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# TOGETHER WE CARE

## APRIL NEWSLETTER

### 2023



Charli Seitz, M.A., Ed.  
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 (816) 452-4536



### WELCOME TO NEW STAFF!

Please welcome our new Caregiver Support Coordinator, Charli Seitz, M.A.Ed. Charli is a retired high school teacher from the North Kansas City School District, a former medical center and hospice chaplain and bereavement counselor. In the past, she served Liberty residents as the Meals on Wheels coordinator and worked with homeless families in the Northland.

Charli received her Bachelor of Arts in Sociology and Psychology, with an emphasis in Religious Studies from William Jewell College and was an Honors Scholar at the University of Oxford, St. Peter's, reading Sociology and Women's Studies. She then earned her Clinical Pastoral Education Certificate from St. Joseph Medical Center and received her Master of Arts from the University of Missouri--KC, majoring in Special Education. She later earned a Certificate in Transition Education from the University of Kansas--Lawrence.

Over the years, Charli has served on several committees and boards, locally, statewide, and nationally, including the boards of the Northland Community Services Coalition, Liberty Meals on Wheels, Northland Diversity Council, and the Northland Ethnic Festival, where she also served as the festival emcee. Charli was also a Founding Board Member of the Clay County African American Legacy Consortium. (cont'd on page 2)

"Together We Care" is a support program offered to older adult caregivers. This program was formed out of a joint effort of two local organizations: Northland Shepherd's Center (NSC) & Tri-County Mental Health Services (TCMHS). Both recognize a need to support and encourage those that are in a caregiver role NSC has been helping adults 60 and older remain independent at home for 30 years. Of special interest to caregivers is BreakTime Club, where your loved ones can go to have fun while you get a break! Call 816-452-4536 for details about this and other services.

TCMHS provides comprehensive mental health services to individuals living within Clay, Platte, and Ray Counties. The Older Adult Program is one area of support that is offered through community presentations, support groups, and case management that is available either in an office setting or in-home. Call (816) 468-0400 x330 for additional information.



### CAREGIVER SUPPORT PROGRAM (CSP):

The Department of Veteran Affairs (VA) Caregiver Support Program (CSP) offers clinical services to caregivers of eligible and covered Veterans enrolled in the VA health care system. The program's mission is to promote the health and well-being of family caregivers who care for our Nation's Veterans, through education, resources, support, and services.

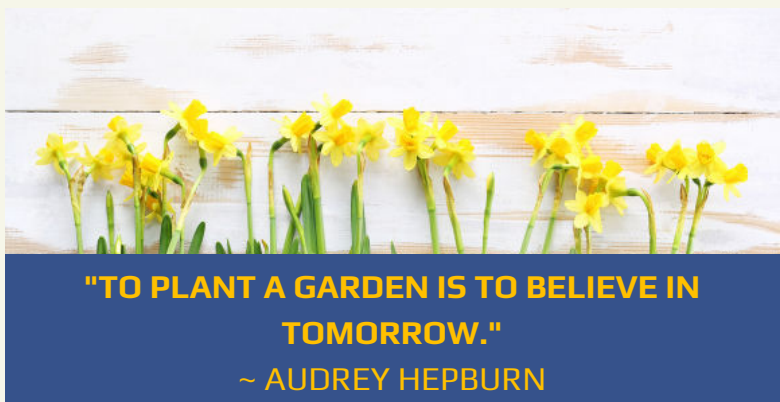
[https://www.caregiver.va.gov/support/New\\_CS\\_C\\_Page.asp](https://www.caregiver.va.gov/support/New_CS_C_Page.asp)

## Advocacy

Most recently, Charli was appointed to serve on the Clay County Senior Services Board of Directors.

Charli enjoys travelling with her husband of 35 years, Keivan Moghadam, and spending time with family and friends in her backyard English garden (she LOVES to garden and decorate!), which she calls her "Little Bit o' Heaven." She is a Jazz, Big Band, and 80's music lover, and enjoys dancing, Yoga, Tai Chi, Qigong, meditation and reading. She delights in meeting and learning from people from all walks of life, as she believes they enrich her soul. Her passion is to serve humanity and to empower others to live their Best Life at every stage of growth.

Welcome aboard Charli!



