



**JEFF LOSCH**



**Jeff Losche is a Meals on Wheels driver that we can call when we're in a jam; if his schedule permits, he'll go anywhere we need him to go. Let's get to know Jeff:**

**How long have you been with PSSI and what do you do there?** *I started delivering for the Meals on Wheels program in mid-February 2022.*

**Two of your favorite things to do/hobbies:** *I enjoy reading mystery, historical fiction, suspense/thriller, action/adventure, and detective/crime books. My favorite authors include Cornwell, Preston & Child, Sandford, and Rutherford. I like to take occasional road trips to visit family and to explore various parts of the country I haven't seen.*

**Where were you born and raised?** *Hackensack NJ. I*  
*(Continued on page 11)*

SEPTEMBER IS  
**HEALTHY AGING**  
MONTH



# Attention "SENIORS"

*"A Day At The Farm"*

**Tuesday, October 4th, 2022**

Platte Senior Services, Inc. is inviting all seniors to our special event! This event will be at the Weston Red Barn Farm from **8:30 AM to 2:00 PM** on Tuesday, October 4, 2022. The farm is located off Hwy 273 on Wilkerson Road. Bring your old, unused or unneeded medications to be properly disposed of by the Platte County Sheriff's Department.



**Morning Social**

**BINGO**

**Lunch Prepared by Platte County Sheriff's Department**

**Explore the Farm!**

**Patsy Cline & Elvis Tribute Show**

**Reservations Required - Cost is \$5.00**

**RSVP no later than Sept. 26, 2022**

**Call 816-270-4100**





## PSSI TEAM; ANNOUNCEMENTS

### 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  
ddavenport@platteseniorcenter.org

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

## 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

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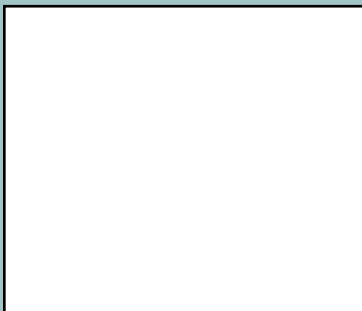
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See more on our website at [www.RebuildingTogetherKC.org](http://www.RebuildingTogetherKC.org) or call 816-781-8985 to apply

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Platte County Senior Center, Kansas City, MO

A 4C 02-1070



**HEALTHY AGING TIPS**

Eat breakfast every day.

Think beyond breakfast food. My father-in-law enjoyed soup for breakfast.

Select high-fiber foods like whole-grain breads and cereals, beans, vegetables and fruits.

Raw fruits and veggies will have more fiber than canned produce.

Have three servings of vitamin D-fortified, low-fat or fat-free milk, yogurt or cheese every day to help keep your bones strong as you age.

Greek yogurt has a lot of protein and will keep you feeling full. Add a handful of berries for fiber and you have a

gold star snack or even a small meal.

Drink plenty of water or water-based fluids.

If you are sitting watching TV or reading, sip on a glass of water. You will be surprised how those sips add up.

Ask your health care provider about ways you can safely increase your physical activity.

Ask first, then walk or stretch. There's always something you can be doing!

Fit physical activity into your everyday life - Take short walks throughout your day.

Just like the fruits and veggies, make it a part of your daily routine and not something you have to plan for.

Stay connected with family, friends and your community.

A card or a phone call can really make someone's day – just like it can yours.

