



Northern Exposure

Helping Seniors Thrive

Northland Shepherd's Center



Nov/Dec 2021

Northland Shepherd's Center serves the community with these

Services:

- Care Call
- Community Aging Specialists
- Friendly Visitor
- Market Bus
- Meals On Wheels
- Personal Grocery Shopper
- Senior Information Center
- Call Check
- Medicare Help
- Minor Home Repair
- Transportation

Life Enrichment:

- Aging With Excellence
 - Classes for Adults
 - LIFT, PEPPi & Matter of Balance
- Break Time Club
- Caregiver Support
- Just For Fun Tours
- Learning & Laughter
- Lucky Ladies Support
- NSC Tech Connect

Volume 30 No. 6

Available on our Website
www.northlandsc.org
Visit facebook & YouTube

Northland Shepherd's Center

5601 NE Antioch Rd, Ste. 12
Gladstone, MO 64119

Hours: Mon-Fri, 9:00-3:00
Phone: 816-452-4536
Fax: 816-452-5326



Carmen Liimatta
Executive Director

Yesterday I went to buy a tall Latte at Starbucks. If you know Starbucks you know a "tall" actually means the smallest size. A "tall" costs \$2.95. I thought that was a little overpriced, so I offered the Barista \$.80 instead. I said, "All I want to pay for is the container and the ingredients inside." The Barista shook his head, "I'm sorry, Ma'am, but the cost is \$2.95."

"The coffee and the cup can't cost more than \$.80." I said. "Besides I'm a little short on cash."

"I'll get the manager," the Barista said quickly.

From the manager: "The actual coffee and cup don't cost more than \$.80, but did you consider the rent in this place, our equipment, accounting, insurance and the salary and benefits of our Barista as well as mine? We have capital replacement costs and we need a margin to accomplish all of this." And with that, the manager ushered me out.

O.K., this isn't a real story. I'm really not that cheeky.

I share this story to make a point. It's an illustration from Dan Pallotta, author of "Charity Case". Nonprofits are the only ones who differentiate services from indirect costs. According to Pallotta, "overhead" is portrayed as the evil twin of the "cause". Pallotta says, "O.K., so your Bake Sale only has 1% overhead, but you only raised \$71. You hired a professional development officer (larger overhead) at \$71,000 but you raised \$7.1 million. Which organization do you think is going to have the greater impact?"

Almost every charity manager gets a government contract covering salaries for program personnel. Only later to realize that no funding exists in the contract for utilities, rent, copiers or computers. One frustrated nonprofit executive exclaimed, "They must think we work out of an open field!"

To be sure funders - whether government, foundations or private individuals - distribute their limited dollars to many social service providers. But nonprofits, just like a business, need funding to invest in infrastructure, capital replacement, innovation and scalability.

I'm a former social worker, so I do understand the thinking in nonprofits. We care about the people we serve. We wring every last penny to provide services. However, without an equally reasonable investment in "overhead" - we risk our sustainability as service providers. Our staff is underpaid and overworked. More importantly, we are unable to grow and provide greater impact.

As Pallotta says, "Soup kitchen #1 has extremely low overhead, serves watered down soup in a dilapidated building and has to close operations because poor refrigeration caused food spoilage. Soup kitchen #2 has higher overhead, but nutritious soup served in a nice facility staffed by students in culinary training. Which soup kitchen would you go to?"

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Northern Exposure

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Like Northland
Shepherd's
Center
on Facebook

Visit Our website:
www.northlandsc.org
& our YouTube channel

Our Policy On Inclement Weather Is:

If NKC Schools (or Liberty
Schools) are also closed -

Our programs will be closed.

There may be other times we feel
it is in the best interest to not have
programs or to close early due to
threatening weather conditions.

The safety of our clients and
volunteers is our top priority when
making these decisions.

**Cancellations will be
announced on our answering
machine by calling 816.452.4536
or by tuning into the local TV
channels**

Continued from Page 1...

Northland Shepherd's Center has always operated high quality programs with low overhead. In fact, our services have been leveraged, at times, by over 500 volunteers annually. To say we have made the most of our resources would be an understatement!

