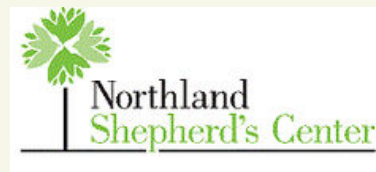




TOGETHER WE CARE JULY NEWSLETTER 2023



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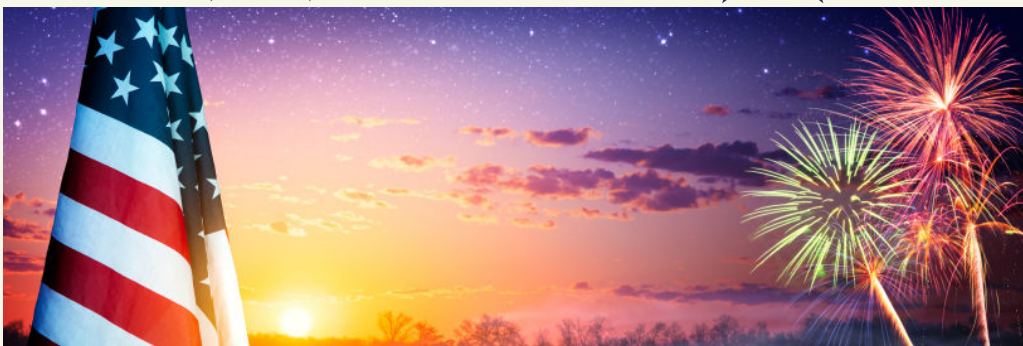
Please welcome Ann Kinney!

Hello! My name is Ann Kinney. I am the Older Adult Education and Outreach Specialist at Tri-County Mental Health Services. I am so excited to be here and for the opportunity to get to know and collaborate with the Together We Care and Northland Grandfamilies!

I'd like to share a little bit about myself. I have worked in community mental health and families since I moved from Minnesota to Kansas City in 1998. Don't be surprised if you occasionally hear a hint of my northern accent. 😊

I completed my Bachelor's and Master's degrees at the University of Wisconsin-Stout. I have worked with a variety of programs and agencies in the last 25 years, most have been affiliated in some way with Tri-County. I am excited to now call TCMHS my workplace home. I love supporting families and caregivers. Caring for others is a privilege and challenge. In order to care for others, it's vital to also care for ourselves. I hope the time we spend together will be a time to share experiences, encourage one another, and provide a safe space for nurturing yourself

I am the mother of two young adults. My daughter is 21 and has several developmental disabilities. She loves singing and the guitar. Our home is a 24/7 concert venue. I am her greatest fan and will likely always be a caregiver for her in some capacity. I also have a 17-year-old son. He makes me laugh daily! He will be a senior in high school this year. He loves baseball, and we spend many fall, spring and summer evenings and weekends at his baseball tournaments. In my free time, I enjoy hanging out with my children, significant other, and friends. We love live music, boating on Smithville Lake, and any opportunity to spend outside. Most of my family lives in Nebraska and Minnesota. We road trip as often as possible to visit our favorite people. Thank you for taking a moment to learn a little bit about me. I can't wait to meet you! 😊



UPCOMING EVENTS

SAVE THE DATES!

Together We Care

Monthly Caregiver Support Group

Thursday, July 6--10:00-11:30 AM--TWC (hybrid format)

Woodneath Library near Liberty.

Please meet at 9:45 in the Library Café if you would like to get a beverage. The meeting will start

promptly at 10 AM.



Thursday, August 3, 10:00-11:30 AM--

TWC will be held at:

Northland Shepherd's Center in the Study
5601 NE Antioch Road, Suite 12--Gladstone

**Please note venue change
starting in August!!!**



Aging Mastery for Caregivers

Thursdays, July 13 through Oct. 5--11:30 AM-1:30 PM--

Aging Mastery Program for Caregivers--

Lunch provided--Kearney Senior Community Center--

To register or for more info call 816-903-6533 or
seniors@kearneyenrichment.org



Caring Café Upcoming Sessions

Wednesday, July 19, 1:00-2:30 PM--

Northland Shepherd's Center--

"Brain Power as We Age!"

Bring your thinking cap and enjoy learning!!

Looking ahead!!

Wednesday, September 20, 1:00-2:30 PM

Special Guest: **Bonnie Smith**, Community Relations Director
for Benton Houses, will be discussing.....

"Aging and Caregiving with Confidence:

Navigating Elder Years with Grace and Security"

This will be a great enlightening session!

YOU WILL NOT WANT TO MISS IT!!

Call Charli for info at 816-452-4536 or email her at
charli@northlandsc.org for Zoom info
on TWC and Caring Café.



CAREGIVER SERIES OFFERED AT TRI-COUNTY MENTAL HEALTH!!

The Healthcare Home leadership team is excited to offer support and education on how to navigate various diagnoses in older adulthood.

This first series focuses on various dementia diagnoses. There will be quarterly classes offered. The next class time is TBD.

For info on date and time, call Ann Kinney at TCMHS--
816-468-0400 x330.

Each class will include:

- An overview of signs and symptoms at various stages of the diagnosis
- Care strategies to help meet practical needs
- Communication tools
- Self-care ideas for the caregiver specific to each stage
- Time for Q & A!



The **Department of Veterans Affairs (VA) Caregiver Support Program (CSP)** offers clinical services to caregivers of eligible and covered Veterans enrolled in the VA health care system. The program's mission is to promote the health and well-being of family caregivers who care for our Nation's Veterans, through education, resources, support, and services.

https://www.caregiver.va.gov/support/New_CSC_Page.asp

**MAKE
A
DIFFERENCE**

Volunteer at NSC!!

**Call Laurie, our new Volunteer Coordinator,
at 816-452-4536**

**VOLUNTEER AS AN ADVOCATE FOR
LONG TERM CARE RESIDENTS!**

CALL (800) 309-3282

LTCOmbudsman@health.mo.gov

**For more info on NSC programs
please visit
www.northlandsc.org**