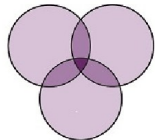


**NORTHLAND
SHEPHERD'S
CENTER
AND
TRI-COUNTY
MENTAL
HEALTH**

Northland
Shepherd's Center
Address:
5601 NE Antioch,
Rd, Ste 12
KC, MO 64119
Dianna Englander,
MPH
Phone:
(816) 256-8096
E-mail :
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
KC, MO 64119
Becky Franklin, LPC
Phone:
(816) 678-3036
E-mail:
beckyf@tri-
countymhs.org

Together We Care Caregiver Support October Newsletter



Fall is moving in!

As I have been observing the gradual changes in seasons, I was recently struck by the power in the following quote:
"How beautifully leaves grow old. How full of light and color are their last days"
~ John Burroughs

Our society often implies that aging is a season to be avoided or merely survived. Although we may experience more aches, pains or limitations in our older adult years, we also can experience unexpected joy and meaning

too. There is a sweetness to moments with loved ones after spending a lifetime together. When you know that you are loved unconditionally, there is a sense of

(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 x330 for further details.

rest and peace in simply being together. The gift of presence comes from merely being near to one another, regardless of what else is going on around you. Sometimes words can add to the meaning of time together. Other times, words are not needed. One special memory of this in my own life took place on a special visit to see my grandma. She had suffered a stroke and was in the hospital with deteriorating health. We packed up our young kids and drove out of state to see her. My grandma was always very social and I know she was thrilled to see us. However, she was tired. After we all visited, I suggested my family leave to allow my grandma to rest. It was during that time that I asked her if I could stay and take a nap in her room while she rested. I will always remember the sweetness of that simple moment. No words were needed but we felt comfortable simp-

ly being together. My grandma has since passed. I am very thankful for that time with her toward the end of her life. I think we both realized that her days on earth were likely numbered. We shared many years of talking, laughter and social outings. Yet, at the end, it was nice to be still together in a shared moment of silence and rest. My hope is that each of you, as caregivers, will soak up moments of



memories with your loved ones too. From day to day, that may look different. There may be days where you are on the go and never stop. Yet, there may be slower days or quiet days. Don't underestimate the power of presence: your presence in your loved one's life and their presence in your life too! ~ Becky

Gratitude

There is beauty to be found in each season, so we want to challenge you to take time over the next month looking for blessings in the expected and unexpected things that surround us. Here are some possibilities:

- Nature
- Pets
- People
- Comforts of home
- Meals
- Vibrant colors
- Serene settings

Then, select one of your favorite photos and submit it to us by the end of October. We will then be creating a photo collage to share with our November newsletter. We look forward to sharing images of beauty and blessings!

Becky and Dianna



Medicare Open Enrollment

Every year Medicare Open Enrollment is between the same dates – 10/15 through 12/7. All of the insurance companies pitch their plans and the USPS gets a big boost in deliveries. You should have received information for changes in 2022 about your Medicare Prescription Drug Plan (PDP) or Medicare Advantage plan. This open enrollment period is a chance to review your coverage and make changes if necessary.

I am available on Monday's during open enrollment to assist you if needed. We will create an account or log onto your account in Medicare.gov to update your prescription medication list and review your coverage. If this review indicates a change is necessary then I can enroll you in the best plan. There are many considerations when choosing Medicare coverage and it can be confusing. I am glad to help!



To register for a Medicare review please call 452-4536.

Dianna Englander,
dianna@northlandsc.org



I love the changing of seasons, the respite from summer's scorching heat and the apple cinnamon smell of autumn. Halloween is one of my favorite celebrations. October kicks off the "holiday festivities". Not only with scary costumes and haunting silliness but also with the celebration of "all souls day". All soul's day is a time for us to remember our dearly departed and to contemplate what lies ahead in our own lives.

According to Google the Day of the Dead: "... is an ancient holiday dating back thousands of years to the Aztec Empire. In its essence, it's a joyous occasion that's about dispelling fear and

embracing the cycle of life". I like the idea of embracing the cycle of life. When a newborn is brought into a family there is hope and joy. Alternatively, when a family member dies there is sadness. However, death presents an opportunity for reflection and appreciation of whatever that individual brought to the family or community. A Life Celebration includes prayers and thanks in addition to providing consolation to the family and friends left behind.

In the "spirit" of the season I encourage you all to live each day with intention make it the best day possible. Happy Halloween to everyone.

Dianna

Are you looking for ways to plan ahead and beat winter boredom?

Join us for the Aging Mastery Program for Caregivers! Dianna and Becky will be leading this class in January 2022. This class will be offered in a hybrid format, with a virtual option and an in person option for attending.

Upcoming Events

Alzheimer's Walk!

You are invited to participate in this fun way to support a meaningful cause. This year, the walk will be held at Happy Rock Park in Gladstone on Saturday, October 9th at 8 am. If interested, please call Dianna at (816) 452-4536.



Together We Care

(Northland Shepherd's Center and Tri-County Mental Health) are offering the **Caring Café** on October 29th from 4 – 6 pm.

This is a gathering of caregivers and their loved ones. This month will include a square dancing demonstration.

The event will be held at Northland Shepherd's Center and will include light refreshments for everyone who registers in advance.

Please register by calling 816.452.4536.

If you or someone you know would enjoy a Thanksgiving dinner but can't get to one please call 452-4536 for details of community dinners available in the Northland.

Northland Grandfamilies Program, with Tri-County Mental Health, is a support to grandparents raising grandchildren or other kinship relationships. We know that families take many forms and we are here to support you. We will be offering 3 support groups during the month of October. Please see the attached flyer for more details. If you would like further information, please contact Becky at (816) 468-0400 x330.

Save the Dates!

Next month is National Family Caregivers Appreciation Month.

We have a great line-up of events to offer as a means of honoring each of you:

- **Tuesday, 11/2** 2-4 pm Pampering drive-through event with goody bags and/or come inside NSC to participate in a Virtual Dementia Tour presented by Ashley Ollier from The Gardens on Barry Road.
- **Tuesday, 11/9** 10:30—12 During our TWC support group, join us for an engaging conversation on how to care for loved ones with Aphasia by Right at Home Senior Care.
- **Tuesday, 11/16** is the **Caring Café** gathering with a Gratitude art activity.

We hope to see you there!

Together We Care Support Group was formed to support those caring for older adult loved ones in the Kansas City northland. <https://www.facebook.com/Together-We-Care-100232058359195>

Together We Care

(Northland Shepherd's Center and Tri-County Mental Health)

Virtual and in person at Northland Shepherd's Center, **Caregiver Support Groups** are meeting every other week:

October 12th and 26th

10:30 am—12 pm

Join Zoom Meeting

<https://zoom.us/j/97975356684?pwd=T2lyaVZCeJZSNTBnVlJdXh0MXNnUT09>

Meeting ID: 979 7535 6684

Passcode: 531802

Dial-in by calling:

(312) 626-6799

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