



Northern Exposure

Helping Seniors Thrive

Northland Shepherd's Center

March/April 2022

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 31 No. 2

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



Welcome Back Jazz

April 30th, 2022

Argosy Casino, Hotel & Spa

**Featuring Silent & Vocal Auctions,
 Dinner & Live Music**

A Benefit for Northland Shepherd's Center

This year's Co-Chairpersons are **Reta Gaebler and Rebecca Gordon Brown**. The "Welcome Back Jazz" Committee are working hard to make sure this event is one to remember as we come together for the first time in two years!!

It will be so good to celebrate together!

- * The **Honorary Chairs** of the event are **KCI Rotary, Gladstone Rotary and Liberty Rotary Club**. These three faithful groups have done **much** to make our new building come together— particularly in the kitchen. Besides providing monies, they have also volunteered to do things that have required quite a bit of elbow grease. NSC is very thankful for these three organizations supporting us.
- * **Tony Stevens**, KFKF's Mid Day Host and Music Director will be our **Emcee**, The **Mike Helton Trio** will be providing the evening's music with Mike Helton on saxophone, Kim Osborne, singing, and Dan Glasser on keyboards.
- * And the **Auctioneer** is our friend, Rick Easley, who always make the evening fun!

And speaking of the auctions.... We have some wonderful items that have already come in. There are a lot of things for you sports enthusiasts, theatre buffs, jewelry lovers and of course restaurant gift cards at some great local restaurants.... Too many things to list here. And, as for the Vocal Auction there are some outstanding travel opportunities, a signed Mahomes helmet and more,.....

As always, proceeds of the evening go to support and sustain the programs of Northland Shepherd's Center. We take our motto "*Helping Seniors Thrive*" seriously. This year our **Fund-a-Need** again is **Lawn Mowing**. This enables many of our clients to stay in their own homes! You don't have to wait to contribute. We are anticipating mowing may need to start early this year. To donate to "Lawn Mowing" you can give now on our website— www.northlandsc.org. or you can send a check noting that it is for Lawn Mowing or just as a Jazz donation to NSC.

Tickets to the event are \$100 and can be purchased on line at www.northlandsc.org or at our office at 5601 NE Antioch Rd, Ste 12 by cash, check or credit card.

We hope you come and enjoy this evening with us.

We would love to see your faces!

dh

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***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

Acts of Kindness in the NSC Community

Big and Small ... Every Day ... All Year Long

Carol has been a driver in NSC's Meals on Wheels (MOW) program for over 20 years!

For Carol, driving for MOW is a family tradition carried on from generation to generation. It all started in 1972 when her grandfather was a recipient of the MOW program in St. Charles, Missouri. Carol's parents were drivers in a MOW program; Carol's aunt drove in the

program until she was 93; Carol herself drives; and Carol's two daughters have helped deliver meals!



Carol drives NSC's MOW Route 5 every Tuesday. She knows and cares greatly for all the people she delivers to. Another driver, who happens to be a friend of Carol's who drives Route 5 on Mondays, told Carol some thing that she did not know about one of the special people on Route 5.

It was about Bob. Carol's friend had learned that Bob greatly missed being able to pet a dog or a cat! Since Carol's cute Bichon, Sophie, is a trained service dog, she immediately contacted Bob and arranged a visit. The visit was great! After just a few minutes, Sophie settled in Bob's lap or sat next to him in his chair for over

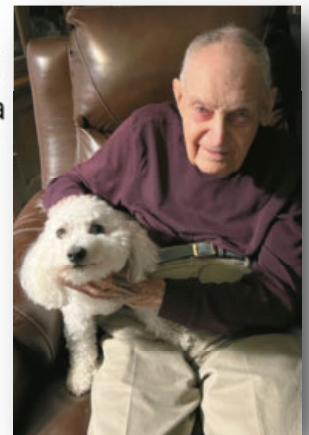
an hour. Everyone, all three of them, greatly enjoyed the visit and plan to make it a regular event.



Carol says, "It's just amazing what all Bob went through in WWII. He was in the leading charge at the Battle of the Bulge! I'm always spellbound listening to him, and I love the joy in his face when he's playing with and laughing at Sophie." And that's a story for another time!



