



Northern Exposure

Helping Seniors Thrive

Northland Shepherd's Center

Jul/Aug 2023



Well summer is here and it is time to crank up the BBQ and enjoy the weather with family and friends. While we enjoy the Independence Holiday we should all reflect on the meaning of the day. Our independence and freedom are something all Americans should cherish and respect. At the same time, we should remember how we got there and who we have to thank, our Veterans.

All of us have a family member or friend that has served our country, and we owe them the utmost respect and thanks for protecting the freedoms and rights we have come to enjoy and expect.

Here at NSC we try to honor our Veterans every day, whether it is meeting the recipients of the Honor Flight, such as Will Willhaus, First Lieutenant, Army, serving during the Vietnam conflict; to our staff member, Jeremiah Creek, Army infantry, PFC; and I would be remiss not to include my own father, Richard Hess, Captain, US Marine Corps who served in the Vietnam conflict.

These are a few examples of people that touch my own life and everyone on our staff has their own list. I challenge you to write in and tell us how you honor Veterans that have touched your lives. Think what those people have meant to you and how they did their part for our Country.

On another note, I am excited to announce that our next newsletter will be completely revamped along with a new logo and new website launching in late August.

Have a great summer and God Bless Our Troops!

Todd Hess,
Executive Director

My Thoughts About Being Included, Being Seen

By Peg McKee, NSC Volunteer and Client

Here I am an 'older adult,' and, at times, I cannot believe it!

Like yours, my life was active. The 'middle 40 years in my life' included leaving home, graduating from college, starting my first job, marrying, raising kids, moving quite often, advancing in my career, being busy with family and friends – enjoying trips and activities, getting involved with philanthropic efforts. I was involved and included.

As I aged my life changed. It slowed. I lost extended family members, the kids left home, I became single again, my circle of friends narrowed (people moved, died, developed health problems, etc.), my career plateaued and then ended with retirement.

Even though I did what every article you read says to do and worked part time for seven more years and started volunteering more, I am still not as involved nor included as much as I was. I do not have family close by; many of my best friends are dying or having major health issues. Sometimes I feel that I am not seen (especially in stores), sometimes I feel that I no longer have a purpose (I wake up many days with nothing specific to do), sometimes I talk myself out of doing things because I am too old or too fat or tired of going to things alone, and at times I wonder what value I am to the world and what is my purpose in life.

Then, I usually pull up my 'big girl pants,' mentally slap myself, & tell myself to get on with it.



As should be, humanity is concerned about so many generations and groups. We hear about efforts to help children, single parents, lower income workers, people with disabilities, the sick, etc. We seldom hear about efforts, other than from AARP, about helping 'older adults'.

One of my doctors says that his older patients tell him that they are the '*invisible generation*'. As we as 'older adults' are not as involved, I do not think that we are seen as useful. If we are even looked at, we are looked at differently by society. Not being included is bad and it is unhealthy.

I believe sincerely that there are things that can be done to include us, things that society can and should do and things that we can and should do. In this column, the first of two columns, I will talk about what I think society can and should do.

Part 2 of this column, 'What We Can Do Ourselves to be Included and Seen,' will appear in the NSC September/October Newsletter.

Stay Safe in the Heat



As the temperatures rise and we find ourselves in full swing of Summer weather, we need to be sure to try and prevent or watch out for signs of heat stroke and heat exhaustion. This infographic from the CDC gives us some tips on how to help beat the summer heat. If you are in need of finding relief, consider joining us for a class. Or, you can also find a list of cooling centers near you by calling 2-1-1.

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Whenever you are able, support their businesses as well!

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Northland Shepherd's Center, Kansas City, MO

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Aging with Excellence Classes



Aerobic Chair Exercise

A great class 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

As we age it is important to stay active and these two classes 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.



Free Health Screening

North Kansas City Hospital will be at Northland Shepherd's Center Monday July 10 and August 7 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 July 10 and August 7. If you have questions, call Chanel at 816-452-4536. You can also register on NKCH website.