~Anne

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

MONDAY	TUESDAY	WEDNESDAY
 Find us on: <b>facebook®</b>	<p>IF YOU HAVEN'T VISITED OUR CENTER YET, PLEASE CALL US AT (816) 270-4100 YOU'LL BE GLAD YOU DID!</p>	
5 CLOSED	6 ADVANCED LINE DANCING	7 BINGO
 <p style="text-align: center;"><b>Labor Day</b></p>	<p>10:00 Advanced Line Dancing 10:30 Let's Move w/Donna 12:30 Ladderball</p> 	<p>8:00 Morning Yoga 10:30 Let's Move w/Donna 12:30 Bingo</p> 
12 BOOK CLUB	13 Painting w/Carolyn	14 Coffee w/the Law
<p>8:00 Morning Yoga 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>10:00 Painting w/Carolyn 10:00 Advanced Line Dancing 10:30 Let's Move w/Donna 12:30 Checkers!</p>	<p>8:00 Morning Yoga 9:00 Coffee with the Law 10:30 Let's Move w/Donna 12:30 Bingo</p> 
19 MORNING YOGA	20 MUSIC THERAPY	21 BINGO w/Jamie
<p>8:00 Morning Yoga 9:00 Morning Gratitude 9:30 Socialization 10:30 Let's Move w/Donna 12:30 Name the Game</p>	<p>9:30 Music Therapy 10:00 Advanced Line Dancing 10:30 Let's Move w/Donna 12:30 Rummikube</p> 	<p>8:00 Morning Yoga 9:30 Cardmaking w/Patricia 10:30 Let's Move w/Donna 12:30 Bingo w/Jamie</p> 
26 MORNING YOGA	27 WESTON BEND S.P.	28 BINGO!!!
<p>8:00 Morning Yoga 9:00 Morning Gratitude 9:30 Socialization 10:30 Let's Move w/Donna 12:30 Name the Game</p>	<p>10:00 Advanced Line Dancing 10:30 Let's Move w/Donna 12:00 Annie &amp; Jim from Weston Bend S.P.</p>	<p>8:00 Morning Yoga 9:00 First City String Band 10:30 Let's Move w/Donna 11:30 Social Connections 12:30 Bingo</p> 



THURSDAY	FRIDAY
1 THE GRATITUDE PROJECT	2 MORNING YOGA
9:30 Bonnie & Ivory The Gratitude Project & September Birthdays 10:30 Let's Move w/Donna 12:30 Platte Pet Power	8:00 Morning Yoga 9:00 Socialization 10:30 Games 12:30 Name the Game
8 LIFESCAPE LAW	9 MORNING YOGA
9:45 Lifescape Law Presentation 10:30 Let's Move w/Donna 11:45 Show & Tell w/Carolyn 12:30 Gospel Singalongs w/Sharon	8:00 Morning Yoga 9:00 Socialization 10:30 Games 12:30 Name the Game
15 PATRICK BLYTH	16 MORNING YOGA
9:30 Show & Tell 10:30 Let's Move w/Donna 11:15 Early Lunch 12:30 Live Entertainment w/Patrick Blyth 	8:00 Morning Yoga 9:00 Socialization 10:30 Games 12:30 Name the Game
22 VISITING NURSE	23 MORNING YOGA
10:00 Visiting Nurse 10:30 Let's Move w/Donna 12:30 Show & Tell 	8:00 Morning Yoga 9:00 Socialization 10:30 Games 12:30 Name the Game
29 SHOW & TELL	30 MORNING YOGA
9:30 Show & Tell 10:30 Let's Move w/Donna 12:30 Show & Tell 	8:00 Morning Yoga 9:00 Socialization 10:30 Games 12:30 Name the Game

**DAILY**

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

**MON, WED & FRI**

8:00 Morning Yoga

**2ND TUESDAY**

10:00 Book Club  
 10:00 Painting w/Carolyn

**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!!

**2ND WEDNESDAY**

9:00 Coffee w/the Law

**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:  
[platteseniorservices.org](http://platteseniorservices.org)  
 or call the Center at  
 816.270.4100

∞ Evidence-Based Programming



Our fears and expectations are often exaggerated. In a [Pew Research Center survey](#), about 57 percent of younger adults between the ages of 18 and 64 said that they expect to have memory loss during their senior years. However, only about 25 percent of older adults over the age of 65 said they actually experience memory loss. That's a big gap. Nevertheless, everybody wants to retain their memory. After all, memories form a major part of who we are. When we lose them, we feel like we lose pieces of ourselves. Plus, having a good memory serves all kinds of practical functions in our daily lives. Every single day, your memory helps you accomplish both basic and complex tasks, so it's vital to keep your brain as healthy and fit as possible. Try the following tricks and tips:

- **Chunking:** When trying to memorize a long sequence of numbers or a long list of words or items, break them down into smaller groupings (just as you do for phone numbers or your Social Security number). In some cases, it also helps to group items by category, bundling them into easier-to-manage chunks of information.
- **Acrostics and acronyms:** Create a short poem out of a word or sequence of letters that you need to remember. For instance, when learning how to classically tune the six strings of a guitar to E, A, D, G, B, and E, many people are taught to remember the acrostic "Every Apple Does Go Bad Eventually." Acronyms serve a similar purpose. For example, geography students are often taught to use the acronym "HOMES" in order to remember the five Great Lakes (Huron, Ontario, Michigan, Erie, and Superior).
- **Planning and organization:** Keep a notebook or day planner handy that has a calendar and plenty of space for writing down your various activities and appointments. At the beginning of each week, create a list of

*(Continued on page 7)*



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things you'll be doing in the days ahead. Each day, make a detailed to-do list. It's also helpful to review everything at the end of each day, writing down your thoughts about the various experiences and conversations you had. Your planner/notebook is also a good place to keep important information like birthdays, phone numbers, and anything else you may need to know on an ongoing basis. If you're comfortable with technology, a smartphone or digital tablet can serve as your planner.

- **Talking out loud:** Just like writing stuff down helps your brain, so does talking about it. So, for example, if you want to remember something you're reading, try saying it aloud. If you want to avoid forgetting why you've entered a certain room, tell yourself where you're going—and why—while on the way there. Or to remember more complex information, try explaining it to someone else.
- **Varied repetition:** When learning new information and trying to retain it for later use, it's helpful to review it multiple times—over time—in different ways. For instance, one day, you might take notes about something. A couple of days later, you might read your notes out loud. Then, a day or so after that, you might paraphrase what you've learned while talking to someone else.
- **Doodling:** Did you know that drawing "absentmindedly" may actually be good for your powers of attention and recall? According to an article in [Applied Cognitive Psychology](#), whether you're listening to someone talk or learning something new, making doodles may help your brain stay alert, connect various pieces of information, and retain that information for later use.

Source: [www.greatseniorliving.com/health-wellness/memory-help](http://www.greatseniorliving.com/health-wellness/memory-help)

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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!  <a href="mailto:aaguilar@lpicommunities.com">aaguilar@lpicommunities.com</a>              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 Coordinator  
Email: [ddavenport@platteseniorcenter.org](mailto:ddavenport@platteseniorcenter.org)  
Phone: (816) 270-4100

**LET US REALIZE**  
★ THAT THE ★  
**PRIVILEGE TO WORK**  
**IS A GIFT,**  
★ THAT THE ★  
**POWER TO WORK**  
**IS A BLESSING,**  
★ THAT ★  
**LOVE OF WORK**  
**IS SUCCESS.**  
DAVID D. MCKAY

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





# SEPTEMBER MENU



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Margarine & 1% Milk served w/all meals 		<b>1</b> Chicken Patty Potatoes O'Brien Broccoli Watermelon WH HB Miracle Whip	<b>2</b> Swiss Steak w/Tomato Mashed Potatoes Carrots Orange WG Multigrain Bread
<b>5 CLOSED</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	Pulled Pork White Corn w/Pepper Coleslaw Apple slices WG Hoagie Roll	Chicken Parmesan WG Penne Pasta Broccoli Tossed Salad Banana Graham Crackers WG Bread French Dressing	WG Mostaccoli w/meat Italian Vegetables Tossed Salad Pineapple/mango mix Italian Bread Italian Dressing Graham Crackers	Diced Chicken Cheddar Cheese Lettuce/Tom/Carrots Chuckwagon Corn Stewed Apples WW Tortilla Ranch Dressing
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
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	Tilapia, Battered Creamy coleslaw Sweet Potatoes Tropical Fruit Mix WG White Bread Oatmeal/Raisin Cookie Tartar Sauce	BBQ Beef Potato Salad Calif Blend vegg Banana WH HB	Meatloaf Gravy (Brown)Lo Sod Fiesta Vegetables Mashed Potatoes Pears/Strawberries Wheat Dinner Roll
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Beef-mac/casserole Scandinavian vegg Pears Vanilla Wafers Banana Pudding WG Wheat bread	Chicken Strips Sweet Potato Wedges Tossed Salad Orange Multigrain Bread Graham Crackers 1000 Island Dressing Honey Mustard	Sloppy Joes Potato Salad Carrots Apple Slices WG HB Bun	Tuna Noodle Casserole Cauliflower/Peas Cucumber/Onion Sal. Banana WG Wheat Bread	Beef Pattie Tossed Salad Steak Fries Banana WG Hamburger Bun Ranch Dressing Ketchup & Mustard
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Chicken Fried Steak Gravy (country) Mashed Potatoes Green Beans Citrus Fruit Cup Wheat Dinner Roll	Fish (Breaded) Cold Pickled Beets Green Beans Fruit Cup/Citrus WWG Bread Graham Crackers Tartar Sauce	Chicken Breast Seasoned Potatoes AuGratin Broccoli Pineapple/mango mix WG Multigrain Bread Graham Crackers	Scrambled Eggs Turkey Sausage Hash Browns Oatmeal Square Applesauce WG Biscuit	Chicken Oven Fried Gravy Mashed Potatoes Green Beans White Cake WG Wheat Dinner Roll Strawberry ice cream