Most of our services are provided at little or NO COST to the client. This is because many of those we serve live on small, fixed incomes. Sixty-percent of the full cost to operate a certain program might come from one particular funding source; but each year NSC must find a way to cover the remaining 40% through other means: grants, private donations or special events. Our Break-Time Club, as one example, has an actual cost that is more than the salary of the staff person operating the program for 5 hours twice a month. The **actual cost*** includes supervision of the staff person, accounting and IT, a volunteer coordinator to screen and train volunteers in attendance, entertainment, lunch, utilities, and the salary of a maintenance person to set and clean up.

As Northland Shepherd's Center looks toward a bright future, we want to continue to provide excellent programming AND expand our impact. At the end of 2021, will you thoughtfully consider a gift - an investment - in our community? Our older adults depend on you. Keep our doors open and our programs strong! Consider donating here, at our website: www.northlandsc.org

Best, **Carmen**

*Moving from the Overhead Myth to an Overhead Solution, National Council of Nonprofits, 2014.



Chandler
Baptist Church

Chandler Baptist Church Thanksgiving Meal Delivery

For those who may be alone or unable to prepare a meal Thanksgiving
Thursday, November 25, 2021

Delivery starts at 11:00am

Call the church office at 816-781-2011

Reservation needed by November 19

Traditional Meal: Turkey, Potatoes, Dressing, Cranberries, Vegetable,
Roll & Pie. (no community dining again this year due to COVID)



FAUBION UNITED METHODIST CHURCH COMMUNITY THANKSGIVING DINNER

Join us at the church on Thanksgiving Day

7113 N Troost Ave, Gladstone, MO 64118

Thursday, November 25, 2021 from 11:30am -

2:00pm Traditional Thanksgiving Dinner +Free-Will
Donations Appreciated + Walk in; no reservation needed



Medicare Open Enrollment:

Oct 15th through Dec 7th We are offering
appointments to find your best prescription plan
every Monday till the 7th. Call- **452-4536** to
schedule your review. We do not sell insurance!

Alzheimer's Support

The 2021 Liberty Alzheimer Walk was held at Happy Rock Park Sat., Oct 10, 2021. There were several hundred people in attendance. Our 'Together We Care Caregiver Support Group Team' raised \$360 for the cause. *It's not too late to contribute, contact Dianna Englander at 816-256-8096!*

The flower garden memorial was beautiful. Purple, yellow and blue flowers were offered to participants, each color represents a different connection to Alzheimer's Disease. The goal is to get to the white flowers, which will mean that you were cured of the disease! There is exciting research with hopeful results: Read how sleep helps the brain!

<https://www.nih.gov/news-events/nih-research-matters/how-sleep-clears-brain>



Thank you to our advertisers shown below and on pages 7 and 9 for their support. They make the publishing of this newsletter possible! Whenever you are able, support their businesses as well!

Our Lady of Mercy Country Home

For more than 70 years, the Mercedarian Sisters have provided "Care with Dignity" and affordable housing to seniors of all faiths.

At Our Lady of Mercy Country Home, residents enjoy independent living in apartments and assisted living in our Residential Care Facility.



- Country Home-cooked meals daily
- Transportation to medical appointments
- Worship services in our chapel
- Weekly housekeeping
- 24-hour staffed Front Desk and monitored security cameras
- Fun daily activities and holiday festivities



Call for a tour today! 816.781.5711

Come Home to the Country

2115 Maturana Drive Liberty, MO 64068 • www.ourladyofmercy.net



For ad info. call 1-800-950-9952 • www.lpcommunities.com

Northland Shepherd's Center, Kansas City, MO

A 4C 02-0934

Caregiver Support Offerings @ or thru NSC



Together We Care Caregiver *Virtual* Support Meetings

November 2nd is the **Caregiver Pampering** event which includes a virtual dementia tour given by Ashley Ollier from the Gardens on Barry Rd.

Together We Care meetings are Nov 9th & Nov 23 from 10:30-12.

Together We Care meetings are Dec 7 and Dec 21 from 10:30-12



Caring Café: A program for Caregivers & their loved ones to attend together or separately.

Are you a caregiver for a senior looking for something to do with your loved one? Come to the **Together We Care Caring Café** for face to face fun.

Our next meetings are **Nov 16th from 10:30-12:00 with Art Therapy**
Dec 14th from 10:30-12:00 We will creating a 'blessings collage'

We will require that you wear a mask and socially distance while you are here unless eating or drinking.



Aging Mastery Program

National Council on Aging



Join the Adventure!

