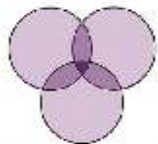


**NORTHLAND
SHEPHERD'S
CENTER
AND
TRI-COUNTY
MENTAL
HEALTH**

Northland
Shepherd's Center
Address:
5601 NE Antioch,
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KC, MO 64119
Dianna Englander,
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**TRI-COUNTY
MENTAL HEALTH
SERVICES, INC.**

Tri-County Mental
Health Services
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Together We Care Caregiver Support October Newsletter



Beautiful Autumn

This time of year the days get shorter, the leaves are magnificent and the smell of bon fires and s'mores is in the air.

School has started back, there's an excitement about the upcoming holiday season. For me the holidays start with Hallow-

een, one of my favorites. I love to decorate and welcome the neighborhood trick or treaters. It takes me back to when I was younger and would go out on the candy hunt. That was a glorious time. Since "All Saints Day" is November 1st we

always got the day off school—an extra treat.

As the years went by I would go out with my children, we always had chili that night and seems like the



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.**



(continued from pg 1)

weather was always damp and cold.

Now I pass out the candy and enjoy the costumes while I'm warm and cozy inside my house. How things change!

I also ponder about the changes in my life since I was the trick or treater. All the seasons that I have experienced.

I got married, had children (5 of them). I got them through school and they are now all adults with their own children and grandchildren. Seems like just yesterday that they were all little ones and I was oh so tired!

I have had several careers over the years. It wasn't until I found my current position that I really felt like I found my calling. I am a Community Aging Specialist at Northland Shepherd's Center as many of you know. I get to work with folks 60+ all day ,most days. I get to help find resources for them including Medicare and Medicaid assistance, I get to find volunteers to help them get to doctor appointments or other critical business, I get to teach evidence based classes and provide caregiver support.

I am passionate about the work I do because I am able

to help so many people . Many who otherwise wouldn't have the means to make ends meet. The work we do at NSC provides a critical service to the community as a whole.

We must continue to support and respect our seniors because all too soon we too will be in their season!



As caregivers things can change daily and it's hard to know what to do sometimes. If you keep the faith and do your best things will work out in God's time.

Take time this autumn to breathe in the cooler, crisper air and try to be mindful of the many things there are to be grateful for. Also remember the other stress reducers like journaling, meditation, spending time with good friends and in general slowing down so that you can be present in each moment.

By Dianna Englander

Sensory Soothing

Fall is a perfect time to practice engaging our five senses. This coping strategy is adaptable for all individuals so feel free to use your creativity when thinking of ways to include loved ones.

You can use this to provide a sense of calm, centeredness, grounding, or gratitude. Take a moment to step outdoors and notice the following:

5 things you can SEE

4 things you can TOUCH

3 things you can HEAR

2 things you can SMELL

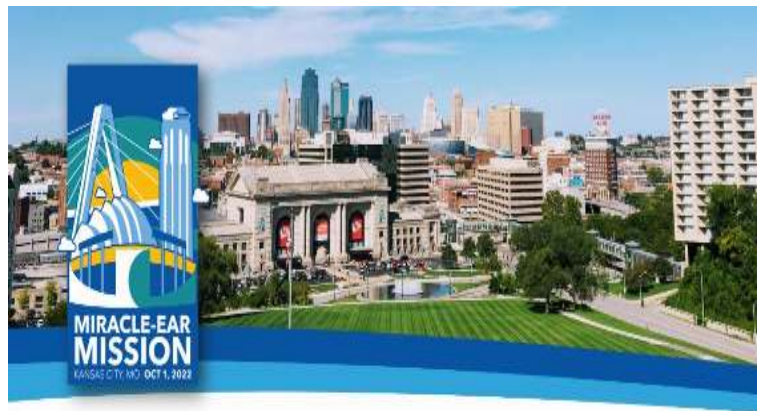
1 thing you can TASTE

At the end, wrap up this time by using the affirmation: "Right here, right now I am secure because" (i.e. I am not alone, there are good things surrounding me, or I have things I am looking forward to."

What are your favorite fall activities?

