



HAPPY FATHER'S DAY

2024

To all Dads, near and far, young and old, new and seasoned — or about to be, Happy Father's Day!

We asked some individuals to write a couple of paragraphs about their fathers—enjoy the following:

"My father was a creature of habits. He ate biscuits and gravy for most meals. Also, Sunday evening meal was always oyster stew."

My brother and I have such fond memories of my Dad, Harold. We have several sayings – what we call "Haroldisms"—that he would say at particular times. A couple of these sayings were: "Poor people have poor ways" and "Figures never lie, but liars sometimes figure" (haha – right?). Dad was blessed with a quiet, dry sense of humor, loved to read, watch basketball and Chiefs football. Most importantly, he enjoyed his three grandsons. Dad was mechanical and could fix anything, a necessary skill for farming.

He was a WWII Army Air Corps veteran piloting the B-29 "Flying Fortress." He said many times that Harry S. Truman saved his life with the dropping of the bomb, because he was ready to deploy to Okinawa. He was a farm boy at heart and after the war, Dad returned to farm soybeans and corn and raised hogs. Soft spoken and easy going, I didn't appreciate his service and loyalty to our country and family. He had great respect for my mother, his parents and his in-laws. We were very fortunate to have such a caring Dad and we knew he loved us very much without saying it often. "

My father died when I was 10. I remember when he put a fruit basket up on a tree so we could play basketball and we enjoyed doing that. We used to watch wrestling together on TV. He was a special person and very loving.

My Dad never told me he loved me growing up, and it always bothered me. So at the end of every phone conversation, I'd say, "I love you, Dad," waiting eagerly for the standard reciprocal response—the "I love you too." Instead, his response was, "Same from here." It drove me batty. Then he got sick—then real sick. Cancer. He started saying, "I love you." I'd become the standard goodbye with a chuckle and a smile. I saying, "Same from here," and I



reply, "Same from here." It in the family and we all parted miss you Dad. I can hear him smile. I am at peace.

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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



*Platte County Senior Health
& Caregivers Expo*

Save the Date:
Fall into Wellness

THURSDAY, OCTOBER 03
8:30 AM - 12:00 PM

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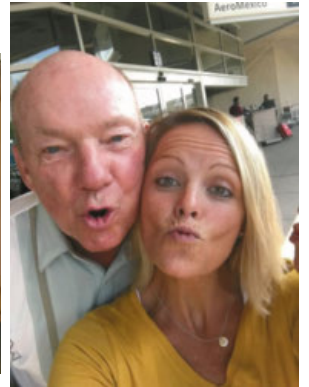
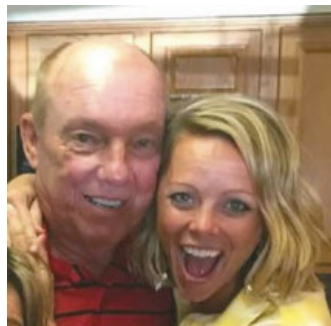
Bring it on, summer!! It's time to countdown the days to the summer vacation if you're planning one, right? But just remember, vacations are supposed to be about relaxing, about letting go of stress, about disconnecting with technology and "stuff" and reconnecting with yourself or your family. That means, even if your vacation is right here in Platte County, what a beautiful way to spend your time!

"Let me tell you a secret about a father's love..." If those words don't sound familiar to you, it's okay, not everyone is a George Strait fan! But that song makes me tear up every time I hear it. The month of June means we celebrate the Dads in our lives. Not all of us are blessed with a father here on earth, but we have our Heavenly Father to watch over us and what a comfort that is! My daddy, Mike is so handsome, isn't he? Just thinking about what an incredible man he is makes me tear up again. He's sacrificed so much for his family and has been such a role model to me in his faith. He built custom homes for over 40 years and much of Clinton County has his stamp on it! My brothers learned from him every summer and even I was employed by the construction company he owned! He put all his kids through college and is the source of advice and knowledge for each of us to this day. I'm so proud to call him my Daddy.

No matter what kind of Dad you will celebrate this month, just remember, "Daddies don't just love their children every now and then, it's a love without end, Amen."

Be kind!!

