



Northern Exposure

Helping Seniors Thrive

Northland Shepherd's Center

May/June 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. 3

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!

Featuring Silent & Vocal Auctions, Dinner & Live Music

A Benefit for Northland Shepherd's Center at Argosy Casino, Hotel & Spa

As you read this newsletter Jazz will have just taken place and we know it was spectacular! How could it be anything less when we haven't been together in two years?! This year's Co-Chairpersons were **Reta Gaebler and Rebecca Gordon Brown**. The "Welcome Back Jazz" Committee has been working hard to make sure this event is one to remember.

- * The **Honorary Chairs** of the event were **KCI Rotary, Gladstone Rotary, Liberty Rotary and Parkville Rotary Clubs**. We have so much to thank these four faithful groups for all their generosity of time, talents and monetary support.
- * **Tony Stevens**, KFKF's Mid Day Host and Music Director was our **Emcee**,
- * The **Mike Helton Trio** provided the evening's music with Mike Helton on saxophone, Kim Osborne singing, and Dan Glasser on keyboards.
- * And the **Auctioneer**, our friend, Rick Easley, always makes the evening fun!

We also want to express our thanks to those who sponsored this important evening in the life of Northland Shepherd's Center. It is the largest fundraising event of the year and in a very real way effects how we care for, provide for and inspire seniors in our community. The sponsors for the **2022 Welcome Back Jazz** are:

1. PIANO LEVEL *Anonymous* 3. STANDING BASS LEVEL

2. TROMBONE LEVEL



Anonymous



ROSNET



Continued on page 2

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4. CLARINET LEVEL

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5. DRUMS LEVEL



6. GUITAR LEVEL



Joe Jacobs

Janet Littlefield



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MEIEROTTO
JEWELERS

Art of the Wish

ART
of the
WISH

Artists Marn Jensen and Andy Newcom interviewed over 200 older people across the country and asked them their wishes — for themselves, their families, and the world. Then, the artists created artwork based on these wishes in hopes to bring them to life in a poignant and memorable way.

The work is comprised of a range of mediums — from photographic to sculptural, textile to encaustic, mixed media to painting — allowing the “wish” to inspire the direction of each piece. The artists were very intentional about the materials used, often incorporating repurposed, found objects that had once been discarded and tossed aside. “Breathing new life into these objects is a perfect metaphor for appreciating the potential and beauty in old things,” they explained.

Marn and Andy’s wish is that this body of work inspires people to reach out and have a conversation with an elder. They promise, “it will not only make their day, but it will make your day, too.”

Calling on all clients and volunteers for an exciting day of Art at this beautiful new gallery located at **2012 Baltimore Ave, KCMO 64108** Called the **Leedy-Voulkos Art Center**.

You Won't Want To Miss This Opportunity to see exceptional art! NSC offering bus rides for \$10 or you can carpool with us by Meeting at Northland Shepherd's Center 10 am.

You must call 816 452 4536 or email rdesk@northlandsc.org to make your reservation.

Our Second Art & Craft Show.... Don't Miss This Wonderful Event!

FREE ADMISSION!

1 PM TO 7 PM

Art & Craft Show

THURSDAY, JUNE 9, 2022

DEMOS
CAR SHOW
FOOD TRUCK

5601 NE ANTIOCH RD.
SUITE 12
GLADSTONE, MO 64119

For more Infor: 816-452-4536

ENTERTAINMENT
MANY ITEMS
FOR SALE!

NORTHLANDSC.ORG



Northland Shepherd's Center
Helping Seniors Thrive



*Make a date with your mom
to come to the Art and Craft
show on June 9th.
Show her your appreciation!*

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Our Lady of Mercy Country Home

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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
May 5th from 10-11:30 and June 2nd 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!

- **May 5th meeting Shepherd Elder Law attorney
Nicki Piskuric will speak about Documenting end of life decisions**
- **June 2nd a local public health official will discuss emergency preparedness**

Together We Care is a joint Program of Northland Shepherd's Center (NSC) &
Tri-County Mental Health Services (TCMHS).

