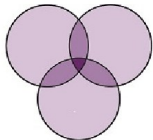


**NORTHLAND
SHEPHERD'S
CENTER
AND
TRI-COUNTY
MENTAL
HEALTH**

Northland
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Northland Shepherd's Center
Helping Seniors Thrive



**TRI-COUNTY
MENTAL HEALTH
SERVICES, INC.**

Tri-County Mental
Health Services
Address:
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Together We Care Caregiver Support August Newsletter



"Keeping Your Cool When Things Get Heated"

August is often known as the "dog days of summer" due to hot temperatures and humidity. By the end of summer, we tend to retreat to the A/C or the nearest swimming pool for a little relief from warm temperatures.

However, we often experience another kind of heat too. We all know the advice to

avoid the topics of politics and religion in social conversations. Lately, it seems that list of avoided topics is growing longer. Current events and prolonged seasons of unrest have created tension and heightened emotion. When we experience polarized views on topics, it can lead to conflict

or feelings of discomfort.

So, how do we cope in the midst of heated times?

- **Stay grounded in your personal beliefs**

Ask yourself "What do I believe?" and "Why do I believe this?" This can lead

Who We Are

"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 emotional support 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 individual therapy that is available either in an office setting or in-home.

Call (816) 468-0400 x330 for additional information.



to a sense of being centered in your reality. You may not convince others of your belief, and that may not even be necessary, but you can still hold onto your own personal convictions regardless.

- **Themes of safety and security**

When things seem chaotic or out of control, it is comforting to pause and reflect on the “here and now.” One phrase I tend to recommend is “right here, right now, I am safe because _____”. Identify one thing that currently contributes to feeling safe or secure. For example, “I am safe because my basic needs are met, I am not alone in feeling this way, or I know who to call if I ever need help.”

- **Look for balance**

Human nature is to focus on topics related to strong emotions. However, when taking a step back, we may notice there are other areas of life that still exist outside of the emotional topic. Spend a few moments focusing on what thing(s) are causing the strong emotions. Then, spend a few moments focusing on things that are going well, things you are looking forward to, or things you have enjoyed recently.

- **Small acts of kindness**

In our current age of hurried paces and frenzied activities, a simple gesture can go a long way. Have you ever had the car in front of you pay for

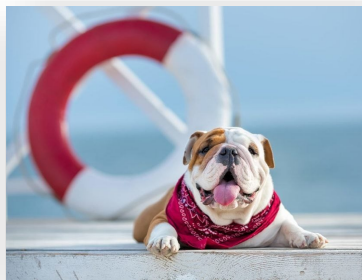
your drive-through coffee or lunch? How about someone holding the door open for you or smiling as passing by? These things bring a ray of sunshine! Consider ways you can incorporate acts of kindness as you go about your everyday activities. It not only benefits the recipient, it may just brighten your day too!

Becky

DID YOU KNOW?

“The “Dog Days” of summer are from July 3 to August 11 each year. They’re usually the hottest and most unbearable days of the season”.

[What Are the Dog Days of Summer? - Farmers' Almanac \(farmersalmanac.com\)](http://farmersalmanac.com)



EXCELLENT YOU TUBE TED TALK ON GRATITUDE:

[:https://www.ted.com/talks/lou-schwartzberg_nature_beauty_gratitude?language=en](https://www.ted.com/talks/lou-schwartzberg_nature_beauty_gratitude?language=en)

. Gratitude. This 10-minute talk includes beautiful illustrations and food for thought that inspires gratitude.

Make Time for YOU!

As the days get shorter and the sunlight wanes nature gets ready for a season change. In the meantime, it’s still hot outside and this summer has been especially hot. As sweltering as the weather has been there have also been many rainy days. The rain washed away the humidity and sometimes we were left with the perfect day. It’s these days that were meant to be enjoyed.

These pleasant surprises, sprinkled between the hot days inspired me to get out and enjoy the blessings when I could. I put aside what ever “needed” doing and just took time to soak in the goodness.

I live for those days because they make me happy, they inspire me and renew my faith and hope. When I take the time instead of waiting for the perfect time in my schedule, when everything on my “to do” list is completed, I find that stress fades and a feeling of peace envelopes me.

As caregivers that is what I challenge you to do—go out and smell the roses as they say!



August

Activities in Season for Elders

CaregiversActivitySource.com

Visit farmers markets and pick produce to make a healthy meal

Reminisce about school days

Can some produce from the garden or a farmers market

Visit various gardens and take pictures of the flowers in bloom

Take outdoor family photos

Reminisce about canning and freezing foods

Press some flowers

Play backyard games with the Kids

Make a list of good lunch ideas the Grandkids might like at school

Eat watermelon and other fruits in season

Make up inspirational quotes to put in the Grandkid's lunchboxes

Plan and go on a picnic

Make homemade ice cream

Reminisce about old friends for National Friendship Day Aug 5th

Make lemonade from scratch

Take an elder to lunch for National Senior Citizens Day August 21st

Reminisce about Summertime

Together We Care Support Group Information

We are continuing to offer monthly meetings for caregivers:

- A caregiver support group the first Thursday of each month from 10—11:30 am. August 4th is our next meeting.
- This group will meet in a hybrid format, either at Woodneath Mid-Continent Library in Liberty or virtually by Zoom. Email for link:

diana@northlandsc.org



SCAN ↓



August 17th

We are excited to offer an upcoming workshop on “Disaster Preparedness for Older Adults”. Please see the attached flyer for more details. Northland Shepherd’s Center and Tri-County Mental Health are joining with other local experts to equip older adults in knowing how to plan ahead for emergencies, natural disasters, or other hardships. There will also be give aways. We hope you will join us for this valuable opportunity.

This event will take place at **Northland Shepherd’s Center on August 17th from 2-4 pm. Please RSVP to (816) 452-4536.**

Hope to see you there!

Signing up to donate or walk in the 2022 Happy Rock Park Alzheimer walk has never been easier. Just scan the QR code on this page and you will be taken to the Together We Care Caregiver Support Group team. This year the walk will be held on Sunday, 10/9. Register and pick up your flower from 8-9, the walk begins after a brief ceremony. There is plenty of parking and the path is beautiful. Please join us for a wonderful walk supporting an urgent need for research!

Northland Grandfamilies Program

This program offers support to kinship families, such as grandparents raising grandchildren or other family members.

Please see the attached flyer for July support groups and keep an eye out for summer social outings.

Also, we are excited to offer a **fall conference on September 9th from 8 am—2:30 pm at Pleasant Valley Baptist Church**. This event will include breakfast, local exhibitors, break-out speakers, a boxed lunch and an inspirational keynote speaker. It is free to attend, but registration is required. See the flyer for details.

Questions? Contact Becky at beckyf@tri-countymhs.org or (816) 468-0400 x330.

Resources

Alzheimer’s Association:
www.alz.org/kansascity
Call 913-831-3888 for Information

American Association for Retired Persons:
AARP.org/caregiving

National Council on Aging:
NCOA.org/caregiving

Clay County Senior Services
<http://claycoseniors.org/community-resources>
816-455-4800

Platte County Senior Services
<http://platteseniors.org>
816-270-2800