

2022

**VOLUNTEER SPOTLIGHT**

**JILL KINGSBURY**



It seems like Jill Kingsbury has been here forever—she has been a constant in our lives. Let's get to know Jill:

**How long have you been with PSSI and what do you do there?** Volunteer with Meals on Wheels for almost 10 years.

**Two of your favorite things to do/hobbies:** Running (been long distance runner since I was 13 years old); walk my three dogs

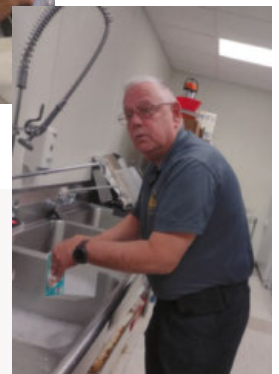
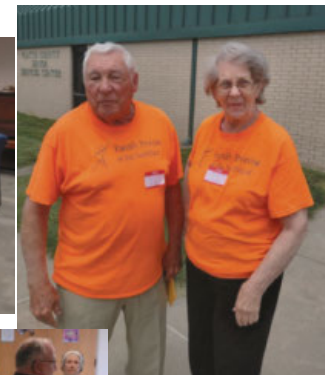
**Where were you born and raised?** Washington, MO

**Tell us about your family:** Two kids – one a software engineer with Garmin in Overland Park, Kansas; one a lawyer with the FTC in Washington,

*(Continued on page 8)*

**VOLUNTEER APPRECIATION LUNCHEON**

What a celebration we had on Saturday, June 4, 2022! We honored all the volunteers we have... without them we would not be able to do what we do—deliver hot meals to home-bound seniors in Platte County from Riverside to Weston. We are grateful to the following for participating in this important endeavor: Platte County Sheriff's Office, the girls from St. Therese Catholic Church and Platte County High School; the numerous area businesses that graciously donated the raffle prizes; Ella Mae's Creamery ice cream truck, the Board members that attended; and Melissa & Company for our entertainment.



*Continued on pg. 10*



## OUR MISSION; DESIDERATA

### OUR MISSION

We enable seniors to live full and independent lives by providing nutrition and transportation services as well as opportunities to interact with others and socialize in activities throughout the community



### Desiderata

*Go placidly amid the noise and haste, and remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons.*

*Speak your truth quietly and clearly; and listen to others, even the dull and the ignorant; they too have their story.*

*Avoid loud and aggressive persons, they are vexations to the spirit. If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself.*

*Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.*

*Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism.*

*Be yourself. Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is as perennial as the grass.*

*Take kindly the counsel of the years, gracefully surrendering the things of youth.*

*Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.*

*Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and the stars; you have a right to be here.*

*And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore, be at peace with God, whatever you conceive Him to be, and whatever your labors and aspirations, in the noisy confusion of life keep peace with your soul. With all its sham, drudgery, and broken dreams, it is still a beautiful world.*

*Be cheerful. Strive to be happy.*



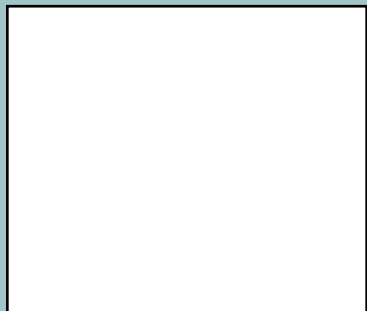
### WE'RE HIRING

#### AD SALES EXECUTIVES

**BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.**

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel

Contact us at: [careers@4lpi.com](mailto:careers@4lpi.com) | [www.4lpi.com/careers](http://www.4lpi.com/careers)



### Home Safety Modifications for Seniors!

- Handrails
- Grab bars
- Comfort height toilets
- Handheld showers
- Wheelchair ramps
- and much more...

