most recently as a resource manager with Platte County Board of Services. Also, she has served on numerous local committees and boards including Northland Community Services Coalition, Greater Kansas City Deafblind Collaborative, Northland Grandfamilies, The (KC) Mobility Advisory Committee. Christine is a *bibliophile* (a lover and collector of books). She enjoys creating things with her hands including quilting, sewing, painting and even hand-binding books & journals.



My name is Jana Stratman and I am the new Receptionist at Northland Shepherd's Center. I am married to Paul and have 9 amazing grandchildren. I'm looking forward to this new adventure with an amazing family environment and getting to know more about NSC. I worked with Citibank for 26 years and held many positions including Training, Business Analyst & Management to name a few. My mother and her friend started a Meals on Wheels in my childhood home of Granbury, Texas over 50 years ago. By donations and the grace of God the Granbury Senior Center was started and is still thriving today. My Dad continues volunteering there 3 days a week. I started volunteering with NSC over 2 years ago –

Ride shares, Tasty Totes and Meals on Wheels. I am able to take my grandkids along with me on my Meals on Wheels days and the people love seeing them; I think more than me. I am so proud when they ask to volunteer with me. If I can have one thing for them to remember me by - it would be helping others and giving back.

Caregiver Support

Caregiver Directed Respite Program (CDRP)

The *Caregiver-Directed Respite Program* supports primary caregivers in finding their own respite care worker as well as being responsible for hiring, firing, payroll taxes, and all aspects of being an employer. Determination of eligibility for this program is conducted during a formal assessment by a social worker. This program reimburses the caregiver for 6 hours per week at the rate of \$18 per hour.

- ♦ Care recipient(s) must be age 60 years of age or older and not eligible for Home & Community Based Services (HCBS) if they have Medicaid.
- ♦ Full-time primary caregiver must live in the home with the care recipient. This can be a spouse or other family member. You **MUST** reside in Clay County.
- ♦ Primary caregiver must demonstrate the cognitive ability to carry out duties of hiring and supervising a respite care worker.
- ♦ For an individual care recipient, net monthly income must not exceed \$3778. For a couple, net monthly income must not exceed \$5112.
- ♦ Respite care worker must be 18 years of age or older and may provide supervision, light house-keeping, meal preparation, companionship.

For more information, contact our Community Aging Specialist at 816-452-4536.

 <p>Catholic Community Health Home Care Hospice Hospice House</p> <p>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:</p> <ul style="list-style-type: none">Private Duty Home CareHospiceHospice House <p>913.621.5090 CatholicCommunityHealth.org</p>	 <p>CHARTER FUNERALS® PAY YOUR RESPECTS, NOT YOUR LIFE'S SAVINGS!</p> <p><i>Serving Families in the Northland!</i> 77 NE 72nd Street Gladstone 816-921-5555 www.charterfunerals.com</p>	
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Caregiver Support



Together We Care

Join us March 2 and April 6 from 10:00 - 11:30 for our older adult caregiver support group hosted by Northland Shepherd's Center and Tri-County Mental Health. We meet the first Thursday of each month in two formats: in person at Liberty Woodneath Mid-Continent Public Library and virtually by Zoom.

Coffee or tea is provided courtesy of Tri-County Mental Health if you RSVP and attend in-person.

Email Dianna@northlandsc.org for the Zoom link or to RSVP

Caring Café

A fabulous opportunity for caregivers (past and present) to gather together. We meet the third Wednesday of each month at Northland Shepherd's Center. You are welcome to bring your loved one.

March 15 at 2:00: Guest speaker Niki Fehling, LMSW - Hospice Community Liaison for Visiting Nurse Association will speak about the differences between hospice and palliative care. Niki has worked in hospice for 13 years, 7 years bedside as a Social Worker and 5 years providing education and outreach.



April 19 at 2:00: Tri-County Mental Health provides comprehensive mental health treatment for individuals in Clay, Platte, and Ray counties. As an agency, we strive to care for the whole person to address factors that increase the risk of mental health concerns. We recognize that there is a connection between the mind and body. Thus, by caring for physical health and wellness, we can also often improve emotional health and wellness. Join us for a meaningful discussion examining the mind-body connection and how it relates to self-care for older adults and caregivers.

Please RSVP to Dianna@northlandsc.org or Beckyf@tri-countymhs.org



NSC wishes to express our condolences to the families and friends of: Peggy Ann Clouse, a former participant of Breaktime Club. Marie Kissinger, proving you are never too old to learn (a smartphone); you are missed. Don Kluge, we remember you, causing quite the stir arriving on Shirley's arm wearing eau de parfum of love in bloom. NSC friends notice your loved ones passing. They have touched our lives and hearts, briefly or at length.



