



# APRIL

2024

## THE IDEA FOR THE FIRST EARTH DAY

Senator Gaylord Nelson, the junior senator from Wisconsin, had long been concerned about the deteriorating environment in the United States. Then in January 1969, he and many others witnessed the ravages of a massive oil spill in Santa Barbara, California. Inspired by the student anti-war movement, Senator Nelson wanted to infuse the energy of student anti-war protests with an emerging public consciousness about air and water pollution. Senator Nelson announced the idea for a teach-in on college campuses to the national media, and persuaded Pete McCloskey, a conservation-minded Republican Congressman, to serve as his co-chair.

Senator Gaylord Nelson recruited Denis Hayes, a young activist, to organize the campus teach-ins and to scale the idea to a broader public, and they choose April 22, a weekday falling between Spring Break and Final Exams, to maximize the greatest student participation.

Recognizing its potential to inspire all Americans, Hayes built a national staff of 85 to promote events across the land and the effort soon broadened to include a wide range of organizations, faith groups, and others. They changed the name to Earth Day, which immediately sparked national media attention, and caught on across the country. Earth Day inspired 20 million Americans — at the time, 10% of the total population of the United States — to take to the streets, parks and auditoriums to demonstrate against the impacts of 150 years of industrial development which had left a growing legacy of serious human health impacts.



**FIRST EARTH DAY, 1970**

## 2 THE PSSI TEAM; Property Tax fix for Platte county seniors

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### 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

PLATTE CITY, Mo. — Platte County residents who are eligible for social security and retirement benefits can start appealing to freeze their property taxes in September.

The Platte County Commission enacted the Platte County Senior Citizens' Real Property Tax Freeze Credit this week, taking advantage of **Senate Bill 190**.

Most residents who are 62 or older can start applying September 1, 2024 through May 15, 2025. Information will be available on [the Platte County website](#), or by contacting [SeniorTaxCredit@co.platte.mo.us](mailto:SeniorTaxCredit@co.platte.mo.us) or the Clerk's Office at 816-827-4075.

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Platte County Senior Center, Kansas City, MO

A 4C 02-1070

# Welcome Our New Executive Director Tricia Friddell 3



Hi! I'm Tricia Friddell and I'm the new Executive Director here at Platte Senior Services, Inc. and although I just got started in March, I've been in Platte County since 2017. But guess what? I grew up in nearby Lathrop so Platte County has been familiar to me since I broke a high jump record at Pirates Stadium or got my driver's license here when I turned 16. I'm married to Jim Friddell, owner of The Opus Group, a financial planning company on Main Street in

Platte City and we've got four crazy kiddos at three different buildings within the Platte County School District. Noel is a junior participating in the Northland CAPS program, Karrington is a sophomore and she is a cheerleader, a wrestler and on the track team. Julian is a seventh grader playing soccer for the Sporting KC youth league, football, track and robotics. Blake is a fifth grader in her last year in elementary school. She loves volleyball, softball and yep, you guessed it, Taylor Swift. Jim and I are coming up on 20 years of marriage and he still likes me I think! After graduating from Mizzou, I moved to Virginia to host a morning show on the radio for 16 years so talking has never been an issue for me! I grew up in a family of 8 so I certainly have the 'look at me' gene! I am passionate about the American Red Cross, my faith, traveling, Bachelor Nation and Christmas! (you just wait!!) Thank you for welcoming me to Platte Senior Services, Inc. I hope to bring some JOY to the amazing grown-ups in Platte County and restore the hard work within this organization that led us to today!

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Platte County Senior Center, Kansas City, MO

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MONDAY

TUESDAY

WEDNESDAY

**1 Morning Yoga**

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

**2 Crafts W/ Garden Village**

8:00 Morning Gratitude  
 9:00 Socialization  
 10:30 Let's Move  
 12:30 Crafts W/ Garden Village

**3 Music Therapy**

8:00 Morning Yoga  
 9:00 Music Therapy W/ Rachelle  
 10:30 Let's Move  
 12:30 Bingo

**8 Book Club**

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

Total Solar Eclipse @ 1:50

**9 Card Games**

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

**10 Coffee W/ Law**

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

**15 Morning Yoga**

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

**16 Music Bingo**

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

**17 Music Therapy**

8:00 Morning Yoga  
 9:00 Music Therapy W/ Rachelle  
 10:30 Let's Move!  
 12:30 Bingo

**22 Zoo Trip**

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

**23 Weston Bend SP**

8:00 Morning Gratitude  
 9:00 Socialization  
 10:30 Let's Move  
 12:00 Weston Bend SP

