




Northland
Shepherd's Center

Serving Clay and Platte Counties

Nov/Dec 2024



You're Invited!

Holiday Cocoa & Cookies Open House

Join us for a festive celebration filled with sweet treats and warm cheer!

Wednesday, December 11
10:00am—2:00pm | NSC Cafe

Enjoy a delightful assortment of holiday cookies and a warm cup of cocoa with your NSC family and friends. Bring a non-perishable food item for a
CHANCE TO WIN PRIZES.

We can't wait to celebrate the holidays with you!

UPCOMING EVENTS

Clay County Commission Passes Ordinance Adopting the Senior Real Estate Property Tax Relief Program

The Clay County Commission passed the Senior Real Estate Property Tax Relief November 30, 2023. Provisions of the ordinance take effect January 1, 2025. Under Clay County 2023-ORD-42, eligible Clay County residents, who are 62 years old or older, will be able to apply to participate in the Senior Real Estate Property Tax Relief Program beginning in 2025. To be eligible, the Clay County resident must own, or have a legal interest in, a home within the county, claim that property as their primary residence and be responsible for paying real estate taxes on that property. The resident may only claim one home as a primary residence.

The tax relief is not retroactive and all Clay County residents eligible for the tax relief in 2025, and who apply in 2025, will have a base tax year of 2024. The tax relief is calculated by subtracting the real estate property tax of the base year from the current year's real estate property tax. Participants are required to submit an affidavit every year after the initial application to ensure eligibility is still being met.

Submit questions and comments online (claycountymo.gov), or call (816)407-3600, leave a message and mention it is in regards to Senate Bill 190.



Northland Shepherd's Center is hosting the information session and community application dates shown below. Register by calling 816-452-4536. We **strongly recommend** arriving one hour early for the November 20 session, as Clay County is offering the first-come, first-served basis to the public.

Public Information Session

NOV. 20 Northland Shepherd Center 1-3pm
5601 NE Antioch Rd., Gladstone, MO 64118

Community Application

MAR 11, 2025 Northland Shepherd Center 9-3pm
5601 NE Antioch Rd #12, Gladstone, MO 64119

Visit Claycountymo.gov for a full listing of times and locations.

If You Have a Relative or Friend in a Long-term Care Home...

Come learn more about the Missouri Long-Term Ombudsman Program

November 13
at 1:30

Presented by
Scott Rowe, MS, LNHA
Regional Ombudsman Specialist

An Advocate can help

CALL 816-452-4536 TO REGISTER



Medicare Open Enrollment

Part D and Medicare Advantage Plans
October 15 - December 7

Compare Plans • Check Coverage • Lower Costs

MISSOURI SHIP
State Health Insurance Assistance Program



Visit missouriship.org or call 800-390-3330 for FREE help.
We do not sell insurance plans.

Resources

Low-Income Home Energy Assistance Program (LIHEAP)

LIHEAP is a one-time credit to the heating bill, seniors and persons with disabilities can complete applications as early as 10/1 each year. Eligibility requirements for LIHEAP are based on income, household size, available resources and responsibility for payment of home energy costs.

To qualify for LIHEAP assistance, you must meet each of these requirements:

- Be responsible for paying home heating and cooling costs
- Be a United States citizen or have been legally admitted for permanent residence
- Have \$3,000 or less in bank accounts, retirement accounts, or investments
- Meet specific income guidelines that vary according to household size (\$2535 per month for single or \$3315 per month for couple)

If approved, the Energy Assistance (EA) helps with a one-time payment for your primary heating bill from November through March. For more information about requirements or to set up an appointment, you may contact Angela at Northland Shepherd's Center at 816.256.8096.

For your appointment you will need to bring with you:

- Main fuel bill (gas, electric, wood, kerosene, etc.)
- Income records for household members not receiving food stamps
- Shut off notice (if your account is in disconnect status)
- Copies of Social Security cards (if you are not currently getting public assistance)
- State I.D. or Driver's License



Holiday Community Dinners

Praying that you have plenty to be thankful for!



