



Northern Exposure

Helping Seniors Thrive

Northland Shepherd's Center

May/June 2023



NATIONAL OLDER AMERICANS MONTH

Welcome to spring and what a better way to move forward into the days of summer than to celebrate national Older Americans Month (OAM). Established in 1963, OAM is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the

contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age. This theme embodies the mission of Northland Shepherd's Center. Whether you are sharing time with your friends at "Learning and Laughter" or learning how to use that new iPhone in the Tech Center, our programs are structured to enrich the lives of our older citizenry.

This May, join us as we recognize the 60th anniversary of OAM and honor our Greatest Generation and our Boomers for their contributions to society. Although May is national OAM month, we at Northland Shepherd's Center celebrate our older adults year-round in a way that enriches their lives and supply them with the activities and support that they enjoy and need.

If you have been to Northland Shepherd's Center, we look forward to seeing you again soon, and if not, please drop by and see us. Learn how we can help you take on the challenges of aging in a fun and meaningful way.

Regards,
Todd



Marge Weir celebrates her 100th birthday with NSC friends and family.

Welcome New Staff



Please welcome our new Caregiver Support Coordinator, Charli Seitz, M.A.Ed. Charli is a retired high school teacher from NKC Schools, a former medical center/ hospice chaplain and bereavement counselor. She also served as the Liberty Meals on Wheels coordinator and worked with homeless families in the Northland. She received her BA in Sociology and Psychology, with an emphasis in Religious Studies from William Jewell College and attended University of Oxford, St. Peter's, reading Sociology/ Women's Studies. She earned her Clinical Pastoral Education Certificate from St. Joseph Medical Center and her MA from UMKC.

She later earned a Certificate in Transition Education from KU--Lawrence. Charli has served on several committees and boards, locally, statewide, and nationally, including Missouri NEA Legislative and Human Rights Committees, Northland Community Services Coalition, Northland Diversity Council, and Northland Ethnic Festival, and she was a founding board member of the Clay County African American Legacy Consortium. Charli was recently appointed to serve on the Clay County Senior Services Board.

Charli enjoys travelling with her husband, Keivan Moghadam, and spending time with family and friends in her English garden, calling it "A Little Bit o' Heaven." She is a Jazz, Big Band, and 80's music lover and enjoys dancing, Yoga, Qigong, meditation and reading. As a lifelong learner, she delights in meeting and learning from people from all walks of life, and her passion is to empower others to live their **Best Life** at every stage of growth.

Meet Robin, our newest Breaktime Club coordinator. Robin comes from a background of volunteering and development in the nonprofit world. Robin enjoys gardening and spending time with her children and pets. Her enthusiasm and love for older adults makes Robin the perfect fit for Northland Shepherd's Center. Always smiling and laughing, her energy is sure to liven up the party. You may see her floating around the halls so be sure to say "hello" and introduce yourself to her.



Still
Here



Kelley



Rayetta



Patty



Chanel



Christina



Traffic Report

A few people have stopped at my window to comment "Glad you are still here." Me too! You may recall about half our staff retired in December; and dredging through my memory banks, we've seen a lot of changes in a relatively short period of time. My office is just off the front lobby. The hallway passes by my sliding reception window, then turns and passes by my (usually) open door. So, I see and hear all the foot traffic, twice! Still here too, is our shared purpose of connecting and helping people. I thought to share these with you like a traffic report:

A Tai Chi member & others drop food donations in the lobby grocery cart for Food Pantry members before heading to their respective programs. That cart is rarely empty & I've not heard of any storage issues in the Pantry. Kudos!

Chanel & Jana co-created a monthly calendar listing all program schedules in one place. It's a BIG hit!

A volunteer initiated & leads a new Bridge program, while yet another volunteer joins Bridge (always arriving in high fashion). Volunteers have a misconception that programs are for clients. Programs are for everyone.

Our Executive Director arrives on Tuesdays with Dad in tow for Breaktime Club, then heads to his office to create new connections & funding that will sustain & expand our Center, like Breaktime Club in Platte County.

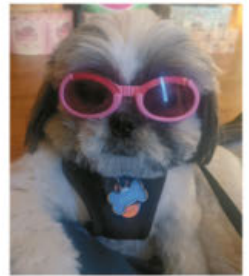
A Breaktime Club member closes the bathroom door by my office every Tuesday.

Boisterously exclaiming "Nobody wants to see the john!" to which I reply "or John in the john!"

