



VOLUNTEER SPOTLIGHT

DAVID MCCLEAN



**D**avid McClean (pictured above with Jill and Dianne) is one of our kitchen volunteers and offers to drive if we're in a pinch. Let's get to know David a little better:

How long have you been volunteering for PSSI? **A little over a year.**

*(Continued on page 11)*



THE SENIOR HEALTH & CAREGIVERS EXPO IS RIGHT AROUND THE CORNER!

Platte Senior Services Inc. Platte County Senior 2022 Health and Caregivers Expo

BE SAFE · BE STRONG · BE HEALTHY

8:30AM - 11:30 AM

SEPTEMBER 15  
Platte County Community Center, North

SEPTEMBER 22  
Riverside Community Center

**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

**SAVE THE DATE!**

The Red Barn Farm event is once again coming up, after two long years! We have scheduled this event for Tuesday, October 4, 2022. Live entertainment, drawings, Bingo, lunch, fun and fellowship!!

More information to come.



## PSSI TEAM; ANNOUNCEMENTS; SUMMER QUOTES

### THE PSSI TEAM:

Anne Rogers  
Executive Director  
arogers@platteseniorcenter.org

Bonnie Morris  
Administrative Assistant  
bmorris@platteseniorcenter.org

Donna M. Davenport  
Programs Manager  
Meals on Wheels Coordinator  
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Beverly Bosmans  
Office Assistant  
bbosmans@platteseniorcenter.org

Deanna Adkins  
Volunteer Coordinator  
dadkins@platteseniorcenter.org



PSSI is searching for:

An exercise instructor to lead chair yoga and chair exercises.

A line dancing leader for beginning line dancing classes.

A volunteer to come in and teach a craft class once a month.

Please inquire by calling the Center—816.270.4100

### SUMMER QUOTES

"The serene philosophy of the pink rose is steady. Its fragrant, delicate petals open fully and are ready to fall, without regret or disillusion, after only a day in the sun. It is so every summer. One can almost hear their pink, fragrant murmur as they settle down upon the grass: 'Summer, summer, it will always be summer.'"

- Rachel

Peden

"Dirty hands, iced tea, garden fragrances thick in the air and a blanket of color before me, who could ask for more?"

- Bev Adams, Mountain

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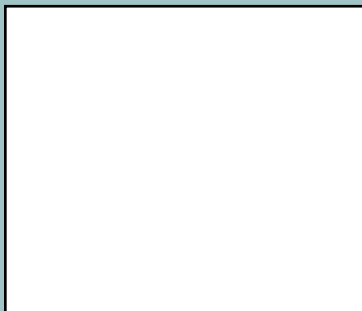
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[www.kellyfricker.com](http://www.kellyfricker.com)

### 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.





There is a lot to take in and handle when someone you love undergoes a serious medical condition. You're trying to keep your emotions in check, remain strong and calm and do all you can to get them feeling well again. I believe there are times, when you are reassuring them, you are also reassuring yourself. I have learned how to be patient, supportive, professional and responsible and to really listen as I attempted to care for both of my parents. When I say 'attempted,' I knew I was meeting their daily medical needs, getting the medicines to them, ensuring they did therapy, and getting them to medical appointments... but was I meeting their other needs?

One thing that I discovered during this time is that social interaction was critical for both parents. The importance of daily phone calls from friends, family members and their church support group played a huge role in keeping up their morale. Life for my mother changed when my father had surgery. Her routine was now different and she couldn't always understand or accept why. Having a schedule to get her day back to some sort of normality was extremely critical. Having a second set of hands to get her out on

a daily basis was necessary and extremely helpful to my father's healing. I believe he worried more about my mother than himself. His question to me every morning was "Is your mother okay?" My response: "Dad, we got this....." eventually sunk in. Providing care to a loved one is not an event ...it is a journey.

For some, that journey is for years, for others it is a set time to get a loved one back on their feet. Either way, being the care provider for my parents was challenging and forced me to make tough choices, yet it was rewarding. I have always had the deepest respect for our care providers; however, now that I have worn a similar pair of shoes, I have much deeper appreciation for all they do!

If you ever have an opportunity to hug a care provider and convey that "It's going to be okay" with a smile – do so... you have no idea how much it will be welcomed and appreciated.