Bridge

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

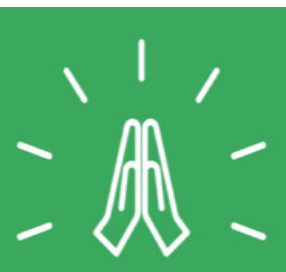
Tai Chi

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.



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. Starting August 3 we will meet at a local trail to walk as a group. If you would like to join us please call Chanel for more information.



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.

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.

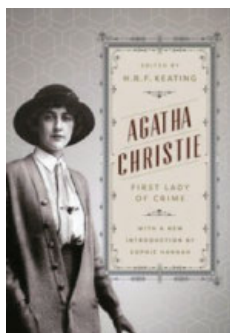
Life Enrichment Opportunities

A Jazzy Little Book Club

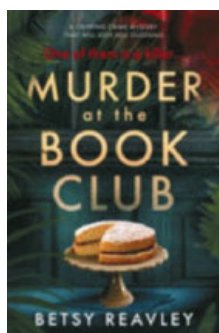


Our book club will now meet in person as well as virtually. You can meet at NSC the 2nd & 4th Wednesday of every month at 2:00 or by calling in to join the group virtually. If you would like to join the book club call Chanel at 816-452-4536.

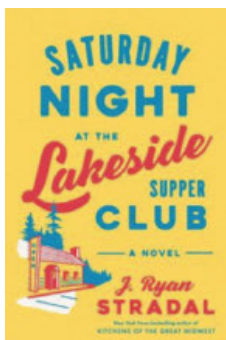
July 12:
Agatha Christie First Lady of Crime.



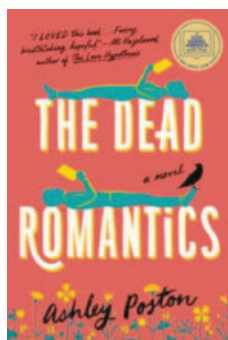
July 26:
Murder at the Book Club



August 9:
Saturday Night at the Lakeside Supper Club



August 23:
The Dead Romantics



New at NSC!

Living Your Life Well Series

North Kansas City Hospital will be at Northland Shepherd's Center to speak about ways to live happier and healthier.

The Science of Happiness

July 19 at 10:30

Happiness is like a muscle. It takes energy and intention. Learn about the science behind happiness, why it's good for us and ways to grow our happiness muscles.

Sleep is Your Superpower

August 2 10:30

Most adults don't get enough sleep. Learn how sleep impacts your health and ways to get the z's you need.

Don't Make Yourself Miserable

August 16 10:30

Everyone needs to vent sometimes, but constant complaining isn't good for your overall health. Learn ways not to make yourself miserable.

Coffee and Book Nook

Come grab a cup of coffee, socialize and pick up a book to take home. Mid-Continent Public Library filled our bookshelf with a variety of books and large print books for you to take home and return to NSC when you are finished. We hope to have board games and puzzles on the shelf too.

Thank you Tom for hauling in our bookshelves!

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 please call the Friday before to RSVP.



July & August

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

July 12

BINGO & Live Music by Bob Knutter
Lunch— Salisbury Steak & Parmesan Potatoes

July 26

Crafts with Pam & Medical Preparedness
Lunch— Oven Baked Ham & Hash Brown Casserole

August 9

BINGO and Seniors & Scams Presentation
Lunch— Swiss Steak & Mashed Potatoes

August 23

Crafts with Pam & Live Music by Rick
Lunch— Fried Chicken & White Mac & Cheese



Digital Connectivity InfoFair

Are you over 55?

This fair is for you if you are looking for an affordable smartphone, internet service, laptop, pc's or training!

Enter for a FREE raffle drawing!

Northland Shepherd's Center
Affordable Connectivity Program (ACP) Signups
Classes, Training, Wi-Fi loaners, and more

PC's for People
Selling affordable computers.
ACP Signups

Mid Continent Public Library
Classes, Wi-Fi, Chromebook loaners

Devices

Connectivity

Training

THURSDAY JULY 13 1:00 TO 3:00

NORTHLAND SHEPHERD'S CENTER
5601 NE ANTIOCH RD
GLADSTONE, MO 64119
816-452-4536
Northlandsc.org

Northland Shepherd's Center
Helping Seniors Thrive

Open PC Lab Thursdays!

