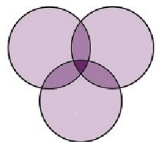


**NORTHLAND
SHEPHERD'S
CENTER
AND
TRI-COUNTY
MENTAL
HEALTH**

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
July Newsletter**



Celebrating Freedom

The Fourth of July is an opportunity to celebrate our founding fathers and the patriotism of our country, the U.S.A. The past few years have held a lot of change and uncertainty. As I prepared to write this article, I was reflecting on the uncertainties with

being a caregiver too. Often, when caring for a loved one, you may not know what the day will hold. Each moment is new and a bit unpredictable. It may be one that holds anxiety, frustration or confusion. Yet, it may be one that holds special mean-

ing, nostalgia or a glimpse into your loved one's soul. We are walking a balance between routine and spontaneity. Oftentimes, music can spur memories from years gone by. As we head into this holiday week-

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.**



end, consider singing several of your favorite patriotic songs. Encourage your loved one to sing, or hum along with you! Here are a few ideas:

You're a Grand Old Flag

You're a grand old flag
You're a high-flying flag
And forever in peace may you wave
You're the emblem of
The land I love
The home of the free and the brave
Ev'ry heart beats true
Under red, white and blue
Where there's never a boast or brag
But should old acquaintance be forgot
Keep your eye on the grand old flag

Battle Hymn of the Republic

Mine eyes have seen the glory of
the coming of the Lord
He is trampling out the vintage
where the grapes of wrath are
stored
He have loosed the fateful lightening
of His terrible swift sword
His truth is marching on

Glory, glory Hallelujah
Glory, glory Hallelujah
Glory, glory Hallelujah
His truth is marching on

I'm a Yankee Doodle Dandie

I'm a Yankee Doodle Dandy
A Yankee Doodle, do or die
A real live nephew of my Uncle Sam
Born on the Fourth of July

I've got a Yankee Doodle sweetheart
She's my Yankee Doodle joy
Yankee Doodle came to London



This is the time of year that all Americans take pause to remember our blessings and appreciate that we live in a country with more freedom than any other country enjoys. Our country has a wonderful bounty of natural resources that we try to preserve and respect, Because these resources are not boundless we must be careful to do what we can to leave this land as good or better than we found it for future generations. As a people we try to work together toward the common goal of having safe neighborhoods and cities. We work to provide effective education and nutrition programs. Our healthcare system is not perfect but it does a pretty good job of taking care of our citizens. The public health system works to prevent, promote and protect us by providing information, healthcare services, vaccinations, and guidance on what it takes to prevent diseases from spreading. While it may seem that congress cannot get anything done there are many instances where they do provide effective legislation. On this holiday of Independence Day let us all remember our common ground and many blessings.

A Little Boy and a Cherry Tree

A little boy and a cherry tree,
A strong young man who
proved to be
A worker with his brain and
hand,
A soldier for his well-loved
land,
A statesman answering the call
Of home and country, over all,
A glorious patriot, noble son,
A soldier—President—a man!
Was Washington!



The Symbols of Our Country

The symbols of our country
Mean more than what we see.
A bald eagle is a symbol
That is fierce and strong and free.

Our flag that flies across the land,
Waves red, white, and blue.
It shows our pride in where we live
It stands for freedom, too.

The Statue of Liberty in New York
Holds a torch in her right hand.
She welcomes all to freedom's shore
From every other land.

The symbols of our country
Represent the best of who we are.
People living free and proud,
Shining light both near and far.

© Thomas Grayson, The Star's Shining 2013, July 2014

Agency Spotlight

Rebuilding Together KC provides support for older adults by assisting with home repairs and safety modifications. For many, this helps provide the opportunity to safely “age in place” by being able to continue to live at home.

We are very fortunate to have the support of this fantastic organization in our local community. If you have questions, or would like further information, their website is:

<https://rebuildingtogetherkc.org/our-impact/what-we-do/>

Or Call their office at (816) 781-8985.

Their office is located at 2050 Plumbers Way, Liberty. MO 64068. They also have a store at that location where you can find many economical useful household items, appliances and building supplies. They have provided non profit services since 1972



Program of Comprehensive Assistance for Family Caregivers (PCAFC) Reassessment News

VA remains committed to supporting Veterans’ caregivers as a top priority.

As part of this commitment, we are listening to concerns and working diligently to address them to ensure Veterans and their caregivers get the support they need and deserve

Here are steps we are taking and additional information on what Veterans’ caregivers can expect going forward:

- We continue to carefully review and examine ways to improve the Program of Comprehensive Assistance for Family Caregivers (PCAFC), including a thorough review of the eligibility criteria and improving the overall Veteran and caregiver experience.

We’re suspending [annual reassessments](#) during a review of current eligibility criteria for those enrolled in the Program of Comprehensive Assistance for Family Caregivers.

- However, we will continue to initiate reassessments for Veterans and family caregivers who request to be considered for an increase in stipend level or if there is evidence of an increased need for personal care services.

- We will **not** remove anyone from the program or decrease any-



support based on reassessments.

- We’ve redesigned the PCAFC wellness contact visit process to better capture the caregiver and Veteran’s overall needs.
- We’re creating a caregiver and Veteran experience survey that will be used to make ongoing improvements.
- We’re working to better connect caregivers and Veterans to ensure wrap-around support from the Office of Mental Health and Suicide Prevention, Geriatrics and Extended Care and other VA and community resources.
- The program is still on track to expand to include Veterans of all service eras on October 1, 2022.

We’ll continue to build on these steps to ensure Veterans and their caregivers get the support they need and deserve.

For important updates regarding the Caregiver Support Program, go to: <https://www.caregiver.va.gov/Announcements.asp>. (PCAFC - Reassessment Update - VA Caregiver Support Program)

