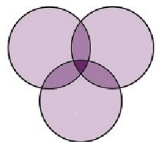


**NORTHLAND
SHEPHERD'S
CENTER
AND
TRI-COUNTY
MENTAL
HEALTH**

Northland
Shepherd's Center
Address:
5601 NE Antioch,
Rd, Ste 12
KC, MO 64119
Dianna Englander,
MPH
Phone:
(816) 256-8096
E-mail :
dianna@northlandsc.org



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

Tri-County Mental
Health Services
Address:
3100 NE 83rd Street
KC, MO 64119
Becky Franklin, LPC
Phone:
(816) 678-3036
E-mail:
beckyf@tri-
countymhs.org

Together We Care Caregiver Support January Newsletter



The Beauty of Unconditional Self-Love

All too often, good intentions and New Year's resolutions spark the thought "New Year, New Me". This can unknowingly put added pressure to become something better in order to be okay with who we are. Setting goals and increasing motivation is exciting and it can create momentum toward healthy change.

However, it is important to balance this with being authentic to your true self. In therapy, there is a concept called "**unconditional positive regard**". This is an underlying attitude of safety provided through acceptance and care without judgment or criticism.

As we enter into 2022, can we love ourselves in the midst of our strengths and our weaknesses? By not making our self-love conditional, we set the stage for pursuing growth and change as an act of love for ourselves instead of a punishment.

(continued on pg 2)

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.

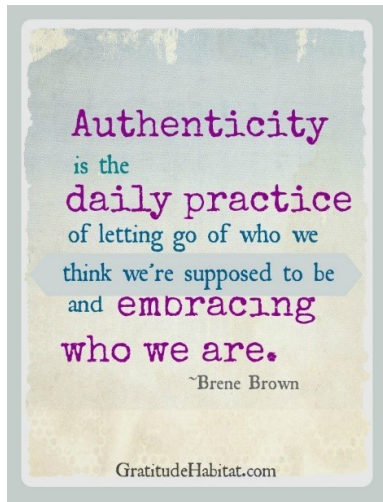
"Be kind to yourself."

(Continued from pg 1)

Instead of a message of “you need to do better in order to have value” we can believe “you are worthy of pursuing things that add meaning and purpose to life”.

Wishing you all the best as we start the new year together!

Becky Franklin



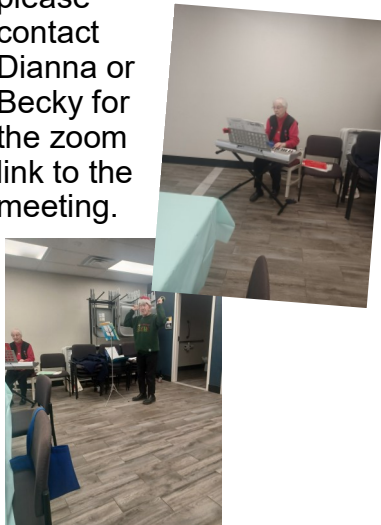
With the beginning of this new year comes the opportunity to dream new dreams and fulfill the ones most important to you. Set yourself up for success and make your-goal setting **SMART:**
S—specific
M—measurable
A—attainable
R—realistic
T—timely



What’s new in 22?

For the Together We Care Caregiver Support Group we will be making some changes to offer activities at different times so that hopefully more people will be able to take advantage of them.

The first big change is that we will no longer do two zoom calls a month. We decided to once again offer a hybrid meeting at Woodneath Library, 8900 NE Flintlock Rd, Kansas City, MO 64157 (up the street from the Liberty Target) on the first Thursday of each month from 10-11:30. Becky and/or Dianna will lead this meeting as we discuss events and challenges of caregiving. To better secure access to our meeting on zoom please contact Dianna or Becky for the zoom link to the meeting.



Caring Café

The Caring Café’s will be held on the third Wednesday of each month from 2-4 at Northland Shepherd’s Center.

The January Café will be 1/19, from 2-4. Amy Vance, AV Yoga and Wellness will be showing us some chair yoga exercises.

The February Café will be 2/16, from 2-4. Rachele Norman, Soundscaping Source will guide us with some music therapy.

Pictures from the December 2021 Caring Café Holiday Sing-a Long



Motivation:

There are often times when you will look to others to help provide you with the motivation you might need to accomplish something. With that said, it is also necessary to be

able to find that motivation within yourself. There isn't always going to be someone or something that you can count on to motivate you. Self-motivation is important because it drives you to take the necessary actions to better yourself in all aspects of life. When you are self-motivated you:

- are persistent and committed
- take initiative
- have a desire to achieve self-fulfillment
- are invested in the results
- take more risks
- have an eagerness to learn
- achieve success by yourself

1. You Are Persistent And Committed

To achieve anything of importance in life it takes commitment and persistence. Your ability to stay committed to the task you are working on and persistent when things aren't working out as intended starts with your self-motivation.

