



Northland Shepherd's Center

Serving Clay and Platte Counties

Mar/Apr 2025



Through the kindness of
VOLUNTEERS...



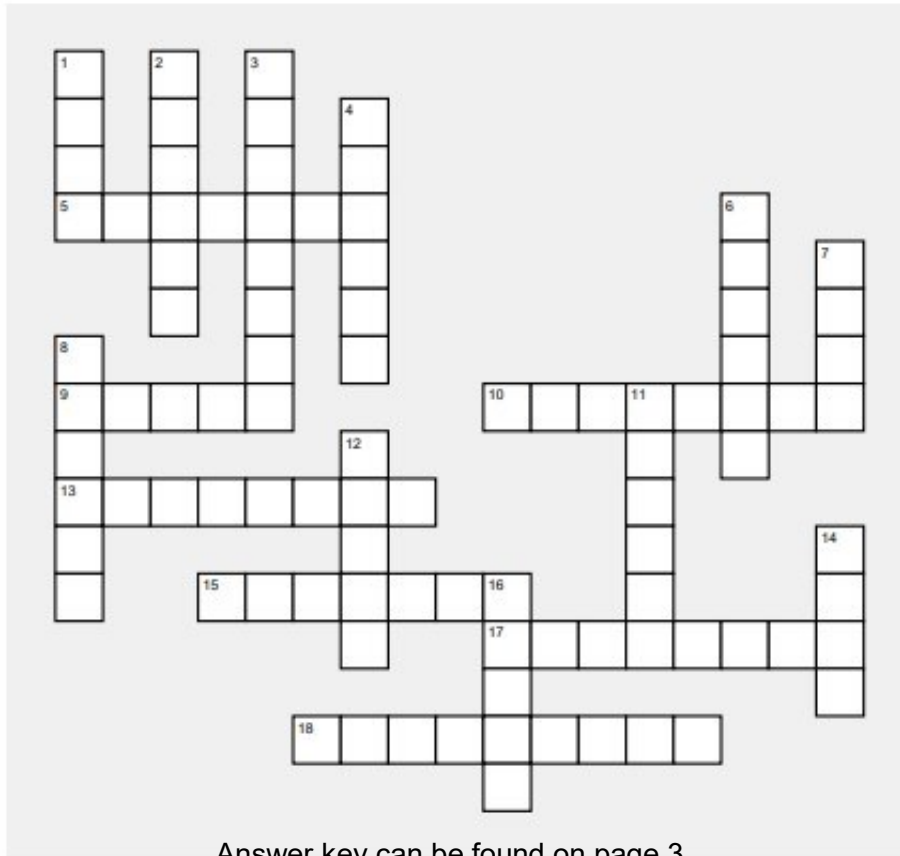
...813 market bus stops
...114 minor home assist
...315 essential trips made
...263 pantry trips offered



...35,002 Meals on Wheels
deliveries were made.



Spring Crossword



Answer key can be found on page 3.

ACROSS

- 5) They're usually found in beds
- 9) Time for showers
- 10) Gloom's opposite
- 13) Yellow spring flower
- 15) Day for diamonds and dreams
- 17) Shower apparel?
- 18) Monarch, e.g.

DOWN

- 1) Sport with tees
- 2) Fledgling plant
- 3) America's pastime
- 4) ___ egg
- 6) Eating outing
- 7) When spring ends
- 8) Vegetable plot
- 11) One of four in a year
- 12) Breezy
- 14) Flying toy with a tail
- 16) Verdant



We are currently needing to fill a variety of roles.

A grocery delivery Person:

Needing a volunteer to deliver groceries to 3 or 4 people in the area.

Transportation Drivers:

A volunteer to drive seniors to imperative appointments

Friendly Visitors:

A volunteer to visit or call a senior on a weekly basis

Other volunteer needs:

Administrative duties, Receptionist, Instructors, Program helpers, Tech support

Please contact the office at 816-452-4536
volunteers@northlandsc.org or visit our website at
www.northlandsc.org

Plate of Hope pantry



**The shelves in the pantry
are low on cans of soup and
cube boxes of Kleenex**

Volunteer

HISTORY OF VOLUNTEER RECOGNITION DAY

As the name suggests, Volunteer Recognition Day is a day to recognize, honor, and celebrate people who selflessly volunteer their time, energy, and resources towards helping others without seeking any compensation for themselves. A volunteer has been defined by the Cambridge Dictionary as — “a person who does something, especially helping other people, willingly and without being forced or paid to do it.” The act of volunteering is perhaps as old as humanity itself — or close. People have been offering to help and assist others in times of need for eons.