~Anne

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# AUGUST ACTIVITIES—LUNCH IS SERVED DAILY AT 11:30 AM

MONDAY	TUESDAY	WEDNESDAY
<p>1</p> <p>9:00 Morning Gratitude 9:30 Socialization 10:30 Let's Move w/Donna 12:30 Name the Game</p>	<p>2 ADVANCED LINE DANCING</p> <p>9:00 Morning Gratitude 9:30 Socialization 10:00 Advanced Line Dancing 10:30 Let's Move w/Donna</p>	<p>3 BINGO w/ABRAHAM</p> <p>9:30 History Trivia 11:00 Presentation by Dedicated Health 11:30 KC Joe's BBQ—\$5 12:30 Bingo w/Abraham</p> <p style="text-align: right;"></p>
<p>8</p> <p>9:00 Morning Gratitude 9:30 Socialization 10:00 Book Club 10:30 Let's Move w/Donna 12:30 Name the Game</p>	<p>9 COFFEE W/THE LAW</p> <p>9:00 Coffee with the Law 10:00 Painting canceled this month 10:00 Advanced Line Dancing 12:30 Rootbeer Floats &amp; Ladderball</p> <p style="text-align: right;"></p>	<p>10 BINGO!!!</p> <p>9:30 History Trivia 11:30 Social Connections - Help w/cell phones, tablets</p> <p style="text-align: right;"></p>
<p>15</p> <p>9:00 Morning Gratitude 9:30 Socialization 10:30 Let's Move w/Donna 12:30 Name the Game</p>	<p>16 MUSIC THERAPY</p> <p>9:30 Music Therapy 10:00 Advanced Line Dancing 12:30 Checkers!</p> <p style="text-align: right;"></p>	<p>17 BINGO w/ARCHWELL</p> <p>9:30 History Trivia 12:30 Bingo w/Christa LUAU THEME</p> <p style="text-align: right;"></p>
<p>22</p> <p>9:00 Morning Gratitude 9:30 Socialization 10:30 Let's Move w/Donna 12:30 Name the Game</p>	<p>23 WESTON BEND PARK</p> <p>10:00 Advanced Line Dancing 11:15 Early Lunch 12:00 Annie &amp; Jim from Weston Bend State Park</p>	<p>24 BINGO w/ABRAHAM</p> <p>9:30 History Trivia 12:30 Bingo w/Abraham</p> <p style="text-align: right;"></p>
<p>29</p> <p>9:00 Morning Gratitude 9:30 Socialization 10:30 Let's Move w/Donna 12:30 Name the Game</p>	<p>30 LADDERBALL</p> <p>10:00 Advanced Line Dancing 12:30 Ladderball Connect 4 Checkers</p> <p style="text-align: right;"></p>	<p>31 BINGO!!!</p> <p>9:30 History Trivia 12:30 Bingo</p> <p style="text-align: right;"></p>



THURSDAY	FRIDAY
4 THE GRATITUDE PROJECT	5 MOVIE DAY
9:30 Bonnie & Ivory The Gratitude Project & August Birthdays 12:30 Show & Tell 	11:30 Lunch, Popcorn & a Movie "A Dog's Purpose" 
11 LIFESCAPE LAW	12 MOVIE DAY
9:45 Lifescape Law Presentation w/Melissa Hardin, Esq. 12:30 Gospel Singalongs w/Sharon Austin	11:30 Lunch, Popcorn & CBS Sunday Morning Segment: Paul Newman & Joanne Woodward 
18 PATRICK BLYTH	19 MOVIE DAY
9:30 Show & Tell 11:15 Early Lunch 12:30 Live Entertainment w/Patrick Blyth 	11:30 Lunch, Popcorn & the iconic "I Have a Dream" speech by Martin Luther King 
25 VISITING NURSE	26 MOVIE DAY
10:00 Visiting Nurse 12:30 Show & Tell 	11:30 Lunch, Popcorn & a Movie "Hachi" 

**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—  
 Canceled this month

**3RD TUESDAY**

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

**4TH TUESDAY**

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

**EVERY WEDNESDAY**

12:30 Bingo!!

**1ST THURSDAY**

9:30 Bonnie & Ivory;  
 The Gratitude Project and  
 celebration of birthdays this month

**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—1:30PM:  
 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



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 YET, PLEASE CALL US AT (816) 270-4100  
 YOU'LL BE GLAD YOU DID!