**24 Bingo**

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

**29 Morning Yoga**

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

**30 Games of Choice**

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

**May 1 Music Therapy**

8:00 Morning Yoga  
 9:00 Music Therapy W/ Rachelle  
 10:30 Let's Move!  
 12:30 Bingo



# ACTIVITIES CALENDAR

5

## THURSDAY

## FRIDAY

### 4 Easter Celebration

9:00 Morning Gratitude and Birthday Celebrations  
10:00 Easter Egg Hunt!  
12:00 Easter Celebration

### 5 Morning Yoga

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

### 11 Family Feud

8:00 Morning Gratitude  
9:00 Socialization  
10:30 Let's Move  
12:30 Family Feud

### 12 Morning Yoga

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

### 18 Sing along w/ Sharon

8:00 Morning Gratitude  
9:00 Socialization  
10:30 Let's Move!  
12:30 Sing along W/ Sharon

### 19 Morning Yoga

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

### 25 Visiting Nurse

8:00 Morning Gratitude  
9:00 Socialization  
10:00 Visiting Nurse  
10:30 Let's Move!  
12:30 Games of Choice

### 26 Morning Yoga

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

### May 2 Cinco de Mayo May 3 Morning Yoga

8:00 Morning Gratitude  
9:00 Celebrate May Birthdays  
10:30 Let's Move  
12:30 Cinco de Mayo History

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

## MON, WED & FRI

8:00 Yoga

### 2ND MONDAY

10:00 Book Club

### 1st Tuesday

12:30 Crafts w/ Garden Village

### 4TH TUESDAY

12:00 Weston Bend State Park

### EVERY WEDNESDAY

12:30 Bingo

### 1st & 3rd WEDNESDAY

9:00 Music Therapy w/ Rachelle Soundscape

### 2ND WEDNESDAY

9:00 Coffee w/the Law

### 1ST THURSDAY

10:00 Celebration of monthly birthdays

### 3rd THURSDAY

12:30 Sharon Austin Gospel Singalongs

### 4TH THURSDAY

10:00 Terri Nickel Visiting Nurse Association

### April Birthday's

**Thomas Hainkel- 4/2**

**Walter Hawk- 4/9**

**Ernest Ketcham- 4/9**

**Nadine Lynch- 4/15**

**DJ Lewis- 4/22**

**Gary Overton- 4/28**

What monster plays the most April Fools' jokes? **Frankenstein.**

Which day of the year do monkeys like best? **The first of Ape-ril.**

Why can April jump so high? **It's spring!**

What do you say when it's raining chickens and ducks on April Fools' Day? It's **fowl spring weather.**

What's one bone a prankster doesn't want to break on April Fools' Day? **The humorous.**

April Fools' Day is the favorite holiday of which animal? **The silly goose!**

What kind of pickles do spring flowers like? **Daffo-dills.**

What do storm clouds wear under their pants? **Thunderwear.**

What flower grows between your nose and chin? **Two-lips.**

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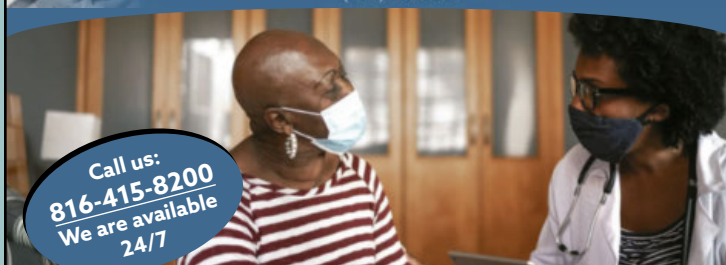
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Assured Healthcare is locally owned and operated in Liberty, MO, and serves many counties across Missouri. We understand the importance and the desire for our clients to maintain their independence and stay in their homes. Our clients as well as our 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)

## What is Stress Awareness Month?

Stress and poor mental health are one of the biggest public health challenges that we're facing. Sadly, even though that is the case, we are still not taking its impact seriously enough. We continue to separate mental health from physical health and vice versa. The reality is they cannot be separate – they are two sides of the same coin. There is no health without mental health and stress can lead to numerous health problems. From physical problems, like heart disease, insomnia, digestive issues, immune system challenges, etc to more serious mental health disorders such as anxiety and depression.

