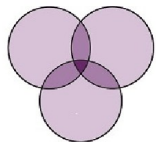


**NORTHLAND
SHEPHERD'S
CENTER
AND
TRI-COUNTY
MENTAL
HEALTH**

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 May Newsletter



May is Older American's Month!

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long

as possible. The 2022 theme is **Age My Way, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities**".

"Together We Care" is one of many local organizations that values

the goal of helping older adults to age in place. We strive to offer supportive ways to embrace each unique individual with respect, dignity and care. For each of us, when we feel seen and heard, we are better able to be our authen-

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.



tic self.

This month, we encourage you to look for opportunities to celebrate your strengths and inspiring traits. In different seasons of life, we often find certain character traits highlighted in new ways. For instance, maybe you notice a renewed appreciation for your strength in the face of adversity. Or perhaps you appreciate a loved one's humor in the midst of heavy circumstances.

We each have a story to tell through the life we live. Take time to honor your story and reflect on the uniqueness of who you are throughout life's different seasons. Find ways to celebrate the aging process as a reminder of all you have lived through and all that is yet to come!

[OAM 2022 | ACL Administration for Community Living](#)

"One day you will look back and see that all along you were blooming." - Morgan Harper Nichols

May is also Mental Health

Awareness Month. The theme for 2022 is "Together for Mental Health". This highlights the goal of coming together to reduce stigma and raise awareness on



topics related to the importance of mental health.

Did you know?

- **Many believe depression is automatically part of the aging process? However, it is not. There is treatment available to effectively reduce mental health symptoms at any age.**
- **Isolation and loneliness contribute to increased depression and anxiety. Thus, staying connected to others in a meaningful way can help to reduce the risk of mental illness.**

- **The is a connection between mental health and overall wellness. By taking care of ourselves emotionally, we help to strengthen our immune system and our ability to fight off illness.**
- **It is inspiring to hear individuals share stories of overcoming mental illness. This often helps shine hope for those seeking support. Take a moment to read various stories from individuals who have sought treatment and found relief from mental health struggles.**

<https://www.instagram.com/together4mh/>

<https://twitter.com/hashtag/Together4MH>



Ashley Ollier, executive director of Wexford Place

(6500 N Cosby Ave
Kansas City MO
64151) came to talk to the April Woodneath Group about considerations if increased care is needed.

1. Is there limited physical ability or skills to perform “activities of daily living”
2. Is your loved one or your personal safety at risk
3. What is the extent of caregiver fatigue and it’s toll on the caregiver

She also discussed the need for caregiver respite and the fact that Medicare doesn’t cover respite care which can run \$150/day

Medicaid and Medicare Respite Care Coverage | Does Medicare Pay? (seniorliving.org)

We also discussed the fact that there is guilt involved in making this decision even when advanced care is the safest option.

The Senior Blue Book includes cost information as well as other resources that you may find helpful. Contact Becky or Dianna for a copy of the most recent publication.

The Northland Community Services Coalition also publishes a resource book, the 2022 version will be available soon, contact us for a copy.

Benefits of Nature for Mental Health:



- Joy
- Peace
- Creativity
- It can facilitate concentration
- Movement
- Clearer thinking
- Increased self-esteem
- Improvements in relationships
- Reduced stress
- Improved mood and outlook
- Increased pain threshold
- Connection to a sense of order

We encourage you to make the most of this spring and take time to enjoy the smells and wonders that nature has to offer. Taking care of yourself is a critical part of maintaining your mental health.

Together We Care Support Group Information

We are continuing to offer two monthly meetings for caregivers:

- A caregiver support group the first Thursday of each month from 10—11:30 am.
- A Caring Café meeting, for both caregivers and loved ones, the 3rd Wednesday of each month from 2 –4 pm at NSC.

This Week:

This Thursday, May 5th, we will be meeting in a hybrid format, either in-person at the Woodneath Mid-Continent Library in Liberty or by Zoom. Please contact Dianna or Becky for the Zoom link.

We will be gathering for a time of support with other caregivers.

For those who come in person, Tri-County provides a beverage.

Wednesday, May 18th from 2 –4 pm is Caring Café!

This month we will be decorating clay pots and then planting spring flowers to celebrate the start of a new season. We will then do a guided meditation focused on being rooted and grounded in nature.

Please RSVP to (816) 452-4536 so we know how many supplies to prepare beforehand.

We are excited to plan ahead for future speakers in the next few months at both of these monthly meetings. We'd love to hear from you whether you are interested in attending or if a different time during the week would work better for you. We would love to increase the number of individuals involved in these programs by making them meaningful and enjoyable.

Are you a primary caregiver in Clay County Missouri? Are you caring for someone who is 60 years of age or older? Do you live in the home with the recipient? If so, would you like to be reimbursed for respite care? CDRP provides reimbursement funds to families to assist in obtaining respite care for a family member. **Income cannot exceed \$3014 a month for individuals or \$4058 a month for a couple.** If you are interested in receiving reimbursement for 6 hours a week for respite care and you meet the requirements above please contact Kelley Creek at Northland Shepherd's Center via phone: (816) 844-3964 or email: kelsey@northlandsc.org

Acceptance is based on meeting all qualifications and approval by social services through Northland Shepherd's Center

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