## AWESOME FACTS ABOUT AUGUST

August is the time to reap what you've sown as most summer vegetables are ready to be harvested. It goes without saying that August then is a time to celebrate a good harvest and a good summer!

It's also a great time of the year in the southern hemisphere, as winter is finally starting to wrap up, and spring begins to knock on the door.

Like every other month of the year, August has plenty to show for itself. Let's take a look at the origins of August, as well as some fun little facts to bring it all together!

August was once the sixth month of the year. In the original ten-month Roman calendar, the month went by the name of Sextilis, meaning "the sixth month" in Latin. It wasn't until around 700BC that August was rudely shoved back in the order of months when **January** and **February** were added to the beginning of the year by King Numa Pompilius.

August has also changed its number of days multiple times. In the ten-month Roman calendar, the months all had either 30 or 31 days, totaling 304 days in the year. Not only did Pompilius add January and February to the calendar, but he also reduced the number of days in August down to 29. It wasn't until Julius Caesar introduced the Julian calendar that it was left with 31 days, and it's stayed the same ever since!

Another year, another change! After so many changes you'd think the month would have had enough, but no – in 8 BC the month was named Augustus, in honor of the Roman emperor Augustus.

August is also a little bit unique, most of the time at least. In a standard year, there is no other month that begins on the same day of the week as August. In a leap year, however, August begins on the same day of the week as February.



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## AWESOME FACTS ABOUT AUGUST (CONT.)



August was a fateful month for the ancient Roman city of Pompeii. On August 24, 79AD, Mount Vesuvius erupted near the city. The mountain spewed out great clouds of ash, smoke, and pumice, which rained down on Pompeii's citizens. Unfortunately for Pompeii, that wasn't the end of it either – next came molten lava, which buried the remaining residents 7 feet (2.1 m) deep!

August was a big month for the U.S. Civil Rights Movement. It was on **August 28**, 1963, that Martin Luther King Jr gave his famous "I have a dream" speech to 250,000 people on the steps of the Lincoln Memorial in Washington D.C. Considered to be one of the most iconic speeches in the history of the US, King's speech called for the end of racial discrimination and for equal rights to all.

Those born in August are brought into this world under one of two star signs. If you were born before **August 22<sup>nd</sup>**, you're considered to be a Leo. If you're born on the 23<sup>rd</sup> or later, you're a Virgo. Leos are said to be very proud people who display great leadership. Virgos, on the other hand, are analytical and hardworking people, while still being kind and loyal.

August also has two birth flowers – the vibrant multicolored gladiolus and the deep crimson poppy. The gladiolus flower is said to represent generosity, strength of character, and deep sincerity. The poppy flower couldn't be more different though, as it is a sign of imagination, eternal sleep, and oblivion!

On **August 6**, 1762, the first-ever sandwich was created, at least with such a name. It was named after the Earl of Sandwich when he requested a dish involving meat between two pieces of bread. As the story goes, he requested it as he was in the middle of a gambling game and didn't want to interrupt it.

Rock music lost a living legend on **August 16**, 1977, when Elvis Presley left the world behind. The King of Rock's health had been going downhill for some time, but his death was a shock to the world.

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<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> 	





## PSSI'S MEALS ON WHEELS/HDM PROGRAM

**DID YOU KNOW...** In Missouri, as many as 1 in 8 seniors are struggling with food insecurity. This means nearly 170,000 Missouri seniors do not have regular access to food. Many seniors living at home are at an increased risk of hunger compared to younger adults due to issues such as health conditions, disability, or functional limitations that affect their ability to obtain and prepare meals for themselves.

Platte Senior Services, Inc., is a proud provider of a variety of services for the senior community of Platte County. One such program is our home delivered meal service. We provide a nutritious, dietitian-approved lunch to seniors throughout Platte County. The meals are delivered by our Meals on Wheels volunteers, who graciously donate their time. Our clients have the freedom to personalize their own delivery program. This program is designed with the flexibility to deliver meals as frequently as 5 days per week to as few as one day per week to meet the unique needs of each senior. A \$6 per meal charge allows us to continue to serve a tasty, nutritional meal to the senior population here in Platte County.