Northland Shepherd’s Center and many other organizations would not be what they are today without Volunteers. Volunteering comes from the heart and we feel that with each of our volunteers as they serve the needs of our aging in the community. It’s impossible to thank each and every one of our volunteers personally so we will be celebrating the week of April 20. We hope that the majority will be able to partake in one of the special event days we have planned (schedule posted below).

If you are already one of our Volunteers reading this, we thank you for your time, service and dedication. We really couldn’t do what we do without you. If you are not yet volunteering and would like to volunteer, please contact our office or send me an email at volunteers@northlandsc.org

With much appreciation and thankfulness,

Tammy O'Neill

Life Enrichment Coordinator/Volunteer Coordinator

Volunteer Appreciation Week
April 20-26, 2025
Stop by and be Celebrated

We know our Volunteers are busy so we will be providing a “drive thru” party just for you. Stop by any day or all 3, without you, we wouldn’t be.

Tuesday, April 22 - 8:30am to 10:30am
 Cruise in for a Coffee and Danish

Thursday, April 24 - 9am to 11am
 Grab your Surprise Bag

Friday, April 25 - 11:30am to 1pm
 Pick up a Piece of Pizza

VOLUNTEERS
 A Gift to The Community

Please RSVP so we make sure to order plenty.
volunteers@northlandsc.org
 or call the office at 816-452-4536

Answer key to Spring Crossword

Struggling to Get Your Trash and Recycling Carts to the Curb?

Kansas City, MO offers the Assistance Stop program for residents who are physically unable to take their carts to the curb. To apply, please contact 311. Eligible residents will then receive an application packet by mail with instructions on how to qualify. If you live outside Kansas City, contact your city or trash collector about similar services (sometimes called "backdoor service").



Aging with Excellence Classes

Do you need to improve your balance?

Tai Chi is an ancient Chinese movement practice that significantly improves balance, cognitive function, strength and mobility. The controlled movements are very gentle and slow. We offer Tai Chi every Tuesday and Thursday at 9:30. All fitness levels are welcomed, and no pre-registration is needed.

Card Game

Last month we had a lot of fun learning how to play Five Crowns, so we decided to continue meeting the first and third Thursday of each month at 1:00 to play. No experience necessary to join in on the fun!

Free Health Screening

North Kansas City Hospital will be at Northland Shepherd's Center Monday, **March 3** to provide FREE health screenings. The nurse will be testing:

- Fasting Blood Sugar
- Cholesterol
- HDL & LDL
- Triglycerides
- Blood pressure

The nurse will also provide education with the results of your test. Come anytime between 9:00 and 11:00. Walk-ins welcome!



What in the World is a SNF?

A skilled nursing facility (SNF) is a place where patients can receive 24/7 medical care and rehabilitation services from trained professionals. Heather from Bishop Spencer Place will be at Northland Shepherd's Center on April 30 at 10:45 to provide more information about services offered at a SNF. The Physical Therapist will also be here to discuss different exercises and stretches that are beneficial to do as we age. Register by calling 816-452-4536.

Improving Your Mind, Body and Soul

Staying physically active has numerous benefits for both your overall health and your joints affected by arthritis. The Arthritis Foundation shared 7 ways exercise helps your joints.

1. Strengthening the muscles around joints
2. Reducing inflammation
3. Increasing blood flow to joints
4. Maintaining joint flexibility
5. Improving balance and coordination
6. Promoting weight loss
7. Lubricating your joints

More information about these 7 ways to help your joints is found on the Arthritis Foundation's website, www.arthritis.org.

