

## HEALTHY HEART MONTH

**F**ebruary is American Heart Month and the perfect time to raise awareness about heart disease.

Heart disease is the #1 killer of Americans. It kills more people than all forms of cancer combined. Seniors 65+ are more likely than younger people to suffer a heart attack, to have a stroke, or to develop coronary heart disease. The good news is heart disease is preventable in most cases by making healthy lifestyle changes. If you're 65 or older, consider these steps to keep your heart healthy as you age.

You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure.

Terri from the Visiting Nurse Association comes to the Center every 4th Thursday of each month to monitor blood pressure – cholesterol and glucose checks are offered on every odd month. Come to the Center and meet Terri!



### 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.

**THE PSSI TEAM:****Bonnie Morris**

Administrative Assistant  
 bmorris@platteseniorcenter.org

**Roshonda Reed**

MOW Coordinator  
 rreed@platteseniorcenter.org

**DonnaJo (DJ) Lewis**

Programs Manager  
 dlewis@platteseniorcenter.org

**Board of Directors**

Harriet McGarvey

Jeff Elsea

Susan Smith

Dr. Robert Burns

Don Stokes

Jason Anderson

Richard Chaves, Jr

Michael Meier



## PERSONALIZED HEARING TREATMENT

from Warrior Hearing Center



**(816) 532-9277**  
 to schedule an appointment.



Janice Richbourg  
 Au.D., CCC-A



Locally owned and operated in Smithville.  
 www.warriorhearing.com  
 1103 S. US 169, Suite F, Smithville, MO 64089



**FREE**  
 AD DESIGN  
 with purchase  
 of this space

**CALL 800-950-9952**

**THRIVE  
LOCALLY**

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Anita Aguilar**

**aaguilar@lpicommunities.com**

**(800) 950-9952 x2677**

As we enter the month of February the staff at Platte Senior Services want to thank you for your continued support. February will be a busy month here at the center, starting with the Sweetheart dance on the 13th, then the Valentines Day party on the 14th.

We will be celebrating Mardi Gras the following week on the 20th, so bring your masks and beads!

***Please come and join us for some fun!***

***We would love to see you!***



|   |  |   |  |
|---|--|---|--|
|   |  | <p><b>Place Your Ad Here and Support our Community!</b></p> <p>Instantly create and purchase an ad with</p> <p><b>AD CREATOR STUDIO</b></p> <p><a href="http://lpicommunities.com/adcreator">lpicommunities.com/adcreator</a></p> |  |
| <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>• Fire Safety</li> <li>• Flood Detection</li> <li>• Carbon Monoxide</li> </ul> |  | <p><b>LET'S GROW YOUR BUSINESS</b></p> <p>Advertise in our Newsletter!</p> <p><b>CONTACT ME Anita Aguilar</b></p> <p><a href="mailto:aaguilar@lpicommunities.com">aaguilar@lpicommunities.com</a> • (800) 950-9952 x2677</p>      | <p><b>SUPPORT OUR ADVERTISERS!</b></p> |

## FEBRUARY ACTIVITIES

MONDAY

TUESDAY

WEDNESDAY

*Year of the Dragon*

NAT'L WEAR RED DAY



National Wear Red Day is Friday, February 2, 2024. Show your support on February 1st!!



5 MORNING YOGA

6 BLACK HISTORY

7 BINGO

8:00 Morning Yoga  
9:00 Socialization  
10:30 Let's Move  
12:30 Games

9:30 Socialization  
10:30 Let's Move  
12:30 Crafts W/ Garden village

8:00 Morning Yoga  
9:00 Socialization  
10:30 Let's Move!  
12:30 Bingo



12 BOOK CLUB

13 Sweet Heart Dance

14 VALENTINES DAY!

8:00 Morning Yoga  
9:00 Socialization  
10:00 Book Club  
10:30 Let's Move  
12:30 Games

9:00 Socialization  
10:30 Let's Move  
12:00-1:30 **Sweet Heart Dance**



9:00 Socialization  
10:30 Let's Move!  
12:30 Bingo!

