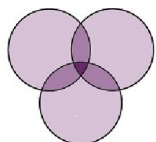


**NORTHLAND
SHEPHERD'S
CENTER
AND
TRI-COUNTY
MENTAL
HEALTH**

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

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Together We Care Caregiver Support July Newsletter



Thoughts On Grief and Loss

Over the years I have turned to my pets for company and consolation. Their quiet closeness and longing for attention endeared them to me and made a mark on my heart. My most recent furry friend lived her whole life being my faithful companion, no matter what. As a puppy she was so tiny and cute – as well as annoying - when she had acci-

dents in the house or got too rambunctious. But she was always faithful and steadfast. No matter how long I was gone, a few minutes or a few hours, she was always happy to see me. She would run up to me wagging her curled tail, then go to the door, then back to me, until I finally got inside the house. She would

sit up with me when I woke up and couldn't go back to sleep at night. If I tried to leave her rest she always woke up and got my attention to go get her. We had a way of communicating, she would get up off the couch and sit on the floor and look right at me with her big brown eyes and I knew she
(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)

needed a snack or a potty break (pretty much like any baby really).

She would let us put drops in her eyes and take her medicine without fussing. She had a life riddled with eye ulcers from age 2 and at age 5 she developed an autoimmune disease which ultimately took her life this past week at the age of 10.

I would look at her and try to be mindful of my time with her because I knew she would probably not live as long as me. I always knew I would have an emptiness inside when she was gone but I didn't realize how much it would hurt. Grieving is an individual experience, for me I just needed to detach from my regular world and quietly hurt for awhile. Everything reminds me of her so it's hard to forget she's not here. She remains in my heart as if she was still alive. Time will heal this wound but I will never forget her loving companionship.

Anticipatory grief can sap the beauty out of the present moment. Also, it's hard to be mindful when there are so many aggravations and things to do. This can lead to guilty feelings. When the actual grieving begins the memories flood in, like the thought that you would give the world if you could just experience even

another frustrating time with your loved one.

When you feel like the world is on your shoulders take care of yourself, so that you can continue to care for your loved one.

Forgive yourself when you are snappy or feeling overwhelmed.

Do all you can do to enjoy each moment and be grateful for them so you will have even more happy memories when you need them to heal.

By Dianna Englander



Noodles 2010-2021

I recommend the following article for more information about anticipatory Grief:

<https://www.psychologytoday.com/us/blog/stonewall-strong/201908/how-resilient-people-get-through-anticipatory-grief>

In an insightful, practical advice-full blog post called "Grieving Before a Death:

Understanding Anticipatory Grief," the website whatsyourgrief.com suggests a few more things to keep in mind:

- **Accept that anticipatory grief is normal.**
- **Acknowledge, and honor, your losses.** Allow yourself to acknowledge you are grieving even though the person hasn't died.
- **Remember that anticipatory grief doesn't mean you are giving up.** It can help you shift your energy from hoping your loved one recovers to focusing on being supportive, caring, and loving.
- **Communicate.** Grief is different for everyone, and so is anticipatory grief. Keep the communication channels open with family and friends so everyone can better understand one another.
- **Take care of yourself.** This may mean [meditation](#), or running, or spending time with a book. Whatever ways you like to care for yourself are the best ways for you.
- **Consider counseling** "The Healthcare Continuum of Care"

The next Together We Care Care-giver Support Group meeting will be brought to you by Tutera Senior Living. **Have you ever had questions about the different levels of care available, what is available in our northland area, and how this care is paid for?**

Our speaker, Kelly Yuille, is the Partner Relations Coordinator for Tutera and she will be with us in person at Northland Shepherd's Center to discuss the healthcare continuum of care. The meeting is Tuesday, July 13th at 10:30-12:00. We will send a reminder

with a zoom link for members who cannot make in person or would prefer not to.

.**Music Therapy Groups continue to be offered for FREE for Seniors** Through funding from Clay County Senior Services, Soundscaping Source and Tri-County Mental Health are offering these groups either in-person or virtually. We are excited to see this wonderful opportunity growing in the KC Northland. Interested? Call Becky at (816) 468-0400 x330. **The Grandfamilies Program** is a kinship support program, offer-

ing assistance to those who find themselves caring for a younger family member either short-term or as a guardian/caregiver. We are excited to announce that Tri-County Mental Health is now leading this valuable program. There are monthly support groups in various locations and social outings as well. We also will be available at upcoming Back to School Events to answer questions and meet you in-person! If you would like further information, please contact Becky Franklin. beckyf@tri-countymhs.org.

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**.



Caring Café: A program for Caregivers and their loved ones to attend together or separately.

The pilot program was held 6/18/21 from 12-2, we had lunch and did rock painting. We had 20 participants attend! The Café will be held the third Friday of July and August from 2-4 to have more time to connect.



The Kearney Firehouse Community Center is partnering with Tri-County Mental Health and the Show Me Hope Program to offer a weekly casual gathering for older adults. These meetings, called Coffee Clutch, offer a fun time to grab a cup of coffee and join with others for socialization, discussions, crafts or other guided activities. These meetings are held on Wednesdays at 1 pm and all are welcome to join! If you have any questions, feel free to call (816) 635-0566.

The Together We Care Caregiver Support Group is offering another **Aging Mastery Program for Caregivers** this summer! Past class graduates have given this evidence based program rave reviews. This is a 12 week class where caregivers will work on writing a “Caregiver Bill of Rights” and “Caregiver Strategy” along with learning how to live longer more healthfully. Please contact Dianna at 816-256-8096 or dianna@northlandsc.org for details and to register.

Caring Café Save the dates:

July: 7/16/21 from 2-4 at NSC
August: 8/20/21 from 2-4 at NSC
Call 452-4536 to register.

This month we will meet on Friday, 7/16, from 2 -4 pm at NSC for a fun dance party complete with goody bags and refreshments. Studies have shown that our brain connects with music in unique ways, aiding in relaxation, pleasure, and connection with memories. We hope to see you there!

Liberty Silver Center is partnering with Tri-County Mental Health to offer an upcoming series of Wellness Wednesdays topics. Join us for the first meeting in this series on Wednesday, July 21st, from 11 – 11:30 am for the topic “Celebrating Resiliency”. This is a 3 part series that will also be held in August and September. For further information, please contact Brigitte at (816) 439-4368.

Together We Care Caregiver Support Group meetings for July and August **10:30-noon on 7/13, 7/27, 8/10 and 8/24.**

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