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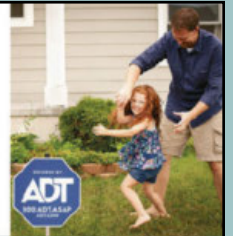
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## THRIVE LOCALLY

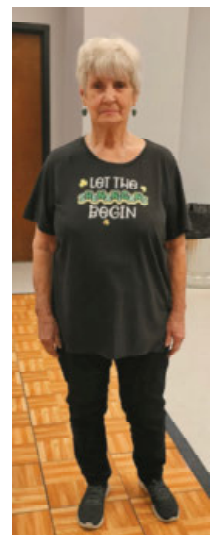
PSSI is fortunate to have the very BEST volunteers in our community. With heart and dedication they serve our seniors through various programs such as Meals on Wheels, the Commodity Supplemental Food Program, Pen Pal Program, and Care to Call Program. Before the pandemic we enjoyed seeing not only our seniors face-to-face, but also seeing the many volunteers who came in to support our Center activities. Our sincere thanks to these devoted volunteers who give so generously of their time to share their compassion with their community.

Here's some interesting facts about volunteering:

- Volunteerism is one of the most cherished of American values. There are nearly 77.4 million Americans who volunteered in recent years serving 6.9 billion hours valued at \$167 billion. Volunteers make all of our lives better, but as a volunteer you are more likely to be happier, healthier and more likely to be employed than people who never volunteer.
- Volunteering can help you make friends, learn new skills, and advance your career. The community impact and the connectedness are well-known benefits of volunteering. As a volunteer, dedicating your time helps you expand your network and boost your social skills.
- Volunteering is good for your mental health. The social aspect of helping and working with others can have a profound effect on your overall mental health. Volunteering helps counteract the effects of stress, anger, and anxiety. A meaningful connection to another person has been shown to relieve stress and combat depression. Working with others towards a common goal keeps you in regular contact with others and develops a solid support system.
- Volunteering makes you happy. Researchers have discovered that being helpful to others delivers immense pleasure. The more we give, the happier we feel. When we are doing good for others and the community, it provides a natural sense of accomplishment which can increase our self-confidence. The better you feel about yourself, the more likely you are to have a positive view of your life and future goals.
- Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated and add more zest to your life.
- mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.
- Volunteering is a fun and easy way to explore your interests and passions. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life. There are numerous volunteer activities available. It's important to make sure your commitment matches the organization's needs. Volunteer opportunities that match both your goals and interests are most likely to be fun and fulfilling.
- You will have a richer and more enjoyable volunteer experience if you first take some time to identify your goals and interests. Think about why you want to volunteer. What would you enjoy doing? The opportunities that match both your goals and your interests are most likely to be fun and fulfilling.

Here at PSSI, we would enjoy talking with you about available volunteer opportunities. We look forward to a great 2024 helping seniors and our community!

*thank you volunteers*



## **What is Parkinson's disease?**

Parkinson's disease is a condition where a part of your brain deteriorates, causing more severe symptoms over time. While this condition is best known for how it affects muscle control, balance and movement, it can also cause a wide range of other effects on your senses, thinking ability, mental health and more.

## **Who does it affect?**

The risk of developing Parkinson's disease naturally increases with age, and the average age at which it starts is 60 years old. It's slightly more common in men or people designated male at birth (DMAB) than in women or people designated female at birth (DFAB).

While Parkinson's disease is usually age-related, it can happen in adults as young as 20 (though this is extremely rare, and often people have a parent, full sibling or child with the same condition).

## **How common is this condition?**

Parkinson's disease is very common overall, ranking second among age-related degenerative brain diseases. It's also the most common motor (movement-related) brain disease. Experts estimate that it affects at least 1% of people over age 60 worldwide.

## **How does this condition affect my body?**

Parkinson's disease causes a specific area of your brain, the basal ganglia, to deteriorate. As this area deteriorates, you lose the abilities those areas once controlled. Researchers have uncovered that Parkinson's disease causes a major shift in your brain chemistry.

Under normal circumstances, your brain uses chemicals known as neurotransmitters to control how your brain cells (neurons) communicate with each other. When you have Parkinson's disease, you don't have enough dopamine, one of the most important neurotransmitters.

When your brain sends activation signals that tell your muscles to move, it fine-tunes your movements using cells that require dopamine. That's why lack of dopamine causes the slowed movements and tremors symptoms of Parkinson's disease.

As Parkinson's disease progresses, the symptoms expand and intensify. Later stages of the disease often affect how your brain functions, causing dementia-like symptoms and depression.



