

VOLUNTEER
SPOTLIGHT

WENDY MURPHY



Wendy Murphy came to us from Las Vegas, Nevada, looking for some volunteer work. As is true with all of our volunteers, she is a caring spirit in our tribe and we are grateful. Let's get to know Wendy.

How long have you been with PSSI and what do you do there? I have been volunteering for almost two years. I deliver for Meals On Wheels! I love visiting and checking in on my clients! They are the best.

(Continued on page 9)

OUR
MISSION

We enable seniors to live full and independent lives by providing nutrition and transportation services as well as opportunities to interact with others and socialize in activities throughout the community

MAY IS OLDER AMERICANS MONTH

There's lots to celebrate as May arrives. Along with flowers, there is Mother's Day, Cinco de Mayo, Memorial Day, the Kentucky Derby and the national observance month honoring older Americans. When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing.

A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities.

With over 44 million people today over 65, there is much to celebrate and honor. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities. This year, the U.S. Administration on Aging, which is now part of the Administration for Community Living, under the U.S. Department of Health and Human Services, is promoting the theme "Blaze a Trail to Reinvention." Many retirees are finding new inspiration in second careers, helping others, discovering new interests, and pursuing dreams. Reinventing yourself can be fun and rewarding. Even better: It is also good for your mental and physical well-being.

Whether you are planning for retirement or simply looking to get involved in new activities, start by thinking about your skills, dreams, and passions.

Follow your passion, use your skills: Careers after retirement can be rewarding, personally and financially. First, determine whether you have the skills needed for a new venture. If so, update your resume and start looking at job posts. If not, seek out classes and training—online or at a local college. Re-

(Continued on page 6)

Our greatest power is the power to be: To be more loving, courageous, joyous, friendly, sensitive, aware, forgiving, tolerant, humble, patient, helpful, and a greater human being.

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PLATTE COUNTY HEALTH CAREGIVERS EXPO

The Platte County Health & Caregivers Expo is in its early stages but is scheduled for September, in Riverside and Platte City. This event is growing every year and we expect a great turnout with vendors, seniors and caregivers. Stay tuned for more information!!

RED BARN FARM!

We are striving to get the Red Barn Farm event on the books again in October! We will keep you posted with more details in the coming months. Live entertainment, raffles, Bingo, lunch, fun and fellowship!! More information to come.

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WELCOME HOME!



Buying and selling a home are the largest financial undertakings most people experience in their lifetimes. It is my goal to make this process as pain-free and smooth as possible. I will manage the entire process for you from start to finish, with the utmost integrity and clear communication as possible.



We welcome Spring with open arms! The flowers bring dashes of beautiful colors and fragrance, and the promise of warmer weather brings smiles to faces throughout the community. We made it through another winter. Spring is the sign of renewal.



Speaking of which... we are in full swing with the upcoming move. There are many moving pieces to this renewal and we will be closing our Center to accomplish the transition—we will keep you posted in this regard. We are excited to set up our new

location and welcome our seniors back in mid June with new programs, field trips and events.

We will be moving in to half of the space that we have occupied for over 40 years, but we are setting our sights on future expansion in the new location.

As we welcome Spring with open arms, let us warm the hearts of a homebound senior with a simple phone call through this transition. If you are interested in calling a senior or if you are a senior and would like to keep in touch through this transition phase, please reach out to us at 816.270.4100.

Happy Mother's Day! ~Anne



Brandon Reid
Senior Insurance Specialist
Give me a call: (913) 636-8709

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LOCALLY**

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CONTACT ME Anita Aguilar

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MONDAY

TUESDAY

WEDNESDAY

1 MAY DAY

8:00 Morning Yoga
 9:00 Morning Gratitude
 10:30 Let's Move!
 12:30 Rummikub

2 ADVANCED LINE DANCING

9:00 Morning Gratitude
 10:00 Advanced Line Dancing
 10:30 Let's Move!
 12:30 Jenga & Rummikub

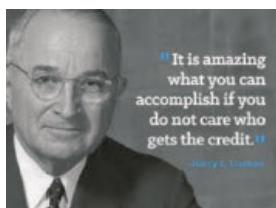
3 BINGO!