The Aging Mastery Program (AMP) encourages mastery — developing behaviors across many dimensions that will lead to improved health, stronger financial security and overall well-being. By participating in this program, you will:

- Make and maintain small but impactful changes in your health behaviors, financial well-being and enrichment in later life.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

12-week Caregiver AMP:
Tuesdays, January 12– March 29, 2022. Graduation on March 5th

Classes are FREE for age 60+! (a \$250 value).

Under age 60: cost is \$39 payable on the first day of class.

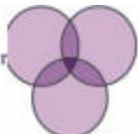
Classes will be offered both in person and virtually via Zoom.

Registration is required for either mode of attendance through: Northland Shepherd's Center – 816-452-4536

For More information: Call Dianna Englander, Community Aging Specialist at Northland Shepherd's Center at 816.256.8096 or email Dianna@northlandsc.org



Northland Shepherd's Center
Helping Seniors Thrive



TRI-COUNTY
MENTAL HEALTH
SERVICES, INC.

- 1/11** Caregiver Perspectives: assessing our Needs – Overview of the caregiving journey.
- 1/18** Navigating Longer Lives: The Basics of Aging Mastery — Introduction to the program.
- 1/25** Exercise and You — The importance of exercising both the Mind and the body.
- 2/1** Sleep — Simple strategies to improve sleep.
- 2/8** Healthy Eating and Hydration — Review of nutrition as it relates to aging.
- 2/15** Financial Fitness — How to remain economically secure in an era of longevity.
- 2/22** Advance Planning — Make decisions while maintaining personal values.
- 3/1** Healthy Relationships — The benefits of being socially active.
- 3/8** Medication Management — How to take and keep track of meds.
- 3/15** Falls Prevention — Strategies to prevent falling.
- 3/22** Community Engagement The value of continuing involvement.
- 3/29** Caregiver Playbook: Planning, Connecting and Doing – Review and planning,
- 4/5** Graduation celebration

Missouri Property Tax Credits (MOPTC)

are not only for homeowners, some renters are included too! Feb. 1st is the first day you can apply. For more information contact Dianna Englander at 816-256-8096.

If you rent from a facility that pays taxes, and you are 65 as of 12/31/21, disabled as a result of military service or 100% disabled otherwise, were 60 years of age or older as of December 31, 2020 and receiving surviving spouse social security benefits.

AND

Have maximum income for renters who meet the above criteria is \$27,000 for a single person, combined household income \$29,200.

NOTE: if 100% service connected disability – do not include VA payments. Maximum income for a single person household is \$30,000 and combined income \$34,000.



BreakTime Club

Nov & Dec BreakTime Club

Crafts, Entertainment,
Exercise, Lunch, Bingo
& More!

Dates:

Tuesday, November 9
Tuesday, November 23 Thanksgiving
Celebration
Tuesday, December 7
Tuesday, December 21 Christmas Party

Time: 10:00 am to 1:00 PM

Location: 5601 NE Antioch
Rd., Gladstone, MO 64119

Participants must pre-register by
calling Cindy at 816.721.0142

We will be following CDC recommendations
and practice social distancing, wearing a
mask.



Learning & Laughter

Nov & Dec Learning & Laughter

Wednesday, November 10, 2021-

Bring & Brag (show and tell for the mature adult),
Exercise with Tammy.
Becky Franklin who is with Tri County Mental Health
and will be our guest speaker.
Lunch- Hot Beef, Green Beans, Roll

Wednesday, November 17, 2021 -

Thanksgiving Celebration, Craft's with Pam,
Exercise with Tammy, Music by Bobby Knutter,
Lunch – Turkey, Mashed Potatoes, Corn and Roll

Wednesday, December 8, 2021

Bring & Brag (show and tell for the mature adult),
Exercise with Tammy, Winter Craft's with Pam, Bingo
Lunch-Fried Chicken, Mashed Potatoes & Gravy, Corn

Wednesday, December 15, 2021 -

Christmas Party! Singing, food and lots of Holiday fun

We will be following CDC recommendations and practice
social distancing, wearing a mask when in close contact
with others & limited occupancy.

For more information on the Learning & Laughter
schedule, please call Tammy Miller, L & L Coor-
dinator at 816.580.7455.