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



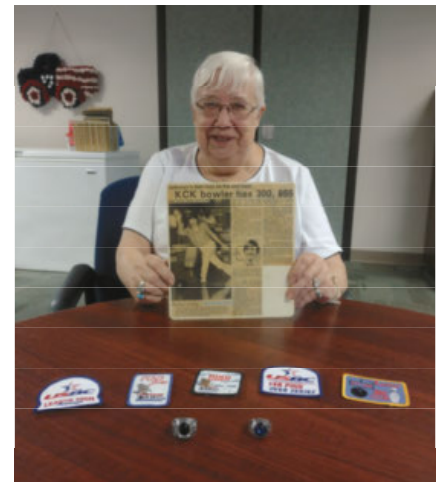
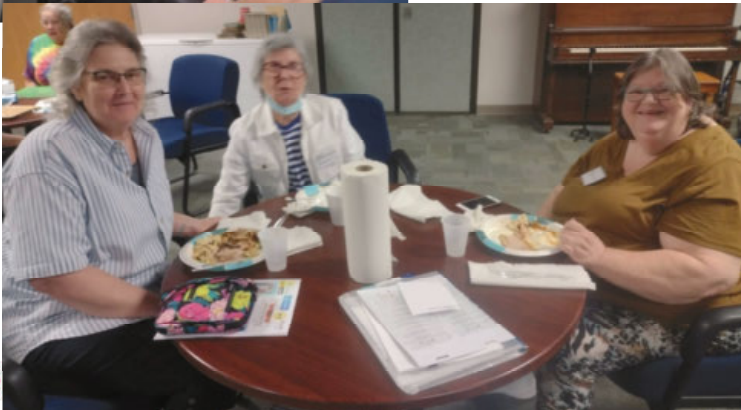
# AROUND THE CENTER IN JULY AND AUGUST



We love our volunteers!!  
**Far Left:** Brian Richmeier and his two kids, Catherine and Benjamin. **Middle:** Nancy and daughter, Lori Duggan. **Left:** Rick Hamman and Ernie Ketcham



**Above:** Our congregate getting ready for Bingo! Join us for Bingo every Wednesday at 12:30.. Reservations required for lunch at 11:30. **Left:** The folks from Dedicated Senior Medical Center and Angel Cates sponsored KC Joe's BBQ for Bingo. **Below Left:** Jeanne, Patricia and Patricia visiting. **Below:** Charlene sharing Show & Tell.



