



# Northern Exposure

## *Helping Seniors Thrive*

Northland Shepherd's Center

July/Aug 2022



### **Volunteering ~ It's a Family Affair**

Jana's parents were lifelong volunteers, so for Jana it is only natural for her to volunteer. She wants to set the same example for her grandchildren. So whenever possible, she takes them with her when she does her weekly **Meals on Wheels** route (shown above) and when she provides transportation for Northland Shepherd's Center's (NSC) client, Diane, for her weekly dialysis treatment. Jana loves the variety of people she meets when volunteering and says that it is easy to become close to them!

Imagine what it means to her Meals on Wheels clients and to Diane to see a friendly and familiar face at their door. Of course, this group of volunteers could bring a smile to anyone's face!

Summer is a great time to get your family involved in a number of ways. Call and see what you can do!

Look for other great volunteer and client stories on our website— [www.northlandsc.org](http://www.northlandsc.org)

# Northland Shepherd's Center



## True or False

NSC has been in the northland area for 32 years? **True False**

The Northland Shepherd's Center (NSC) is an agency that provides services for all ages? **True False**

Long time NSC staff Dale and Terry are males? **True False**

NSC only provides transportation services and Meals on Wheels? **True False**

NSC is located in the basement of Antioch Community Church? **True False**

There seems to be a lot of confusion and questions when it comes to what NSC is and what we do as a community service agency. No matter how we try to communicate the information on our many services, programs and resources, no one really knows what NSC does or possibly has never heard about NSC...until the time comes they need us.

Like when the time comes and they are struggling to pay their bills, buy groceries and medicine, and would really benefit from a few fresh vegetables and fruit.

Like when the time comes that stiff knees, hip pain and balance is getting worse and you know its time to get up and moving, to improve your stamina and stride so you can stand at the kitchen sink and wash dishes or pull on socks and shoes easier.

Like when the time comes to give up driving and you wonder how you will get to the bank, pharmacy, grocery store or Doctor.

Or when the time comes you need a break when providing caregiving or the Doctor tells you that you have lost too much weight and need to have better nutrition so check NSC 's Meals on Wheels program.

When the time comes that you are lonely, bored and need to get out of the house and meet friends, have a cup of coffee and visit.

Like when the time comes as it did in 2020 when just about the only way to buy groceries, talk to your doctor or see your family was through technology...

You retire and look forward to some much-deserved free time but the time comes when you want to get involved and have a desire to help our community.

It's funny, yet, not so funny how life can all of a sudden throw a person into the "older adult" status. Out of the blue one day you drive through McDonalds and they are giving you a senior discount. We are so busy when life is in "full swing" with work, kids, grandkids, other responsibilities and obligations that most of us are certainly not thinking or worrying about some of the hurdles that aging can bring.

Over the years, we here at NSC have kept our finger on the pulse of the older adult community. We are constantly monitoring and aligning our services and programs to address and meet the aging needs in our community. Services, programs and events have changed and developed as NSC has grown and allowed us to reach and serve more seniors. We are large enough to serve but small enough to care.

NSC also has a great work relationship with other similar agencies to help circle our older adults with resources outside of our limits – always offering our hands to help.

Not sure what the answers are? Reach out to us to help you understand and don't keep us a secret! Tell your family, friends and neighbors about us. Ask your doctors and church community if they are familiar with NSC programs and services. Ask yourself, "What will I do when my "time comes?". Or maybe it already has. Don't wait until the time has passed leaving you in crisis mode looking for answers on how to age gracefully; after all, **Helping Seniors Thrive** is what we do!