8:00 Morning Yoga
 9:00 This was the year...
 10:30 Let's Move!
 12:30 Bingo



8 CLOSED—TRUMAN'S BIRTHDAY

NO MEALS ON WHEELS SERVED



9 ADVANCED LINE DANCING

9:00 Morning Gratitude
 10:00 Advanced Line Dancing
 10:30 Let's Move!
 12:30 Jenga & Rummikub

10 COFFEE W/THE LAW;

9:00 Coffee with the Law
 10:00 Painting Craft—
 Flag in the Sky
 with Tammy Kramm
 11:30 The Blue Zone
 Study of Centenarians
 12:30 Bingo!



15 RUMMIKUB

8:00 Morning Yoga
 9:00 Morning Gratitude
 10:30 Let's Move!
 12:30 Rummikub

16 MUSIC; W. PLATTE CHOIR

9:00 Morning Gratitude
 9:30 Music Therapy
 10:00 Advanced Line Dancing
 10:15 West Platte 4th & 5th
 Grades Choir
 12:30 Jenga & Rummikub



17 BINGO!

8:00 Morning Yoga
 9:30 Memorial Day Tribute
 10:30 Let's Move!
 12:30 Bingo!



22 OLDER AMERICANS

8:00 Morning Yoga
 9:00 Morning Gratitude
 9:30 Older Americans Month:
 History & Discussion
 10:30 Let's Move!
 12:30 Rummikub

23 THIS WAS THE YEAR...

9:00 Morning Gratitude
 9:30 This was the Year...
 10:00 Advanced Line Dancing
 10:30 Let's Move!
 12:30 Games

24 BINGO!

8:00 Morning Yoga
 9:00 Morning Gratitude
 10:30 Let's Move!
 12:30 Bingo!



29 MEMORIAL DAY!

CLOSED—NO MEALS ON WHEELS
 SERVED



30 KARAOKE & DANCING

9:00 Dee—Karaoke & Dancing!
 9:30 Let's Move!
 10:00 Advanced Line Dancing
 10:30 Let's Move!
 12:00 Weston Bend State Park
 Presentation

31 BINGO!

8:00 Morning Yoga
 9:00 Morning Gratitude
 9:30 Trivia Time
 10:30 Let's Move!
 12:30 Bingo!



THURSDAY

FRIDAY

4 KENTUCKY DERBY HISTORY

Wear your favorite hat for the Kentucky Derby!

9:30 May Birthday Celebrations
10:30 Let's Move!
12:30 Kentucky Derby History

11 MOTHER'S DAY CELEBRATION

Wear your favorite hat for Mother's Day today!

9:30 Mother's Day Celebration
10:30 Let's Move!
12:30 Singalongs w/Linda



18 PATRICK BLYTH

9:00 Morning Gratitude
9:30 Celebrity Name Game
10:30 Let's Move!
12:30 Entertainment—
Pat Blyth

25 VISITING NURSE

9:00 Morning Gratitude
10:00 Visiting Nurse
10:30 Let's Move!
12:30 Baseball Cornhole

1 THE GRATITUDE PROJECT

9:00 The Gratitude Project
and June Birthday
Celebrations
10:30 Let's Move!
12:30 Games, Games, Games

5 CINCO DE MAYO

8:00 Morning Yoga
9:00 Cinco De Mayo History
10:30 Let's Move!
12:30 Games & Socializing

12 TIMESLIPS—CREATIVE

8:00 Morning Yoga
9:00 Timeslips—
A Creative Discussion
10:30 Let's Move!
12:30 Games & Socializ-



19 TIMESLIPS—CREATIVE

8:00 Morning Yoga
9:00 Timeslips—
A Creative Discussion
10:30 Let's Move!
12:30 Games & Socializing

26 TIMESLIPS—CREATIVE

8:00 Morning Yoga
9:00 Timeslips—
A Creative Discussion
10:30 Let's Move!
12:30 Games & Socializing

2 TIMESLIPS—CREATIVE

8:00 Morning Yoga
9:00 Timeslips—
A Creative Discussion
10:30 Let's Move!
12:30 Games & Socializing

MON., WED., FRI.

