



Northern Exposure

Helping Seniors Thrive

Northland Shepherd's Center

Sept/Oct 2022



Plate of Hope Pantry Nearing Completion!!

Northland Shepherd's Center **Plate of Hope Pantry** will offer "hope" to our older adult neighbors and friends by offering nutritious food specifically chosen for seniors. And yes, the pantry remodel is coming closer to being complete—a date will soon be set for an open house to celebrate our grand opening. We are so grateful to all who have been and will continue to be involved in making this happen. Just envision the number of people—the lives—who will be blessed by our combined efforts. There will be great stories unfolding. What a wonderful opportunity we have been given to serve!

We pray that like Jesus, who fed over 5000 people from 5 loaves of bread and 2 fish, that as we step out in faith, He will bless our efforts to offer this measure of hope to our community's seniors. So be it!

Kindness Campaign



Meals on Wheels is a phenomenal program that insures food security for clients who cannot adequately shop, have a diminished buying power due to inflation, and who cannot physically prepare meals for themselves. Can you imagine what happens without a program like this? What would you do? What does the neighbor who always waved as you went past do? What does the gentleman down the street that has no family in Kansas City do?

Meals on Wheels is the only answer for many of our seniors in Clay County. Further, the program in Clay County that Northland Shepherd's Center oversees is different from other counties. Our volunteers deliver fresh hot meals and as part of the delivery

check on our vulnerable clients and make sure they are well. Many days, maybe most days, our Meals on Wheels Delivery Volunteers are the only people they may see.

Meal on Wheels meals cost our clients \$4.00 each meal. While we do offer some subsidized meals currently there is no grant or monies to cover them. This is where we could use a demonstration of kindness from you to help your neighbors and friends. This month we are launching a series of **KINDNESS CAMPAIGNS** with **Meals on Wheels** being the first **Kindness** needed from the community, and more specifically from you. Could you spare \$4.00 or \$20.00 or more to help us help people on the waiting list or who need subsidizing?

Inflation has hit all of us in the supermarket, we understand the strain...but most of us will still eat. This act of **Kindness** will not be random. A man or woman in your community will eat a fresh hot meal and laugh and smile with a Shepherd's Center Volunteer. Please help by using the link or the QR code to donate. You can also write a check to Northland Shepherd's Center with a notation of **Meals on Wheels**. Thank you for your Kindness.

<https://northlandsc.org/donate/> and select the MOW button



Food Distributions

NSC received this lovely thank you from one of our Food Distribution clients and we wanted to share it with you. (With permission of course)

"Wanting to say "thank you" for this. I'm 75 and due to many recent Vet bills for my pets, I have run out of money. My home is paid for so hope to get an equity type loan soon. In the meantime, Social Security doesn't come close to paying for things. The giveaway

yesterday was really nice; I made an omelet with onions and mushrooms, and fresh blueberry muffins. And the other sack with necessities was absolutely wonderful! Thank you so much. Hoping I won't need to use this much longer but in the meantime it is great knowing it's available. Thank you to all who volunteer there."

Let us help fill your plates every 2nd and 4th Thursday of the month at our food distributions. We begin distributing at 9:30am and go until we run out. This currently takes place in the front parking lot at 5601 NE Antioch Rd. Once the pantry is complete, we will be transitioning our food distributions into individual shopping appointments while still offering the commodity boxes and Harvesters mobile food pantry.
Interested in another way to bless Northland Shepherd's Center? See Page 8!

Our Third Arts & Crafts Show!

Free General Admission! 2:00 PM to 7:00 PM

NORTHLAND SHEPHERD'S CENTER

Art & Craft Show

November 3, 2022

Come see a great selection of Art and Craft items for sale!

Call for Artists and Craftsman! Register Online
NORTHLANDSC.ORG

Northland Shepherd's Center
5601 NE Antioch Rd.
Gladstone, MO 64119



If interested in showing your Art or Craft register before October 15
online at <https://app.neoncrm.com/eventReg.jsp?event=25311&>

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!