FILE PHOTO: Carol's grandfather, a recipient of the Meals on Wheels program, drives a van with Carol's aunt. Carol's aunt, Mrs. Kenneth M. Tolson, one of the earliest drivers who helped lead to the start of the program. (Photo: Deborah Porter)



We Need Meals on Wheels Drivers

Meals on Wheels Delivery Driver

WE ARE LOOKING FOR INDIVIDUALS OR TEAMS TO DELIVER NUTRITIOUS MEALS TO AGING ADULTS. CANDIDATES MUST BE PHYSICALLY ABLE TO LIFT, LOAD, AND DELIVER MEALS TO RESIDENTIAL ADDRESSES AROUND THE NORTH KANSAS CITY AREA. THIS IS A 1.5 HOUR TIME COMMITMENT PER WEEK, EVERY OTHER WEEK OR ON A BACKUP BASIS FROM APPROXIMATELY 10:30 A.M. - 12:00 (NOON). VOLUNTEER MUST BE PUNCTUAL AND RELIABLE. ABIDE BY ALL TRAFFIC RULES AND REGULATIONS. MUST BE SENSITIVE TO THE NEEDS OF ELDERLY PEOPLE AND HAVE A POSITIVE, FRIENDLY ATTITUDE TOWARD OLDER ADULTS.



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Caregiver Support Offerings @ or thru NSC



Together We Care Caregiver

Together We Care Support Group meeting at Woodneath Mid-Continent Public Library, 8900 NE Flintlock Rd, Kansas City, MO 64157

March 3rd from 10-11:30 and April 7th from 10-11:30

Members find the discussion topics and sharing to be supportive and uplifting. Come and enjoy your favorite hot beverage or request a zoom link if you prefer.

We ask that you RSVP to 816-452-4536 so that we know how many goodies to have ready!



Caring Café: Save the Dates (2:00pm-4:00pm@ Northland Shepherd's Center)

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

March 16: Cozy themed group with spiced cider and self-care surprise. We will be discussing comforts during winter and ways to combat winter blues. Bring your favorite ways to cope during the winter months!

April 20: April Lankford, with St. Croix Hospice, will lead the group in using painting as a creative release. Back by popular demand, she will be leading us in a spring-themed painting activity.

Caring Cafe is designed for caregivers, with or without their loved ones, to share stories and lessons learned while having fun. This is a casual environment where we want everyone to find common ground and feel comfortable simply being together

Thank You Are In Order

Our staff served up a luscious lunch, while our guest speaker, Mary L Smidt entertained us with her storytelling. Mary L took us, by means of fashion. through the times of our lives.

To top things off, we enjoyed **Christopher Elbow** chocolates. **We appreciate their** donation of those spectacularly beautiful and delicious chocolates.

FYI, Mary L Smidt will be appearing at Woodneath Library in Liberty this coming March. Again thanks to everyone who helped. It was a great program!



BreakTime Club

March April Break Time Club

Crafts, Entertainment, Exercise, lunch, BINGO & More!

Dates:

- March 8** St Pat's Day crafting, Piano music by John Kizzee
- March 22** American Rhythm Dancers, BINGO
- April 5** Easter crafts, Cow Town Cloggers
- April 19** Flower pot craft , BINGO

Time: 10:00 am to 1:00 PM

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



Participants must pre-register by calling
Cindy at 816.721.0124

We will be following CDC recommendations

Learning & Laughter

Learning & Laughter March & April

Wednesday, March 9, 2022 - St Patrick's Day Party! We will be playing *Find the Leprechaun Bingo!*

Lunch - Corn Beef Sandwich and green dessert!

Wednesday, March 23, 2022- Crafts with Pam, exercise with Tammy, Bring and Brag (*show and tell for the mature adult*)

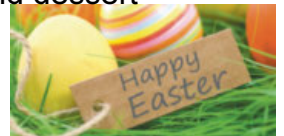
Lunch- Hot Beef with mashed potatoes & gravy, green beans and dessert.

Wednesday, April 13, 2022 - Spring crafts with Pam, exercise with Tammy and Bingo!

Lunch - Sloppy Joes, chips and dessert

Wednesday, April 27, 2022 – Easter Party! Singer Bobby Knutter to perform

Lunch- Ham, scalloped potatoes, corn, roll and dessert



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, 2021 and receiving surviving spouse social security benefits. **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..

Depending on your income, you could get a tax credit of up to \$1100 by filing for the Missouri Property Tax Credit. Documents needed to file in February, 2022: Social Security 1099's (also any other income statements for 2021) Rent paid (if you rent from a company that pays taxes) or home property taxes paid for 2021.

Contact Dianna Englander, 816-256-8096 for details.



REMEMBER NORTHLAND SHEPHERD'S CENTER AS YOU SHOP

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!