8:00 Morning Yoga

TUES., WED., THURS.

Special programs &
presentations

2ND MONDAY

10:00 Book Club

2ND TUESDAY

9:00 Coffee with the Law

3RD TUESDAY

9:30 Music Therapy w/
Rachelle Morgan—
Soundscapes

4TH TUESDAY

12:00 Weston Bend State
Park Presentation

2ND WEDNESDAY

9:00 Coffee with the Law

EVERY WEDNESDAY

Bingo!!

2ND THURSDAY

12:30 Gospel
Singalongs w/Linda

3RD THURSDAY

12:30 Patrick Blyth
Live Music

4TH THURSDAY

10:00 Terri Nickel
Visiting Nurse Assoc.

3RD FRIDAY

9:00 AM—2PM:
Programs at Platte City
Civic Center—

EVERY TUES&THURS

10:00 AM
Programming in
Dearborn

EVERY TUES&THURS

10:00 AM
Programming in
Weston

Call the Center for
more information on
our satellite programs!

(Continued from page 1)

member to ask whether financial assistance is available.

Express yourself through the arts: Learn to paint or draw, dust off those dancing shoes, or put your musical talent to use. Take a class in stand-up comedy or acting, or finally write that story. Even if you never felt artistic, everyone has the ability to be creative. As a bonus, studies show that the arts can improve brain health.

Keep learning and growing! Learn a new language or take a computer class. Or, maybe you have always wanted to travel and discover other cultures. No matter what you choose, pursuing a new interest will help keep you happy, healthy, and connected.

Consider using your years of experience to serve others. Volunteers meet a range of community needs, from mentoring at-risk youth to providing job training to helping families recover from disasters.

The benefits: Helps keep your mind active, maintains physical health, provides structure and routine, connects you with the community, promotes social activities, helps prevent isolation.

Contact Platte Senior Services at 816.270.4100 to volunteer, teach, lead or socialize. We all have something to contribute to our community and to older Americans!



**SUPPORT THE
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that Support our
Community!

OUR MEMORIES

by Lenore Hetrick

If we remember those who are gone
Then they live again.
They are here once more, they smile and speak,
Just as do living men.

So let us give our thoughts to the brave,
Upon this Memorial Day.
In spiritual fellowship let us speak,
And listen to what they say.

For a soldier who died for his country must know
Much that he could tell,
And if we caught the message it might
Serve us oft and well.

So in our memories let the dead
Linger often and long.
Recollections of that kind live,
And are like a springtime song.



TRIVIA TIME!

1. Who was the first US President depicted on a US coin?
2. Name the Wisconsin city that leads the world in toilet paper production.
3. After President Reagan was shot in 1981, what did he say to his wife from his hospital bed?
4. In 1978, who became the first non-Italian pope in more than 450 years?
5. What team drafted John Elway number one in the NFL draft?
6. What is the second most abundant element in the earth's atmosphere?
7. What California peak, which erupted in 1915, is the world's largest lava dome?
8. What will be the first year since 1961 that looks the same right side up and upside down?
9. Who lives next door to George and Martha Wilson?
10. According to Erma Bombeck's bestseller, where is the grass greener?

Answers on Page 9.

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THRIVE LOCALLY

This was written by an anonymous third grader many years ago. We wish we knew who this kid was. Happy Mother's Day to everyone that has held the title of mother.