2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Fish (Breaded) Beets (Pickled) Green Beans/Frzn Citrus Fruit Mix WhWG Brd Graham Crackers	<b>2</b> Mostaccoli/Whl Grain W Meat Sauce Italian Veggies Salad Tom/Carrots Pineapple/man or mix Italian Bread/Dressing Graham Crackers	<b>3</b> BBQ Chicken Carrots Potato Salad Trop. Fruit Mix Hamburger Bun (WG)	<b>4</b> Chili/ Beans Shredded Cheddar Salad Tom/Carrots Peach Cobbler Crackers Wht/Whl Grn Salad Dress. French	<b>5</b> Chicken Parmesan Penne pasta (whl grn) Broccoli Salad/Tom/Car Banana WG Wht Bread Graham Crakers
<b>8</b> Sloppy Joe's Potato Wedges Scand. Veggies Apple Slices Ham.Bun Whl/Grn	<b>9</b> Chicken Diced/Seasoned Chddr Cheese -RF Salad Tom/Carrots Chuckwgn Corn Apples (Stewed) Tortilla Whole Wheat	<b>10</b> Mexican Taco Salad Shredded Cheddar Lettuce/D Tomatoes Pinto Beans Orange Nacho Light Chips Taco Sauce	<b>11</b> Chicken Patty Potatoes O'brien Broccoli Trop. Fruit Mix Ham.Bun WhlGrn Miracle Whip	<b>12</b> Meatloaf Brown Gravy Country blend veggies Mashed Potatoes Peaches/Strawberries Wheat Dinner Roll
<b>15</b> Seas. Chicken Breast Potatoes Au Gratin Broccoli Pineapple/man-o-mix WG Wheat Bread Short Bread Cookies	<b>16</b> Beef Mac Casserole Green Beans Vanilla Wafers Banana Pudding Pears Wheat bread	<b>17</b> Chicken Strips Potato Wedges Salad Tom/Carrots Orange Multigrain Bread Graham Crackers French Salad Drsnng. Honey Mustard	<b>18</b> Beef stew w/veggies Tossed Salad Banana Corn Muffin Ranch Dressing Oatmeal Raisin Cookie	<b>19</b> Meatball Sub Italian Veg. Salad/Tom/Carrots Orange Hoagie Roll (WG) Italian Salad Dressing
<b>22</b> Salisbury Steak Gravy (Brown)(LS) Sweet Potatoes Broccoli Citrus Fruit Cup Wheat Bread (WG) Short Bread Cookies	<b>23</b> Tilapia (Battered) Coleslaw-creamy Sweet Potatoes Peaches/Strwbrry White WG Bread Oat/Raisin Cookie Tartar Sauce	<b>24</b> Chicken Fried Steak Gravy(country)LS Mashed Potatoes Green Beans Citrus Fruit Mix Wheat Roll/WG	<b>25</b> Turkey-Deli Cheese Swiss Salad Tom/Carrots Potato Salad Orange White (WG) Bread Must/Mayo French Dressing	<b>26</b> Chicken (Oven Fried) Gravy (Chicken)LS Mashed Potatoes Green Beans (Frzn) Orange Sherb./Wht. Cake Wheat Dinner Roll (WG)
<b>29</b> Pulled Pork White Corn w/Pepper Coleslaw w vin /drsnng Apple Slices Hoagie Roll (WhlGr)	<b>30</b> Beef Pattie/Amer. Cheese Tossed Salad Steak Fries Banana WG Hamburger Bun Dressing/1000 Islnd Ketchup & Mustard			<b>YOU MUST CALL 816.270.4100 BY 11 AM THE BUSINESS DAY BEFORE TO ORDER/CANCEL A MEAL</b>

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

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

**Ingredients**

1/2 lb. asparagus, ends trimmed  
2 tbsp. extra-virgin olive oil, divided  
kosher salt  
Freshly ground black pepper  
1 lb. boneless skinless chicken breasts  
1 tsp. garlic powder  
1 tsp. dried oregano

**FOR THE DRESSING**

1 c. mayonnaise  
1 c. Greek yogurt  
1 1/2 c. chopped basil leaves  
1/2 c. chopped parsley  
1/4 c. chopped chives (plus more for garnish)  
1/4 c. lemon juice  
2 cloves garlic, coarsely chopped

**FOR THE BOWLS**

4 c. cooked brown rice  
1 avocado, sliced  
1 c. halved cherry tomatoes

**Directions**

**Step 1** Roast asparagus: Preheat oven to 425°. On a large baking sheet, toss asparagus with 1 tablespoon oil and season with salt and pepper. Bake until the asparagus is tender, about 15 minutes.

**Step 2** Cook chicken: Heat remaining olive oil in a large skillet over medium heat. Season both sides of chicken with garlic powder, dried oregano, salt and pepper. Add chicken to the hot skillet and cook until golden and cooked through, about 8 minutes per side. Remove from heat and let rest for 10 minutes before slicing into strips.

**Step 3** Make dressing: To a food processor, add mayonnaise, yogurt, basil, parsley, chives, lemon juice, and garlic. Pulse until smooth then season with salt and pepper to taste.

**Step 4** Assemble bowls: Divide rice between 4 serving bowls. Top with avocado, cherry tomatoes, cooked chicken and roasted asparagus. Drizzle dressing over each bowl. Serve immediately.