**Valentines Day Activities & Party**

19 CLOSED—NO MEALS

20 MARDI GRAS PARTY!

21 BINGO!!



**Wear your masks & beads**  
9:30 Music Therapy  
10:30 Let's Move!  
12:30 Steal my Beads Game



8:00 Morning Yoga  
10:30 Let's Move  
12:30 Bingo!



26 MORNING YOGA

27 WESTON BEND S. PARK

28 BINGO!!

8:00 Morning Yoga  
9:00 Morning Gratitude  
9:30 Socialization  
10:30 Let's Move  
12:30 Games

9:30 Socialization  
10:30 Let's Move  
12:00 Weston Bend State Park

8:00 Morning Yoga  
10:30 Let's Move  
12:30 Bingo!





# FEBRUARY ACTIVITIES

5

| THURSDAY  | FRIDAY   |
|---|--|
| <b>1 RED HAT PICTURES</b><br>9:00 Socialization<br>10:00 Celebration of Birthdays<br>10:30 Let's Move<br>12:00 Red Hat Pictures and Stories | <b>2 MORNING YOGA</b><br>8:00 Morning Yoga<br>9:00 Socialization<br>10:30 Games  |
| <b>8 FAMILY FEUD</b><br>9:00 Socialization<br>10:30 Let's Move!<br>12:30 Family Feud  | <b>9 MORNING YOGA</b><br>8:00 Morning Yoga<br>9:00 Socialization<br>10:30 Games  |
| <b>15 SINGALONG W/SHARON</b><br>9:30 Socialization<br>10:30 Let's Move<br>12:30 Sing along w/ Sharon  | <b>16 MORNING YOGA</b><br>8:00 Morning Yoga<br>9:00 Socialization<br>10:30 Games |
| <b>22 VISITING NURSE</b><br>9:30 Socialization<br>10:00 Visiting Nurse<br>10:30 Let's Move<br>12:30 Family Feud                             | <b>23 MORNING YOGA</b><br>8:00 Morning Yoga<br>9:00 Socialization<br>10:30 Games |
| <b>29 Shuffle Board</b><br>9:00 Socialization<br>10:30 Let's Move<br>12:30 Shuffle Board  | <b>MARCH 1</b><br>8:00 Morning Yoga<br>9:00 Socialization<br>10:30 Games         |

|  |
|--|
| <b>DAILY</b><br>9:00 Socialization & Morning Gratitude<br><b>MON, WED &amp; FRI</b><br>8:00 Morning Yoga<br><b>2ND MONDAY</b><br>10:00 Book Club<br><b>1st Tuesday</b><br>Crafts w/ Garden Village<br><b>3RD TUESDAY</b><br>9:30 Music Therapy w/ Rachele Soundscape ∞<br><b>4TH TUESDAY</b><br>12:00 Weston Bend State Park Presentation<br><b>EVERY WEDNESDAY</b><br>12:30 Bingo!!<br><b>2ND WEDNESDAY</b><br>9:00 Coffee w/the Law<br><b>1ST THURSDAY</b><br>10:00 Celebration of monthly birthdays<br><b>3rd THURSDAY</b><br>12:30 Sharon Austin Gospel Singalongs<br><b>4TH THURSDAY</b><br>10:00 Terri Nickel Visiting Nurse Association<br><b>February Birthdays</b><br><b>Nina Cook</b><br><b>2/7/1946</b> |
|--|



Inclement weather is still upon us. During the winter months, Platte Senior Center will follow the lead of Park Hill School District (If Park Hill School District is closed, the Center will **NOT** be open. This means our Meals on Wheels will not be delivered. Our Administrative Assistant, Bonnie Morris, will assist *(because she's so good at that!)* in the facilitating of a message displayed on FOX4 and KMBC9, such as: ***"Platte Senior Center—Closed"***

If you have any questions regarding this policy, please feel free to ask any one of our team. Stay safe!

