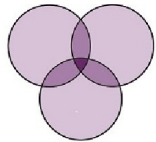


**NORTHLAND  
SHEPHERD'S  
CENTER  
AND  
TRI-COUNTY  
MENTAL  
HEALTH**

**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 Men-  
tal 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



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## Our Changing World

Autumn is my favorite time of the year, in the Midwest we get to see the leaves change to beautiful colors and our world is painted with change and transition.

We also get to sleep an extra hour, on Sunday, November 11th at 2AM we all get to set our clocks back an hour and get an

extra hour of sleep! In exchange though we also lose an hour of daylight in the evening—which for some of us it means going to work in the dark and getting home in the dark.

While I don't like being in the dark, I do think it helps me to appreciate the sun filled days of Spring

and Summer. Autumn also reminds me of the changes in my life and the transition of my thinking as the days fly by!

I think it's important to meditate regularly and clear my mind as best I can of all the negative thoughts and feelings.

*(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.**



(continued from pg 1)

Being mindful and appreciating life's daily snippets of beauty is important because those are the things that help me remember how blessed I really am.

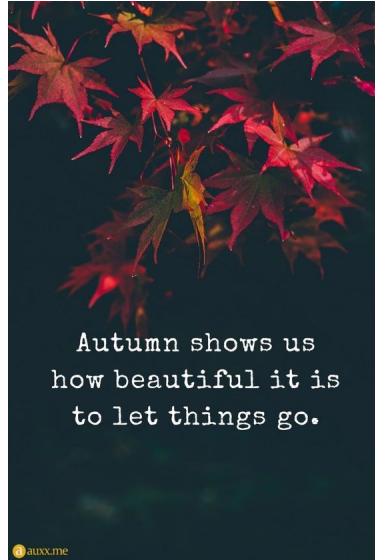
In the recent months I have noticed how some days are REALLY long but then all of the sudden it seems that the days have passed me by and already the year is almost over. So I try to make the most of my time and enjoy what I can, when I can. The hardest part is remembering to do that reflection.

Caregiving involves busy days and little time for self reflection and meditation so it is important to MAKE TIME for yourself every day in order to remind yourself of your many blessings even though it may seem like the days are dark and it's hard to go on.

Let this season of change inspire you to go with life's ebb and flow and to also take care of YOU so you can be there for those who depend on you.

By: Dianna Englander

**The above saying has always challenged me to**



**think about the deeper meaning. The face value is a great reminder to relish the beauty of the fall leaves...to slow down to relish in their beauty because as winter comes, they will soon die and fall to the ground.**

**Yet, there is another powerful layer of meaning to consider as well. So often, we are caught up in the hectic**

**schedules of everyday life. We can get lulled into overlooking the fact that we only get one TO-DAY.**

**As caregivers, I encourage you to reflect on what this means to you and how it might cause you to approach each new day differently.**

- **Would you like to do something for yourself that you tend to put off for tomorrow?**
- **In the urgency to do the "next thing on the list", are there times that you miss out on the joy or meaning of that interaction?**
- **In the stress of trying to do it right, do you perhaps live under self-imposed pressure to measure up. Does this ever take away from choosing to give the greatest gift you have to offer, which is the gift of presence by simply being YOU?**

**Being a caregiver is physically and emotionally taxing. May this autumn season serve as a reminder. As you watch the beautiful leaves fall, may you also take time to let go and be in the moment.**

**Becky Franklin, LPC**



Home Instead Senior Care has franchises in ten different countries. Home Instead Senior Care in Liberty, MO is owned by Steve and Cathi Boos who established their franchise over 14 years ago, their service area covers Clay and Platte counties. This Home Instead office is in Liberty at 42 South Main. Their staff works with social workers, nurses, hospitals, home health and hospice agencies to provide follow through for their patients to prevent readmissions. Services are private pay, but also covered by long term care insurance and the veteran's administration. Home care includes but is not limited to:

- Companionship Services
- Personal Care
- Meals and Nutrition
- Household Duties
- Respite Care
- Hospice Care Support Services
- 24 Hour and Live-in Care

Home Health is covered by Medicare for a short time after an inpatient hospital stay. Home Instead Home Care Services helps patients follow through on their care plan after they go home to do such things as helping ensure they take medications as directed,

take patients to appointments, physical therapy or to do exercises and other routine but time-consuming tasks. On average services are scheduled 2 days a week for 4 hours at a time at a cost of \$23.75 an hour and 3 days week with 3 hour shifts at \$25.75/hour. These schedules are needed to provide continuity in the Home Instead caregiver's schedule for retention of quality service providers.