A grandmother is a lady who has no children of her own, she likes other people's little girls. A grandfather is a man grandmother. He goes for walks with the boys, and they talk about fishing and tractors and things like that. Grandmas don't have to do anything except be there. They're old, so they shouldn't play hard or run. It is enough if they drive us to the market where the pretend horse is and have lots of dimes ready. Or if they take us for walks, they should slow down past things, like pretty leaves or caterpillars. They should never say, "Hurry up." Usually they are fat, but not too fat to tie your shoes. They wear glasses and funny underwear. They can take their teeth and gums off. It is better if they don't typewrite, or play cards, except with us. They don't have to be smart, only answer questions like, "Why don't dogs like cats?" and "How come God isn't married?" They don't talk baby talk like visitors do, because it is too hard to understand. When they read to us, they don't skip or mind if it is the same story again. Everybody should try to have one, especially if you don't have television, because grandmas are the only grownups who have got time. **HAPPY MOTHER'S DAY!**

In the US, Mother's Day was first suggested in 1872 by Julia Ward Howe as a day dedicated to peace. For many years, Howe organized Mother's Day meetings in Boston, MA. In 1907, Anna Jarvis, a Philadelphia, PA schoolteacher, began a campaign to establish a national Mother's Day. Jarvis persuaded her mother's church in Grafton, WV to celebrate Mother's Day on the second anniversary of her mother's death which was on the second Sunday of May that year. Jarvis and her supporters wrote to ministers, businessmen and politicians in their quest to establish a national Mother's Day. It was successful, and by 1911, was celebrated in almost every state in the nation. In 1912, the Mother's Day International Association was incorporated to promote the day and its observance. In 1914, President Woodrow Wilson made it official by proclaiming Mother's Day a national holiday to be held each year on the second Sunday of May.

THINGS MOMS SAY...

- *Close the door, were you born in a barn?
- *Don't make me come up there.
- *Do you think we're made of money?
- *If everyone jumped off a cliff, would you too?
- *Do you think money grows on trees?
- *Wait until your father gets home!
- *You can catch more flies with honey.
- *One, two, three (three and a half)...

MOTHER'S SURVIVAL KIT

- STICK OF GUM: To remind you to stick with it
- CANDLE: To remind you to shine brightly
- CHOCOLATE KISS: To remind you that you are loved
- MATCH: To light your fire when you feel burned out
- TOOTSIE ROLL: To remind you not to bite off more than you can chew
- PIN: To remind you to stay sharp
- SMARTIE: To help you out on those days you don't feel so smart
- STARBURST: To give you a burst of energy on days you don't have any
- SNICKERS: To remind you to take time to laugh
- MARBLE: In case someone thinks you lost yours
- CONFETTI: To remind you to have fun
- BAG: to help you keep it all together and give you food for thought.



Happy Mother's Day to every mother that was and is and yet to be!

(Continued from page 1)

Two of your favorite things to do/hobbies: Cooking! I am from the south so cooking is in my blood. I also love reading at the beach! It's good for my soul!

Where were you born and raised? I was born in North Carolina. I lived there for 35 years and then we moved many times across country before my husband took a job transfer and moved us to Kansas City two years ago.

Tell us about your family: I am married to Pat and have two fabulous children. Jack is in college at UNLV and my daughter Grace is a ninth grade cheerleader.

Name a movie with a great message: Beaches. It's a tearjerker but, has a beautiful message about friendship and loyalty.

One of your favorite motivational quotes: "Endeavor to persevere"

Three of your all-time favorite songs: That's hard! I love music. I'm an 80s girl so I believe that the music from the 80s is the very best that there is. That being said, "Take on Me" has to be the best song on the planet! My two other favorites are The Dance and 21 Years.

Which famous person would you like to spend the day with? Tom Selleck any day!

What do you have to be thankful for? I am very grateful for faith, my sweet family, my loyal friends, and my health!

Which animated character are you most like? I am like Bear from the Big Blue House.