Have a Great Day! Terry Tipton, Interim Director

*(Answers to the Trivia Quiz are located somewhere in this newsletter)*

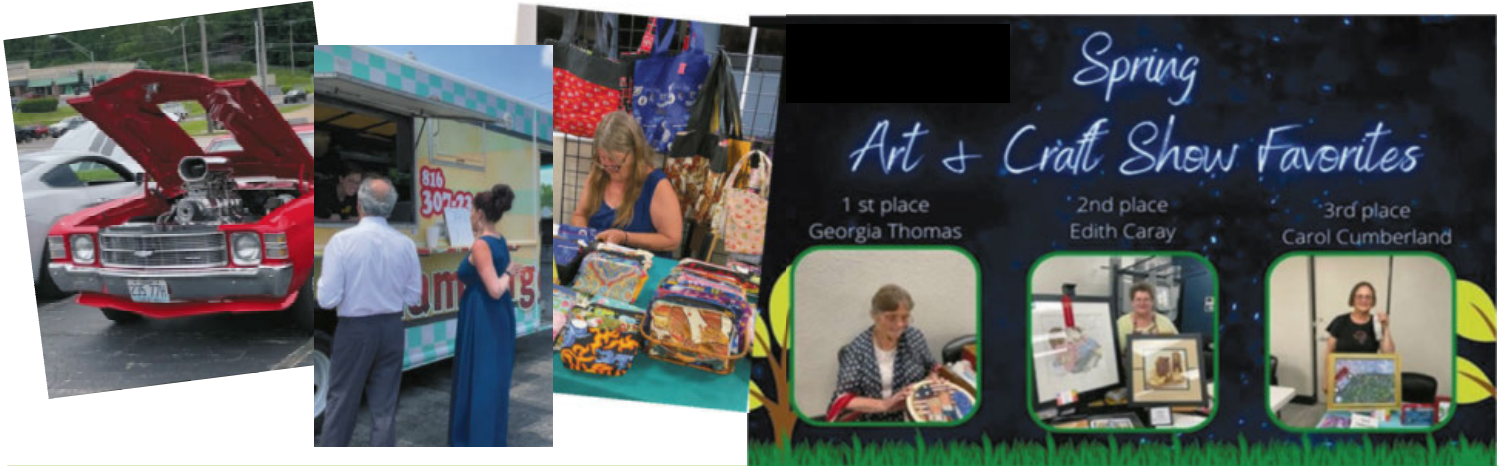


## Our Second Arts & Crafts Show Was A Wonderful Event!

**Thank you to all the Art Show vendors, staff, donors,  
and volunteers that helped make the event a success!**

What a delightful day! We had more artists this year and as a added bonus we had Melissa and Company and Del Sutton, performing in the Courtyard! Thankfully the weather was fantastic and there was a welcome breeze! We also had **LC's Hamburger Food truck** and the **Tasty Unicorn Ice Cream truck**. Both were well visited! The **Northlanders Car Club** shared some beautiful vehicles in the front lot and directed customers our way! Check out photos on our website! We hope you will attend our next show in the Fall!

Like our Facebook page to get updates on our upcoming events!



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# Aging With Excellence Classes



**to start something new.** You know that physical activity, socialization and learning something new is good for your over all health. That is why we offer different types of programs at NSC. It might be time to push yourself to try something new. Don't worry if you have not exercised in awhile because our classes are designed for all fitness levels. We are excited about new presentations and educational classes that we will be offering. Below is a list of the Aging with Excellence classes. If you have questions or have ideas about different programs or classes you would like to see, call Chanel 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.

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

**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 at 10:45 and PEPPI is on Wednesdays at 10:30.

## **Win a Fitbit and Get a Free T-Shirt In September/October**

We will be offering the 6 week Walking with Ease Class in September. For each class that you attend you will be entered to win a Fitbit! And by completing the 6 week program you will receive a t-shirt and a Walking with Ease book. 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. Look for more information in our September newsletter or call Chanel with questions or to sign up for the class. We will no longer meet at Happy Rock to walk due to the heat of the summer.

## **CALENDAR**

### **MONDAYS**

Chair Yoga 9:30

LIFT 10:45

### **TUESDAYS**

Tai Chi 9:30

### **WEDNESDAYS**

PEPPI 10:30

### **THURSDAYS**

Tai Chi 9:30

Chair Stretching 10:30

### **FRIDAYS**

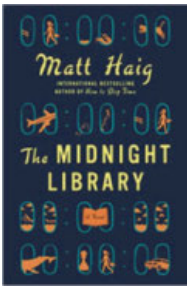
Chair Yoga 9:30

LIFT 10:45



# Aging With Excellence Classes: A Jazzy Little Book Club

## July – 6/24 pick up books

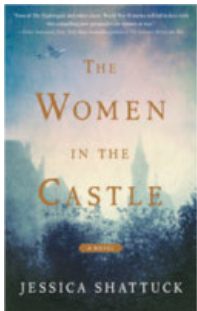


***The Midnight Library* by Matt Haig**  
Discussion Friday, July 8, at 1 pm

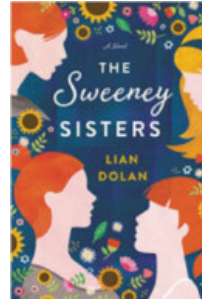


***And Then There Were None* by Agatha Christie**  
Discussion July 22 at 1 pm

## August – 7/22 pick up books



***The Women in the Castle* by Jessica Shattuck**  
Discussion Friday, Aug 12 at 1 pm



***The Sweeney Sisters* by Lian Dolan**  
Discussion Friday, Aug 26 at 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. 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. Love to have you join us!