### Bundle Up on Cold & Windy Days

A heavy wind can quickly lower your body temperature. Check the weather forecast before going out. If you can't avoid going out, here are some tips:

- ♦ Dress for the weather.
- ♦ Wear loose layers of clothing. The air between the layers traps heat.
- ♦ Put on a hat and scarf. You lose a lot of body heat when your head and neck are uncovered.
- ♦ Wear a waterproof jacket if it is snowy.
- ♦ Change your clothes right away if they get damp or wet.

## SUPPORT OUR ADVERTISERS!

### Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

**AD CREATOR STUDIO**



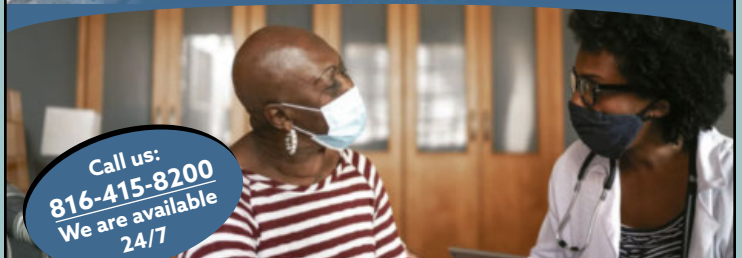
[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

### ASSURED HEALTHCARE

"LET US CARE FOR THOSE YOU CARE ABOUT"

[assuredhealthcare@sbcglobal.net](mailto:assuredhealthcare@sbcglobal.net)

(816)415-8200



Call us:  
**816-415-8200**  
We are available  
24/7

Assured Healthcare is locally owned and operated in Liberty, MO, and serves many counties across Missouri. We understand the importance and the desire for our clients to maintain their independence and stay in their homes. Our clients as well as our employees feel that our mission embodies a family-centered environment and each of our services are designed to help our clients feel at home.

8 Westowne Suite #802 Liberty, MO 64068  
[www.assuredhealthcareinc.com](http://www.assuredhealthcareinc.com)

## Why is Black History Month in Feb?

February is the birth month of two figures who loom large in the Black past: **U.S. President Abraham Lincoln** (born February 12), who issued the Emancipation Proclamation, and African American abolitionist, author, and orator **Frederick Douglass** (born February 14).

## Who made Black History Month and why?

It was **Carter G. Woodson**, the "father of Black history," who first set out in 1926 to designate a time to promote and educate people about Black history and culture, according to W. Marvin Dulaney. He is a historian and the President of the Association for the Study of African American Life and History (ASALH).

# NEVER MISS OUR NEWSLETTER!

## SUBSCRIBE

Have our  
newsletter  
emailed  
to you.



Visit

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

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

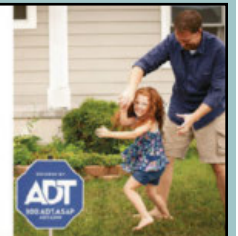
CONTACT ME **Anita Aguilar**

[aaguilar@lpicommunities.com](mailto:aaguilar@lpicommunities.com) • (800) 950-9952 x2677

### ADT-Monitored Home Security

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



Authorized  
Provider

SafeStreets

833-287-3502

## THRIVE LOCALLY



Daylight Savings Time  
March 10, 2024



Pizza day  
February 9 2024



St. Patrick's Day Party  
March 17



Easter party  
March 28, 2024



Volunteer appreciation week  
April 21-27



Red Hat Day  
April 25

## "BEST VALENTINE'S DAY DAD JOKES"

**Why shouldn't you trust a pastry chef on Valentine's Day?" "**

Because he'll dessert you."

**What do you give your Valentine in France?"**

A big quiche."

**What do you tell a pig on February 14?"**

Happy Valen-swine's Day!"

**"How did the squirrel get his Valentine's attention?"**

"He acted like a nut."