Funding for Seniors who qualify is available through the Platte County Senior Fund

See more on our website at [www.RebuildingTogetherKC.org](http://www.RebuildingTogetherKC.org) or call 816-781-8985 to apply

Repairing Homes Revitalizing Communities and Rebuilding Lives

## Thrive Locally

816-729-2946, call or text  
816-455-8600, office  
[kellyfricker@remax.net](mailto:kellyfricker@remax.net)  
[www.kellyfricker.com](http://www.kellyfricker.com)

### WELCOME HOME!

Buying and selling a home are the largest financial undertakings most people experience in their lifetimes. It is my goal to make this process as pain-free and smooth as possible. I will manage the entire process for you from start to finish, with the utmost integrity and clear communication as possible.

The benefits of volunteering are enormous to you, your family, and your community. The right match can help you reduce stress, find friends, connect with the community and learn new skills. Giving to others can also help protect your mental and physical health. Volunteering offers vital help to people in need and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy

day. Giving in even simple ways can help those in need and improve your health and happiness.

Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school or family commitments. It also provides you with renewed creativity, motivation and vision that can carry over into your personal and professional life.

Call the Center at (816) 270.4100 to see how you can help us!

~Anne

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# SUPPORT OUR ADVERTISERS!





# JULY ACTIVITIES —LUNCH SERVED DAILY AT NOON

## MONDAY

EVERY MONDAY  
8:00 Morning Yoga  
10:30 Let's Move with Donna

## TUESDAY

EVERY TUESDAY  
10:30 Let's Move with Donna

## WEDNESDAY

EVERY WEDNESDAY  
8:00 Morning Yoga  
10:30 Let's Move with Donna

IF YOU HAVEN'T VISITED OUR CENTER  
YET, PLEASE CALL US AT (816) 270-4100  
YOU'LL BE GLAD YOU DID!

4 CLOSED



5 SHOW & TELL

9:30 Show & Tell  
10:00 Advanced Line Dancing  
12:30 Games



6 SOCIAL CONNEC-

11:30 You & Nutrition  
Alexis Haynes, PCHD  
12:00 Social Connections  
Help with your cell phones  
12:30 Bingo w/Abraham



11 LADDER BALL

10:00 Book Club  
9:30 Safety in the Sun  
12:30 Ladder Ball Tournament



12 COFFEE W/THE

9:00 Coffee w/the Law  
10:00 Advanced Line Dancing  
10:00 *Seniors who Paint w/ Carolyn*



13 MEMORY TRIVIA

9:30 Memory Trivia  
12:30 Bingo w/Janie  
Addington Place



18 LADDER BALL

9:30 Show & Tell  
12:30 Ladder Ball Tournament



19 MUSIC THERAPY

9:30 Music Therapy  
10:00 Advanced Line Dancing  
12:30 Show & Tell



20 Nat'l Amelia Earhart Day

9:30 Amelia Earhart Trivia  
12:30 Bingo!



25 LADDER BALL

9:30 Show & Tell  
12:30 Ladder Ball Tournament



26 WESTON BEND

10:00 Advanced Line Dancing  
11:15 Early Lunch  
12:00 Weston Bend State Park  
Presentation

27 MEMORY TRIVIA

9:30 Memory Trivia  
12:30 Bingo w/Janie  
Addington Place



# JULY ACTIVITIES—LUNCH SERVED DAILY AT NOON

5

## THURSDAY

EVERY THURSDAY  
10:30 Let's Move with Donna

## FRIDAY

EVERY FRIDAY  
8:00 Morning Yoga  
10:30 Let's Move with Donna

### 7 THE GRATITUDE

9:30 Bonnie & Ivory  
The Gratitude Project  
& July Birthdays  
12:30 Marie & Mabel  
Platte Pet Power

### 14 LIFESCAPE LAW

9:45 Lifescape Law  
Presentation  
w/Melissa Hardin, Esq.  
12:30 Gospel Singalongs  
w/Sharon Austin

### 21 LIVE ENTERTAIN-

11:15 Early Lunch  
12:30 Live Entertainment  
w/Patrick Blyth

### 28 SOCIAL CONNEC-

9:45 PC Senior Fund  
Presentation  
10:30 Visiting Nurse  
12:00—Social Connections  
Help with your cell phones