When you are self-motivated, you are performing some action because you recognize it is in your best interest to do so. That action you are completing will somehow help you further down the line.

2. You Take Initiative To Go After What You Want

If you want something, you need to go after it. Those who are self-motivated know what they want to achieve and have the mindset to go out and achieve it.

Without creating goals and consistently working towards achieving them, you will never accomplish what you are capable of.

When you are self-motivated, you know what you want and you are always working with a purpose or [end goal in mind](#). You are willing to take the initiative and have the confidence to put yourself outside your comfort zone in an effort to better yourself and keep pushing for more.

3. You Have A Desire To Achieve Self-Fulfillment

When you are self-motivated, you also have a tendency to be more fulfilled. You are motivated to go out and find happiness, fulfillment and do the things that bring you joy.

:Everyone has a desire to live a fulfilled life, but those who are self-motivated go out and find it. They take the time, and [make the time](#), to do the things that provide them with happiness and joy.

4. You Are Personally Invested In The Results

When you are self-motivated, you are personally invested in the results. You are doing something because of your own will or desire, not because someone else is forcing you. The results of whatever it is that you are working to achieve, good or bad, will have a direct effect on you.

When you are personally invested, you tend to work a little longer and fight a little harder to accomplish what you are working towards. You care about the end result.

When you are self-motivated to take on a new adventure, be it a hobby or profession, you are personally invested in the results of what you are working on. You are much more likely to succeed because of it.

5. You Take More Risks

Being self-motivated is important because it will allow you to have the confidence to take a risk. Many people live their life with as few risks as possible. For most, the fear of failure greatly outweighs the potential benefits that the risk might bring.

Without stepping outside of your comfort zone and taking a risk, you never know what you might be missing.

At the end of all risks, there are two possible outcomes: a learning experience or a reward. The reward is what

everyone strives for, but a learning experience will better prepare you to get the reward next time around.

6. You Have An Eagerness To Learn

Those who are self-motivated have an eagerness to learn and progress. They are constantly pushing to improve themselves in various aspects of their life, never settling when they [reach a goal](#) or a milestone. But instead, looking forward to what can be achieved next.

While you can't be excited about everything in life, those who are self-motivated typically have a better understanding of the big picture. They recognize that their self-motivation towards completing dull or unexciting tasks will help them advance.

7. You Achieve Success On Your Own Merit

While achieving success in any capacity is important, achieving it on your own merit is something to be proud of.

Sure, you can always credit others for helping you in some capacity. But when it is you who got the ball rolling, and it was you who put in the effort when no one else was watching, the success is a lot more rewarding.

You first took the initiative to take on the challenge, you took the risk of potentially failing, and you were committed and persistent with your hard work throughout the process, even when results were initially lacking.

As you were reading the above paragraph, did a recent achievement come to mind for you? Something where the accomplishment was a direct result of your actions and self-motivation?

It is a great feeling to look back on something you have accomplished and realize that accomplishment was a direct result of the work you put in that had paid off.

Taken from:

[Why Self Motivation Is Important? \(7 Reasons For Success\) \(eightsixfourhundred.com\)](#)

What is SilverSneakers?

SilverSneakers is a fitness and wellness program offered at **no additional cost** to seniors 65+ on eligible Medicare plans that helps you get active, get fit, and connect with others.

Our program is designed for all levels and abilities and provides access to online and in-person classes, over 15,000 fitness locations, and health & wellness discounts. <https://tools.silversneakers.com/Help>

Winter Reading Programs!

Contact your local branch of Mid-Continent Public Libraries to get more information. Cozy up with a good book and win a free mug while qualifying to win a gift card to B&B movie theater.

<https://www.mymcpl.org/library-information/about-mcpl/highlights/winter-reading-challenge>

Lifelong Learning for All Ages:

- Aging Mastery Program is offering classes in the new year. You have the option of a 10-week core version or a 12-week caregiver version.
- Osher offers online and in-person courses:
<https://extension.missouri.edu/programs/osher-lifelong-learning-institute/osher-current-semester>
- Walk With Ease offered through Liberty Community Center:
<https://webtrac.libertymissouri.gov/wbws/wbtrac.wsc/search.html?>

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