Chandler Baptist Church
Enjoy a delicious Thanksgiving meal complete with all the trimmings, delivered right to your door.
RSVP by November 22.
Call 816-781-2011

Faubion United Methodist Church invites everyone in the community to join their annual Thanksgiving dinner. Come together to celebrate the holiday and enjoy a delicious meal.
7113 N Troost Ave



48th Annual Senior Citizens' Christmas Day Dinner!
Join us for a delicious meal and festive company. Perfect for seniors (60+) who may not have family to spend Christmas with.
December 25th, 12:00 - 2:00
Solid Rock Bible Church
2501 NE Parvin Rd
RSVP by calling 816-572-2646 between December 2 and 19, Monday through Friday, from 8:30 AM to 4:30 PM.

Aging with Excellence Classes

We have new AWE classes starting this month! **Aerobic Chair Exercise** is a fantastic way to improve cardiovascular health, flexibility, and muscle strength without putting too much strain on the joints. Aerobic Chair Exercise will start November 7 at 9:15 to 9:45 and will be offered every Thursday. Afterwards we will have a 30 minute Chair Yoga class from 10:00 to 10:30 on Thursdays.

The nurses from **North Kansas City Hospital** will be at Northland Shepherd's Center on November 4 from 9:00 to 11:00 to offer free blood sugar, cholesterol, HDL, LDL, Triglyceride & blood pressure screening. If possible, only water before test.

December 5 at 11:00, AARP will be here to speak about **Downsizing and Decluttering**. You'll hear about important organizing tips while exploring how streamlining your things can help you feel happier, less stressed and more productive.

Registration is not required for AWE programs, but RSVP's are welcome. Call 816-452-4536 or visit our website at www.northlandsc.org.



Improving Your Mind, Body and Soul

Aging with Excellence programs offer a diverse range of activities tailored to improve the health and well-being of senior adults. These programs, including Chair Yoga, Tai Chi, LIFT, and PEPPi are designed to enhance mobility, balance and strength. Additionally, social and educational opportunities like Bridge, Book Club and various classes provide a holistic approach to senior adult wellness. You do not have to register before class. Call Chanel at 816-452-4536 with any questions.

Weekly Exercise Calendar

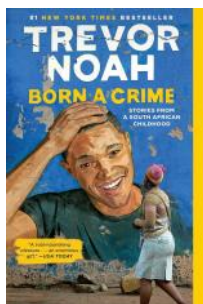
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Chair Yoga 10:30 L.I.F.T. 11:30 Line Dancing	9:30 Tai Chi	1st, 3rd & 5th Wednesday 9:30 Chair Yoga 2nd & 4th Wednesdays 1:00 Book Club	9:15 Aerobic Chair Exercise 10:00 Chair Yoga 30 Minutes	9:30 Chair Yoga 10:30 P.E.P.P.I. 11:30 Bridge

A Jazzy Little Book Club

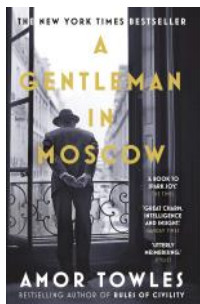
A book club is a fantastic way to explore new genres, discover hidden literary gems, and engage in stimulating conversation. The Jazzy Little Book Club meets the 2nd and 4th Wednesday of each month at 1:00. The month of December we will only meet on December 11. Those interested in joining can reach out to Chanel at 816-452-4536. Books are provided by the Antioch Mid-Continent Public Library.

Happy reading!

November 13
Born to Crime



November 27
A Gentleman in Moscow



December 11
A Highland Christmas



Learning & Laughter



November 13

BINGO

"Getting a Good Night's Sleep"
by Dr. Beth Andes

November 27

Crafts with Pam
Music Bingo



December 11

Crafts with Pam
The Dulcimer Group

Please register 816-452-4536
Limited transportation is available

Thank You!



We're grateful for the amazing volunteers from Vineyard Church who helped a NSC member with challenging yard work last month. Thank you for your kindness and community spirit!

November

November 5 1:30

Learn to Zoom

Learn while you Zoom! Jump into a live Zoom class and ask questions. Get more experience Zooming!

