

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

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Northland Shepherd's Center
Helping Seniors Thrive

Northland Shepherd's Center
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Together We Care Caregiver Support January Newsletter



2022: A Year in Review

2022 In Retrospect and Onto the New Year Ahead

This closing year the Together We Care Caregiver Support Group held 10 caregiver meetings at Woodneath library (and also in zoom format), with 42 attendees.

The Caring Café was offered 12 times and 10 times had a total of 26 attendees. The Together We Care newsletter went to 225 people each month with an average open rate of 40%. There were 54 new subscribers in 2022.

October 9, 2022 the Together We Care sponsored a team for the Alzheimer walk in the Northland. We also look forward to participating in the Alzheimer's Walk in the Northland next fall, 2023. Please

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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.**



consider joining and/or donating to our Together We Care team.



In November we held the annual "Caregiving Pampering Event" that was enjoyed by 6 caregivers. There was a virtual dementia tour sponsored by Right at Home, home healthcare agency. One-on-one guided meditation sessions were delivered by Bonnie Smith, community development director for Benton House, and bingo was sponsored by Care Patrol.

Aging Mastery Program for Caregivers - 13-week curriculum was condensed into 6 weeks of 2-hour classes with lunch. This is the first one presented this way in the metro area. There were 12 graduates, we also combined caregivers for older adults and older adults caregiving for grandchildren. We all learned a lot about the different and similar perspectives regarding the needs of different age

groups - both caregivers and loved



ones.

We are looking forward to continuing the Woodneath Library (8900 NE Flintlock Rd, Kansas City, 64157) meetings on the first Thursday of every month from 10-11:30 am, meet in coffee shop where Tri-County Mental Health Services provides everyone the beverage of their choice. Or if you would prefer to meet by zoom, please contact Becky Franklin for the link.

The monthly newsletter will continue to be published monthly.

The Caring Café will not be offered on a monthly basis due to low attendance. However, there will be offerings throughout the year, so keep an eye out for that information.

We anticipate more program participation as the numbers of caregivers continues to grow. We welcome all to join our group and to offer suggestions or needs that we may be able to help with.

Contact Becky Franklin at 816-678-3036 or beckyf@tri-countymhs.org.

Northland Shepherd's Center offers different caregiver supports in-person, virtually, and in-home. Break Time Club meets in-person at the center Tuesdays from 10am-1:30pm. Qualified care recipients will have the opportunity to participate in a variety of programming from crafts to entertainment, exercise to BINGO, and eat lunch as the caregiver gets time away for respite. Cindy H. is the coordinator for this program and can be reached at 816-721-0124 if you would like more information or to sign up. Pre-registration is required.

Lastly, there is the Caregiver Directed Respite Program (CDRP). CDRP is constructed so that you, the caregiver, are essentially the "employer" and can choose to hire whom-ever you wish whether it be a friend, family, agency, etc.. Caregiver and care recipient must reside in the same Clay County household and

meet additional eligibility guidelines. This program reimburses 6 hours per week at the rate of \$12/hr. The caregiver must pay upfront cost and a check is issued the following month by the county. If you are using an agency or go over those 6 hours you will incur additional out-of-pocket expense.

We do ask that the respite provider hired be on the MO Family Care Safety Registry and the caregiver will need to provide us with a copy of the background report for each caregiver whom a signed timesheet is submitted. If a caregiver utilizes an agency for the respite care provider, there are some agencies who will assist in getting copies of the background &/or registry verification and send to us.

Contact Kelley at 816-844-3964 for more information.

Tri-County Mental Health Services provides comprehensive support for all ages including

December Christmas Carols!

A special thank you to our caregivers, Cheri Hutchinson and Barbara Born, for providing beautiful Christmas music for our December Caring Café. Although attendance was low for the event, we enjoyed singing Christmas Carols together and reflecting on past holiday traditions through the years.



