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TOGETHER WE CARE

SEPTEMBER-OCTOBER NEWSLETTER 2023



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PLEASE NOTE

Northland

Walk to End Alzheimer's Saturday, October 14, 2023

Registration (REQUIRED) at 8 AM

Ceremony at 9 AM | Walk at 9:15 AM

Happy Rock Park WEST | 7600 NE Antioch Rd

Gladstone, MO 64119

Contact:

Laura Buhman: 816.596.2312 | labuhman@alz.org

For more info:

https://act.alz.org/site/TR?fr_id=16569&pg=entry

Walk is a rain or shine event. However, in the case of severe weather, we will cancel. If this is the case, we will update our Walk homepage on or before the morning of the event.

We want to know you're walking with us and need every participant to sign a standard waiver through their official registration. There is no registration fee for Walk. However, we ask every participant to make a personal donation and commit to raising funds in the fight against Alzheimer's. Children should register. Parents/guardians can register children online or complete an offline registration form and sign the waiver on behalf of the child.

Every registered participant who achieves the fundraising minimum of \$100 will receive an official Walk to End Alzheimer's T-shirt via USPS. To receive a shirt in time for Walk day, participants must raise the T-shirt minimum at least four weeks prior to the event. (from Alz Walk website)



Volunteers are needed also!
Please visit the above website
for more detailed information!!

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

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>

HEARTLAND CAREGIVING CONFERENCE

...help for those who are helping

Sponsored by SandwichedKC

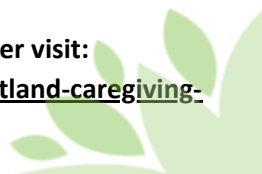
The **Heartland Caregiving Conference** invites family caregivers in the Kansas City Metro to learn best practices in self-care and caregiving, discover community resources that can help as they care for a loved one, and decrease isolation by connecting with others who share a similar experience.

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, September 7, 10:00-11:30 AM

Thursday, October 5, 10:00-11:30 AM

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

Please RSVP by Tuesday AM prior to the TWC dates if you wish to join via Zoom. See below!

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!!

Please RSVP by Monday AM prior to the Caring Cafe dates if you wish to join via Zoom.

RSVP to Charli at 816-452-4536 or charli@northlandsc.org

Aging Mastery Program

New Session Begins

Friday, October 6, 2023

10 AM--11:30 AM

10 week program

Gladstone Community Center

Registration NOW open!!! Call Paula at 816-595-0086

paula@claycoseniors.org

Big News!



Breaktime Club has expanded to Platte County!!

For more info call Northland Shepherd's Center (NSC)!

816-452-4536

For TWC and Caring Café ZOOM info: Call Charli for info by the deadlines above at 816-452-4536 or email her at charli@northlandsc.org

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.

A NEW series will be announced soon.

For more info information, email

Ann Kinney

at Tri-County Mental Health Services

annk@tri-countymhs.org

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