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Aging With Excellence Classes



Health Screening

North Kansas City Hospital will be at Northland Shepherd's Center the first Monday of every month starting on October 3, to provide FREE health screenings. The nurse will be testing blood sugar along with cholesterol, HDL, LDL, Triglycerides and blood pressure. If possible, only have water before your test. The nurse will also provide education with the results of your test. Come anytime between 9:00 and 11:00am October 3, November 7 and December 5. If you have questions, please call Chanel at 816-452-4536.

HomeFit by AARP

September 29, at 11:30am AARP will be at Northland Shepherd's Center to discuss ways to remain in your home as you age. AARP surveys consistently find that older adults want to remain in their current homes and communities for as long as possible. That is where AARP HomeFit comes in. Join us to learn more about making your house accessible and safe. RSVP by calling Northland Shepherd's Center at 816-452-4536.

Walking with Ease

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. Starting September 19 at 9:30 we will start our 6 week Walking with Ease program. 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. Please RSVP by calling 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

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.

CALENDAR

MONDAYS

Chair Yoga 9:30 LIFT 10:45

TUESDAYS

Tai Chi 9:30

WEDNESDAYS

Walking With Ease 9:30am 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

September –8/26 Pick Up Date

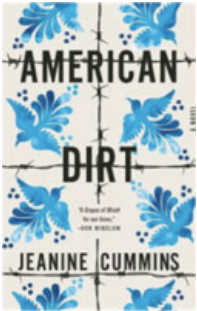


Things You Save in a Fire
by Katherine Center
Discussion Friday, Sept 9 at 1 pm

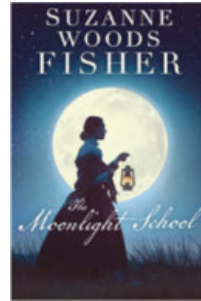


Searching for Sylvie Lee
by Jean Kwok
Discussion Friday, Sept 23 at 1 pm

October – 9/23 Pick Up Date



American Dirt
by Jeanine Cummins
Discussion Friday, Oct. 14 at 1 pm



The Moonlight School
by Suzanne Woods Fisher
Discussion Friday, Oct. 28 at 1pm

Zoom Access Number is 602.580.9717 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

September & October

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

Time: 10:00m-1:00pm

You must register to attend!

Please call Cindy at 816.721.0124 to RSVP

Dates:

- ⇒ Sept 13
- ⇒ Sept 20
- ⇒ Sept 27
- ⇒ Oct 4
- ⇒ Oct 11
- ⇒ Oct 18
- ⇒ Oct 25



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

Learning & Laughter

September & October

Call NSC to RSVP the Fri before Wed @ 816.452.4536

Wednesday, Sept 14th- Cowtown Cloggers to perform

Lunch- Spaghetti & Meatballs & salad

Donuts for dessert for National Donut Day !

Wednesday, Sept 28th- Crafts with Pam, & BINGO

Lunch- Taco Salad & Dessert

Wednesday, Oct 12th- Columbus Day Trivia, Hoot'n Annie's to perform

Lunch- Loaded Baked Potato

Wednesday, Oct 26th- Crafts with Pam & Presentation by Becky Franklin, Tri County Mental Health

Lunch- Ham & Beans, Cornbread & Dessert



Learn to Zoom!

September 20th and October 20 1:30 to 2:30
 NORTHLAND SHEPHERD'S CENTER
 5601 NE ANTIOCH RD, GLADSTONE, MO 64119
 NORTHLANDSC.ORG

Cricut 101

Sept. 22nd and Oct. 18th
 1:30 to 3:00

Register at Northlandsc.org/Upcoming Events
 or call the center!

COME LEARN ABOUT CRICUT AND SEE A
 DEMO OF THE MACHINE!