1

9:00 Socialization  
9:30 Learning New Games

8

9:00 Socialization  
9:30 Learning New Games

15

9:00 Socialization  
9:30 Learning New Games

22

9:00 Socialization  
9:30 Learning New Games

29

9:00 Socialization  
9:30 Learning New Games

## DAILY

9:00 Socialization &  
Morning Gratitude  
10:30 Let's Move w/Donna

### MON, WED & FRI

8:00 Morning Yoga

### 2ND TUESDAY

9:00 Coffee with the Law  
10:00 Book Club  
10:00 Painting w/Carolyn

### 3RD TUESDAY

9:30 Music Therapy w/  
Rachelle Morgan—  
Soundscape ∞

### 4TH TUESDAY

11:15 Early Lunch  
12:00 Weston Bend State Park  
Presentation

### EVERY WEDNESDAY

12:30 Bingo!!

### 2ND THURSDAY

9:45 Lifescape Law Presentation  
12:30 Sharon Austin  
Gospel Singalongs

### 3RD THURSDAY

12:30 Live Entertainment  
Patrick Blyth

### 4TH THURSDAY

10:00 Terri Nickel  
Visiting Nurse Association

### 3RD FRIDAY

9:00 AM—2PM:  
Programs at Platte City Civic  
Center—

Please sign up on our website at:  
[platteseniorsservices.org](http://platteseniorsservices.org)  
or call the Center at  
816.270.4100

∞ Evidence-Based Programming

While it may seem like the plant selection at your favorite plant nursery is dwindling, now is actually the best time to go hunting for plant sales. You'll find many plants at a discount this time of summer, not to mention seeds and other gardening gear. Don't fool yourself into thinking the planting season is over after May, or that you're stuck doing only maintenance rather than planting. There are still options you can get in the ground this month!

Of course, the offerings will vary from agricultural zone to zone. Just remember that when you're planting in the heat of summer, you should try to do your work in the cooler mornings and evenings. Like people, plants don't like the heat — and they tend to stress if they are transplanted and moved in the full sun of a hot day. Consider Coneflowers (perennial), Cosmos (annual), Marigolds (annual), Yarrow (perennial) and Zinnias (annual).

This is the time that those high-dollar, must-have plants

are marked down. At this point in the season most of those plants have been sitting out, day after day, exposed to the elements. They probably don't look so great because they're still in their plastic planter's pots, which makes them even more difficult for the nurseries to move. The general buyer doesn't want to buy a crispy looking plant — but their loss is your gain.

This is a great time to get deals on other perennials such as: Rose bushes, Grasses, Hostas and Daylilies. Perennials have a remarkable ability to bounce back the following year after being exposed to stress. Also think about picking up spring-blooming perennials which in some zones can be planted in the late summer or early fall.

BY Molly Williams updated JUL 1, 2021

Source: <https://www.apartmenttherapy.com/what-to-plant-in-july-36768117>



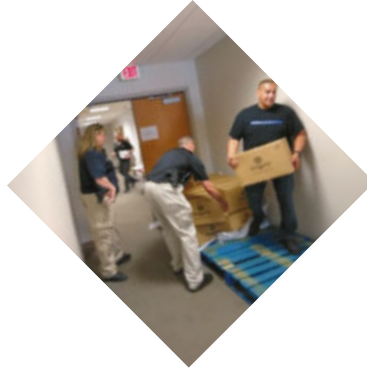
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*that Support  
our Community!*

# Commodity Supplemental Food Program (CSFP)

CSFP is a monthly food program through the USDA that targets senior citizens age 60 and above with income at or below 130% of the federal poverty level.