All of the Home Instead caregivers get full background checks, drug screening upon hire and random drug screens and are bonded and insured. All caregivers receive Alzheimer and other appropriate training on a regular basis by staff educator Brenda Yingling. Staff is also encouraged to complete a 6-hour course which results in increased credibility and increased pay as well. This course is also offered to the public upon request, contact Anita Bible-Van Vickle at 816.792.8077 or [anita.vanvickle@homeinstead.com](mailto:anita.vanvickle@homeinstead.com). There are also one-hour workshops about Alzheimer's, dementia, and other cognitive related topics. For more information please see their website <https://www.homeinstead.com/579/home-care-services/senior-care> or Facebook page.

By: Dianna Englander

**Do you want to save money on your prescription medications? Medicare Part D**

**Open Enrollment October 15<sup>th</sup>-**

**December 7<sup>th</sup>**

Meet with a certified Medicare counselor at no charge to:  
Review your Medicare Prescription drug coverage or Medicare Advantage plan for 2020.

Make sure your plan will still cover your medications. Affordably.

Appointments are available at Northland Shepherd's Center in person or on the phone. Call 816-452-4536 to schedule an appointment.

**Plans change every year, so it's always good to double check! We have saved beneficiaries thousands of dollars, let us help!**



Woodneath caregiver support group is on Wednesday, October 9th from 9:30-11 at Woodneath Library in Liberty. Coffee and donuts are provided by Tri-County Mental Health. Hope to see you there!

We are starting quarterly caregiver support groups at Wexford Place in Parkville. All are welcome to attend. The first meeting will take place on Wednesday, October 23rd from 9-10:30. A light breakfast will be served. Call Becky with questions at 16-678-3036.

“Coping With Change” support group for seniors will be held at the Excelsior Springs Community Center on Thursday October 17th from 1-2 pm. We are still trying to grow this group and would love to reach more people through this outreach.



Annual Caregiver Pampering Day at NSC, Wednesday, 11/6/19 from 11:30-1pm. Come have lunch and fellowship after we experience a Virtual Dementia Tour hosted by The Gardens at Barry Road's Ashely Ollier. There will also be guided medication, goody bags and more!

Please RSVP to ensure we have enough supplies for everyone who wishes to attend.

To register call: 816-452-4536.

### SIDENOTE

No future meetings will be cancelled regardless of the number of persons registered. The speaker may be cancelled but Becky and Dianna will be on site with beverages and support!

However, if NKC schools are closed there will be no meetings or events.

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Weight Loss through Healthy Nutrition  
Friday,, October 11– 9:30-10:30

Learn strategies and practical tips on healthy nutrition as we move away from restrictive weight loss diets and develop food plans that we can live with every day of our lives! In this class you will find out how specific foods, eating behaviors, and simple meal-planning strategies for seniors will make a happier, healthier, and more energetic you. Join us as we bring Nancy Oglesby, Certified Holistic Health Coach, to the Northland Shepherd's Center, to share her ways of creating a healthy lifestyle, one change at a time.

To register call 452-4536.

### Resources

Alzheimer's Association:  
[www.alz.org/kansascity](http://www.alz.org/kansascity)  
Contact Karen Clond, LMSW  
at 816-880-6046 or 913-831-3888.

American Association for Retired Persons:  
[AARP.org/caregiving](http://AARP.org/caregiving)

National Council on Aging:  
[NCOA.org/caregiving](http://NCOA.org/caregiving)

Clay County Senior Services  
[http://claycoseniors.org/  
community-resources](http://claycoseniors.org/community-resources)  
816-455-4800

Platte County Senior Services  
<http://platteseniors.org>