Northland Shepherd's Center
Helping Seniors Thrive



OCTOBER 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
10	11 1200 - 3:00 PC Lab Open	12	13 1200 - 3:00 PC Lab Open	14
17	18 1:30 Come See Cricut Demo Part2	19	20 1:30 Learn to Zoom (tech lab)	21
24	25 1200 - 3:00 PC Lab Open	26	27 1200 - 3:00 PC Lab Open	28

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
Helping Seniors Thrive



SEPTEMBER 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
12	13 1200 - 3:00 PC Lab Open	14	15 1200 - 3:00 PC Lab Open	16
19	20 1:30 Learn to Zoom (tech lab)	21	22 1:30 Come See the Cricut Demo!	23
26	27 1200 - 3:00 PC Lab Open	28	29 1200 - 3:00 PC Lab Open	30

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
Helping Seniors Thrive



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Community Aging Specialists

In- Home Caregiver Support

Caregiver Directed Respite Program (CDRP) 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

Income below \$3778/month for individuals or \$5112/month for a couple

You may be eligible to receive reimbursement to **hire a respite care provider** for up to 6 hours a week.

Alternately, for those who are looking to get paid for being the primary caregiver and the person you are providing care for is on Medicaid (MO Health Net) **and** qualifies for Home & Community Based Services (HCBS), then you **may** be eligible to receive payment from the state through their Consumer Directed Services (CDS). The Division of Senior and Disability Services is responsible for the eligibility determination and authorization of Home and Community Based Services which can be called in (866-835-3505) or done through their online HCBS Referral Form. For more information or assistance, contact Kelley Creek at Northland Shepherd's Center via phone: (816) 844-3964 or email: kelley@northlandsc.org



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 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!**



Evidence-Based Class Offerings for Fall of 2022



EDUCATION | SUPPORT | RESOURCES
OF CHRONIC HEALTH CONDITIONS

Living Well With Chronic Conditions

This class offers tools to help participants learn to live with chronic conditions. Free! This will be a virtual class held via Zoom.

9/1/22 through 10/6/22,
1:00 - 3:30.

Contact Paula Zigmund or Dianna Englander for more details.



Aging Mastery Program®

National Council on Aging

Aging Mastery Program for Caregivers

This class designed to assist caregivers in writing a Caregiver Bill of Rights and Caregiver Strategy.

Attend via Zoom and/or in person at Northland Shepherd's Center. Free!

10/4/22 through 11/15/22
from 11:30 -1:30 with lunch included.

For more information contact Dianna Englander at 816-256-8096 or Dianna@northlandsc.org

Aging Mastery Program

Create your own personal pathway for aging!

10 weeks plus graduation week 11
10/7/22 through 12/16/22
10-11:30 AM

Gladstone Community Center or attend via Zoom

Free for adults 60 and over, Under age 60: \$39

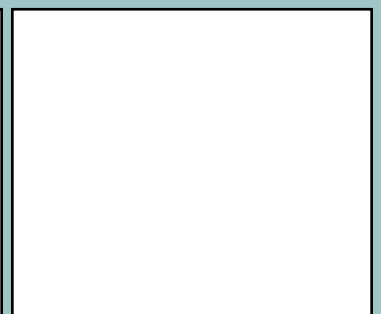
For more information contact Paula Zigmund at Clay County Senior Services 816-595-0086 or paula@claycoseniors.org

Catholic Community Health is a Faith-based, not-for-profit healthcare ministry that is sponsored by the Archdiocese of Kansas City in Kansas. Our services include:

- Private Duty Home Care
- Hospice
- Hospice House

913.621.5090
CatholicCommunityHealth.org

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Northland Shepherd's Center, Kansas City, MO

C 4C 02-0934

Caregiver Support



Together We Care Older adult caregiver support offered by Northland Shepherd's Center and Tri-County Mental Health: **"YOU ARE NOT ALONE"**

9/1 from 10 - 11:30 am @ Woodneath Mid-Continent Public Library.
Email dianna@northlandsc.org to request Zoom link or RSVP.
Coffee or tea is provided if you RSVP. (1st Thursday of each month).