## Requirements to Qualify:

- Age 60 or older
- Combined monthly household income cannot exceed:
  - 1 person household: \$1,473/mo
  - 2 person household: \$1,984/mo
  - For each additional household member add \$512



## Monthly Box of Food Includes:

- 4 cans of vegetables
- 2 cans of fruit
- 2 cartons of shelf-stable milk
- 2 bottles of juice
- 2 boxes of cereal
- 1 can of protein
- 1 jar peanut butter or bag of beans
- 1 2-lb. block of cheese
- Pasta/Rice

**Pictured at Left:** Approximately 25 law enforcement officers assisted in moving commodity boxes; took care of a 2 hour job in 15 minutes. Grateful? YES!

**For more information, please call us at the Center:**

Phone: 816-270-4100

<p><b>ADT-Monitored Home Security</b></p> <p>Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"><li>• Burglary</li><li>• Flood Detection</li><li>• Fire Safety</li><li>• Carbon Monoxide</li></ul> <p>ADT Authorized Provider   SafeStreets   1-855-225-4251</p> 		<p><b>Thrive Locally</b></p> 
<p><b>GROW YOUR BUSINESS BY PLACING AN AD HERE!</b></p> <p><b>CONTACT US!</b></p> <p>Contact Anita Aguilar to place an ad today! aaguilar@lpicommunities.com or (800) 950-9952 x2677</p> 	<p><b>NEVER MISS A NEWSLETTER!</b></p> <p>Sign up to have our newsletter emailed to you at <a href="http://www.mycommunityonline.com">www.mycommunityonline.com</a></p> 	



(Continued from page 1)

DC+ 3 rescue dogs!!

**Name a movie with a great message:** Zootopia (all time greatest message!!)

**One of your favorite motivational quotes:** “In a world where you can be anything, be kind.”

**One of your all-time favorite songs:** Badlands by Bruce Springsteen

**Which famous person would you like to spend the day with?** Stephen Colbert

**Favorite flowers to plant around your house?** Roses

**What do you have to be thankful for?** My two kiddos!

**Which animated character are you most like?** Hermione Granger (not animated, but she’s from Harry Potter)

**What really makes you laugh?** Stephen Colbert/Late Night

**Three words to describe yourself:** Born to Run (also one of my favorite Bruce Springsteen songs)

**What skill would you like to master?** Baking donuts!

**Best adventure?** Trip across the country visiting law schools with my youngest kiddo.

**Tell us about your working life:** Economics and Business Law Instructor at the Metropolitan Community College – Maple Woods. I am also a licensed attorney.

**What is something you think everyone should do at least once in their lives?** Run a marathon (jk, I've run 4)

**Two of your favorite smells?** Roses and lemons

**Thank you, Jilly, for your dedication and service to the seniors of Platte County! We enjoy you!**



## A History of Independence Day

*When the initial battles in the Revolutionary War broke out in April 1775, few colonists desired complete independence from Great Britain, and those who did were considered radical.*

*By the middle of the following year, however, many more colonists had come to favor independence, thanks to growing hostility against Britain and the spread of revolutionary sentiments such as those expressed in the bestselling pamphlet “Common Sense,” published by Thomas Paine in early 1776.*

*On June 7, when the Continental Congress met at the Pennsylvania State House (later Independence Hall) in Philadelphia, the Virginia delegate Richard Henry Lee introduced a motion calling for the colonies’ independence.*

*Amid heated debate, Congress postponed the vote on Lee’s resolution, but appointed a five-man committee – including Thomas Jefferson of Virginia, John Adams of Massachusetts, Roger Sherman of Connecticut, Benjamin Franklin of Pennsylvania and Robert R. Livingston of New York – to draft a formal statement justifying the break with Great Britain.*


*On July 2<sup>nd</sup>, the Continental Congress voted in favor of Lee’s resolution for independence in a near-unanimous vote (the New York delegation abstained, but later voted affirmatively). On that day, John Adams wrote to his wife Abigail that July 2 “will be celebrated, by succeeding Generations, as the great Anniversary Festival” and that the celebration should include “Pomp and Parade...Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other.”*


*On July 4<sup>th</sup>, the Continental Congress formally adopted the Declaration of Independence, which had been written largely by Jefferson. Though the vote for actual independence took place on July 2<sup>nd</sup>, from then on the 4<sup>th</sup> became the day that was celebrated as the birth of American independence.*





## Fourth of July Word Scramble


Unscramble the words, then use the highlighted letters to write out the scrambled secret message.