### Ways to Celebrate Spring:

- Go for a short walk each day
- Start a new journal
- Change out your wardrobe of seasonal clothes
- Have a picnic
- Make the most of seasonal fruits and vegetables
- Open your windows
- Redecorate
- Celebrate with plants and flowers

Caregivers often find themselves taking on the role of advocating for their loved ones in different ways. This article by "Daily Caring" highlights 7 practical tips on how to advocate for a loved one in long-term care. You can read the entire article at:

<https://dailycaring.com/how-to-advocate-for-a-loved-one-in-long-term-care-7-smart-steps/>

- Your loved one wants to move out of assisted living or nursing home.
- You don't live nearby and can't visit your loved one as often as you wish. How do you advocate from afar?
- Things seem to be going okay but you sometimes wonder about how much care your loved one is actually receiving. How can you get a better sense of what's really going on?
- What if my loved one has dementia and may not be able to articulate what's going on?
- I've been talking with other residents' family members. We see common problems that don't seem to be improving although staff says they will fix them. What can we do?
- What can I do about my difficult family member? I love them but know they are challenging and mean to staff.
- What do I do if I believe there is abuse or neglect going on? Who do I contact?

Are you interested in being trained to volunteer as an advocate for long-term care residents?

CONTACT: (800) 309-3282

EMAIL:

[LTCOmbudsman@health.mo.gov](mailto:LTCOmbudsman@health.mo.gov)

# UPCOMING EVENTS:

## Aging Mastery Program (AMP) for Caregivers

Are you interested in learning practical strategies for aging well? Do you want to learn ways to balance care for yourself and your loved one?

### We'd love to hear from you!

Each year, Together We Care offers the opportunity to attend AMP for Caregivers.

We are planning our class for this year and would appreciate your feedback on whether you are interested in attending and dates/times that would work well for you. Please email or call at (816) 468-0400 x330 or [beckyf@tri-countymhs.org](mailto:beckyf@tri-countymhs.org).

We have the option of offering a 12-week class meeting for 2 hours weekly or a condensed 6-week class meeting for 3-hours weekly.



## Monthly Caregiver Support Group

held the 1st Thursday of each month in a hybrid format; You can either attend in-person at the Woodneath Mid-Continent Public Library or virtually by Zoom. (email Becky for the link)

We will meet on April 6th from 10 - 11:30 am .

When you arrive, meet in the coffee shop for a beverage of your choice (coffee, tea, bottled water)

Save the Date:

### SAVE THE DATE:

- THURS, APRIL 6TH 10-11:30 AM CAREGIVER SUPPORT GROUP (HYBRID FORMAT - SEE ABOVE)
- TUES, APRIL 18TH 10-11:30 AM EDUCATIONAL SERIES ON NAVIGATING A NEW DEMENTIA DIAGNOSIS (AT MCC - SEE FLYER)
- WED, APRIL 19TH 1:30 - 3 PM CARING CAFE ON THE MIND/BODY CONNECTION AND HOW TO COPE (NSC)

**MAY IS OLDER AMERICAN'S MONTH AND MENTAL HEALTH AWARENESS MONTH!**

## Matter of Balance Class

8 - week class helps participants gain confidence about managing and preventing falls.

Mondays, April 3 thru May 22, 1:00 - 3:00 pm at Parkville Living Center, 819 Main St. Free, registration required: 254-206-1737 or email Amy at [avyogaandwellness@gmail.com](mailto:avyogaandwellness@gmail.com).

## Walk with Ease Class

Walk with Ease - 6 week walking program that builds confidence, starts Monday, April 3 at Northland Career Center, 1801 Branch St, Platte City, 5:00 - 6:00 pm. Free! Enroll online: Northland Career Center.



## NEW CAREGIVER SERIES BEING OFFERED AT TRI-COUNTY MENTAL HEALTH!

The Healthcare Home leadership team is excited to offer support and education on how to navigate various diagnoses in older adulthood.

This first series will focus on various dementia diagnoses. There will be quarterly classes offered.

Each class will include:

- An overview of signs and symptoms at various stages of the diagnosis
- Care strategies to help meet practical needs
- Communication tools
- Self-care ideas for the caregiver specific to each stage
- Time for Q & A!