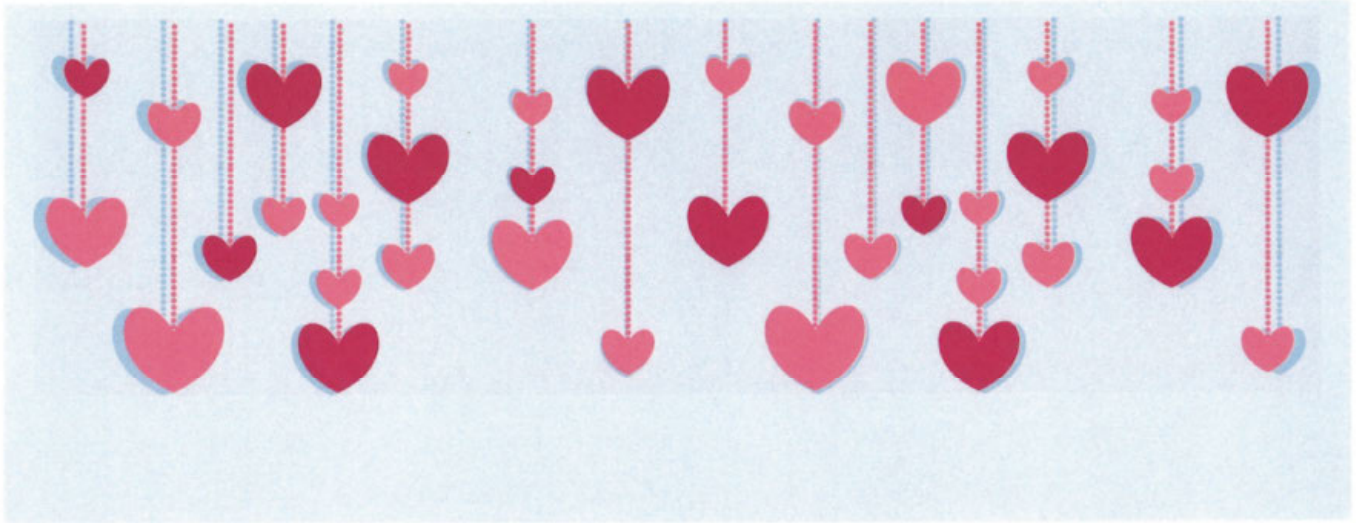
**"What do you call a romance that starts at the aquarium?"**

"Guppy love."

**"Why should you date a goalie?"**

"He's a keeper."





# SWEETHEART DANCE

Dress in your finest valentine's dresses and suits.  
Music Provided by DJ Dee. Come show us your dance moves!