Tech News

In case you haven't heard, there's a move to replace and sunset all 3G devices. This change is due to implementation of faster networks like 5G. Older 3G devices like cell phones and some security systems will not work after the change. Many will stop working on February 22, 2022, which is the first round of device updates. The good news is that you may already know about those devices and have replaced them by now. iPhones older than the iPhone 6 may not work and older than a Samsung Galaxy S4 may be affected. If you have a newer phone, it may just need updated. Go to your carrier's website and check if your phone is included. Besides phones these other devices may have relied on older 3G networks: security systems, some medical devices, portable hotspots, e-readers like Kindle, etc. What to do with that old device? Best Buy will recycle the old devices, most have a box in their stores. It is best to remove old data or reset your device if possible. If you have any questions about this change, call the Technology Center 816-621-2084.

Upcoming Classes

Most are in person, offered in the Technology Center or in the Main Center. Check Facebook if anything has changed.

March 2022

- March 8, 1:30 Tips for Ordering Groceries Online
March 10 1:30 Intro to Podcasts
March 15 1:30 Tips to Sell on Etsy or eBay
March 22 1:30 Learn to Zoom
March 29 1:30 Staying Safe Online using Social Networks
March 31 1:30 Tech Topics Discussion

April 2022

- April 5 1:30 Using Your Camera Phone
April 7 1:30 Games We Love to Play
April 12 1:30 Ancestry Hunters
April 14 1:30 Using your Library Online Programs
April 19 1:30 Learn to Zoom
April 21 1:30 Staying Safe on Social Networks

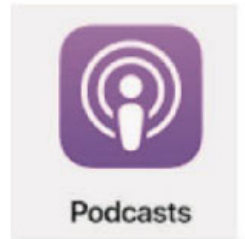
TIPS TO ORDER GROCERIES ONLINE



Sign up for these Classes in the Technology Center!

March 8 1:30

Come learn some tips on how and where to order your groceries online. It could be delivered right to your door or you could drive to the store and park your car, and someone will bring them out and load them into your car!



PODCASTS FUN

March 10 1:30

Learn about podcasts and how you can listen or tune into your favorite topics. Pass the time by listening to these interesting podcasts from your phone, tablet, computer, laptop.

PC LAB



PC's are normally available (walk in) from 11am to 3pm on Tues, Wed, and Thurs. for your use. Call ahead to confirm availability!



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Northland Shepherd's Center, Kansas City, MO

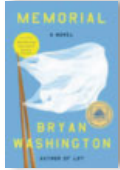
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A Jazzy Little Book Club

March



Ask Again, Yes Mary Beth Keane
Discuss Fri., March 11th @ 1:00pm

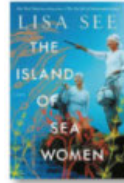


Memorial by Bryan Washington
Discuss Fri., March 25th @ 1:00pm

April



Akin, Emma Donoghue
Discuss Fri., April 8th @ 1:00pm



The Island of Sea Women, Lisa See
Discuss Fri., April 22nd @ 1:00pm



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. We would love to have you join us~



NSC wishes to express our condolences to the families and friends of Bonnie Howel who was a BreakTime Club client and in the Friendly Visitor program for several years. Ida May & Will Willhaus were her Friendly Visitors. We are also sad to lose Gen Bruns, Lloyd Brown, Mary Cook and Craig Baska who were each Meals on Wheels clients. We will treasure our memories of each.

Some Helpful Information to Know for Friends and Loved Ones Dealing With Grief



- Grief Share is offered at several local churches and is on an ongoing basis. On the Grief Share website, you can search by zip code to find classes currently being offered: <https://www.griefshare.org/> It is a Christian based curriculum uses videos, a workbook and most importantly, group sharing (as you are comfortable). This is a great group of classes that gives you the tools to move through your grief and builds support.
- Liberty Community Center also offers a daytime grief support group on an ongoing basis. The group meets on the 2nd and 4th Thursday of each month from 12:30PM-2:00PM <https://www.libertymissouri.gov/2182/Grief-Support-Group>



Claim Volunteers Needed

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1-800-390-3330 | www.missouricclaim.org



This material has been created or produced by CLAIM with financial assistance, in whole or part, through a grant from the Administration for Community Living. Funding is administered through the Missouri Department of Commerce & Insurance and service is provided by Missouri Connections for Health, a non-profit organization.

Please contact Patty at 816.452.4536 or email her at patty@northlandsc.org for registration and training information to be a CLAIM Volunteer.

March 21 The First Day of Spring



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Northland Shepherd's Center, Kansas City, MO

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Aging With Excellence

Have you ever been a victim of identity theft? The AARP Fraud Watch Network is working to empower you with tools to help you spot and avoid identity theft and fraud. This session will provide tips and resources to protect yourself. This class will be held at Northland Shepherd's Center on April 14th at 11:30. Please RSVP by calling Northland Shepherd's Center at 816-452-4536.



CHAIR YOGA can help to increase your mobility, balance and help to decrease your stress and anxiety. This class is for all fitness levels and modifications will be given. Class is held every Monday and Friday at 9:30am

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 inside at Northland Shepherd's Center on Wednesdays at 9:30.