Platte Senior Services Inc.  
Home Delivered Meal Program  
11724 Plaza Circle Drive, Suite 700  
Kansas City, MO 64153  
Donna Davenport,  
MOW/HDM Enrollments  
Email: [ddavenport@platteseniorcenter.org](mailto:ddavenport@platteseniorcenter.org)  
Phone: (816) 270-4100

**Above:**

Kitty Ketcham and  
Nancy Wall

**Right:** Ernie Ketcham  
and Carolyn Andler



WE ARE  
**Meals On Wheels**  
*So no senior goes hungry.*





# AUGUST MENU



(816)270-4100

**AUGUST 2022**

## MENU for PSSI MOW/HDM Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Swiss Steak w/Tomato Mashed Potatoes Carrots Orange WG Bread Tapioca Pudding	<b>2</b> Beef Stew w/vegs Tossed Salad Banana Corn Muffin Ranch Dressing	<b>3</b> Chicken Patty Potatoes O'Brien Broccoli Watermelon WH HB Miracle Whip	<b>4</b> WG Mostaccioli w/meat Italian Vegetables Tossed Salad Pineapple/mango mix Italian Bread Italian Dressing Graham Crackers	<b>5</b> Chicken Parmesan WG Penne Pasta Broccoli Tossed Salad Banana WG Bread French Dressing
<b>8</b> Pulled Pork White Corn w/Pepper Coleslaw Apple slices WG Hoagie Roll	<b>9</b> Mexican Taco Salad Shredded Cheddar Lettuce/D Tomatoes Pinto Beans Orange Nacho Light Chips Taco Sauce	<b>10</b> BBQ Chicken Prince Edward Mix Potato Salad Tropical Fruit Mix WG Hamburger Bun	<b>11</b> Diced Chicken Cheddar Cheese Lettuce/Tom/Carrots Chuckwagon Corn Stewed Apples WW Tortilla Ranch Dressing Taco Sauce	<b>12</b> BBQ Beef Potato Salad Calif Blend vegs Banana WH HB
<b>15</b> Tilapia, Battered Creamy coleslaw Sweet Potatoes Tropical Fruit Mix WG White Bread Oatmeal/Raisin Cookie Tartar Sauce/Vinegar	<b>16</b> Meatloaf Gravy (Brown)Lo Sod Fiesta Vegetables Mashed Potatoes Pears/Strawberries Wheat Dinner Roll	<b>17</b> Chicken Strips Sweet Potato Wedges Tossed Salad Orange Multigrain Bread Graham Crackers 1000 Island Dressing Honey Mustard	<b>18</b> Beef-mac/casserole Scandinavian vegs Pears Vanilla Wafers Banana Pudding WG Wheat bread	<b>19</b> Sloppy Joes Potato Salad Carrots Apple Slices WG HB Bun
<b>22</b> Chicken Fried Steak Gravy (country) Mashed Potatoes Green Beans Citrus Fruit Cup Wheat Dinner Roll	<b>23</b> Tuna Noodle Casserole Cauliflower/Peas Cucumber/Onion Sal. Banana WG Wheat Bread	<b>24</b> Beef Patty Tossed Salad Steak Fries Banana WG Hamburger Bun Ranch Dressing Ketchup & Mustard	<b>25</b> Fish (Breaded) Cold Pickled Beets Green Beans Fruit Cup/Citrus WWG Bread Graham Crackers Tartar Sauce	<b>26</b> Chicken Oven Fried Gravy Mashed Potatoes Green Beans White Cake White WG Dinner Roll Strawberry ice cream
<b>29</b> Chicken Breast Seasoned Potatoes AuGratin Broccoli Pineapple/mango mix WG Multigrain Bread Graham Crackers	<b>30</b> Scrambled Eggs Turkey Sausage Hash Browns Oatmeal Square Applesauce WG Biscuit	<b>31</b> Beef Stew w/vegs Tossed Salad Banana Corn Muffin Ranch Dressing	<b>Margarine &amp; 1% Milk served w/all meals</b> 	<b>SEPTEMBER'S AROUND THE CORNER!</b>

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



**Left:** Tina and Casey from Harrah's presenting their donation to Executive Director, Anne Rogers and Programs Director, Donna Davenport, for PSSI's Meals on Wheels Program.