Northland Christmas Store

Serving all Clay County residents residing
in the following zip codes

64116, 64117, 64118, 64119, 64155, 64156,
64157, 64158, 64161, 64163, 64164, & 64165

2021 Application will be taken: Saturday

November 6 10 AM - 2 PM
Wednesday November 10 AM-- 4 PM - 8 PM
Saturday November 13 10 AM - 2 PM

**At North Cross Methodist Church
1321 NE Vivion Road**

You will need to Bring

Copy of 2021 Tax Return

Or, All of the Following

Lease or Copy of Property Tax for Proof of Address
Proof of Income
Social Security Cards- for all family members
Legal Birth Certificates- for each child
Photo ID- for those 16 years and older
Face Masks will be required

PLEASE DO NOT BRING CHILDREN
CLIENTS MAY NOT SEEK ASSISTANCE FROM MORE
THAN ONE AGENCY

Face Masks are Required
Christmas Store Shopping dates- Dec 6, 7 & 8



REMEMBER NORTHLAND SHEPHERD'S CENTER AS YOU SHOP FOR CHRISTMAS!
Want to help make a difference while you shop in the Amazon app, at no extra cost to you?
Simply follow the instructions below to select "Northland Shepherd's Center" as your charity
and activate AmazonSmile in the app. They'll donate a portion of your eligible mobile app
purchases to NSC.

How it works:

1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile"
within Programs & Features
3. Select "Northland Shepherd's Center" as your charity
4. Follow the on-screen instructions to activate Amazon
Smile in the mobile app .

If You are not using the app GO TO: smile.amazon.com &
Choose NSC as your charity *then* Begin shopping, a percentage
your purchase will be gifted to NSC!! (place your order & Amazon
will donate 0.5% of your purchase *back to Northland Shepherd's
Center*) A great reason to do some shopping & bless NSC.
Thank you for thinking of us! **Just about 55 days till Christmas!**
(depending on delivery of this newsletter)



Technology Center
Happenings!

Tech Time Topics

- Learn to Zoom
- Staying safe on Facebook
- Using YouTube
- Using Facetime (Apple Users)
- Excel Helpers
- Canva 101 - Make better graphics
- Computer Care and Maintenance 201
- Apply for Jobs online - PC Lab
- Start searching your Ancestry online
- Artist corner - Draw and paint using your tablet (Android and Apple Ipad)



Northland Shepherd's Center
Helping Seniors Thrive

CALL TO SCHEDULE AN
APPOINTMENT
816-452-4536 / 816-621-2084

Tech Time Sessions offered!!

By Appointment Only! Call The Technology Center 816-621-2084 to schedule an appointment or to find out more!

November– December

• November 16th 1:30-2:30 in Legacy Hall

Learn to Zoom!

RSVP to Christina 452-4536 due to limited seating. Bring your laptop, phone or tablet (**mouse & power cord if needed**)

- **Painting with your Tablet!** - Yes you can use your Ipad or Android tablet to paint! You will need to be able to download a free app using Google Play or the Apple App Store. Do you have an artistic flair you would like to develop?

Come in and lets get you started! Instructor: Christina Allen

- **Tech Time, Individualized Sessions** still offered over a topic of your choice. 1 hr limit with a Tech Time Coach.

- **Reserve a PC!** Check your email, print a document, use our free Wi-Fi!

November

Cool news! Northland Shepherd's Center will have a spot in Gladstone Magazine in November—



November First Friday Art Show!

It's Happening—Our 1st EVER, **First Fridays Art Show**, here at Northland Shepherd's Center! Some Art Work is for sale. (cash or check)

November 5th 3:00pm-5:30pm All of our space is booked with artists! **COME JOIN US!** A food truck featuring Mexican cuisine will be here if you would like to buy a meal. **WATCH Facebook & our website for more news! 452-4536 for info!**



Tech Talk Tips!

Fall Safety Time! Just as it's a good time to change your batteries in your home fire alarm, it's a great time to look at your technology and rethink their security.

- Remember to use good passwords. Don't use your name, your social, your password for your email. Use something you will remember, write it down, keep it somewhere safe.
 - Guard your personal information when responding to emails or phone messages. Don't provide your address, phone number, email, or social to any phone callers. If in doubt, call a friend to offer you some feedback. It is perfectly acceptable to just hang up or block an email.
 - Make sure your security software is up to date. Do you use McAfee, Norton, or some other antivirus software?
 - On Social media like Facebook or Instagram, never post your phone number or address. Do not mention personal information or that you live alone.
- Be suspicious of unrealistic offers, whether it come from an email, an ad, or a phone message.