On a high traffic day, I stood in my door holding a "Volunteer?" sign like people on street corners. Passersby stopped to check if they could help & mailers got stuffed.

Overheard "Lunch was good, but not cheap." Sad, because I also hear "the only time I get to go out is for the doctor & groceries". Often people skip social outings if they can't afford a donation.

Lastly, Bonzai has an eye infection & must wear "doggles". So sorry, yet so cute in your pink doggles!



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Aging with Excellence Classes



LIFT and PEPPI

As we age it is important to stay active and these two class will help with that. 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 10:30.

Qi Gong

Qi Gong utilizes breath work, slow gentle movements, intention and meditation to clear stress, increase circulation and improve the immune system. This class can be done either standing or seated and is offered every Wednesday at 9:30.

Free Health Screening

North Kansas City Hospital will be at Northland Shepherd's Center Monday May 1 and June 5 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 May 1 and June 5. If you have questions, call Chanel at 816-452-4536. You can also register on NKCH website.

Walk with Ease

Walk With Ease is an evidence-based program that is proven to help people with arthritis or other related conditions reduce pain, increase balance, strength and improve overall health. Walk with Ease will be every Thursday at 9:30 starting June 22. We will meet at Northland Shepherd's Center. Please RSVP before June 16 by calling Chanel at 816-452-4536.

Bridge

Invite your friend or neighbor to play bridge at Northland Shepherd's Center. Every Friday we offer bridge from 12:00 - 2:30.

Chair Yoga

Chair Yoga can help increase your mobility, balance and help 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

This class is 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.



CALENDAR

MONDAYS

Chair Yoga 9:30
LIFT 10:30

TUESDAYS

Tai Chi 9:30

WEDNESDAYS

Qi Gong 9:30
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 10:30
Bridge 12:00-2:30

Life Enrichment Opportunities

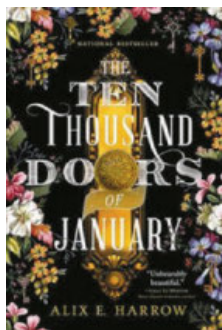
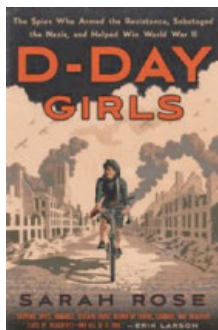
A Jazzy Little Book Club



Our book club will now meet in person as well as virtually. You can meet at NSC the 2nd & 4th Friday of every month at 1:00pm or by calling in to join the group from home. If you would like to join the book club, call Chanel at 816-452-4536. Books are provided by the Antioch MCPL.

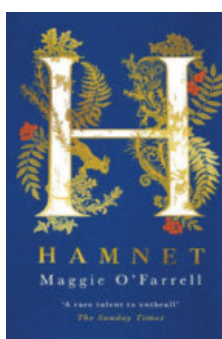
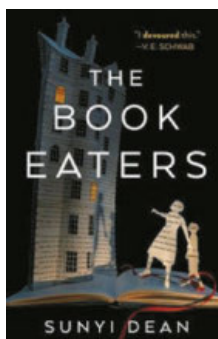
April 14:
D-Day Girls

April 28:
The Ten Thousand Doors of January



May 12:
The Book Eaters

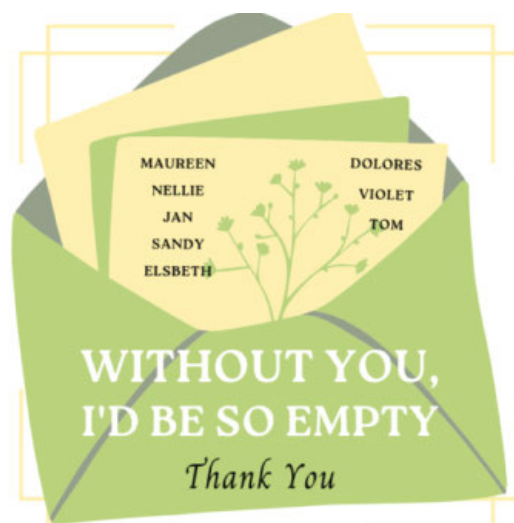
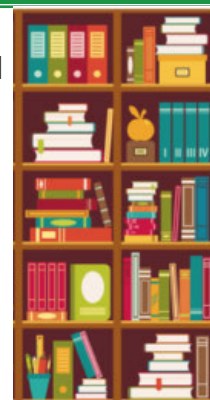
May 26:
Hamnet



Coming Soon!