FEBRUARY 13, 2024  
12:00PM -1:30PM

PSSI'S  
SWEETHEART DANCE

12200 N. AMBASSADOR DR.  
SUITE 104, KCMO, 64163

# Pictures from our Noon Year Celebration Thank you Everyone for Joining us!



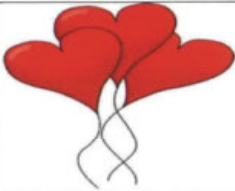







## February 2024

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

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|---|--|---|
|  |   |   | 1  | 2   |
|                                       |    |    | Tuna Noodle Cass.<br>Cauliflower/Peas<br>Cucumber/Onion Sal.<br>Banana<br>Wheat Bread (WG)                               | Swiss Steak w/Tom.<br>Mashed Potatoes<br>Peas/Carrots<br>Apple Slices<br>Multigrain Bread<br>Tapioca Pudding  |
| 5  | 6   | 7   | 8  | 9   |
| BBQ Chicken<br>Veggie Mix<br>Potato Salad<br>Trop. Fruit Mix<br>Hamburger Bun (WG)                                     | Chicken Fried Rice<br>Stir Fry Veg.<br>Coleslaw vin/drsng<br>Pineapple man-o-mix<br>White WG Bread  | Beef Mac Casserole<br>Scandnav/Veggies<br>Vanilla Wafers<br>Banana Pudding<br>Pears<br>Wheat bread  | Mexican Taco Salad<br>Shredded Cheddar<br>Lettuce/D Tomatoes<br>Pinto Beans<br>Orange<br>Nacho Light Chips<br>Taco Sauce | Beef Pattie<br>Tossed Salad<br>Steak Fries<br>Banana<br>WG Hamburger Bun<br>Dressing/1000 Islnd<br>Ketchup & Mustard  |
| 12   | 13  | 14  | 15   | 16  |
| Meatloaf<br>Brown Gravy<br>Country blend veggies<br>Mashed Potatoes<br>Peaches/Strawberries<br>Wheat Dinner Roll       | Mostaccoli/Whl Grain<br>W Meat Sauce<br>Italian Veggies<br>Salad Tom/Carrots<br>Pineapple/man or mix<br>Italian Bread/Dressing<br>Graham Crackers | Tilapia (Battered)<br>Coleslaw-creamy<br>Sweet Potatoes<br>Peaches/Strwbrry<br>White WG Bread<br>Oat/Raisin Cookie<br>Tartar Sauce            | Eggs Scrambled<br>Sausage Links/Turkey<br>Hash browns<br>Applesauce<br>WG Biscuit<br>Oatmeal Square<br>Jelly             | Fish (Breaded)<br>Coleslaw/Vin Drssng<br>Spinach<br>Citrus Fruit Mix<br>Corn Muffin<br>Tartar Sauce   |
| 19   | 20  | 21  | 22   | 23  |
|                                     | Chicken Fried Steak<br>Gravy(country)LS<br>Mashed Potatoes<br>Green Beans<br>Citrus Fruit Mix<br>Wheat Roll/WG                                    | Chicken<br>Diced/Seasoned<br>Chddr Cheese -RF<br>Salad Tom/Carrots<br>Chuckwgn Corn<br>Apples (Stewed)<br>Tortilla Whole Wheat                | Beef stew w/veggies<br>Tossed Salad<br>Banana<br>Biscuit Whl/Grain<br>Ranch Dressing                                     | Chicken Oven Fried<br>Gravy (LS Chicken)<br>Mashed Potatoes<br>Green Beans<br>Orange Cake<br>Wheat Dinner Roll<br>Ice Cream (FFSF)  |
| 26   | 27  | 28  | 29   | 30  |
| Seas. Chicken Breast<br>Potatoes Au Gratin<br>Broccoli<br>Citrus Fruit Cup<br>WG Wheat Bread<br>Short Bread<br>Cookies | Chili/ Beans<br>Shredded Cheddar<br>Salad Tom/Carrots<br>Peach Cobbler<br>Crackers Wht/Whl Grn<br>Salad Dress. French                             | Chicken Strips<br>Potato Wedges<br>Salad Tom/Carrots<br>Orange<br>Multigrain Bread<br>Graham Crackers<br>French Salad Drsng.<br>Honey Mustard | Pulled Pork<br>White Corn w/Pepper<br>Coleslaw w vin /drsng<br>Apple Slices<br>Hoagie Roll (WhlGr)                       | <b><u>YOU MUST CALL</u></b><br><b><u>816.270.4100 BY</u></b><br><b><u>11 AM THE BUSINESS</u></b><br><b><u>DAY BEFORE TO</u></b><br><b><u>ORDER/CANCEL A</u></b><br><b><u>MEAL</u></b> |

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

\*Margarine & 1% Milk served w/all meals

## Ingredients

- 1 cup butter
- 1 ½ cups confectioners' sugar
- 1 large egg
- 1 teaspoon vanilla extract
- ½ teaspoon almond extract (Optional)
- 2 ½ cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar

## Directions:

- 1) Preheat the oven to 350 degrees F (175 degrees C).
- 2) Cream butter and confectioners' sugar together in a large bowl. Beat in egg, vanilla, and almond extract.
- 3) Whisk flour, baking soda, and cream of tartar together in a medium bowl. Add to butter mixture; beat until dough is just combined. Divide dough into thirds and shape each portion into a ball.
- 4) Place one portion of dough on a lightly floured surface and roll out to 1/4-inch thickness. For each sandwich cookie, cut out two 3-inch hearts; cut out the center of *one* of the hearts with a 1 1/2-inch cutter. Place cut-out pieces 1 to 2 inches apart on an ungreased cookie sheet. Repeat with remaining dough.
- 5) Bake in the preheated oven until lightly browned, 7 to 8 minutes. Cool completely on wire racks.
- 6) Frost each solid 3-inch cookie with [Pink Valentine Frosting](#) and top with an open-centered cookie to form a sandwich. Frost the remaining small hearts and serve as separate cookies.