Plate of Hope Food Pantry



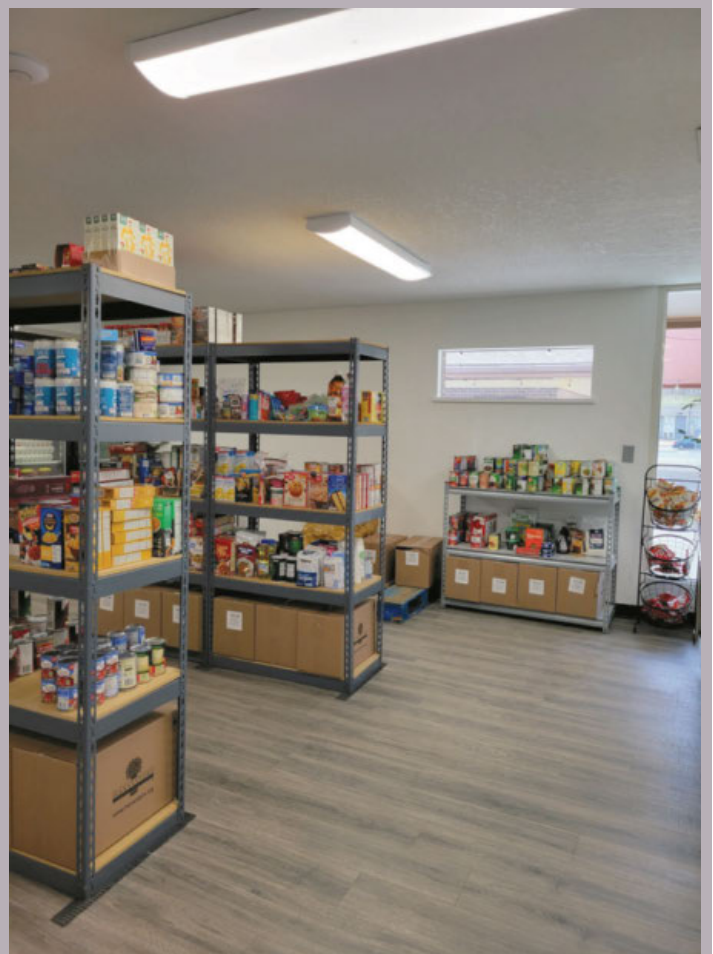
Plate of Hope Older Adult Pantry is scheduling appointments on **Tuesdays and Thursdays from 9:00am - 2:00pm.**

At your first appointment you will need to provide proof of income (social security award letter, tax return, etc.), proof of residency (utility bill, bank statement, etc.) and proof of age. The pantry is accessed from the front side of the building on the north end - you will see a green banner reading "Plate of Hope." Call 816-844-3869 or email Pantry@northlandsc.org to schedule an appointment.

March 23 and April 27 from 10:00 - 2:00 we will have the Harvesters Mobile Food Pantry and Commodity box distributions. You need to park on the front side of the building and walk into the courtyard (under the green banner) to receive your items. These items are not pre-boxed. It is recommended you bring your reusable tote bag. No appointment is needed and is first-come, first-served. If you have signed up for the USDA commodity box program, you can also pick up your box at these times.



1 out of every 6 older adults deals with hunger or food scarcity on a daily basis and that number is on the rise. To help meet this need, Northland Shepherd's Center has opened the Plate of Hope Food Pantry offering both nutrition and personal care items for our older adult neighbors.





Northland Shepherd's Center
Helping Seniors Thrive

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Volume 33 No. 2

Serving Northland Citizens Aged 60 & Better

Life Services

- Call Check
- Care Call & Friendly Visitor
- Caregiver Respite
- Community Aging Solutions
- Computer Lab
- Information & Resources
- Market Bus
- Meals on Wheels
- Medicare & Medicaid Help
- Minor Home Repair
- Personal Shopper
- Plate of Hope Food Pantry
- Technology Help & Training
- Transportation

Life Enrichment

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

Winter Weather Advisory

Remember! Our winter weather policy is when the NKC School District is closed due to inclement weather - so is Northland Shepherd's Center; all activities, classes, Food Pantry and Meals on Wheels are cancelled. Our top priority is the safety of participants, volunteers and staff. NSC weather closings are announced on our voice message, Facebook and your local TV news channel.