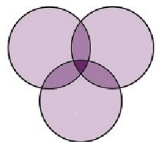


**NORTHLAND
SHEPHERD'S
CENTER
AND
TRI-COUNTY
MENTAL
HEALTH**

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



**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 April Newsletter



Expectations can lead to Disappointment

I was reading a magazine and this sentence popped out at me, "I have achieved happiness because I don't have unrealistic expectations". The author went on to say, "To expect something, anything, of a place is to make demands of it, ones that can't always be met. Disappointment is sure to follow, a set-

back we're quick to blame on the place or the stars or something we ate - anywhere, really, except where the fault truly lies: our outsized expectations". (April/May/June 2022 AAA Explorer, page 19, Eric Weiner)

I think unrealistic expectations is something we all know about,

especially as caregivers. We want a cure that isn't available, our loved one to reclaim their previous self, or just an uneventful and joyful day sometimes. It's hard not to hope for a different outcome, even when past events don't logically indicate that is a realistic expectation.
(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 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.



(continued from pg 1)

How do we set realistic expectations?

- * Being mindful of daily routines and thoughts can be very powerful.
- * Positive thoughts, based in reality, can help us to at least not be disappointed and provide some level of contentment.
- * When we stop to BREATHE we can reset our emotional track and our daily compass.
- * When we learn to laugh, even if we want to cry, we will release endorphins that really will help us to feel better.

I'm not saying to set the bar low, I'm suggesting that realistic expectations can deflect some disappointment and sorrow.

By Dianna Englander

Spring and New Life
Sunday, 3/20/22
marked the first day of spring.
The official time for the world to wake up from a long winter.
Enjoy the crazy weather as it happens!

National Healthcare Decision Commemoration

Advance planning for end-of-life decisions can feel like a delicate subject. However, by planning ahead, it is a gift to honor your loved one's wishes when they are no longer able to speak for themselves.

Also, as a caregiver, you may worry about what will happen to your loved ones when your health declines. By planning ahead, it can give peace of mind and security.

April 16th is National Healthcare Decisions Day. This is a great way to raise awareness on important topics. There are various elder care attorneys in our local community. These individuals would be happy to provide information and education on what options are best for you.

Next month, at our May 5th support group from 10-11:30 am, Nicki with Shepherd Elder Law will be speaking with our group on this topic.

We hope you are able to participate!

What are the benefits of advance planning?

- Making financial decisions when you are planning

and not in a crisis

- Security and peace of mind
- A sense of understanding and preparedness
- Honoring the wishes of your loved one (and/or having documentation of your own wishes)

The Conversation Project - National Healthcare Decisions Day — April 16

National Healthcare Decisions Day (NHDD) exists to inspire, educate and empower the public and providers about the importance of advance care planning. NHDD is an initiative to encourage patients to express their wishes regarding healthcare and for providers and facilities to respect those wishes, whatever they may be.

For more information:

The Conversation Project - National Healthcare Decisions Day — April 16



Together We Care Support Group Information

Attention Group Attendees

We have received feedback (from our caregivers) that it is helpful to hear from speakers with local organizations. We will be starting a new format with upcoming meetings.

This will feature a speaker on a relevant topic for the first 45 minutes of the support group. The last 45 minutes of the support group will allow for discussion and sharing resources.

Out of respect for our speakers, we are now requiring registration for our group meetings. If we do not have a minimum of 5 people signed up for each group, we will not offer a speaker at that meeting. **We ask that you register by the first Monday of the month (the support groups take place on the first Thursday of the month).** This will also help us to plan for our time together.

As a reminder, if you wish to attend virtually, we will **send you the link the day of the event.** We look forward to taking our group meetings in a direction of further enrichment and support!"

Together We Care caregiver support small group meetings are held every first

Thursday at Woodneath Mid-Continent Public Library, 8900 NE Flintlock Rd, Kansas City, MO 64157

Next meeting is 4/7/22 From 10-11:30 AM

Ashley Ollier from The Gardens of Barry Road Will be speaking about how to decide when it's time to consider memory or long term care.

Come and join us for a cup of your favorite beverage or join via zoom if you prefer.

Request a zoom link by calling 452-4536.

May 5th meeting Shepherd Elder Law attorney Nicki Piskuric will speak about documenting end of life decisions.

Caring Café Updates

From 2-4 at Northland Shepherd's Center

4/20/22: April Lankford, with St. Croix Hopice, will lead the group in using painting as a creative release. Back by popular demand, she will be leading us in a spring-themed painting activity.

May 18th we will plant flowers and participate in a spring inspired guided imagery exercise.

June 15th we will experience the joy of Laughter Yoga and the beginning of summer.

The Caring Cafe is designed for caregivers, with or without their loved ones, to share stories and lessons learned while having fun. This is a casual environment where we want everyone to find common ground and feel comfortable simply being together.

RSVP call 452-4536

Northland Grandfamilies Program Updates

Roots of Resilience class being offered. Meetings will take place on Wednesday mornings from 10 – 11:30 am:
4/20, 4/27, 5/4, 5/11, and 5/18.

Due to room availability at Tri-County, we will be using two different rooms for these classes. I will share those details and directions with those who register for the class.

Since this class is being offered through the Northland Grandfamilies Program, the following individuals are invited to register:

- Those in a kinship role, such as a grandparent caring for a grandchild (or other family member).
- Professionals or community agencies supporting those in a kinship role.

Class curriculum will be provided upon registration, which includes a booklet and other supporting materials.

This is going to be a great class!
Contact Becky Franklin at 816-678-3036 to register.

Aging With Excellence Program at Northland Shepherd's Center

Thursday, 4/14 at 11:30
AARP Fraud Watch : tools to help spot and avoid identify theft and fraud.

To register call: 452-4536

Walk to End Alzheimer's

[2022 Walk to End Alzheimer's | Alzheimer's Association](#) | – search for **Together We Care team to walk with us!**



Northland Grandfamilies Program:

Do you know a grandparent who is raising grandchildren, or someone else in a kinship role? The Northland Grandfamilies Program offers free support through monthly support groups, case management, youth support, and referrals to other assistance programs. Current support groups are taking a hybrid format, so you can choose to attend in-person or by Zoom. This month, our evening group at the Excelsior Springs Early Childhood Center is offering FREE pizza/pop, and childcare. Please see the attached flier for additional groups and details. If you would like to discuss this further, please contact Becky at (816) 468-0400 x330.

Are you or someone you know technologically challenged?

If so call Christina Allen at Northland Shepherd's Center, 816-621-2084, to schedule an appointment to learn and/ or sharpen skills. Christina also offers classes, see our website or facebook for details about upcoming events.

PS: She could also use techies to volunteer.

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