ASTSET 

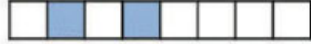
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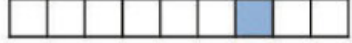
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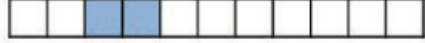
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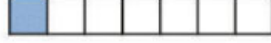
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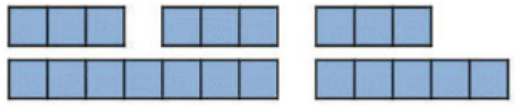
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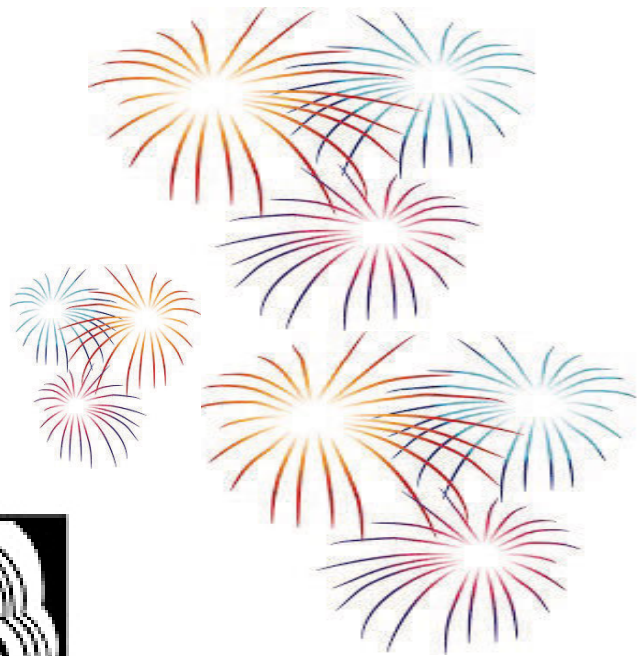
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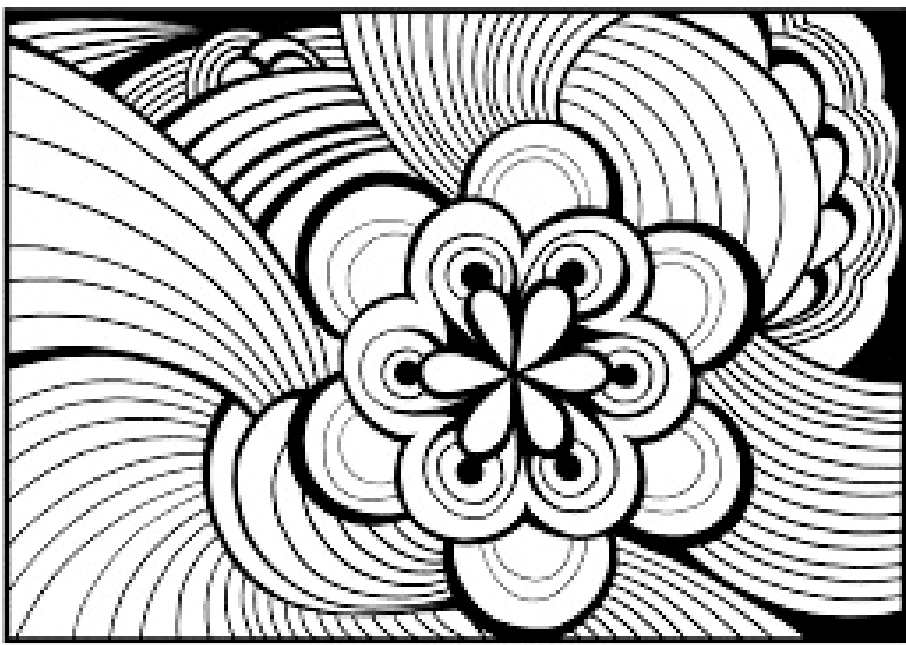
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4		1	2	9			7	5
2			3				8	
	7			8				6
			1		3		6	2
1		5				4		3
7	3		6		8			
6				2			3	
		7			1			4
8	9			6	5	1		7



Solution on Page 12.