Tricia



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JUNE ACTIVITIES —LUNCH SERVED DAILY AT 11:30 AM

MONDAY

TUESDAY

WEDNESDAY

3 MORNING YOGA

8:00 MORNING YOGA
9:00 SOCIALIZATION
10:30 Chair yoga dance
12:30 GAMES

4 CRAFTS W/ GARDEN VILLAGE

9:00 SOCIALIZATION
10:30 LET'S MOVE
12:30 CRAFTS WITH KASSI

5 MUSIC THERAPY

9:00 MUSIC THERAPY W/
RACHELLE
10:00 Thrift Store Trip
12:30 BINGO

10 MORNING YOGA

8:00 MORNING YOGA
9:00 SOCIALIZATION
10:30 Chair yoga dance
12:30 GAMES

11 CIRCUIT DAY

9:00 SOCIALIZATION
10:00 – 1:00 SENIOR FARMERS
MARKET SIGN UPS
10:30 LET'S MOVE
12:30 CIRCUIT DAY

12 COFFEE W/THE LAW

9:00 COFFEE W/ THE LAW
10:30 LET'S MOVE
12:30 BINGO



17 MORNING YOGA

8:00 MORNING YOGA
9:00 SOCIALIZATION
10:30 Chair yoga dance
12:30 GAMES

18 JUNETENTH DOCUMENTARY

9:00 SOCIALIZATION
10:30 LET'S MOVE
12:30 JUNETEENTH
DOCUMENTARY

19 CLOSED

JUNETEENTH

24 MORNING YOGA

8:00 MORNING YOGA
9:00 SOCIALIZATION
10:30 Chair yoga dance
12:30 GAMES

25 WESTON BEND S.P

9:00 SOCIALIZATION
10:30 LET'S MOVE
12:00 WESTON BEND S.P.

26 BINGO

9:00 SOCIALIZATION
10:00 Gratitude with Bonnie
10:30 LET'S MOVE
12:30 BINGO



THURSDAY

FRIDAY

6 BIRTHDAY CELEBRATIONS

9:00 SOCIALIZATION
10:30 LET'S MOVE
12:30 FAMILY FUED

7 MORNING YOGA

8:00 MORNING YOGA
9:00 SOCIALIZATION
10:30 LET'S MOVE
12:30 GAMES

13 FATHERS DAY CELEBRATION

9:00 SOCIALIZATION
10:30 LET'S MOVE
12:30 FATHERS DAY CELEBRATION

14 MORNING YOGA

8:00 MORNING YOGA
9:00 SOCIALIZATION
10:30 LET'S MOVE
12:30 GAMES

20 SING ALONG W/SHARON

9:00 SOCIALIZATION
10:30 LET'S MOVE
12:30 SING ALONGS W/ SHARON

21 MORNING YOGA

8:00 MORNING YOGA
9:00 SOCIALIZATION
10:30 LET'S MOVE
12:30 GAMES

27 VISITING NURSE

9:00 SOCIALIZATION
10:00 VISITING NURSE
10:30 LET'S MOVE
12:30 KEEP YOUR KEYS PRESENTATION

28 MORNING YOGA

8:00 MORNING YOGA
9:00 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

Last 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

JUNE BIRTHDAYS

RICKY HAMMON
6/11

BILIE WILT
6/26

TERRY PERKINS
6/30

4 years: My Daddy can do anything!

7 years: My Dad knows a lot -- a whole lot.

8 years: My Dad does not know quite everything.

12 years: Naturally, Father does not know that either.

14 years: My Father? He is hopelessly old-fashioned.

21 years: Dad, things are different now.

25 years: He knows a little bit about it but not much.

30 years: Let me ask my Dad.

35 years: Dad, the older I get, the wiser you are.

50 years: What would Dad have thought about that?

60 years: My Dad knew literally everything!

65 years: I wish I could talk it over with Dad once more.