1:00 to 3:00
Get your tech questions answered. Use the NEW PC's & free Wi-Fi too!

Wi-Fi Hotspot Loaners

Check out a Wi-Fi Hotspot to get internet in your home for 2 months! You must be a client, over 60 & live in Clay or Platte County!

Tech Connect Calendar

July

July 11 11:00

Big Thinkers Group – Appy Hour

Topic: Self-publishing apps: Thinking of publishing something? Your history, recipe book or memoirs? Learn tips to self publish.

July 13 1:00 - 3:00

Digital Connectivity Fair

Come find out more about ACP, available classes, loaner Wi-Fi's & other services at the center!

July 18 1:30

Android Basics Part II

Learn more about email, maps & social media.

July 20 9:00

Self-Checkout Demo – Target

169 & Barry – Meet inside, near the front entrance.

July 24 1:30

Zoom Practice Class

Learn while you Zoom! Jump into a live Zoom class & ask questions. Hands on experience for the visual learner. Short half hour session.

August

August 8 11:00

Big Thinkers Group – Appy Hour

Topic: Streaming & Casting. Learn to cast from your device onto a TV! Learn Roku & Google Chrome too.

August 15 1:30

Android Phone 101 – Part III

Review the Camera features for taking better pictures, music & calendar. If you missed the other Android classes, no problem.

August 21 1:30

Zoom Practice Class

Learn while you Zoom! Jump into a live Zoom class & ask questions. Hands on experience for the visual learner. Short half hour session.

August 22 1:30

Computer 101 – Just the basics

For anyone that needs the very basics of a PC/laptop.

August 29 1:30

Music Lovers Unite

Let's learn more about music & how to enjoy it on your device. Also, learn to connect a Bluetooth speaker & headphones.



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Northland Shepherd's Center, Kansas City, MO

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Summer heat means higher electric bills to keep your home cool.

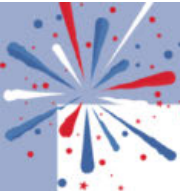
Are you worried about the increase in cost on your electric bill?

For those who meet income guidelines, ERPP provides some monthly bill relief.



Everygy's Economic Relief Pilot Program (ERPP) is a great way to help ease the pain of monthly bills and provide help to budget your monthly expenses. This program provides those with an income at or below 200% of the current federal poverty level with a credit of up to \$65 per month, for a maximum of 12 consecutive months, if you qualify.


Contact Community Aging Specialist, Angela Curtis, to see if you qualify for assistance with your Everygy bill. Direct: 816-256-8096 or Angela@northlandsc.org




Attention Veterans

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.

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








Salute to Don Rey

We received a call about a 100.5 year old woman, still living in her own home, in need of grab bars in her bathroom. Don dropped what he was doing and headed right over!

Because of you, she is less afraid to get washed up. Because of you, my day is made brighter too.

Thank you!





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 Charli Seitz at 816-452-4536 or Charli@northlandsc.org

 <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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Breaktime Club

A day program for adults 60+ who need light to moderate caregiver support.

- 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!

Northland Shepherd's Center
5601 NE Antioch Rd

- | | |
|----------------|-----------------|
| ★ Jul 4 NO BTC | ★ Aug 1 |
| ★ Jul 11 | ★ Aug 8 |
| ★ Jul 18 | ★ Aug 15 |
| ★ Jul 25 | ★ Aug 22 |
| | ★ Aug 29 NO BTC |

Platte County

Now accepting enrollment

Call 816-452-4536 or
email rayetta@northlandsc.org

Together We Care: Monthly Older Adult Caregiver Support Group

July 6 10:00 to 11:30

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."

Please visit the Library Café at 9:45 if you would like to get a beverage, and tell the server you are with our support group. Tri-County will pick up the tab! Meeting will start promptly at 10:00.

August 3 10:00 to 11:30

Northland Shepherd's Center in the Study at
5601 NE Antioch Rd, Ste 12, Gladstone. Coffee cart
& snacks available.