Weekly Class Schedule

L.I.F.T. Mondays 10:30

Line Dancing Mondays 11:30

Tai Chi Tuesdays and Thursdays 9:30

P.E.P.P.I. Fridays 10:30

Bridge Fridays 11:00

Book Club 2nd & 4th Wednesdays 1:00

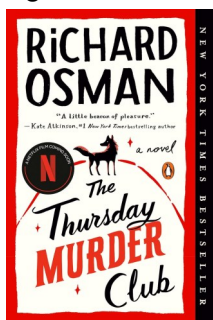
Chair Yoga Mondays & Fridays 9:30

1st, 3rd & 5th Wednesdays 9:30

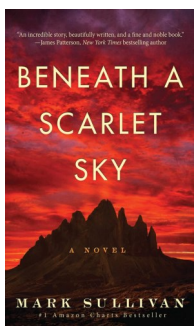
A Jazzy Little Book Club

Our Jazzy Little Book Club is a great way to connect with fellow book lovers and expand your reading horizons. If you're interested in joining, you can reach out to us at 816-452-4536. The book club meets on the second and fourth Wednesday of each month at 1:00 pm, and books are provided by the Antioch Mid-Continent Public Library. Happy reading!

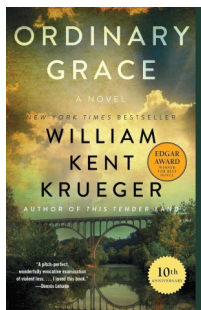
March 12
Thursday Murder Club



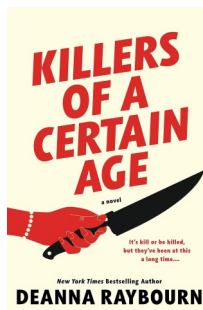
March 26
Beneath A Scarlet



April 9
Ordinary Grace



April 23
Killer of a Certain Age



Learning & Laughter

Learning and Laughter

March 12

CHARLEY WITH ELDER LAW

BINGO

Lasagna-Salad-Mixed Fruit

March 26

CRAFTS WITH PAM

MUSIC WITH BOB COHEN

Fried Chicken-Potatoe Salad-Baked Beans

April 9

BINGO

"THE ILLUSIONIST"

Oven Baked Ham-
Hashbrown Casserole-Peas

April 23

CRAFTS WITH PAM

SCOTT ROWE - MARC OMBUDSMAN

Garlic Herb Chicken Breast-
Green Bean Casserole-AuGratin Potatoes

**SIGN UP by the Friday
before Program date
There is a
\$10 fee**



Food Pantry

Volunteer or visit? You can do both at the Plate of Hope!

It's no secret that Northland Shepherd's Center *THRIVES* on volunteers. In 2024, the pantry alone, logged over 2125 hours of volunteer service where they distributed around 71,343 pounds of food directly to our participants. We couldn't do this work without the generous support from the community. So whether you choose to volunteer your time or donate much needed items to help fill our shelves, know that you are making an impact on the lives of so many—about 3000 visits this past year!

Coming in to visit our Plate of Hope pantry is a shopping experience like no other pantry. Whether you opt to pick up a box or bag of food during our mobile food pantry or you schedule a shopping appointment once or twice a month, there's a variety of ways to let us help you stretch your monthly food budget. Ask us about signing up a to receive a monthly commodity box or how we can help supplement the cost on incontinence supplies. Give the pantry a call at 816-844-3869 to get started.





In case you missed the class, here's some podcast information and tips:

What are podcasts?

Podcasts are audio programs that offer a variety of topics. You can listen on your smartphone, iPad, tablet, and PC's.

How to play a podcast.

Download podcast apps on iOS or Android devices from your Apple App Store or Google Play Store. Stream or download the podcast directly from the website. Apple has a default podcast app. Here are others to try: Spotify, Amazon Music and Podbean.

Popular Podcasts: Stuff You Should Know, Hidden Brain, and New Heights.

Google search for podcasts:

There are thousands of podcasts available. Find your favorite topics by searching Google or using these keywords: "Popular podcasts for..."

- Christians
- Women
- Crime Junkies
- 20/20 News
- Politics
- Gardening
- Current News Talk

March/April

RSVP for Classes:
Call 816-452-4536 or
Visit Northlandsc.org

All classes are held at 1:30 unless noted below.