November 12 1:30

Appy Hour - Notifications

Are you getting notified about every little thing on your smartphone? Learn to limit or stop them.

November 13 1:30

Cricut Users Group

Meet up to share projects, get tips and demos.

November 20 1:30

Appy Hour - Health / Med

Medical apps are being suggested by your medical teams. There are many ways to stay healthy and use technology to assist with your health goals.

Smartphone Tips

Maximize Battery Life:

- Adjust screen brightness.
- Close unused apps.
- Enable power-saving mode.
- Limit background app refresh.

Organize your Files:

- Use cloud storage to back up data.
- Create folders to categorize your files.
- Delete unnecessary files to free up storage.

Enhance Performance:

- Clear app cache regularly.
- Update software to latest version.
- Avoid overloading your phone with apps.

Take Better Photos:

- Use the gridlines to compose your shots.
- Experiment with different lighting conditions.
- Clean the camera lens regularly.



NSC TECHNOLOGY CENTER

NSC TECH TIME

ASK A QUESTION, LEARN SOMETHING NEW. LET'S WORK ON TECH ISSUES YOU ARE EXPERIENCING.

By Appt: 816-452-4536



December

December 10 1:30

Instant Pot Season!

On the demo menu is stew. Let's have a nice warm stew for the cold winter months. Learn more about Instant Pot pressure cooking.

December 11 1:30

iPhone Basics - Security

Learn some iPhone basics! We will review security settings to avoid unwanted ads.

December 17 1:30

Appy Hour - Games

Come enjoy some treats and learn about games. Share your own games and entertainment apps with us!

December 18 1:30

Cricut Users Group

Meet-up group for Cricut users to share their projects, get tips and watch demos.

Looking for Volunteer Tech Helpers!

- Occasionally help someone with a minor smart phone issue.
- Be on hand to assist in a class, pass out handouts, take questions, etc...
- iPhone or Android capable.
- Set your own time and appointments.

Contact Christina for more info: 816-452-4536

Please remember: You are NOT alone!

1st and 3rd Thursdays, 10:00am (No Caring Connections on December 19)

Caring Connections

You can't pour from an empty cup. Self-care is just as important as quality care for your loved one. Join our Caregiver Support Group to help keep your cup full:

- Connect with others who understand the unique challenges of caregiving.
- Learn strategies to manage stress, find time for yourself, and prevent burnout.
- Gain valuable knowledge and resources to navigate your journey.

Wednesday, November 20, 1:00pm

Caring Café

An afternoon of gratitude for caregivers! Please come to this celebration of thanks. We want to honor you for all the love and caring you give to your loved ones! You are extremely important, and we want to celebrate **YOU!!** We will provide some treats for you. Call 816-452-4536 by Wednesday, November 13, to RSVP.

Caregiver Directed Respite Program: Struggling with caregiving costs? Get reimbursed for paid respite care. 816-452-4536 for eligibility and enrollment. (Funding provided through Clay County Senior Services.)

Celebrate your power & share your wisdom & strengths with others by joining one of our groups!



Breaktime Club

Looking for a break? Breaktime Club offers respite care for caregivers, while providing a fun and engaging environment for your loved one. Enjoy activities, exercise, crafts, and lunch. Call 816-452-4536 to learn more or enroll.



Tuesdays
Northland Shepherd's Center
5601 NE Antioch Rd, Ste 12
Gladstone, MO 64119
9:00 - 2:00
Nov 5, 12, 19 & 26
Dec 3, 10 & 17



2nd & 4th Thursdays
Gloria Dei Lutheran Church
5409 NW 72nd St
Kansas City, MO 64151
9:00 - 2:00
Nov 14 only
Dec 12 only





5601 NE Antioch Road, Suite 12
Gladstone, MO 64119

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

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

Or Current Resident

Volume 34 No. 6

SCAN TO
DONATE



Make the season brighter for older adults in the Northland.

Donate to our Plate of Hope food pantry and help us spread some cheer this holiday season.

A Heartfelt Thanks to Our Sponsors!



Providing A **BETTER** Way

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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