- **Windows 11** is being introduced. We will have some handy tips for updating your software coming soon!



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- HURRY! OFFER ENDS DEC. 31, 2021 -



BATTERY CHARGE LASTS ALL DAY!

Special offer applies only with the purchase of rechargeable Levels 3, 4 or 5 Solutions. Valid only at participating Miracle-Ear locations. One coupon per offer period. Offer not valid on previous sales. Cannot be combined with any other offers. Offer expires 12/31/2021.

GET ONE TODAY

- HURRY! OFFER ENDS DEC. 31, 2021 -

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FOR THE LOW PRICE OF

\$895



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CALL 913-391-8231 TO SCHEDULE YOUR APPOINTMENT OR VISIT MIRACLE-EAR.COM

*Hearing test is always free. Not a medical exam. Audiometric test to determine proper amplification needs only. This is not a medical exam or diagnosis, nor is it intended to replace a physician's care. If you suspect a medical problem, please seek treatment from your doctor. Valid at participating Miracle-Ear locations only. Not valid with any other offer. Does not apply to prior purchases. **Must be at least 65 years of age and complete a hearing test to receive a Closed Captioned Phone. Offer good only at participating locations. Quantities limited. Offer expires 12/31/2021.

CODE: NS1121M



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A Jazzy Little Book Club

Here are the November & December offerings. Feel free to call 816.452.4536 & ask for TJ Cain to register.

November– Pickup Oct 25th

***The Wonder Boy of Whistle Stop* by Fannie Flagg Nov. 5th 1:00pm**



Bud Threadgoode grew up in the bustling little railroad town of Whistle Stop, Alabama, with his mother Ruth, church-going and proper, and his Aunt Idgie, the fun-loving hell-raiser. Together they ran the town's popular Whistle Stop Cafe, known far and wide for its friendly, fun, and famous "Fried Green Tomatoes." And as Bud often said to his daughter Ruthie, of his childhood, "How lucky can you get?" But sadly, as the railroad yards shut down and the town became a ghost town, nothing left but boarded-up buildings and memories of a happier time. Then one day, Bud decides to take one last trip, just to see where his beloved Whistle Stop used to be. In so doing, he also sets off a series of events, both touching and inspiring, which change his life and the lives of his daughter and many others. Could these events all be just coincidences? Or something else? And can you go home again?

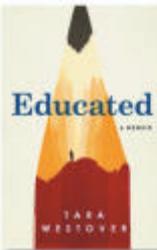
***Lilac Girls* by Martha Hall Kelly Nov 19th 1pm & Home Safe**



New York socialite Caroline Ferriday has her hands full with her post at the French consulate and a new love on the horizon. But Caroline's world is forever changed when Hitler's army invades Poland in September 1939—and then sets its sights on France. An ocean away from Caroline, Kasia Kuzmerick, a Polish teenager, senses her carefree youth disappearing as she is drawn deeper into her role as courier for the underground resistance movement. For the ambitious young German doctor, Herta Oberheuser, an ad for a government medical position seems her ticket out of a desolate life. The lives of these three women are set on a collision course when the unthinkable happens and Kasia is sent to Ravensbrück, the notorious Nazi concentration camp for women. Their stories cross continents—from New York to Paris, Germany, and Poland—as Caroline and Kasia strive to bring justice to those whom history has forgotten.

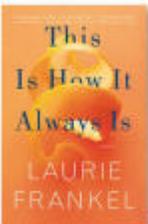
December— Pickup Nov 29th

***Educated: a Memoir* by Tara Westover Dec 3 pm**



Tara Westover was 17 the first time she set foot in a classroom. Born to survivalists in the mountains of Idaho, she prepared for the end of the world by stockpiling home-canned peaches and sleeping with her "head-for-the-hills bag". In the summer she stewed herbs for her mother, a midwife and healer, and in the winter she salvaged in her father's junkyard. Then, lacking any formal education, Tara began to educate herself. She taught herself enough mathematics and grammar to be admitted to Brigham Young University, where she studied history, learning for the first time about important world events like the Holocaust and the civil rights movement. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge. Only then would she wonder if she'd traveled too far, if there was still a way home.