Coffee and Book Nook

Mid-Continent Public Library will fill our bookshelf with books for anyone to borrow. We will have a space to chat with other senior adults and get a cup of coffee. We are in need of a donated bookshelf. If you would like to donate one please call Chanel at 816-452-4536.



Learning & Laughter

If you are looking for a little more fun, socialization, or to learn about topics related to senior adults, Learning and Laughter is for you. We meet at Northland Shepherd's Center every 2nd and 4th Wednesday at 10:00. We have entertainment, BINGO, crafts, speakers and a hot lunch. If you would like to join us for Learning and Laughter, please call 816-452-4536 the Friday before to RSVP.

Thank you to Pam for our fun and cute crafts! Pam has been volunteering at Learning and Laughter for many years. She has taught us how to make countless crafts. Even if you don't think you are "crafty" you will love the crafts Pam helps us make. Thank you Pam for all the time you put in to make our wonderful crafts each month. We appreciate you!



May & June

Call to **RSVP** the Friday before at 816-452-4536

May 10

Crafts with Pam & Dementia presentation by KU Lunch— Fried Chicken

May 24

BINGO & Mid-Continent Public Library Lunch— Taco Salad

June 14

BINGO & Scrapbooking 101 Lunch— Baked Potato & Salad

June 28

Live music & Crafts with Pam Lunch— Turkey & Mashed Potatoes

Technology Center

Self-Checkout Demo

On April 4th we had our first Self-Checkout Demo at a nearby grocery store. Price Chopper agreed to help us. Megan, a Price Chopper employee answered our questions and allowed us to slide some items through and guided us on simple ways to fix things we might do accidentally. The best thing we learned is that you can ask one of the self checkout people to help you especially if it's your first time. The best tip is to go early morning when they are less busy like from 8:00 to 9:30 am. Tuesdays and Wednesdays are less busy. If you need extra help or would like to schedule time with one of our volunteers at the NSC Technology Center, we will meet you there and ensure your questions are answered.



May & June Tech Events

RSVP for any event by calling 816-452-4536 or registering online

May 2 11:00

Big Thinkers Group – All things Music

Also learn how to connect to a Bluetooth Speaker!

May 16 1:30

Class – Android Phone 101

Come learn more about your Android Phone. Get tips, and ask questions!

May 18 9:00

Self-Checkout Demo – Hy-Vee Antioch & 72nd
Join us in the store near the front.

June 6 11:00

Big Thinkers Group – Air Fryers

Come enjoy food, demo & cooking tips!

June 20 1:30

Class – YouTube 101

Check out all the fun you can have with YouTube!

June 22 9:00

Self-Checkout Demo – Walmart Marketplace
Antioch & Vivion. Join us in the store near the front.

*** Open PC Lab on Thursdays from 1:00 to 3:00**

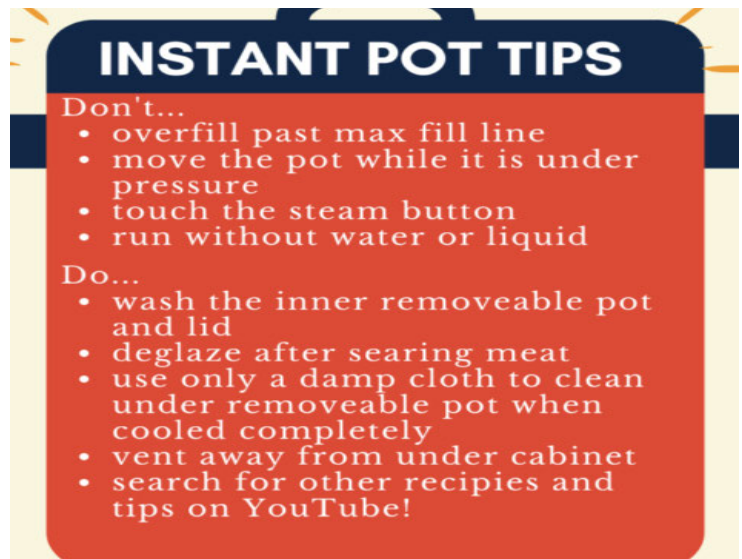
*** Ask about our Loaner Wi-Fi Hotspots!**

Fun Tech Tips

Ever had a document that you wanted to share with non-English speaking friends? Google has a pretty good solution!

