

Nominate a Caregiver for Caregiver of the Month/Year!!

According to a recent study published by the AARP and the National Alliance for Family Caregiving, more than one in five Americans (21.3%) have been a caregiver to an adult or child with special needs at some point in the past twelve months. This totaled an estimated 53.0 million caregivers in the United States in 2020 - a significant increase from the estimated 43.5 million caregivers in 2015. Caregivers, especially those providing informal (unpaid) care to family and loved ones, are vitally important, yet they are often not recognized or celebrated.



Beginning in 2017, the Department of Health and Senior Services began recognizing unpaid caregivers throughout Missouri. We wanted to give a face to these unsung heroes. We also hoped to provide caregivers with information on how to keep their loved ones safe at home as well as give them tips on how to manage their own stress. Since then, we have received numerous heart-warming nominations, making it very difficult to choose just one winner each month. Thanks to everyone who submitted nominations over the past years. Please continue to submit nominations as we strive to honor caregivers in the future!

For information on how to nominate a caregiver for these honors go to:

<https://health.mo.gov/seniors/caregiver.php>



IT'S THE "DOG DAYS OF SUMMER!" AND CAREGIVER BURNOUT IS A HOT TOPIC!!!

Are you experiencing some burnout days?

Need some relief??

How about a COOL conference??

HEARTLAND CAREGIVING CONFERENCE

...help for those who are helping
Sponsored by SandwichedKC

The **Heartland Caregiving Conference** invites family caregivers in the Kansas City Metro to learn best practices in self-care and caregiving, discover community resources that can help as they care for a loved one, and decrease isolation by connecting with others who share a similar experience.

The conference will take place on **Saturday, November 4, 2023**, kicking off National Family Caregivers Month. We want to celebrate the vital care and selfless sacrifices of countless daughters, sons, husbands, wives, grandchildren, nieces and nephews in Kansas City provide every day.

We hope you will join us!

For information and to register visit:

<https://sandwichedkc.com/2023-heartland-caregiving-conference/>

UPCOMING EVENTS

SAVE THE DATES!

Together We Care (TWC) ***Monthly Caregiver Support Group***

Meetings start promptly at 10:00 AM.

Thursday, August 3, 10:00-11:30 AM
Thursday, September 7, 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 Session!!

HEADS UP!!

Wednesday, September 20, 1:00-2:30 PM
Northland Shepherd's Center

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!!

***Breaktime Club has expanded to
Platte County!!***

For more info call

Northland Shepherd's Center (NSC)!

816-452-4536

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

TUESDAY, AUGUST 29 at 10:00 AM.

For info more information, 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

Northland Shepherd's Center (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

Also visit

www.northlandsc.org