Together We Care Caring Café

2:00pm-4:00pm@ Northland Shepherd's Center

Held every third Wednesday from 2-4 PM at Northland Shepherd's Center

The 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.

- **May 18th we will plant flowers and participate in a spring inspired guided imagery exercise.**
- **June 15 we will experience the joy of Laughter Yoga and the beginning of summer.**

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

BreakTime Club

May & June Break Time Club

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

Dates:

- May 3** Mother's Day Celebration
Mexican BINGO! Mother's Day crafts
- May 17** Puzzle Art & BINGO!
- May 31** May Flowers crafts, Music by John Kizzee

- June 14** Father's Day Celebration
Father's Day craft & BINGO
- June 28** 4th of July Celebration
4th of July crafts & Music by Melissa & Company

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**

Learning & Laughter

Learning & Laughter May & June

Wednesday, May 11, 2022- Celebrating Mother's Day, Cow Town Cloggers to Perform

Lunch Spaghetti & Meatballs, Salad, Garlic Bread

Wednesday, May 25, 2022- Crafts with Pam, Senior Barn Players to perform "Radio Show"

Lunch- Pulled Pork Sandwich, baked beans, chips and dessert

Wednesday, June 8, 2022- Flag Day Celebration, Bingo,

Lunch- Tuna Casserole, salad and dessert

Wednesday, June 22 - Crafts with Pam, Singer Rick Horn to perform

Lunch-Turkey on Croissant, macaroni salad, chips and dessert



Any Day is the Perfect Day to Thank a Veteran



At my Father's funeral a woman attended that I did not know well. She came, she said, because she had seen in his obituary that he had served in Korea. He was a fighter pilot and flew a fighter called "Frannie Doll" named for my mom. This, now Korean American, wanted to thank him for his service that was spent in defense of her country. My father was proud of his service, yet didn't talk about it much But I know it would have made him tear up to hear this woman offer him her gratitude—it certainly did make her and I both cry. My dad died on Memorial Day, which I know pleased him. It makes me smile to this day to think of that and remember a now friend, who came to say thank you to a pilot who fought for her! Let's pray for all who have served and those who continue to serve—as well as their families. The price they pay is high and lasts a lifetime!

dh



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!



JUNE 2022

Call for individualized Tech Connect Sessions
816-621-2084

Northland Shepherd's Center
5601 NE Antioch RD,
Gladstone, MO 64119
816-452-4536

MON	TUE	WED	THU	FRI
	7	8	2pm-7pm 9 NSC Art & Craft Show	10
13	1:30 14 Tips for Shopping online (tech lab)	15	16	17
20	1:30 21 Tips for Selling on Facebook (tech lab)	22	1:30 23 YouTube overview (tech lab)	24
27	1:30 28 Learn to Zoom (tech lab)	29	1:30 30 Podcasts are fun (tech lab)	



MAY 2022



Call for individualized Tech Connect Sessions
816-621-2084

Northland Shepherd's Center
5601 NE Antioch RD,
Gladstone, MO 64119
816-452-4536

MON	TUE	WED	THU	FRI
	website: NORTHLANDSC.ORG Facebook: northlandshepherdscenter			
9	10	11	12	13
16	1:30 17 Learn tips to Sell on Ebay & Etsy	18	1:30 19 Tips to Sell on Facebook	20
23	1:30 24 Learn to Zoom (tech lab)	25	1:30 26 Staying Safe on Facebook Zoom Class	27
30 Memorial Day 	1:30 31 Tips for Selling on Facebook (tech lab)			



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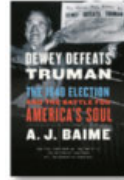
A Jazzy Little Book Club

May Pick up date 4/22

June pick up date 5/27 date



Before We Were Yours
by Lisa Wingate
Discussion Friday, May 13 @ 2 pm



Dewey Defeats Truman
by AJ Baime
Discussion Friday, June 10 at 1 pm



Girl Waits With Gun by Amy Stewart
Discussion May 27 @ 1 pm



I Know Who You Are by Alice Feeney
Discussion Friday, June 24 @1pm



Zoom Access Number is 6025809717 and the code is 1558462

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 Craig Baska, Leon Brooks, Mary Cook, Marianna Dimiceli, AC Goodson, Robert Gregory, John Griffith, Lincoln Mansfield and Lora Sievert who were each members of Meals on Wheels. We will also miss Virginia Long a member of BreakTime Club. Although we say it often we do deeply treasure the memories of our friends that we serve. They have been a blessing to us.