## BreakTime Club

### July & August

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

**Time:** 10:00m-1:00pm

You must register to attend!

Please call Cindy at 816.721.0124

### Dates:

⇒ **July 5 – NO BTC**

⇒ July 12

⇒ July 19

⇒ July 26

⇒ August 2

⇒ August 9

⇒ August 16

⇒ August 23

⇒ August 30

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



## Learning & Laughter

### July & August

**Wednesday, July 13th**, Rick Horn to perform, "What's Happening at the Northland Shepherd's Center" presentation by NSC Staff

**Lunch-** Pizza & Ice Cream Sandwiches

**Wednesday, July 27th-** Crafts with Pam, Lance Boudreau to perform

**Lunch-** Chef Salad & Dessert

**Wednesday, August 10th-** Country Fair Days- Games, contests and lots of fun!

**Lunch-** Fried Chicken, Potato Salad, Baked Beans & pie

**Wednesday, August 24th-** Crafts with Pam & BINGO!





### PC Lab Open (Technology Center)

12:00pm – 3:00pm Open for walk ins.

Tell us your issue, let us help you with your technology headaches! Use a PC, free WIFI!

Tuesdays July 12<sup>th</sup> and 26<sup>th</sup>, August 16<sup>th</sup> and 30<sup>th</sup>

Thursdays July 14<sup>th</sup> and 28, August 18<sup>th</sup>



### Cricut 101 class (Legacy Hall)

July 27<sup>th</sup> 1:30 3:00 pm

Come learn some basics about Cricut! If you don't have one and have been thinking of getting one, come see this demo! Sign up on Northlandsc.org Upcoming Events calendar



### Tech Tip Cash Apps

Using apps to buy and sell or send money. Think about using a cash app instead of carrying around a lot of cash. The cash apps are used by many sellers and are easy to use. Usually you will point your phone camera at their QR code or enter their email to send a quick cash payment from your account to theirs. Venmo, Pay Pal, Square, Messenger Cash are all commonly used apps. To learn more about using these apps, come see us at the tech center and we will step you through it. Call Christina 816-621-2084.



## JULY 2022 Tech Connect Classes

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
Center closed 	5	6 	7	
11 	12 1200 - 3:00 PC Lab Open	13	14 1200 - 3:00 PC Lab Open	15
18 	19 1:30 Learn to Zoom (tech lab)	20	21 1:30 Tips to Sell on Ebay	22
25	26 1200 - 3:00 PC Lab Open	27	28 1200 - 3:00 PC Lab Open	29

Classes are offered in person and some online via Zoom

Check Northlandsc.org Upcoming Events Calendar to sign up

All Tech Connect classes start at 1:30



Northland Shepherd's Center  
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## AUGUST 2022 Tech Connect Classes

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
15	16 1200 - 3:00 PC Lab Open	17	18 1200 - 3:00 PC Lab Open	19
22	23 1:30 Learn to use Venmo and Pay Pal	24	25 1:30 PC Maintenance 101	26
29 	30 1200 - 3:00 PC Lab Open	27	28 1:30 Selling on Etsy	29

Classes are offered in person and some online via Zoom

Check Northlandsc.org Upcoming Events Calendar to sign up

All Tech Connect classes start at 1:30



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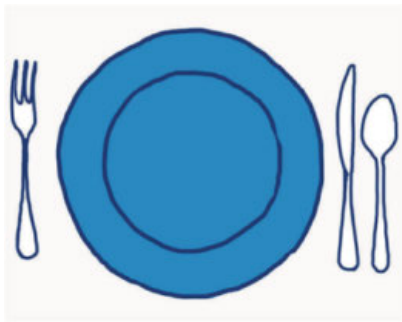
Northland Shepherd's Center, Kansas City, MO

B 4C 02-0934



# Community Aging Specialists

## NUTRITION PROGRAM INFO



"Plate of Hope" was chosen in the naming of our pantry. We feel that name epitomizes what Northland Shepherd's Center strives to provide you through our food and nutrition programs - that your plates are filled with hope because of the work we do for our older adult community.

