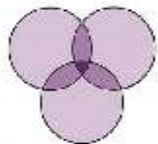


NORTHLAND SHEPHERD'S CENTER AND TRI-COUNTY MENTAL HEALTH

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

Tri-County Mental
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Together We Care Caregiver Support September



Labor Day!

What is Labor Day and why do we celebrate this day?

Many of us are glad to have a 3-day weekend. But what is the history behind this holiday?

Labor Day pays tribute to the contributions and achievements of American workers and is traditionally observed on the first Monday in Sep-

tember. It was created by the labor movement in the late 19th century and became a federal holiday in 1894. Labor Day weekend also symbolizes the end of summer for many Americans, and is celebrated with parties, street parades and athletic events.



Labor Day, an annual celebration of workers and their achievements, originated during one of

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.



American labor history's most dismal chapters.

In the late 1800s, at the height of the [Industrial Revolution](#) in the United States, the average American worked 12-hour days and seven-day weeks in order to eke out a basic living. Despite restrictions in some states, children as young as 5 or 6 toiled in mills, factories and mines across the country, earning a fraction of their adult counterparts' wages.

People of all ages, particularly the very poor and recent immigrants, often faced extremely unsafe working conditions, with insufficient access to fresh air, sanitary facilities and breaks.

The idea of a "workingmen's holiday," celebrated on the first Monday in September, caught on in other industrial centers across the country, and many states passed legislation recognizing it.

As manufacturing increasingly supplanted agriculture as the well-spring of American employment, labor unions, which had first appeared in the late 18th century, grew more prominent and vocal. They began organizing strikes and rallies to protest poor conditions and compel employers to renegotiate hours and pay.

In the wake of this massive unrest and in an attempt to repair ties with American workers, Congress passed an act making Labor Day a legal holiday in the District of Columbia and the territories. On June 28, 1894, President [Grover Cleveland](#) signed it into law. More than a century later, the true founder of Labor Day has yet to be identified.

<https://www.history.com/topics/holidays/labor-day-1#:~:text=Labor%20Day%20pays%20tribute%20to,a%20federal%20holiday%20in%201894>.



We'd Appreciate Your Feedback!

Through our collaborations with MARC and the University of Missouri, we're passing along information on a Caregiver Study. English-speaking adults, living in the United States, are being sought who are informal caregivers to persons with dementia (i.e., unpaid family, friends, or other individuals who assist in care). They can

reside anywhere in the country. The survey takes about an hour and is confidential. Participants receive a \$20 Amazon gift card via email for completing the survey.

SEEKING CAREGIVERS TO PERSONS WITH DEMENTIA FOR SURVEY RESEARCH.

Purpose: To learn more about how caregivers to persons with dementia use technology.

Commitment: Participants will complete an online survey that takes about one hour in total.

Compensation: Individuals who complete the survey will receive a \$20 prepaid Amazon gift card.

How to participate: Click the following link or copy and paste it into your internet browser:

https://missouri.qualtrics.com/jfe/form/SV_bQr6Au4M23iOuZE

Questions: Call the Clinical Evaluation and Research in Alzheimer's Disease and Related Dementias (CIEAR-ADRD lab) at 573-882-7973 or email nylea.ranum@health.missouri.edu to receive the survey link.

Agency Spotlight

The Benton House Adult Daycare Program:

When caring for a senior loved one it can be challenging to find time just to shop and run errands, much less to relax and recharge. The Benton House Adult Day Program seeks to help by offering families a warm, caring atmosphere where loved ones can enjoy the day and caregivers can savor a little extra time. Use the time to catch up or just unwind. And rest easy knowing your loved one is enjoying delicious meals and engaging social opportunities as a member of our community. We offer services for both full and half days. Take advantage of our community for the occasional break or incorporate our services as part of your regular caregiving plan. Our staff looks forward to serving you..

ing you!

Pricing for Adult Daycare:

Half Day (One to four hours): \$75 Full Day (Five to eight hours): \$100

Kindly call for reservations:
816-372-1888



*Have you heard about the
Caregiver Relief Program
being offered through the
Alzheimer's Association?*

This Caregiver Relief Program provides eligible caregivers **living in Missouri** with small grants up to \$700 per year for reimbursement of respite care services and dementia related products or services.

No paper application, just call to schedule a Care Consultation.

To qualify:

- Primary caregiver must live in Missouri and live at home with the person living with Alzheimer's disease or another dementia
- Caregiver must be ready to

begin using funds within 45 days of enrollment All funds to be used before May 1. (program runs from June 1st - May 1st)

- Grants are capped at \$700 and are issued on a first come, first served basis.

To learn more about this program or to schedule a Care Consultation call the Alzheimer's Association 24/7 Helpline (800) 272 - 3900.



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. September 1st 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 us for the link.**
- **There is a Caring Café meeting on Wed, Sept. 21st 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 Medicare for Caregivers from Dianna Englander, Community Aging Specialist and Certified SHIP Claim Medicare Counselor .**



We had a wonderful turnout at our recent Disaster Preparedness For Older Adults workshop! Thank you to those who attended and we are very grateful for our three wonderful speakers who shared their knowledge and expertise at this meaningful event!



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. Contact us if interested!

Northland Grandfamilies

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

Please see the attached flyer for September support groups including a new location at Vineyard Church!

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>