Caring Café Meetings:

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

Caring Café Meeting 10/6 from 10 - 11:30 am @ Woodneath Mid-Continent Public Library. Email dianna@northlandsc.org to request Zoom link or RSVP. Coffee or tea is provided if you RSVP. (1st Thursday of each month).

Caring Café Meeting 10/19 from 2-4 at Northland Shepherd's Center : Brenda Gregg from the Alzheimer's Association will be presenting **"Caregiver Communication Strategies"** (also for anyone who has stumbled trying to communicate effectively).



OCT 9TH Join us for the (8:30am registration, 9:00am welcome, 9:15am walk)

Alzheimer's Walk at Happy Rock Park

(contact Dianna at dianna@northlandsc.org) Scan the QR to go to our **Together We Care Caregiver Support Group** page to donate and/or join the team.



2022 Northland Grandfamilies Conference Sept 9th 8:00am-2:30pm

Register by phone at 816.468.0400
you won't want to miss this conference



If you are raising your grandchildren
at Pleasant Valley Baptist Church!



REMINDER Government agencies like the IRS, Social Security, Medicare will not call you for information – they have it already!

***For returning a completed Community Aging Specialist Survey Carole B. and Rita M. each received a \$25 Visa gift card. Thank you to everyone who took time to reply and let us know how we can better serve.

988 New Suicide & Crisis Lifeline

If you, or anyone you know, needs help call or text 988 any time day or night the line is open 24/7. This is a confidential support to people in suicidal crisis or mental health-related distress.

Weatherization Program – Is your income \$2082 for 1 or \$2818 for 2 persons in a household? The weatherization program would like to provide services and cost of replacement for items, even windows, heat and A/C in some cases. Contact Dianna at 816-256-8096 for details.

Medicare Open Enrollment 2022

Medicare open enrollment is fast approaching, 10/15/22/ through 12/7/22. As certified State Health Insurance Assistance Providers (SHIP) Medicare counselors we offer 1-hour Medicare prescription drug reviews on Tuesdays, 9-4; 10/18/22 through 12/6/22. To schedule an appointment, call 816-452-4536. The slots fill up fast!

Sunflowers in Richmond, MO— Volunteering with Patty & Riker



Volunteer Coordinator and her best buddy and volunteer, Ryker, enjoyed the perfect day at **Russell's Sunflower Patch** at 18220 Highway B in Richmond, MO. Can you believe the cornflower blue sky, the cotton candy clouds and the rows of glorious sunflowers?! It really was perfect timing for a day trip!

Check out the length of Ryker's tongue! It has to be a record length.... He is so cute!

We should all take the time to go see this amazing place. Their phone number is 816-868-4315 and their facebook page is www.facebook.com/pg/Russell-Sunflower-Patch-18220-Highway-B-Richmond-Mo-942138789271667

Riker & Patty want you to **also know** that we are in need of a couple of different categories of volunteers.

1. Transportation Volunteers help with these kinds of rides.
 - To a doctor or medical appointment
 - Personal Shopping
 - Essential Services (like banking or pharmacy)
 - Meals On Wheel delivery
2. Minor Home Repair Volunteers
 - Installing a light bulb
 - Helping with a leaking faucet
 - Simple things around a home that need attention



Call Patty Monaco (Ryker is often busy) at 816.452.4536 if you would be interested in helping with these any of these volunteer positions. Her email is Patty@northlandsc.org. You can help occasionally or often. Volunteering should fit your schedule and interests but will always improve the lives of others, as well as your own life. We have many other positions that might interest you also!



NSC wishes to express our condolences to the families and friends of Geri Mansfield & Marilyn Willis both MOW Clients, Don McCandless a former Board member and Volunteer, Rhonda Bradsher an NSC supporter and Volunteer, and to our dear friend and fellow employee Diana Balthasar who was an Assistant Coordinator at BreakTime Club. We sincerely and deeply treasure the memories of our friends that we serve and have helped serve others within our NSC family.



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

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Volume 32 No. 5

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

Or Current Resident

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 www.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 market place

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.