Lots of questions coming in about **Plate of Hope** and we are just as excited on getting it opened as you are! The pantry itself will be located next to our Technology Center and entry will be through the newly paved courtyard area that has been made safe for our guests. Permits have been requested, health department applications have been submitted, and demolition and remodeling work will begin soon. Once we are able to open our doors, you will be able to schedule an appointment to come in and do your own shopping. We hope to provide you with access to not only food, but also some personal care items. The commodity box program will still be available to those who are eligible.

In the meantime, we are still doing food distributions every 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month beginning at 9:30am in the front parking lot.

## 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](https://smile.amazon.com) & Choose NSC as your charity *then* Begin shopping, a percentage of 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!



NSC wishes to express our condolences to the families and friends of Shirley Paul, a NSC client , Harold Coons, Richard House, Carole Lenger and Rebekka Tomlen who were each Meals on Wheels clients. Although we say it often we do sincerely and deeply treasure the memories of our friends that we serve. They are all a part of our NSC family.





## Harrah's gives \$100,000 to Northland Charities



This was a happy day! Harrah's General Manager, Julie Sola, presented Terry Tipton, Interim Director a check for \$8,000. Northland Shepherd's Center was blessed to be considered and to receive this thoughtful gift. It will be put to good use helping the older adults in the northland. Thank you Harrah's!



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[www.northlandsc.org](http://www.northlandsc.org)  
& our YouTube channel

  
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Northland Shepherd's Center, Kansas City, MO

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## Caregiver Support



### Together We Care Caregiver Support

The first Thursday of each month from 10-11:30 the **Together We Care Caregiver Support Group** meets at the Woodneath Library, 8900 NE Flintlock Rd, Kansas City, MO 64157

Tri-County Mental Health Center provides a free beverage of your choice from the coffee bar and then we head to the meeting room. Becky Franklin, Licensed Professional Counselor and Older Adult Educator with Tri-County Mental Health Center and Dianna Englander, Community Aging Specialist from Northland Shepherd's Center leads the group discussion as well as other experts.

**8/17/22** from 2-4 at Northland Shepherd's Center Metro Emergency Management Experts will be presenting about Emergency Preparedness – What you can do!

**9/21/22** from 2-4 at Northland Shepherd's Center Dianna Englander will be presenting "Medicare Open Enrollment for Caregivers (and anyone who finds Medicare confusing)".



Calling all caregivers who would like help in creating a "Caregiver Bill of Rights" and a strategy for your caregiving. Northland Shepherd's Center would like to offer a **Caregiver Aging Mastery Program** which will help you do both of those things. To express interest and for more information contact Dianna at 816-256-8096

### CAREGIVER SUPPORT



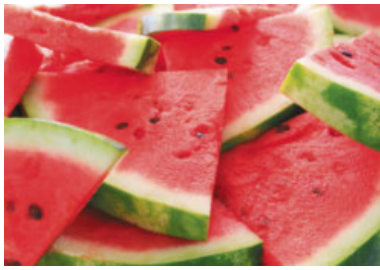
Good news! The income limits for the Caregiver Directed Respite Program have increased. **The new income of care recipient cannot exceed \$3778 a month for individuals or \$5112 a month for a couple.** Caregiver Directed Respite Program provides reimbursement funds to families to assist in obtaining respite care for a family member. If you are:

- Primary caregiver of someone 60 years of age or older
- Reside in the same house
- Live in Clay County
- Meet above income guidelines

You may be eligible to receive reimbursement to hire a respite care provider for up to 6 hours a week. Contact Kelley Creek at Northland Shepherd's Center via phone: (816) 844-3964 or email:

[kelly@northlandsc.org](mailto:kelly@northlandsc.org)

\*Acceptance is based on meeting all qualifications and approval by social services through Northland Shepherd's Center and Clay County Senior Services\*



### The Health Benefits of Watermelon

As the weather heats up, so does our need for hydration and healthy snacks. A ripe, juicy watermelon satisfies your thirst and goes the extra mile toward helping maintain a healthy diet. But did you know that not only does this picnic staple taste sweet and is delicious, but is also rich in lycopene (an antioxidant) and Vitamin C?

Watermelon has more of this lycopene than any other fruit or veggie — even tomatoes. To load up on lycopene, choose a ripe melon with bright red flesh and opt for the seedless variety as it has more lycopene than those with seeds.

#### Try Watermelon to Protect Your Cells

Antioxidants play a significant role in protecting your cells against free radicals (natural and environmental occurring), which may play a role in heart disease, cancer, and other diseases.