**Right:** "Beautiful Messages" created by area youth, delivered by Tina and Casey of Harrah's HR and distributed to our Meals on Wheels recipients. Lisa and Charlene perusing the messages. **Thank you to the team at Harrah's for this wonderful opportunity to partner!**

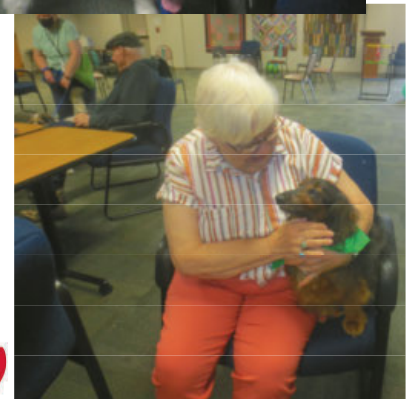


**Thank You!!!**



Two members of Platte Pet Power showed up with their "keepers" in July. Marie and Milo made some new friends and we look forward to having them return!

**Below from L to R:** Marty and Milo; Dick and Mabel; Mary and Milo; and Charlene and Mabel.





(Continued from page 1)

Two of your favorite things to do: **Go to church and read books.**

Where were you born and raised? Tell us about your family: **I was born in Rockford, IL, moved to IA at age 5, then to Kansas City, MO at age 10.**

What was your first car (COLOR, YEAR, MAKE & MODEL)? **Grey Pontiac 6000.**

What would you say to your 25 year-old self? **Find God.**

What kind of music do you listen to (decade and/or genre): **I like to listen to reggae.**

What really makes you laugh? **Good times with family.**

Three words to describe yourself: **Faithful, kind and caring.**

Three words your friends would use to describe you: **Fishfeeder, gentle, helpful.**

Favorite food and snack: **Pizza!!!!**

Best trip you've ever taken? **San Francisco.**

Your message for all homebound seniors: **You are all valued!!**

***Thank you, David, for your invaluable service to Platte Senior Services and the seniors of Platte County. You are valued!***

## BEAT THE HEAT—HYDRATE!!



Dehydration occurs when the body's water output exceeds the water intake. Our bodies need water for a variety of reasons: water helps regulate temperature through sweating, carries nutrients to cells, lubricates and cushions joints, blocks the development of kidney stones and eliminates bodily waste. Even becoming just mildly dehydrated can have a negative impact on the body.

Some of the signs of dehydration in the elderly to watch for include:

- Mobility issues, like difficulty walking
- Dizziness, confusion or frequent headaches
- Dry, sticky mouth or nose
- Low blood pressure and rapid heart rate
- Decreased urine output or constipation
- Low tear or sweat production
- Less skin elasticity- a good way to check is to lightly pinch the skin on the back of the hand; if it doesn't bounce back right away, it's a good sign of dehydration.

### WATER-LOGGED NUTRIENTS

Consider water-logged fruits and vegetables to supplement your water intake. These fruits contain more than 86% water: Grapefruit, watermelon, strawberries, cantaloupe, honeydew, lemons, peaches, Asian pears, blackberries, nectarines, pineapple, plums and oranges.

Each of the following vegetables consist of more than 90% water: Cucumbers, lettuce, celery, cabbage, radishes, zucchini, tomatoes, bell peppers, asparagus, and cauliflower.

Remember to **HYDRATE EVERYDAY**. It will do you good.



## Quick Chicken Piccata



### Total Time

Prep/Total Time: 30 min., Makes 4 servings

Laced with lemon and simmered in white wine, this stovetop entree is super easy and elegant. Just add a side of veggies and bread to make it into a wonderful meal. —Cynthia Heil, Augusta, Georgia



## Ingredients

- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 boneless skinless chicken breast halves (4 ounces each)
- 1/4 cup butter, cubed
- 1/4 cup white wine or chicken broth
- 1 tablespoon lemon juice
- Minced fresh parsley, optional

## Directions

In a shallow bowl, mix flour, salt and pepper. Pound chicken breasts with a meat mallet to 1/2-in. thickness. Dip chicken in flour mixture to coat both sides; shake off excess.

In a large skillet, heat butter over medium heat. Brown chicken on both sides. Add wine; bring to a boil. Reduce heat; simmer, uncovered, until chicken is no longer pink, 12-15 minutes. Drizzle with lemon juice. If desired, sprinkle with parsley.