***This is How It Always Is* by Laurie Frankel Dec 17th 1pm**



This is how a family keeps a secret...and how that secret ends up keeping them.
This is how a family lives happily ever after...until happily ever after becomes complicated.
This is how children change...and then change the world.
This is Claude. He's 5years old, the youngest of 5 brothers, and loves peanut butter sandwiches. He also loves wearing a dress, and dreams of being a princess. When he grows up, Claude says, he wants to be a girl. Rosie and Penn want Claude to be whoever Claude wants to be. They're just not sure they're ready to share that with the world. Soon the entire family is keeping Claude's secret. Until one day it explodes.

To register for the book club please call the NSC office at 816.452.4536 and ask for TJ. We will contact you with the meeting number and password. Then, on the day of the discussion just dial in a few minutes early, use the meeting # and password and you are good to go. There is space available at this time. Curbside pickup of your book is available by calling the Mid Continent Antioch branch at 816.454.1306 and telling them you are with the Jazzy Little Book Club at NSC. Please call 20 minutes before you plan to pick up the book. address is Mid-Continent Library – Antioch Branch, 6060 N Chestnut, Gladstone, Mo 64119.



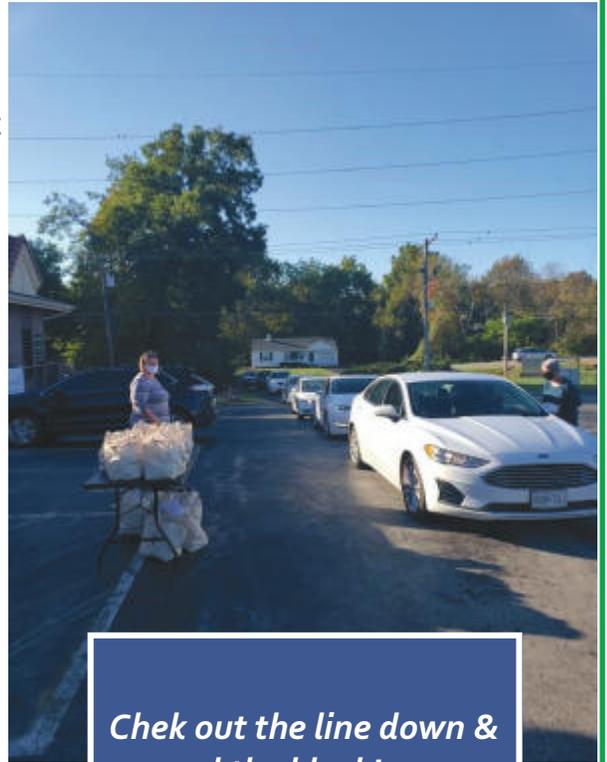
Harvesters & Tasty Totes



Our CSFP (Harvesters Mobile Food Pantry & Commodity Supplemental Food Program) is the **4th Thursday** of each month at 9:30am but *because of the holidays the date will be **Monday, Nov. 22nd.*** Mobile Food Pantry is offered on a first-come-first-served basis so when it's gone, it is gone. We continue to offer this as a drive-through program and ask that participants remain in their vehicle.

Please enter the parking lot at the south entrance on NE 56th Street and pull up to the front of our building where our volunteers will load up your items.

Alternatively, if you would like more information about the CSFP program and see if you qualify, call Kelley at 816.844.3964 44.3964.



Check out the line down & around the block!

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Aging With Excellence



Matter of Balance

A MOB class helps participants become more confident about managing falls. Each session will consist of positive coping methods to reduce falls, problem-solving strategies, group discussion, strategies to remain active and independent, gentle exercise and more. Class is held every Thursday at 11:30. Only 12 spots available for this class.

Call Chanel to RSVP at 816-621-2081.



Chair Stretching & Guided Meditation at NSC

Each week we will learn different stretches to help relieve pain and stiffness in our hips, back, knee and wrist. This class will be offered every Thursday at 10:00am. Directly after our stretching class, we will do a

Guided Meditation. A regular practice of meditation can help reduce anxiety, depression, insomnia, general pain, and high blood pressure. The Guided Meditation will last 10-15 minutes after the chair stretches.