**Did you know?**  
 John Adams believed that July 2nd was the correct date on which to celebrate the birth of American independence, and would reportedly turn down invitations to appear at July 4th events in protest. Adams and Thomas Jefferson both died on July 4, 1826—the 50th anniversary of the adoption of the Declaration of Independence.


# VOLUNTEER APPRECIATION LUNCHEON (CONT)

Continued from Pg. 1





**(816)270-4100 MENU for PSSI MOW/Home-Delivered Meals**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Margarine & 1% Milk served w/all meals 			1 Chicken Parmesan WG Penne Pasta Antiqua Blend Tossed Salad Banana WG Bread French Dressing
4 <b>CLOSED</b>	5	6	7	8
	Meatloaf Gravy (Brown)Lo Sod Fiesta Vegetables Mashed Potatoes Peaches/Strawberries Wheat Dinner Roll	WG Mostaccoli w/meat Italian Vegetables Tossed Salad Pineapple/mango mix Italian Bread Italian Dressing Graham Crackers	Tilapia, Battered Creamy coleslaw Sweet Potatoes Tropical Fruit Mix WG White Bread Oatmeal/Raisin Cookie Tartar Sauce	Scrambled Eggs Turkey Sausage Hash Browns Oatmeal Square Applesauce WG Biscuit
11	12	13	14	15
Chicken Fried Steak Gravy (country) Mashed Potatoes Green Beans Citrus Fruit Cup Wheat Dinner Roll	Diced Chicken Cheddar Cheese Lettuce/Tom/Carrots Chuckwagon Corn Stewed Apples WW Tortilla Ranch Dressing Taco Sauce	Beef Stew w/vegs Tossed Salad Banana Corn Muffin Ranch Dressing	Chicken Patty Potatoes O'Brien Broccoli Watermelon WH HB Miracle Whip	Pulled Pork White Corn w/Pepper Coleslaw Apple slices WG Hoagie Roll
18	19	20	21	22
BBQ Chicken Prince Edward Mix Potato Salad Tropical Fruit Mix WG Hamburger Bun	Mexican Taco Salad Shredded Cheddar Lettuce/D Tomatoes Pinto Beans Orange Nacho Light Chips Taco Sauce	Beef-mac/casserole Scandinavian vegg Pears Vanilla Wafers Banana Pudding WG Wheat bread	BBQ Beef Potato Salad Calif Blend vegg Banana WH HB	Chicken Strips Sweet Potato Wedges Tossed Salad Orange Multigrain Bread Graham Crackers 1000 Island Dressing Honey Mustard
25	26	27	28	29
Sloppy Joes Potato Salad Carrots Apple Slices WG HB Bun	Chicken Breast Seasoned Potatoes AuGratin Broccoli Pineapple/mango mix WG Multigrain Bread Graham Crackers	Fish (Breaded) Cold Pickled Beets Green Beans Fruit Cup/Citrus WWG Bread Graham Crackers Tartar Sauce	Beef Pattie Tossed Salad Steak Fries Banana WG Hamburger Bun Ranch Dressing Ketchup & Mustard	Chicken Oven Fried Gravy Mashed Potatoes Green Beans White Cake White WG Dinner Roll Strawberry ice cream