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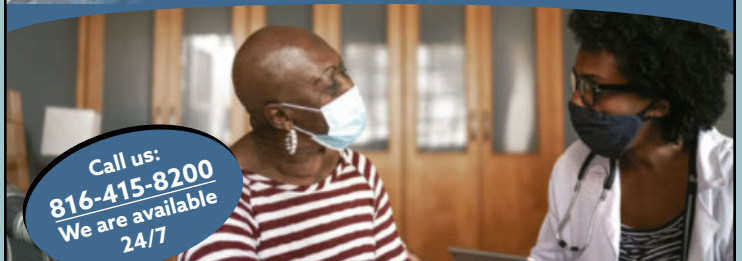
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What do you call a snowman in June?

A puddle.

If April showers bring May flowers, what do May flowers bring?

June bugs.

What did August say when June claimed that today is the last day of the month?

Don't July to me!

What do you call someone who doesn't believe it is June yet?

A May-Sayer.

I just asked my teacher what his favorite part about being a teacher is.

He responded with June, July, and August.

I told my husband yesterday that I hate June Bugs.

He told me not to worry because they'll all disappear in July.

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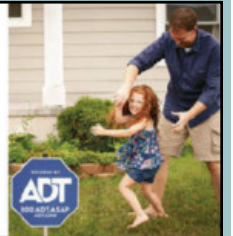
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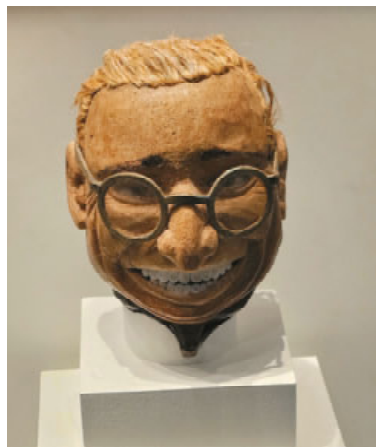
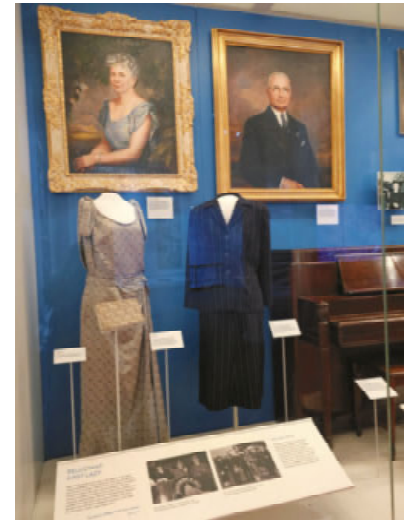


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THRIVE LOCALLY





May 9th we Celebrated mothers day with our seniors.
We Love each and every one of you!!



Recognize the Common Signs & Symptoms: Because only 16% of seniors get cognitive check-ups when they visit the doctor, it's important to stay informed of some of the major signs and symptoms of Alzheimer's and other forms of dementia:

- Memory loss
- Issues recognizing family and friends
- Losing items
- Difficulty with everyday activities, like getting dressed
- Unusual emotional outbursts
- Poor judgment and decision-making
- Problems with reading, writing, or communicating

Although these symptoms don't necessarily mean that an individual has Alzheimer's Disease or dementia, it's important to use the month of June as a time to reassess your own or a loved one's behavior. Has anything recently changed? Or have changes been building up for a long time? Now is the time to address any concerns you might have with your doctor.

Early Detection from Health Professionals Can Make All the Difference: While it's important to stay educated and informed about Alzheimer's signs and symptoms, don't overlook the importance of including healthcare professionals early on. Early detection of degenerative disorders can make all the difference in intervention and treatment options.

When you or a loved one sees your primary care doctor, make sure to highlight any concerns you might have about changing behavior, memory loss, or lapses in concentration. Your primary doctor may be able to ask some preliminary questions to see if you are at risk of Alzheimer's. In other cases, you might be referred to a specialist who can evaluate your cognitive and psychological state.

In addition, you may not realize that there are some unique ways to detect Alzheimer's Disease. For example, testing someone's sense of smell can highlight people with a greater chance of having dementia. In addition, hearing loss can sometimes be a sign of brain atrophy. Scheduling an audiology appointment may be a useful tool in identifying early stages of dementia — and getting the help you need.