1. In your browser, go to Google Translate or in Chrome type translate in the search bar. The URL is: <https://translate.google.com/>
2. At the top click Documents
3. Choose the language to translate to & from
4. Click to Browse your computer files
5. Select the document you want to translate
6. Click Translate and wait until finished
7. Save your new document & indicate the language. (Ex: Best Sugar Cookie Recipe-Spanish)

We had a fun **Big Thinkers Group** in February on Instant Pot cooking. What a fun technology to discover. In June we will demo an Air Fryer!



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Northland Shepherd's Center, Kansas City, MO

B 4C 02-0934

Attention Medicaid Participants

Medicaid Renewals are Coming Back!

The Family Support Division will start checking eligibility on all Medicaid participants beginning April 1, 2023.



Missouri Department of
SOCIAL SERVICES
mydss.mo.gov/renew



Healthy Blue



home state health.



UnitedHealthcare

Starting **April 1, 2023** the Family Support Division (FSD) began sending annual Medicaid renewal paperwork to the address on file for each participant receiving benefits.

If an individual has moved in the last three years, they should make sure FSD has their updated mailing address. The easiest way to do this is to **report a change online** by going to **mydss.mo.gov** and click on the link in the box at the top of the page that says **“UPDATE YOUR MAILING ADDRESS”**. You can also **call 1-855-373-4636** to update your information.

Your annual renewal typically takes place towards the end of your coverage period. Important letters with more information will be mailed when your annual renewal is due sometime between May 2023 and April 2024. If a response is required on your renewal paperwork, you must submit it by the deadline in your letter to keep your healthcare coverage (if you are still eligible).

If you need assistance with this process contact Angela Curtis at 816-256-8096 and schedule an appointment.

Caregiver Support

Here We "Care" Again

Northland Shepherd's Center in collaboration with Platte County Senior Fund brings Breaktime Club to Platte County. Breaktime Club is a safe and enriching day of activities for older frail adults, and more.

- A caregiver's day out!
- Supervision provided by caring staff & volunteers
- Peer socialization & friendship
- Activities, gentle chair exercise & lunch
- Breaktime Club is respite care from 9:00 to 2:00
- Call 816-452-4536 to enroll your loved one!

New!

Northland Shepherd's Center
5601 NE Antioch Rd

♥ May 2 ♥ Jun 6
♥ May 9 ♥ Jun 13
♥ May 16 ♥ Jun 20
♥ May 23 ♥ Jun 27
 NO BTC

Platte Woods
United Methodist Church
7310 NW Prairie View Rd

♥ May 4 ♥ Jun 1
♥ May 18 ♥ Jun 15
 ♥ Jun 29

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Northland Shepherd's Center, Kansas City, MO

C 4C 02-0934

Caregiver Support

World Elder Abuse Awareness Day is June 15
“How to Observe World Elder Abuse Awareness Day”

1. Know the symptoms of abuse

Bedsore, bruises, or chafing could indicate that your loved one is being restrained to a bed or wheelchair, or otherwise physically abused. If he or she has recently lost weight, malnutrition or dehydration could be at play, while poor hygiene is also an indicator of possible abuse. Watch, too, for changes in the person's mood; if they seem depressed, anxious, agitated, or listless, see if you can discover why. In short, any changes to an elder's behavior, disposition or physical condition could be cause for concern.

2. If you suspect something, say something

If you do detect signs of abuse, document them. Take pictures of bruises or injuries, get a statement from the victim or any witnesses, and keep a log of any suspicious behavior or circumstances. You can then address your concerns with the manager or director of the long-term care facility or home care provider; if they do not take action, contact the police or an elder abuse attorney.

3. Spread the word with social media

It might seem counterintuitive to help prevent the abuse of elders using tools that are largely considered the domain of younger generations, but there's really no better way to get the word out and foster awareness than through social platforms. Share informational articles on Facebook and use the hashtag #WEAAD on Twitter.

----Source: <https://nationaltoday.com/world-elder-abuse-awareness-day/>
More info found at <https://www.un.org/en/observances/elder-abuse-awareness-day>

Together We Care

Older Adult Caregiver Support Group

May 4 and June 1

10:00 to 11:30

Meets at Woodneath Mid-Continent Public Library in the Library Café at 8900 NE Flintlock Rd, Liberty
Hosted by Northland Shepherd's Center & Tri-County Mental Health: "You are not alone."