**Menu is subject to change; substitutions may be made if approved by dietician.**

**A HUGE THANK YOU!**



- |                                  |                   |
|----------------------------------|-------------------|
| 640 Pizza and Pints              | Weston            |
| Adam Naier, DDS                  | Platte City       |
| Charlie Hustle                   | Kansas City       |
| Chicken and Pickle               | North Kansas City |
| Grass Pad Barry Road             | Kansas City       |
| Green Dirt Farms                 | Weston            |
| HyVee                            | Kansas City       |
| LaBella Cucina Italian Market    | Weston            |
| Nothing Bundt Cakes              | Kansas City       |
| Parkville Coffee                 | Parkville         |
| Pirtle Winery                    | Weston            |
| Platte City Flowers & Gifts      | Platte City       |
| Platte City Kwik Lube & Car Wash | Platte City       |
| Platte County Citizen            | Platte City       |
| Platte County Landmark           | Platte City       |
| Quik Trip                        | Kansas City       |
| Starlight Theatre Kansas City    | Kansas City       |
| Stone Canyon                     | Parkville         |
| The Better Wash                  | Kansas City       |
| Tiffany Greens Golf Club         | Kansas City       |
| Weston Wine Company              | Weston            |
| Wines by Jennifer                | Parkville         |

PSSI would like to thank all of the people that donated their time to honor and serve our volunteers for the Appreciation Luncheon, as well as the businesses that graciously donated gift certificates and raffle prizes. Thank you to Sheriff Owen and his “grillers” and the young ladies of St. Therese, St. Theresa and Platte County School District. We appreciate you!!

**Word Scramble Solution**

**Fourth of July Word Scramble**

Unscramble the words, then use the highlighted letters to write out the scrambled secret message.

- |              |   |
|--------------|---|
| ASTSET       | <b>S</b> T <b>A</b> T <b>E</b> S                                  |
| ENDDEEPPNICN | <b>I</b> N <b>D</b> E <b>P</b> E <b>N</b> D <b>E</b> N <b>C</b> E |
| DEARAP       | <b>P</b> A <b>R</b> A <b>D</b> E                                  |
| LUEB         | <b>B</b> L <b>U</b> E   |
| TENIUD       | <b>U</b> N <b>I</b> T <b>E</b> D                                  |
| TWEHI        | <b>W</b> H <b>I</b> T <b>E</b>                                    |
| AEQTIULY     | <b>E</b> Q <b>U</b> A <b>L</b> I <b>T</b> Y                       |
| ERIRFKWOS    | <b>F</b> I <b>R</b> E <b>W</b> O <b>R</b> K <b>S</b>              |
| ARLANCDITEO  | <b>D</b> E <b>C</b> L <b>A</b> R <b>A</b> T <b>I</b> O <b>N</b>   |
| FDREOME      | <b>F</b> R <b>E</b> E <b>D</b> O <b>M</b>                         |
| DER          | <b>R</b> E <b>D</b>   |
| ILBEYTR      | <b>L</b> I <b>B</b> E <b>R</b> T <b>Y</b>                         |

**A**L**L** **M**E**N** **A**R**E**  
**C**R**E**A**T**E**D** **E**Q**U**A**L**



**RECIPE CORNER**

**Tomato and Watermelon Salad**

Combine sweet, juicy watermelon chunks with fresh tomato, onion and a red wine vinaigrette for a salad that is the essence of Summer.

**INGREDIENTS**

- 5 cups (3/4") seeded watermelon chunks
- 1 1/2 lbs. ripe tomatoes, cut into 3/4" cubes
- 3 tsp. sugar
- 1/2 tsp. salt
- 1 small red onion, quartered and thinly sliced
- 1/2 cup red wine vinegar
- 1/4 cup virgin olive oil
- Romaine lettuce
- Cracked pepper, to taste

**INSTRUCTIONS**

1. Combine the watermelon and tomatoes in a large bowl; sprinkle with sugar and salt, tossing to coat. Let stand 15 minutes.
2. Stir in onion, vinegar and oil. Cover and chill two hours. Serve chilled with romaine leaves, if desired. Sprinkle with cracked black pepper to taste.