You Can Help Protect Your Brain: Though researchers are still working hard on discovering a cure to Alzheimer's Disease and dementia, there are some things you and your loved ones can do to support brain health this June — and beyond.

Exercise with Friends. Regular exercise can help keep your brain nourished with oxygen-rich blood. And regularly walking or exercising with friends is a great way to stay socially engaged — which creates another boost for your brain.



2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Fish (Breaded) Beets (Pickled) Green Beans/Frzn Citrus Fruit Mix WhWG Brd Graham Crackers	4 Mostaccoli/Whl Grain W Meat Sauce Italian Veggies Salad Tom/Carrots Pineapple/man or mix Italian Bread/Dressing Graham Crackers	5 BBQ Chicken Carrots Potato Salad Trop. Fruit Mix Hamburger Bun (WG)	6 Chili/ Beans Shredded Cheddar Salad Tom/Carrots Peach Cobbler Crackers Wht/Whl Grn Salad Dress. French	7 Chicken Parmesan Penne pasta (whl grn) Broccoli Salad/Tom/Car Banana WG Wht Bread Graham Crakers
10 Sloppy Joe's Potato Wedges Scand. Veggies Apple Slices Ham.Bun Whl/Grn	11 Chicken Diced/Seasoned Chddr Cheese -RF Salad Tom/Carrots Chuckwgn Corn Apples (Stewed) Tortilla Whole Wheat	12 Mexican Taco Salad Shredded Cheddar Lettuce/D Tomatoes Pinto Beans Orange Nacho Light Chips Taco Sauce	13 Chicken Patty Potatoes O'brien Broccoli Trop. Fruit Mix Ham.Bun WhlGrn Miracle Whip	14 Meatloaf Brown Gravy Country blend veggies Mashed Potatoes Peaches/Strawberries Wheat Dinner Roll
17 Seas. Chicken Breast Potatoes Au Gratin Broccoli Pineapple/man-o-mix WG Wheat Bread Graham Crackers	18 Salisbury Steak Gravy (Brown)(LS) Sweet Potatoes Broccoli Citrus Fruit Cup Wheat Bread (WG) Short Bread Cookies	19 NO DELIVERY JUNETEENTH	20 Beef stew w/veggies Tossed Salad Banana Corn Muffin Ranch Dressing Oatmeal Raisin Cookie	21 Meatball Sub Italian Veg. Salad/Tom/Carrots Orange Hoagie Roll (WG) Italian Salad Dressing
24 Beef Mac Casserole Green Beans Vanilla Wafers Banana Pudding Pears Wheat bread	25 Tilapia (Battered) Coleslaw-creamy Sweet Potatoes Peaches/Strwbrry White WG Bread Oat/Raisin Cookie Tartar Sauce	26 Chicken Fried Steak Gravy(country)LS Mashed Potatoes Green Beans Citrus Fruit Mix Wheat Roll/WG Short Bread Cookies	27 Beef Pattie/Amer. Cheese Tossed Salad Steak Fries Banana WG Hamburger Bun Dressing/1000 Islnd Ketchup & Mustard	28 Chicken (Oven Fried) Gravy (Chicken)LS Mashed Potatoes Green Beans (Frzn) Orange Sherb./Wht. Cake Wheat Dinner Roll (WG)
				<u>YOU MUST CALL</u> <u>816.270.4100 BY</u> <u>11 AM THE</u> <u>BUSINESS DAY</u> <u>BEFORE TO</u> <u>ORDER/CANCEL A</u> <u>MEAL</u>

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

*Margarine & 1% Milk served w/all meals

printed on 6/11/2024 at 10:27 AM

Ingredients

2 cups heavy cream

1 (14 ounce) can sweetened condensed milk

1 teaspoon vanilla extract

A mix-in of your choice, like chocolate syrup, crushed Oreos, finely chopped strawberries, sprinkles, etc.



Instructions

- In a large bowl, whip the cream until stiff peaks form. You can use an electric beater to make this process easier.
- Add chilled and sweetened condensed milk and vanilla; stir slowly until just combined.
- Stir in mix-ins of your choice. Get creative! You can separate your base into multiple containers to try more flavors.
- Seal into Tupperware containers with lids, and freeze at least 4 hours before enjoying.