As you reminisce, you may be able to name some of your favorite memories from over the years during this time of year. Perhaps you can adapt some of these activities so you can enjoy them with your loved one! Here's a list of possibilities to get you started:

- Paint a pumpkin
- Create a fall centerpiece or garland
- Work on a jigsaw puzzle with a fall picture
- Prepare for Halloween Trick-or-treaters
- Look through pictures of fall memories
- Prepare (and eat) a favorite fall recipe like chili, soup, or apple cider
- Sit outside and notice the seasons change
- Find different types of leaves and create a collage



Join the Miracle-Ear Foundation and Miracle-Ear Midwest for our Miracle-Ear Mission 2022, a one-day special event that seeks to **donate more than 400 free hearing aids** to those in Kansas City who lack the resources to gain hearing health assistance. Recipients will also receive a lifetime of care and services for their gifted hearing aids.

We are so excited to bring our Mission event to **Kauffman Stadium on October 1, 2022**. When you choose Miracle-Ear, you're helping yourself and others rediscover all the emotions of sound. It makes everything better - better Sunday barbecues, better bedtime stories, better baseball games... the list goes on. We are truly honored by the opportunity to help give Kansas City residents the gift of sound.



Eddie Cooks, Miracle-Ear Foundation recipient, often found himself having difficulties connecting with and understanding his children. Eddie has had hearing loss for many years and for the last couple of years he was living without hearing aids. Eddie was tired of not being able to hear the ones he loved. He was overjoyed upon learning about the Miracle-Ear Foundation! "I was depressed with not hearing, and people would get upset with repeating. Now I can hear again... and I can hear my young children again."



Kathleen Minnick, Miracle-Ear Foundation recipient, said: "I have had hearing loss from birth. I'm now 74 years old and I have battled cancer. The radiation has made my hearing worse. I miss a lot because of it. Being on a fixed income, I could never afford good hearing aids. I believe that Miracle-Ear hearing aids will improve the quality of my life. Thank you!"



Sally Riley, Miracle-Ear Foundation Recipient, said: "I am so excited to hear my preacher again. Before, I couldn't understand him. I also travel with friends and always get seated behind them. When I couldn't follow the conversation, it was embarrassing," said Riley. "I am excited to feel included by being able to hear my friends again. Watching TV and movies is a joy. I have missed the stories and I really look forward to enjoying them without bothering my neighbors, and using closed captioning. I can finally enjoy life again."

Visit miracleearmission.org for more information.



To Apply For Help: Phone: 816-370-5851 - Email: applications@miracleearmw.com

Date & Event Address: - Kauffman Stadium: 1 Royal Way, Kansas City, MO 64129 - October 1, 2022



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. October 6th is our next meeting. Tri-County is continuing to provide a hot drink from the coffee shop.
- This group will meet in a hybrid format, either at Woodneath Mid-Continent Library in Liberty or virtually by Zoom. Email Dianna@northlandsc.org for link.
- There is a Caring Café meeting on Wed, Oct 19th from 2-4 pm at NSC. This is a fabulous opportunity for caregivers (past and present) to gather together. You are welcome to bring your loved one too — We will learn about “Communicating Effectively” by Brenda Gregg of the Alzheimer’s Association.

Please RSVP to

Dianna@northlandsc.org

The Alzheimer’s Walk is right around the corner. Please join our team and walk with us:

Together We Care is the

Click Here →



Upcoming AMP for Caregivers class is coming!

Dianna and Becky are offering an upcoming class of the Aging Mastery Program for Caregivers starting October 4th on Tuesdays from 11:30 am—2:30 pm in a hybrid format. This is an excellent curriculum provided through the National Council on Aging. Email: dianna@northlandsc.org for details or to register..

Are you interested in getting further information on caring for a loved one?

Benton Houses and Lifescape Law & Development will provide important and helpful information for seniors, their families and caregivers at two upcoming presentations. The programs include a panel of speakers (Attorney Glen Smith- estate planning and legal challenges; Melissa Hardin- life care planning, senior services and resources; Bonnie Smith, caregiver challenges and resources), with time before and after for participants to meet and discuss specific needs with local senior service agencies.

Complimentary refreshments provided by Chefs for Seniors.

Please RSVP at kcin-fo@bentonhouse.com or 816-550-0837.

4:30 to 6:30 p.m., Thursday, Oct. 27

Hope Church
4800 NW 88th St., Kansas City
MO 64154

3:30 to 5:30 p.m. Thursday, Nov. 10

Pleasant Valley Baptist Church
1600 Rte. 291, Liberty MO 64068

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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>