March 12 [iPhone Basics](#)

March 13 [Appy Hour-Health](#)

March 20 [Android Basics](#)

April 10 [iPhone Basics](#)

April 16 [Appy Hour-Ebay](#)

April 17 [Android Basics](#)

Walk-In Tech Time

Available Tuesday through Thursday mornings for tech related questions, (under 15 minutes). If you require a longer time, please make an appointment. 816-621-2084

FREE SEMINAR: MEDICAID & PAYING FOR LONG-TERM CARE

TWO PART SERIES

Presented by: Niki Piskuric, JD

Dates: Wednesday, April 9, 2025
at 1:30pm

Wednesday, April 23, 2025
at 1:30pm

Location: Northland Shepherd's Center
5601 NE Antioch Rd, Suite 12
Gladstone, MO 64118



REGISTRATION REQUIRED
CALL: 816.452.4536

Caring Corner

Breaktime Club is a respite program for caregivers. It was created so we could provide an opportunity to support caregivers and their needs. This program would not be possible without our loving and dedicated volunteers.

However, anyone that is familiar with Breaktime Club knows it is so much more. When people bring their loved ones to Breaktime Club the true benefits are what happens in that space. Breaktime Clubbers are able to grow relationships and create loving bonds with their peers.

How do you know if you or your loved one could come to Breaktime Club? Here are a few things to know:

- Adults that are 60 years and older
- Cognitive or physical limitations
- Experiencing loneliness or isolation
- Loss of ability to drive
- Must be able to eat and bathroom independently
- Must be able to interact in a group setting

If you still are not sure this would be a good fit for your loved one, call us and we would be happy to answer any questions or concerns you may have. You can visit the group before deciding as well!



Tuesday's
Gladstone Location
9:00 - 1:30

1st Monday of the Month
Active Aging Wellness (Old Lion's Club)
Platte City, MO 9:00-1:30

Caring Connections

Join our community of caregivers on the 1st and 3rd Thursdays of the month at Northland Shepherd's Center from 10:00-11:30. Caregiving is an ever-evolving role. Caring Connections is here to support you as you give so much of yourself to your care recipient/loved one. Caring Connections provides a community to share resources, experiences, understanding, and empathy. If you would like to join Caring Connections, but can't make it in person, please email annk@beaconmh.org, or call 816-468-0400 x 330. If you would like to join Caring Connections virtually, you may request a Zoom link. Meetings starting promptly at 10:00. Presented by Beacon Mental Health.



Caring Café

Caring Café meets the 2nd Wednesday of every other month from 1:00-2:30. We provide informational and educational support for caregivers and their care recipients. Caregivers are welcome to bring their care recipient/loved one to Caring Café. Join us in January, March, May, July, September and November! Please contact annk@beaconmh.org or call 816-468-0400 x 330 for more information! Presented by Beacon Mental Health.

Caregiver Directed Respite Program

The program empowers you to choose your own respite care provider. As the employer, you are responsible for hiring, firing, payroll taxes, and all related employment aspects. A community aging specialist will guide you through this process. You can receive reimbursement for up to 6 hours of respite care per week. Program guidelines apply. To learn more about eligibility, please contact Angela Curtis at 816-256-8096. (Funding for this program is provided by Clay County Senior Services.)





5601 NE Antioch Road, Suite 12
Gladstone, MO 64119

Or Current Resident

Hours: Mon-Fri, 9:00 - 3:00
816-452-4536

Visit us at:
www.Northlandsc.org
Facebook & YouTube

Volume 35 No. 2

*A huge shout-out to Lynn for
volunteering on the Friday grocery bus!
It's long hours & heavy lifting, and we
are all so grateful to have you!*

A Heartfelt Thanks to Our Sponsors!



Providing A **BETTER** Way
LIFESCAPE
LAW & DEVELOPMENT
A Life Care Planning Law Firm
Providing Elder Care & Estate Planning Services

Serving Northland Citizens Aged 60 & Better

Life Services

- Aging Resource Solutions
- Book Nook & Puzzle Play
- Call Check
- Computer Lab
- Information & Resources
- Market Bus
- Meals on Wheels
- Medicare & Medicaid Help
- Minor Home Repair
- Plate of Hope Food Pantry
- Technology Help & Training
- Transportation
- **VOLUNTEERS NEEDED!**

Life Enrichment

- Aging with Excellence
- Big Thinkers Tech Group
- Breaktime Club
- Caring Café
- Caring Connections
- Chair Yoga
- Health Screenings
- Healthy Living Seminars
- Learning & Laughter
- Matter of Balance Workshop
- Smartphone Classes
- Strength & Stretching
- Tai Chi