Caring Café

May 17

1:30 to 3:00

Meets at Northland Shepherd's Center. Our theme this month is "Celebrating Strengths in Older Adulthood" in recognition of Older Americans Month.
Note: No meeting in June. We'll meet again July 19.

Email Charli@northlandsc.org or call 816-844-3964 to RSVP or for the Zoom link.



NSC wishes to express our condolences to the families and friends of: Suteo Otis, Rose Smith, Dorothy Wise and Marlene Frakes. NSC friends notice your loved ones passing. They have touched our lives and hearts, briefly or at length.

Our deepest sympathies to Will and Ida May Willhaus. You are in our thoughts and prayers.



Plate of Hope Food Pantry

As I sit here writing this, it is April which is Global Volunteers Month. Volunteers are the backbone of the Northland Shepherd's Center. Without volunteers we would not be able to provide the services and activities that we do. From rides to the doctor's office or grocery store, from exercise classes to the food pantry to Meals on Wheels, volunteers are making it happen. This month I would like to spotlight the volunteers at the Plate of Hope Food Pantry at Northland Shepherd's Center. When the pantry opened, Northland Shepherd's Center knew the only way we would be able to sustain the pantry was with the help of volunteers. Volunteers provide over one hundred hours of service to the food pantry per month. Volunteers sort donations, stock shelves, sort produce, assist clients with shopping and then, to their car with groceries. Rebecca, Marjorie and Janet have agreed to be lead volunteers. They complete intake, schedule appointments and ensure everything runs smoothly. Leo, Challis, Jan, Maureen and others volunteer throughout the month to keep the pantry stocked and clean. The Farmers' House helps with the Mobile Food Pantry on the 4th Thursday of the month. Mary and Bryan help deliver commodity boxes to people who aren't able to pick them up in person. Volunteers are essential to the Plate of Hope Food Pantry at Northland Shepherd's Center. Volunteers ensure the pantry is a clean and pleasant place where clients can shop with dignity and autonomy. Northland Shepherd's Center appreciates and recognizes the contributions of the volunteers carrying out the services in our community, enriching the lives of older adults in the Northland.



May 25 and June 22

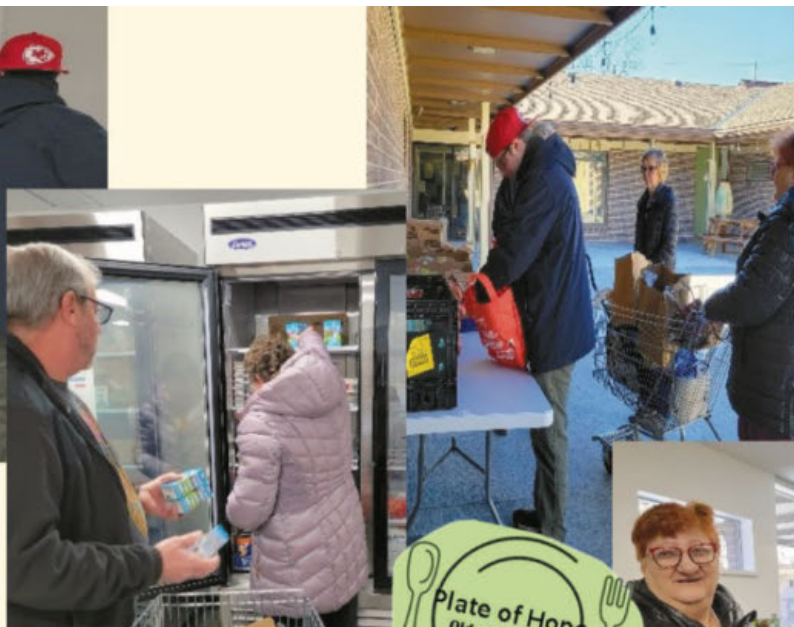
10:00 to 2:00

Harvesters Mobile Food Pantry
Distribution is first come, first served.
Bring your own reusable tote bags.

and Harvesters Commodity Box
Distribution for those enrolled



Food Pantry is located on front side of
the building. Look for the green banner.



Shop the Pantry

- ♥ Stretch your social security dollars
- ♥ Pick your own groceries
- ♥ Get help bagging & loading
- ♥ Tuesdays & Thursdays by appointment
- ♥ 816-844-3869 or Pantry@northlandsc.org





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Volume 33 No. 3

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Life Enrichment

- Aging with Excellence
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- 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