PLEASE NOTE and MARK YOUR CALENDARS

We will continue meeting at NSC in the future.

Attend in person or by Zoom. RSVP by calling Charli at 816-452-4536 or email Charli@northlandsc.org for the Zoom link.

Caring Café

July 19

1:00 to 2:30

Meets at Northland Shepherd's Center. Focus on
Brain Power as We Age—Call Charli for more info:
816-452-4536

Aging Mastery Program (AMP) for Caregivers

July 13 to October 5 on Thursdays

11:30 to 1:00

Held at Kearney Senior Community Center. Lunch
provided. Register or for more info call 816-635-0466
or go to seniors@kearneyenrichment.org



Plate of Hope Food Pantry

Shop the Pantry



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

July 27 & August 24

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.

Northland Shepherd's Center provides most programs & services to seniors for a donation rather than cost, prioritizing helping others over profit. We rely on like minded volunteers, donors, community & you for support. Our goal for a volunteer run Food Pantry is integral to keeping down the costs of doing business, and almost complete as several volunteers have committed to a weekly time slot in the Pantry.

Volunteers scheduling appointments, assisting shoppers, stocking shelves, keeping us state compliant & other tasks helps to reduce staff costs. The Pantry not only stretches social security dollars, but donation dollars too. As they say, it takes a village!

Increasing food security for seniors in our community, and freeing-up money for "luxuries" like prescriptions.



Plate of Hope Pantry General Guidelines

- Clay or Platte County residents 60+
- Self-declared need for services
- May visit two times per month
- Provide advanced notice of cancel/reschedule when possible
- Complete a Benefits Check Up to determine extra assistance eligibility
- Treat other participants, volunteers and staff with courtesy and respect
- Abuse of community food supports may result in loss of pantry privileges



Northland Shepherd's Center
Helping Seniors Thrive

5601 NE Antioch Road, Suite 12
Gladstone, MO 64119

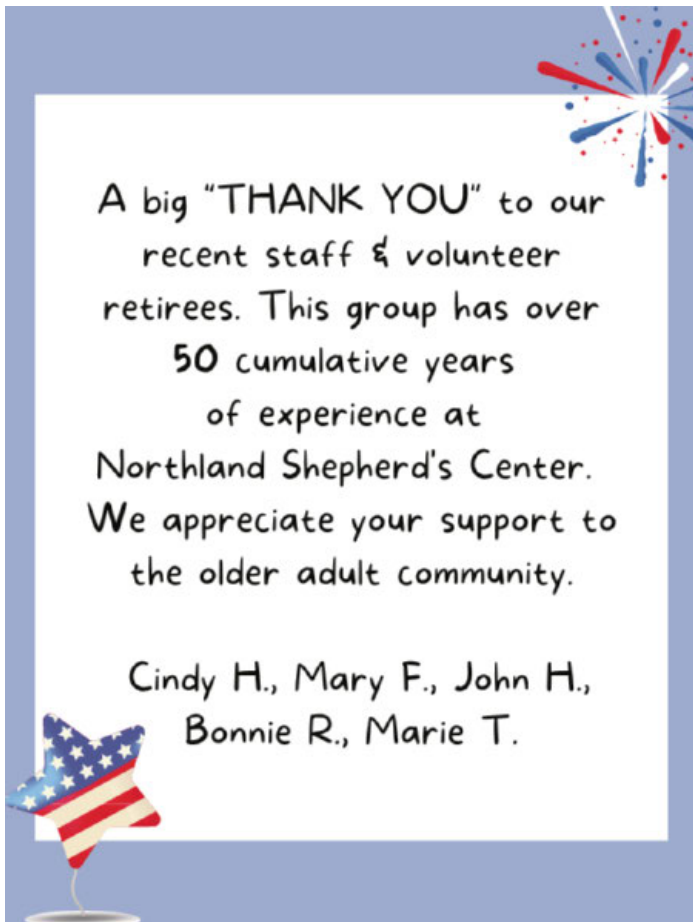
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Volume 33 No. 4

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- 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