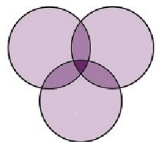


**NORTHLAND
SHEPHERD'S
CENTER
AND
TRI-COUNTY
MENTAL
HEALTH**

Northland
Shepherd's Center
Address:
5601 NE Antioch,
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KC, MO 64119
Dianna Englander,
MPH
Phone:
(816) 256-8096
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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
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beckyf@tri-
countymhs.org

Together We Care Caregiver Support June Newsletter



Elder Abuse Awareness Information

Elder Abuse Awareness Day is on June 15th. This is a day aimed at increasing awareness of the dangers of elder abuse and advocating for older adults who may not have a voice otherwise. In an effort to learn more about this valuable topic, let's take a look at the following types of elder abuse:

Physical abuse.
Use of physical force that may result in bodily injury, physical pain, or impairment.

Sexual abuse.
Non-consensual sexual contact of any kind with an elderly person.

Emotional abuse.
Infliction of anguish,

pain, or distress through verbal or non-verbal acts.

Financial/material exploitation. Illegal or improper use of an elder's funds, property, or assets.

Neglect.
Refusal, or failure, to fulfill any part of a person's obligations

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.



or duties to an elderly person.

Abandonment.

Desertion of an elderly person by an individual who has physical custody of the elder or by a person who has assumed responsibility for providing care to the elder.

Self-neglect. Behaviors of an elderly person that threaten the elder’s health or safety.

(<https://www.apa.org/pi/prevent-violence/resources/elder-abuse>)

Current research estimates that approximately 1 to 2 million Americans, age 65 or older have been abused or neglected by the very people they entrust with their care and protection (National Center on Elder Abuse, 2005).

All too often, acts of abuse or neglect may go “unchecked” because an older adult may not be able to defend themselves or report the inappropriate behavior. As a loved one, it is helpful to remember the following signs and symptoms to watch for with your family member:

- ⇒ Withdrawing from others or becoming increasingly isolated; signs of depression
- ⇒ Becoming more private, irritable, or defensive when sharing information
- ⇒ Increased phone calls from unknown numbers or mail from solicitors
- ⇒ Changes in banking or

spending habits

- ⇒ Becoming fearful, anxious or clingy when left alone or in the care of others
- ⇒ Bruising, burns or other unexplained signs of physical injury
- ⇒ Changes in hygiene such as appearing dirty or not groomed
- ⇒ Appearing malnourished or not hydrated
- ⇒ Overly medicated or undermedicated



Presentation: Putting the Spotlight on Elder Abuse:

How to bring this crime out of the Shadows

June 7 there will be a virtual presentation by Paul Greenwood, LLB, JD.



Mr. Greenwood is an Elder Abuse Expert Witness, Teacher/Consultant

and Owner of Greenwood Law Corp.; Retired Deputy District Attorney and former Head of Elder Abuse Prosecutions San Diego District Attorneys Office.

This presentation is sponsored by Clay County Senior Services, Platte County Senior Fund, and the Senior Falls Prevention Coalition of Platte and Clay Counties.

Watch in person at Northland Neighborhoods, Inc. 5340 N Chouteau Trfy Kansas City, MO 64117 or via zoom.

RSVP to receive the link:

Seniorfallsprevtion@gmail.com

Wear Purple in recognition of World Elder Abuse Awareness Day, June 15.



Adult Abuse and Neglect Hotline
1-800-392-0210
Make a difference. *Make the call.*

Father's Day celebrates all men who have positively influenced another person and helped them to be loved and accepted.

In my family, my children have one living grandpa, although we have never lived close in distance we have managed to stay close through the years. That man is my father. He raised my siblings and me to be God fearing, hard-working, and honest people.

He worked a lot and was gone a lot but we always knew that he would be there to help when the chips were down. I sometimes got irritated at him for being gone even though I knew he had to work and for him that meant traveling.

Now he is home all the time but sadly we still live thousands of miles apart. Luckily, there are jet airplanes and cell phones with video technology that is affordable. So we talk at least weekly and see each other a few times a year in person. Even though he no longer has much going on new and exciting in his life it's always good to hear his voice.

ODE TO DAD

Unfortunately, he has developed "moderate dementia" that there is no way to stop from progressing no matter how many tests they run. But that hasn't changed his sense of humor—he still tries to find the joy in everyday things.

I'm glad I have gotten to share this season of life with my father. Sharing the pain and fear of the unknown together helps us both.

So far he remembers who I am but even if his mind cannot place me I know in my heart he will know that I love him, always have and always will.

Happy Father's day Dad, Grandpa, Great Grandpa, Great, Great Grandpa! Dianna



Happy Father's Day To My Awesome Grandfather

Thank you for all the fun times, all the things you have taught me, and for just always being there for me. You're the best!

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.
- The Caring Café meeting schedule is on hold due to low attendance. We plan to schedule fewer but more interactive events.

This Week:

We will NOT be offering the support group meeting on June 2nd because we will be participating in the Kearney Senior Center. Our support groups will resume on Thursday, July 7th.



The Area Agency on Aging Mid-America Regional Council Survey

Mid America Regional Council (MARC) would like as many responses as possible to their Caregiver Needs Survey. They hope the survey helps them truly assess the needs of our region's caregivers and develop meaningful, responsive programming.

Please fill out the survey link below if you are providing unpaid/informal care to an older adult, person with dementia, grandchild under the age of 18, or adult family member age 18-59 with disabilities.

<https://forms.office.com/pages/responsepage.aspx?id=TxwyA6lG80OHRD7qcCv42c2voylWqBtNtM8QEKpmNPRUMVVCSjjWNVhFRUk2MVJMMzI0WkFDNjINVy4u>

(SMP) The Senior Medicare Patrol: Protect against scams and healthcare fraud.

Help to protect.detect./report:
Hotline: 1-888-515-6565

Mission: Empower and assist Medicare beneficiaries to prevent, detect, and report healthcare fraud, errors, and abuse through outreach, counseling, and education.

Northland Grandfamilies

Program:

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

Each month, we offer 3 support groups as opportunities to gather with other kinship families. We'd love to have you join us:

- Wednesday, June 8th at 2:30 – 4 pm at Platte Woods United Methodist Church; refreshments provided.
- Wednesday, June 15th at 5:30 – 7 pm at North Heartland Community Church; Free pizza/pop and child-care provided; RSVP required.
- Friday, June 23rd at 10 – 11:30 am at the Maple Woods Human Services Building, 2nd floor conference room (by the elevator); refreshments provided.

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

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