CHAIR YOGA

Do you need to: *Work on your balance *Decrease your stress or anxiety *Improve your energy and mobility *Gain flexibility and strength *Work on better posture *Support joint health

We are offering a chair yoga class to help with all those and more. **This class is for all fitness levels and modifications will be given. Chair Yoga will be offered every Monday and Friday at 9:30.**

WALK WITH EASE
a program for better living



The Walking with Ease program is developed by the Arthritis Foundation and is proven to reduce the pain of arthritis and improve your overall health. We will walk at NSC and weather permitting we will be outside.

Class starts at 9:30 every Wednesday.

L.I.F.T

Mondays & Friday's at 10:45am **LIFT** (Life Improving Fitness Training) is designed to increase senior adults' access to a safe, structured, and effective strength training program. Participants will choose the weight of dumbbell right for them. **LIFT is held every Mon & Fri at 10:45.**

P.E.P.P.I Wednesday's at 10:45am

PEPPI (Peer Exercise Program Promotes Independence) is a physical activity program that is designed especially for older adults. Resistance bands are provided. Stretching, strength training, and balance exercises are all part of the workout. **PEPPI is held every Wednesday at 10:30am.**

For more information on these exercise classes please call NSC at 452-4536 5601 NE Antioch Road, Ste 12, Gladstone, MO 64119



Living with Low Vision

Are you or someone you know living with low vision? Alphapointe helps people with low vision regain their independence, deal with emotional challenges and live more productive lives. Please help any of your low vision friends by bringing them to this free class. If you are unable to attend in person this class will also be offered on a

Free Conference Call. Each person attending the class either in-person or by phone will be entered to win a free Amazon Echo device. On December 7th at 11:00am we will be offering a free low vision class. For questions call TJ at 816-452-4536. Please RSVP by December 1. Limited transportation available.

Aging With Excellence Info continued on the next page

Aging with Excellence continued...

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. No experience is needed and everyone is welcome to the class. Tai Chi will be offered every Tuesday and Thursday at 9:30.

CALENDAR	MONDAYS	TUESDAYS	WEDESAYS	THURSDAYS	FRIDAYS
	Chair Yoga 9:30 LIFT 10:45	Tai Chi 9:30	Walking with Ease 9:30 PEPPI 10:30	Tai Chi 9:30 Chair Stretching 10:00 Guided Meditation 10:20 Matter of Balance 11:30-1:30	Chair Yoga 9:30 LIFT 10:45



As a fairly young retiree (58) I enjoy giving back to my community in my free time and driving for Northland's Shepherd Center has turned out to be a great way to do so. I have been driving a **Meals on Wheels** route for over a year and recently began driving for another program they sponsor to help seniors get to their medical appointments and other places they must go. It has been a delight to meet so many good-hearted people, many of them veterans that have done their share throughout their lives and now need a little help from time to time.

Meals on Wheels is particularly special because I see the same people at the same time once a week. Sometimes it feels like I am the only personal contact they have in their whole day and it really makes me feel special. Funny how that works; here you think you are the one making their day bright and it turns out to be reciprocal! I look forward to sweet Judy who always has a big smile on her face, and Christa, whose door is open as she waits for me to arrive. Arlene specifically requests white bread so I always shout out "White bread here!" when I show up at her door. Joanne just misses her husband mostly, he was a postal carrier. Sharon always addresses me by my name; I don't know how she remembers that when I sometimes drive on a different day. And then last on my route is Jack. He doesn't do dairy and he always tries to send me back with the little mini tubs of margarine because his generation never let anything go to waste.

There have been several that were on my route that no longer are. They have moved on or perhaps up. And I miss them. But then a new friend is added to the route and, well, we get used to that. One thing I know for sure, the people on the receiving end would not be eating at all or very well without this program. Most do not have family to call upon or money for Grub Hub, nor do they have the technology for it. MOW is a life-line to have well balanced meals delivered to their door.

YES! WE LOVE OUR VOLUNTEERS!



And
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Very



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 northlandsc.org
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 For more info:
 816-452-4536
Car Show

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Given August, 2021 – October, 2021

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In Memory of Lloyd Brown

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 Larry Breer
 Grace & Pete Diaz
 Anita Gorman
 Robin & Charles Lashbrook
 James & Leslie McCullough
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 Tana & Curtis Stock
 Madelene & Wayne Swetnam
 Alan & Virginia Tomlenson
 Judy White

In Memory of Doris Clark

Basehor Library Staff
 Kimberly Morock
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 Jeffrey & Mary Venema

In Memory of Roxy German

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