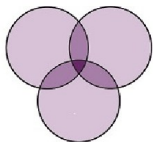


**NORTHLAND
SHEPHERD'S
CENTER
AND
TRI-COUNTY
MENTAL
HEALTH**

Northland
Shepherd's Center
Address:
5601 NE Antioch,
Rd, Ste 12
KC, MO 64119
Dianna Englander,
MPH
Phone:
(816) 256-8096
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dianna@northlandsc.org



Northland Shepherd's Center
Helping Seniors Thrive



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

**Tri-County Mental
Health Services**
Address:
3100 NE 83rd Street
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Becky Franklin, LPC
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(816) 678-3036
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countymhs.org

Together We Care Caregiver Support June Newsletter



A Tale of Awakening

My husband and I went to the AMC movie theatre this weekend for the first time in way over a year. The movie we saw was called **Here Today** featuring Billy Crystal. He played the part of a famous comedian writer losing his struggle to keep his dementia unnoticed. What struck me profoundly is that the person who first

recognized there was a problem was a stranger, played by Tiffany Haddish, who had a chance meeting with him and continued to be there for him more and more until she was a fulltime live-in caretaker. She helped him remember events in his life and inspired him to document those events in a book

dedicated to his deceased wife. She was the one who told his boss, his adult children and granddaughter. I know most of you have a very dear relationship with the loved one you are caring for but I also know from working at Northland Shepherd's Center doing social services
(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.

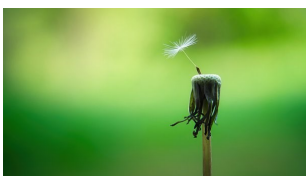
**BLESSINGS
ABOUND, ENJOY!**

(continued from pg 1) that there are way too many people who *feel* like they don't have anyone who cares or would help them. That is a very sad reality.

The movie was told from Billy's perspective, which I found interesting and moving. The movie only has 3 stars, probably because it's not a "feel good" film but one that points out the very real struggle of a growing population. The movie also makes note of the sacrifices that caregivers make, which is not an amusing storyline either.

The title, ***Here Today***, makes me think of the blessings of mindfulness and living in the moment. We all must take one day at a time, and as many moments during that time as we can, to fully be grateful for those moments. It also reminds me that time slips by quickly and it is imperative that we make time for what is most important **to us and for us** as caregivers. We need to replenish our mind, body and soul so that we can be mindful and grateful for those special moments!

Dianna Englander



On Monday, 5/24 there was a drive through at Liberty Community Center to celebrate May: Older American's Month and Mental Health Awareness Month.

The first hour of the event was beautiful and we had a great turn out. Even after the rain stopped, we still had almost 10 additional people come by. Today's response was a great reminder of what many of us have instinctively felt – seniors are craving interaction, connection and opportunity. I LOVE what our group stands for as we are each eager to play a part in helping in meaningful ways.

When the rain started, I looked down our line of cars and noticed each of us quickly switching gears and making the best of it. Not our first choice for an outdoor event, but we made the best of it. This past year has reinforced our ability and willingness to find a Plan B. Thank you to all participants for being so flexible !

Becky Franklin

Participants in the drive through event:

Becky Franklin, Tri-County Mental Health Services

Kelly Yuile, Tutera



Bonnie Smith, Benton House

Brian Wilbond, Right at Home



Lindsay Hash, Senior Solutions

Paula Zigmond, Clay County Senior Services

Angie Winkler, Signature Psychiatric

Rachelle Morgan, Soundscaping Source

Dianna Englander and Patty Monaco, Northland Shepherd's Center

June is Alzheimer's and Brain Awareness month

The Alzheimer's Association's website is ALZ.ORG. They work to end Alzheimer's and other dementia through research, advocacy and support.



With June comes the beginning of summer and the longest day of the year. June 21st is also known as the summer solstice. Let's allow this extra light shine on us and inspire us to celebrate in some way.

As I write this it will soon be Memorial Day weekend. A time for remembering those who have gone before us and what blessings they have

shared with us. It is also a time for families to get together and enjoy each other's company. Holidays are select days of the year designated for taking time off and relaxing. Hopefully you will take the self-care time you need to keep going!



Again, this year Northland Shepherd's Center (NSC) is a proud sponsor of the 2021 walk to End Alzheimer's – Liberty, MO in October. NSC and Tri-County Mental Health Services (TCMHS) partner to provide the caregiver support group, Together We Care. Please consider joining our team and donating to help end Alzheimer's disease.

Alzheimer's isn't waiting, and neither are we. We're participating in the 2021 Walk to End Alzheimer's - Liberty, MO (Northland walk in Happy Rock Park—Gladstone) to raise awareness and funds to support Alzheimer's care, support and research.

We are committed to making a difference in the fight to end Alzheimer's, and I hope you'll join us.

There are two ways you can help:

[Join my team](#), Together We Care, and walk with me on 10/09/2021. Together, we can make a difference. Help me reach my fundraising goal by making a donation on my [fundraising page](#): [2021 Walk to End Alzheimer's - Liberty, MO \(Northland\); Together We Care | Walk to End Alzheimer's](#)

We would be so grateful to have your support. Together, we can end Alzheimer's.

Sincerely,

Dianna and Becky

Our facebook page: <https://www.facebook.com/Together-We-Care-100232058359195>

*To register, visit our page and find the "Join My Team" button. Our team name is **Together We Care**.*



**Aging Mastery Program
for Caregivers coming this
July!**

This is a free, 12 week curriculum offered through the National Council on Aging empowering caregivers to **AGE WELL and develop a caregiver strategy and Bill of Rights.**

This session will take place virtually and in person! This upcoming class is hosted by Northland Shepherd's Center and Tri-County Mental Health.

The class will start on Monday, July 12, and meet for 12 consecutive weeks from 1–2:30 p.m., with graduation to follow on Nov. 4. This class is free for those 60 and older (a \$250 value). Sign up now!

Call 816-452-4536.

Please contact Dianna or Becky if you have questions, suggestions or concerns, please reach out and contact one of us, see information below. Thanks!

Becky Franklin, LPC

Phone:

(816) 678-3036

E-mail:

beckyf@tri-countymhs.org

Dianna Englander, MPH

Phone:

(816) 256-8096

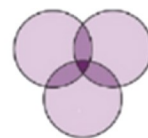
E-mail : dianna@northlandsc.org



Northland Shepherd's Center
Helping Seniors Thrive

TOGETHER WE CARE

Caregiver
Support
Group



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

Caring Cafe

**THE PLACE SENIORS GO
TO HAVE FUN**

**Come alone or bring
your loved one
Friday June 18 from
12-2 pm Northland
Shepherd's Center
Lunch and Activity.
Call 452-4536 to
register.**

**Together We Care
Caregiver Support
Group Meeting for
June will be AT NSC!**

**Tuesday 6/8 from
10:30-noon.**

Dianna will lead a discussion on chapter 2 of the caregiver book club favorite:

**The SELF-CARE
PRESCRIPTION**, by
Robyn L Gobin, PhD.

The topic is: **Friends,
Family and fun:
Social self-care**

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](http://claycoseniors.org/community-resources)
816-455-4800

Platte County Senior
Services
<http://platteseniors.org>
816-270-2800