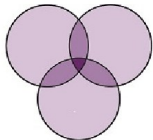


**NORTHLAND
SHEPHERD'S
CENTER
AND
TRI-COUNTY
MENTAL
HEALTH**

**Northland
Shepherd's Center**
Address:
5601 NE Antioch,
Rd, Ste 12
KC, MO 64119
Dianna Englander,
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Phone:
(816) 256-8096
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Northland Shepherd's Center
Helping Seniors Thrive



**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 March Newsletter



HOME HEALTH BASICS

One of our roles with this program is equipping you with resources and information that we hope will help you as caregivers. This month, we want to showcase home health basics.

<https://www.medicareinteractive.org/get-answers/medicare-covered-services/home-health-services/eligibility-for-home-health-part-a-or-part-b>

- Home health care includes a

wide range of health and social services delivered in your home to treat illness or injury. Services covered by Medicare's home health benefit include intermittent skilled nursing care, therapy,
(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 over 25 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 for additional info.



and care provided by a home health aide. Depending on the circumstances, home health care will be covered by [either Part A or Part B](#).

- Medicare covers your home health care if:
 1. You are [homebound](#), meaning it is extremely difficult for you to leave your home and you need help doing so.
 2. You need skilled nursing services and/or skilled therapy care on an intermittent basis.
 - a. Intermittent means you need care at least once every 60 days and at most once a day for up to three weeks. This period can be longer if you need more care, but your care needs must be predictable and finite.
 - b. Medicare defines skilled care as care that must be performed by a skilled professional, or under their supervision.
 - c. Skilled therapy services refer to physical, speech, and occupational therapy.
 3. You have a face-to-face meeting with a

doctor within the 90 days before you start home health care, or the 30 days after the first day you receive care. This can be an office visit, hospital visit, or in certain circumstances a face-to-face visit facilitated by technology (such as video conferencing).

4. Your doctor signs a home health certification confirming that you are homebound and need intermittent skilled care. The certification must also state that your doctor has approved a [plan of care](#) for you and that the face-to-face meeting requirement was met. Your doctor should review and certify your home health plan every 60 days. A face-to-face meeting is not required for recertification.
5. And, you receive care from a Medicare-certified home health agency (HHA).

Note: You cannot qualify for Medicare home health coverage if you only need occupational therapy. However, if you qualify for home

health care on another basis, you can also get occupational therapy. When your other home health needs end, you can continue receiving Medicare-covered occupational therapy under the home health benefit if you need it.

If you meet all the requirements, Medicare should pay for skilled care in your home and/or home health aide services. If you have questions or experience billing issues, call 1-800-MEDICARE.

The Many Roles of a Family Caregiver

When you become a caregiver, you quickly find you are juggling many roles.

<https://www.aplaceformom.com/caregiver-resources/articles/caregiver-duties>

This article from the company, A Place For Mom, does a fabulous job of outlining the top 10 roles carried by family caregivers. What roles do you find yourself carrying? How does this impact your self-care?

Home Health Agencies

There are many agencies in the Northland who provide excellent home care services for private pay. Rates vary but average \$20+ an hour depending on how many hours services are needed. We partner with many of these agencies and this month's upcoming event is sponsored by the Right at Home agency. (thought this could go with the picture after description of the workshop)

Although several people indicated they wanted to do a caregiver book club only Becky and myself met and discussed the book for February, *Love in the Land of Dementia*. If you haven't read this one and have a loved one suffering from Alzheimer's Disease it is an excellent example of one families journey

March Book Club:
discuss on 3/25 We hope to
have a robust discussion,
please join us!

"The Self-Care Prescription is the ideal self-help book for learning to live a life full of growth and engagement. From social **self-care** to spiritual **self-care** to emotional **self-care**, Robyn Gobin provides a practical, easy-to-digest guide to relating to yourself in healthier, kinder ways.

The Self Care Prescription:
Powerful Solutions to Manage Stress, Reduce Anxiety
& Increase Wellbeing: Gobin
PhD, Robyn:
9781641523936: AmazonSmile: Books



Winter Self-Care BINGO

We enjoyed receiving the entries for those who participated in completing 10 self-care tasks. See the attached collage we created with the submissions.

Wish we could have given prizes to all who participated because this was a FUN way to spark some self-care. Our 3 winners were:

- **Bruce Needhammer**
- **Rebecca Dempsey**
- **Kay Kelly**

Many of you said you read the book, *Love in the Land of Dementia*, and really enjoyed it. Thus, we are going to offer a combined discussion of BOTH books during our March book club. We'd love to have you join us regardless of whether you have read the books. There are so many wonderful topics!

We have another exciting opportunity to win a generous prize package. Right at Home agency is very supportive in equipping caregivers to care for themselves. They

have provided this beautiful basket.

We invite you to attend



a virtual Lunch N Learn workshop on **Tuesday, March 23 pm at noon**. For those who attend, your name will be entered into a drawing to win this prize basket. Maggie Spilker is a nurse with Tri-County's Healthcare Home Program. She will be speaking to the group on **"How to Manage Chronic Illness with Those Who Have Dementia."**

Bring your thoughts and questions! Here is the Zoom link for the event:

<https://zoom.us/j/92725842048?pwd=ZWdSTUU1dFFZy29yeTlqaUpaa2hNUT09>

A reminder will be sent early in that week with details.

Wexford Place is offering a complimentary virtual event:

Anxiety and the Brain
March 17th
11:30 AM

Free to attend. Details and Registration Link:
https://info.seniorstar.com/anxiety-and-the-brain?utm_source=activedemand&utm_medium=email&utm_campaign=activedemand+campaign+76074&ad_sid=1496885951



Aging Mastery Program

This is a free, 10-week curriculum offered through the National Council on Aging empowering seniors to **AGE WELL**.

This session will take place virtually and is hosted by the YMCA and Tri-County Mental Health. Anyone is welcome to participate!

It will take place on Tuesdays, from 1—2:30 pm
April 6th—June 8th.

Call (816) 468-0400 x 330 to register or ask for details.

Virtual Caregiver Support Groups are meeting every other week:

March 2nd, 16th, and 30th
10:30 am—12 pm

Join Zoom Meeting
<https://zoom.us/j/97975356684?pwd=T2lYaVZCelZSNTBnVVIjdXh0MXNnUT09>

Meeting ID: 979 7535 6684
Passcode: 531802

Dial-in by calling:
(312) 626-6799

Honor Your Legacy:

This month we recognize the one-year anniversary of when the pandemic began. This has been an unprecedented year in many ways — good and bad.

We want to invite you to participate in creating a legacy by thinking of a way to symbolize what this time has been like for you. This could be an art project, music, writing, photography, or other idea.

We'd love to hear from you throughout the month of March on your symbolic representation of the COVID-19 pandemic.

FREE Virtual Diabetes Self-Management Program (DSMP)

via Zoom
Wednesdays, March 17 through April 28
1:00—3:30 PM

University of Missouri Extension

Registration link: <https://extension.missouri.edu/events/diabetes-self-management-virtual-program>

Or register by email at sullivan@missouri.edu, cotton@missouri.edu, or sbridgewater@missouri.edu

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