LIFT and PEPPI

are exercise classes that have been very popular at Northland Shepherd's Center. 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. Both programs are offered standing or seated and help to improve activities of daily living. LIFT is offered every Monday and Friday at 10:45 and PEPPI is on Wednesdays at 10:30.

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. Tai Chi is offered every Tuesday and Thursday at 9:30.

CALENDAR At A GLANCE FOR AGING WITH EXCELLENCE

MONDAYS

Chair Yoga 9:30
LIFT 10:45

TUESDAYS

Tai Chi 9:30

WEDNESDAYS

Walking with Ease 9:30
PEPPI 10:30

THURSDAYS

Tai Chi 9:30am
Chair Yoga 10:30

FRIDAYS

LIFT 10:45

ABC's of Estate Planning: Power of Attorney, Wills, Protecting Assets, Trusts, & Probate

Attorney, P. Glen Smith from Lifescape Elder Law will be at Northland Shepherd's Center on March 24 at 11:30 to speak about the ABC's of estate planning. Please RSVP by March 22 by calling 816-452-4536.

CHIA PUDDING... a healthy snack!

These little seeds seem to be showing up everywhere, with good reason. They're a great source of fiber which is all-monies for keeping your GI tract working,. Just 2 tablespoons pack 8 grams of fiber and 4 grams of protein, chia seeds are also a good source of minerals like calcium, iron and heart-healthy omega-3 fatty acids. To whip them into a great snack option, try an easy-to-make chia pudding. In a small glass bowl, whisk together 2 tablespoons chia seeds with 1/2 Cup milk or your choice. (If you use a nondairy milk, be sure to choose an unsweetened one) Allow to sit for 2-3 minutes, then whisk again. Cover and refrigerate for at least 2 hours and up to 5 days. When you're ready to eat, add fresh fruit, dried coconut, nut butter or any other toppings you like.



Help Us Name Our Very Own Pantry

We are growing and need your help!!! We are happy to announce that Northland Shepherd's Center is in the process of opening our very own food pantry. **An anticipated summer opening**, qualifying participants will be able to schedule appointments and shop for their needs. We are also working on partnerships with other area agencies to be able to offer personal hygiene, incontinence items, and paper goods.

Here's where you come in - our pantry needs a name. You could win a **\$50 gift card** for submitting the winning name of our new pantry! Simply call Kelley, email (kelley@northlandsc.org), or complete a form at the office to enter. Entries should be submitted by the end of March.

Nutrition

Tasty Totes fresh produce bags are still being distributed on the **second Thursday (March 10th and April 14th) of the month at 9:30am**. We want to keep our tenants and neighbors happy so we can continue distribution until the new pantry is open. Cars **CANNOT** block the drive to the back of the building and we need to be respectful of the neighborhood around us and **NOT** block driveways during your wait or as you are pulling up to the car in front of you. The next distribution we are going to try something different and ask that you enter through the North entrance of the lot by following the map below.



Our **Harvesters** food distribution is the **fourth Thursday of each month at 9:30am**. So mark your calendars for Thursday, March 24th and Thursday, April 28th as the **Harvesters Mobile Food Pantry and Commodity Supplemental Food Program (CSFP) distribution**. If you would like more information about the CSFP and to see if you qualify, call Kelley at 816.844.3964.

Tasty Totes and the Mobile Food Pantry are offered on a first-come-first-served basis. We continue to offer these as drive-through programs and ask that participants remain in their vehicle.

CAREGIVER SUPPORT

Are you a primary caregiver in Clay County Missouri? Are you caring for someone who is 60 years of age or older? Do you live in the home with the recipient? If so, would you like to be reimbursed for a respite care worker? Caregiver Directed Respite Program provides reimbursement funds to families to assist in obtaining respite care for a family member. **Income of care recipient cannot exceed \$3014 a month for individuals or \$4058 a month for a couple.**

If you are interested in receiving reimbursement to hire a respite care provider for 6 hours a week and you meet the requirements above please contact Kelley Creek at Northland Shepherd's Center via phone: (816) 844-3964 or email: kelley@northlandsc.org

Acceptance is based on meeting all qualifications and approval by social services through Northland Shepherd's Center



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IT'S ALMOST TIME!

A Benefit for Northland Shepherd's
Center

APRIL 30, 2022

5:30pm- Cocktails,
Silent Auction
Dinner and Vocal Auction

ARGOSY CASINO,
HOTEL & SPA

777 Northwest Argosy Casino
Parkway, Riverside, MO 64150

IT WILL BE GREAT TO SEE YOU
IN PERSON!

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