(Continued from page 1)

*lived there through high school. I spent my teenage summers working on the lower eastern shore in Ocean City, Maryland.*

**Tell us about your family:** *I retired from the U.S. Forest Service in January 2006 and moved from Colorado to Wilmington, North Carolina with my wife, Linda. Linda passed away after battling cancer in 2016. In 2019 I moved to Kansas City to be near my daughter. My family is scattered across the country now. I have a younger brother and sister living in the same NYC area and a sister living outside of Orlando FL. My oldest daughter lives in Houston as does my oldest grandson and his family. The younger grandson is in the army and lives with his family in Fayetteville NC. Each of the grandsons have a boy. My younger daughter lives in Liberty Mo. She works for the World War I museum in KC.*

**Name a movie with a great message:** *The 1968 Stanly Kubrick movie "2001, A Space Odyssey" was probably one of the most significant and predictive in the last 50+ years.*

**One of your favorite motivational quotes:** *This above all: to thine own self be true, And it must follow, as the night the day, Thou canst not then be false to any man. Polonius in Hamlet, Act 1, Scene 3.*

**What do you have to be thankful for?** *My daughters and their families.*

**Which animated character are you most like?** *Roadrunner*

**What really makes you laugh?** *A good political cartoon.*

**Three words to describe yourself:** *Dependable, reliable, and grouchy*

**What skill would you like to master?** *Flying a helicopter.*

**Best adventure?** *Working on the Hualapai Indian Reservation in Arizona near the south rim of the Grand Canyon performing forest health survey*

**Tell us about your working life:** *I started out delivering booze and drugs on a bicycle. All legal at the time with special permit from the state authorities. The deliveries were for a liquor store and drug store. From there I tried my hand as an outlaw and steam train operator at Frontier Town, a western theme park, in Ocean City, MD. Tried college for a bit...didn't like it. I served during the Viet Nam era in Army Intelligence specializing in electronics and communications with the Army Security Agency and lived in Germany during the early 70s. After my discharge and a short stint as an undercover for a detective agency I worked for NJ Bell telephone for a few years before going back to school to get my degree in Forest Management. I pumped gas while waiting for my application to the US Forest Service to bear fruit and started with the Forest Service in a Timber Management position in Georgia. My position at retirement was the Administrative Officer on the Arapaho-Roosevelt National Forests and Pawnee National Grassland with the USDA, Forest Service in Fort Collins, Colorado. Prior to that I was District Ranger on the Pawnee National Grassland from February 1992 until August 1998. Both my wife and I worked for the New Hanover County Board of Elections in NC for a few years.*

**What is something you think everyone should do at least once in their lives?** *Stand naked in the pouring rain and howl like a banshee at the storm..... face death.*

**Two of your favorite smells?** *Fresh cut Christmas Tree. Simmering spaghetti sauce.*

**What's the best piece of advice you've ever received?** *Take a deep breath ...count to three before you respond. I wish I could do better at following that advice.*

**Thanks, Jeff, for sharing a slice of your life with us. We are grateful to you for giving your time to the seniors of Platte County.**





## BAKED PARMESAN ZUCCHINI

YIELD: 4 SERVINGS  
PREP TIME: 10 MINUTES  
COOK TIME: 20 MINUTES  
TOTAL TIME: 30 MINUTES

*Crisp, tender zucchini sticks oven-roasted to perfection.  
It's healthy, nutritious and completely addictive!*

4.86 stars (137 ratings)

### INGREDIENTS:

4 zucchini, quartered lengthwise  
1/2 cup freshly grated Parmesan  
1/2 teaspoon dried thyme  
1/2 teaspoon dried oregano  
1/2 teaspoon dried basil  
1/4 teaspoon garlic powder  
Kosher salt and freshly ground black pepper, to taste  
2 tablespoons olive oil  
2 tablespoon chopped fresh parsley leaves



### DIRECTIONS:

1. Preheat oven to 350 degrees F. Coat a cooling rack with nonstick spray and place on a baking sheet; set aside.
2. In a small bowl, combine Parmesan, thyme, oregano, basil, garlic powder, salt and pepper, to taste.
3. Place zucchini onto prepared baking sheet. Drizzle with olive oil and sprinkle with Parmesan mixture. Place into oven and bake until tender, about 15 minutes. Then broil for 2-3 minutes, or until crisp and golden brown.
4. Serve immediately, garnished with parsley, if desired.

Adapted from [Cooking Classy](#) and [iFOODreal](#).

This delicious recipe brought to you by **DAMN DELICIOUS**  
<https://damndelicious.net/2014/06/21/baked-parmesan-zucchini/>