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>



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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.



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Aging With Excellence

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.



Tai Chi is MOVING OUTSIDE! Now that the weather is nice we will be meeting in the front courtyard of Northland Shepherd's Center. Parking is in front of the building. Walk under the Income Tax Center sign and you will see the courtyard.

We will meet inside if the weather is bad. If you are new to Tai Chi it is an ancient Chinese movement practice that significantly improves balance, cognitive function, strength and mobility. The controlled movements are very gentle and slow.

Come walk with us at Happy Rock Park. Our Walking with Ease group will be meeting at Happy Rock Park every Wednesday at 9:15. Happy Rock Park is located at 7600 N Antioch Road. We will meet in the parking lot on the east side of Antioch road by the tennis courts. Call Chanel at 816-452-4536 with questions.



Chair Stretching Each week we will be learning a variety of chair stretches to help increase mobility in our back, hip, wrist, fingers and knees. Our Chair Stretching class is offered Thursdays at 10:30.

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 and PEPPI is on Wednesdays at 10:30.



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 9:15am
PEPPI 10:30

THURSDAYS

Tai Chi 9:30
Stretching 10:30

FRIDAYS

Chair Yoga 9:30
LIFT 10:45

Help Us Name Our Very Own Pantry

We have received so many great suggestions to help name the pantry! We are compiling the results to present to staff and board for voting and hope to reveal our winner in the July newsletter.

In the meantime, we are still doing **food distributions every 2nd and 4th Thursday of the month beginning at 9:30am**. Thanks to everyone for your quick adjustments to the new route for pickups on the front side of the parking lot. We think it runs a little smoother and makes other tenants and their guests able to maneuver about the lot.



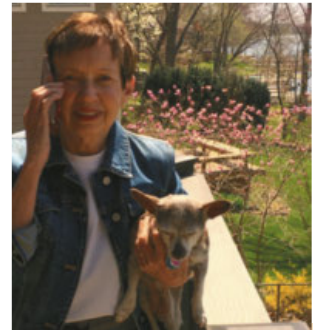
Volunteers Make It All Possible!

Acts of Kindness... Big and Small ... Every Day ... All Year Long
Every Month is Volunteer Month at Northland Shepherd's Center!

The Northland Shepherd's Center (NSC) has always been and will always be A Volunteer-Powered Organization. It is only because of 333+ volunteers that NSC can provide services to thousands of people in our community. It is only because of volunteers that NSC can provide the variety and diversity of services and programs that it does. NSC Volunteers come in 'all different sizes and all different shapes!' NSC's volunteer opportunities are as diverse and varied too. There is something for everyone...here are examples of how some volunteers give their time, talent, and voice to help NSC and its clients! Maybe you can see your self in one of these rolls!

CARE CALL

For nearly two years Jan (shown with Miss Brown her dog) has called her Care Call Client Vicki once or twice a week. They have formed a trusting and caring relationship that is mutually rewarding. Jan says that they are each other's confidant; should Vicki need something she knows she can call Jan.



FRIENDLY VISTOR

Over the last year and a half, Nancy (on the left) and her Friendly Visitor Client, Norma (on the right) have become close friends. They enjoy each other's company and get together a couple times a month and talk on the phone in between.



GROCERY SHOPPING

Always having volunteered where she lived before moving to KC several years ago, Lori needed a volunteer opportunity that she could fit in around a work schedule. She shops for her Grocery Shopperclient, Carol, every other week. Quite familiar with what Carol normally needs, Lori will call Carol if she feels something needed has been left off her grocery list.



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Art & Craft Show

THURSDAY, JUNE 9, 2022

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FOOD TRUCK

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Helping Seniors Thrive

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