Watermelon is no one health trick pony; it also contains vitamin C, which the body needs to boost immunity and produce collagen, promoting healthy skin. Studies suggest that vitamin C may reduce the risk of age-related skin damage, such as wrinkling. If watermelon had not already made enough of a case as to why it should be added to a healthy diet, this show-off fruit boasts a few more health benefits. It is even more pleasing to the palate for anyone looking to boost their vitamin intake; watermelon includes these nutrients: Vitamin A, Potassium, Magnesium, and Vitamins B1, B5, and B6.

For most adults, their body consists of 60% water, and to function optimally; it needs proper hydration. Drinking enough water each day is vital for regulating body temperature, keeping joints lubricated, preventing infections, delivering nutrients to cells, and keeping organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood. As the thermometer rises, so does our need for more water. At 92% water watermelon can be a solution to adding more water to your diet.

This health-conscious melon is a versatile food, try cutting it up and add to a summer beverage or a salad, or freeze and use as ice cubes in your favorite lemonade. What something a little more filling? Blend watermelon, strawberries, yogurt, and a drizzle of honey, for a delicious breakfast smoothie.

#### Watermelon Salad with Cucumber & Feta

Use Watermelon, Feta cheese (squares or crumbles), Mini Cucumbers, Fresh Herbs such as basil or mint Lemon or Balsamic vinegar. Cube and chill watermelon (the quantity varies on the amount of desired

servings). Slice mini cucumbers (leave unpeeled for added crunch and nutrition).

Tear or chiffonade herbs, Toss cubed watermelon with the feta cheese, sliced cucumbers, and herbs. Serve chilled and top with a squeeze of lemon or drizzle of balsamic vinegar.

Lpi



### Answers

1. NSC has been in the northland area for 32 years?  
**TRUE! In October we will be celebrating 32 years serving seniors in the northland**
2. The Northland Shepherd's Center (NSC) is an agency that provides services for all ages?  
**False! NSC provides services and programs for those 60+ living in Clay and Platte counties.**
3. Long time NSC staff Dale and Terry are males?  
**False! Even though the majority of our junk mail comes to a Mr. Dale and a Mr. Terry they are both ladies :)**
4. NSC only provides transportation services and Meals on Wheels?  
**False! NSC provides over 10 different services and 4 day programs.**
5. NSC is located in the basement of Antioch Community Church?  
**False! In 2019, the offices and event space moved to our new home at 5601 NE Antioch Rd, Suite 12 in Gladstone, MO. If you haven't been to the new facility drop by and take a tour!**





Northland Shepherd's Center  
5601 NE Antioch Road, Suite 12  
Gladstone, MO 64119



Volume 32 No. 4

Available on our Website  
[www.northlandsc.org](http://www.northlandsc.org)  
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Northland  
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## Uncorked! A Wine Tasting



*to Benefit*

**Northland Shepherd's Center  
Cable Event Center**

1327 Burlington, NKC, MO 64116

Music by James Rojas ~ Games, Prizes, & an Auction!

**September 29th 6:00-9:00pm  
Tickets \$50 at [northlandsc.org](http://northlandsc.org)**

### Northland Shepherd's Center serves the community with these

#### Life Maintenance Services:

##### Community Aging Solutions

- Accessing benefits; i.e. utilities, prescriptions, home weatherization & more
- Commodities & Food distribution
- Medicare & Medicaid Assistance

Daily Well Being Call Check  
Friendly Visitors & Call Care  
Information & Resources Center  
Meals On Wheels  
Minor Home Repair  
Tech Time

- One on one support with cell phones, tablets or laptops!
- Technology group classes: Zoom, Facebook, Selling on eBay & Facebook marketplace

##### Transportation Services

- To Medical appointments
- Market Bus
- Personal Shopping
- Day programs
- Essential Services

#### Life Enrichment Opportunities:

##### Aging With Excellence

- LIFT (light weights), PEPPi (exercise), Tai Chi, Chair Yoga, Stretching & Meditation classes, Walking with Ease classes

- Aging Mastery Classes
- Chronic Disease Self Management Classes

- Community Education Seminars

##### Break Time Club

- Day program for frail older adults & respite service for caregivers

##### Learning & Laughter

- Bimonthly day program for older adults to promote socialization

##### Caregiver Support

- Together We Care monthly newsletter with resources for caregivers
- Together We Care monthly support group meetings
- Caring Café: a monthly gathering of caregiver & receivers to enjoy an outing together
- Aging Mastery for Caregivers A 12 week course designed for caregivers.