Therapy services, medication services, case management and the day program. If you are interested in pursuing mental health services and have questions regarding financial protocol, please call (816) 468-0400. If you determine you are eligible for services, you can come in for an intake through our Open Access Program M—F anytime between 8:30 am—1 pm to our main location at 3100 NE 83rd St. Suite 1001 KCMO 64119.

The Tri-County Older Adult Program provides presentations and support groups on a variety of topics designed to promote emotional health and wellness throughout the aging process. Our staff also emphasizes ways to remain engaged and active as you age. We often meet with individuals and caregivers to provide case management and connection with community resources. If interested in these services, please contact Becky at (816) 468-0400 x330.



Together We Care Support Group Information

We are continuing to offer monthly meetings for caregivers:

- A caregiver support group the first Thursday of each month from 10—11:30 am. January 5th is our next meeting. Tri-County is continuing to provide a hot drink from the coffee shop.
- This group will meet in a hybrid format, either at Woodneath Mid-Continent Library in Liberty or virtually by Zoom. Email beckyf@tri-countymhs.org for the virtual link.
- There will be no Caring Café meeting for January, but we plan to offer a February meeting on 2/15 from 2—4 pm so save the date!

Please RSVP to

beckyf@tri-countymhs.org

connork@tri-countymhs.org



EXCELSIOR SPRINGS HOSPITAL

RESOURCE SHARING

THE HOSPITAL WILL BE ONSITE AT GOOD SAMARITAN CENTER WITH A FINANCIAL COUNSELOR AND/OR OTHER HOSPITAL REPRESENTATIVES ONCE PER MONTH TO OFFER RESOURCING AS NEEDED.

SECOND MONDAY OF EACH MONTH FROM 1:30PM - 2:30PM

Community thrives where passion and resources are shared.



Paula Zigmond, with Clay County Senior Services, and Becky Franklin, with Tri-County Mental Health, will be offering an Aging Mastery Program elective on Tuesday, January 24th from 2-4:30 pm. The topic will be “Rightsizing Your Life” and there is an option to attend in-person or virtually. We will be meeting at: MCC/Maple Woods Campus Northland Human Services Building: 3100 NE 83rd Street, Upstairs Unity Room Please RSVP to Paula at 816-455-4800 or paula@claycoseniors.org

LIVING WELL WITH CHRONIC PAIN

In this class, participants will learn:

- à strategies to overcome problems such as frustration, fatigue, isolation, and poor sleep;
- à exercises for maintaining and improving strength, flexibility, endurance and pacing activity with rest;
- à appropriate use of medications and evaluating new treatments
- à communication skills
- à the importance of good nutrition in pain management.

Facilitators for this class will be: Amy Vance, AV Yoga & Wellness and Paula Zigmond, Clay County Senior Services

This FREE 6-week class will take place at North Kansas City YMCA. All materials provided. Bring your lunch; snacks and beverages will be provided. **Registration required!** Contact: Lauren Crome, Active Older Adult Program Coordinator, Crome@kansascityymca.org

Osher classes:

Lifelong Learning Opportunities
Clay County Senior Services partners with KU /Osher Institute to offer interesting classes taught by knowledgeable professors. Classes are held in Gladstone at Northland Innovation Center, 6889 N Oak Trafficway, 4th floor in NW Missouri State suite.
Spring 2023 Sneak Peek:

- *Music Inspired by the Natural World* – Feb. 7, 14, 21; 2:00 – 4:00 pm
- *Why are we here? A very brief introduction to philosophy* – March 22, 29, April 5, 2:00 – 4:00 pm
- *Your Space Enabled Life* – April 13, 20, 27; 2:00 – 4:00 pm

Clay County residents age 60+ pay just \$15 for our 3 sponsored courses! To register or request catalogs: 913-897-8530 or osher.ku.edu.

Energy Savings Kits:

Receive FREE energy-efficient upgrades to your home with the Energy Savings Kit, through a partnership of Evergy and Spire. For details and to sign up: [Energy Savings Kit \(evergy.com\)](https://www.evergy.com)

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>