What really makes you laugh? My daughter is so funny and keeps laughing and on my toes!

Three words to describe yourself: Compassionate, dependable, organized!

What skill would you like to master? I would love to change a tire with confidence! I can change one, but I would not trust that I could drive more than 10 miles on it!

Best adventure? I packed my son up and we drove across country to take him to college. We made it without any problems! It was a crazy, fun adventure.

Tell us about your working life: I am a retired teacher and own an interior design business.

What is something you think everyone should do at least once in their lives? I believe everyone should stand on the edge of the ocean and smell and take in the salt air! It's good for your mind, body, and spirit.

Two of your favorite smells? Without a doubt it is my children's foreheads. They think I'm crazy when I say that. My grandmother's kitchen. It was the best, smelling, coziest place. I miss it so much!

What's the best piece of advice you've ever received? The best piece of advice I have ever received was from my pastor. When I was nine years old he told me to know Jesus before you die!

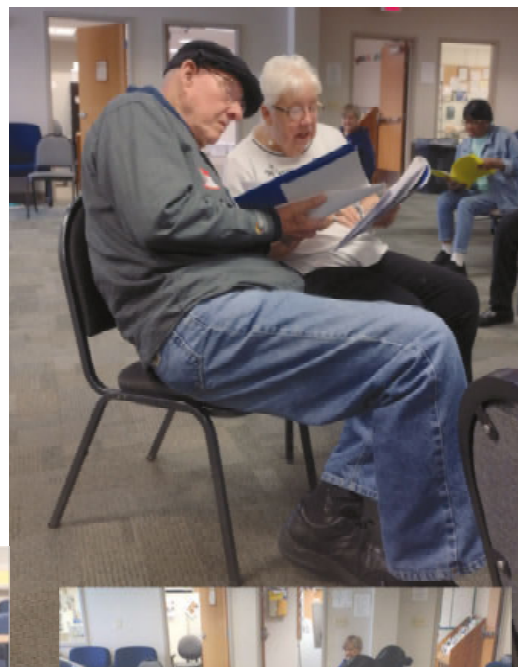
TRIVIA TIME ANSWERS:

1. Abraham Lincoln (on a 1909 penny on the 100th anniversary of his birth)
2. Green Bay
3. "Honey, I forgot to duck."
4. Pope John Paul II (He was Polish.)
5. Baltimore Colts
6. Oxygen (Nitrogen is the first.)
7. Lassen Peak
8. 6009
9. Dennis the Menace
10. Over the septic tank

The Easter bunny dropped in and hid eggs for the seniors to hunt. Golden eggs, containing money were found by Mary, Joan and Charlene. A good time was had by all.



Linda comes to us on the 3rd Thursday of every month to play gospel hymns and the seniors love the hour.





(816)270-4100 MENU for PSSI MOW/Home-Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pulled Pork White Corn w/Peppers Coleslaw Apple Slices WG Hoagie Bun	2 Chicken Stir Fry Brown Rice Stir Fry Veggies Pickled Beets Mandarin Oranges Whole Grain Bread Graham Crackers Soy Sauce	3 Mostaccioli w/meat sauce Italian veggies Salad Pineapple Mango mix Italian bread Italian salad dressing Graham crackers	4 Diced Chicken Cheddar Cheese Lettuce/Tom/Carrots Chuckwagon Corn Stewed Apples WW Tortilla Ranch & Taco Sauce	5 Mexican Taco Salad Shredded Cheddar Lettuce/D Tomatoes Pinto Beans Orange Nacho Light Chips Taco Sauce
8 CLOSED	9 Chili / Beans Cheddar Cheese Salad/Tom/Carrots Peach Cobbler Wheat crackers French Dressing	10 Chicken Parmesan Penne Pasta Broccoli Tossed salad Banana Graham Crackers WG White Bread French dressing	11 Sloppy Joe Potato Wedges Scandinavian vegs Apple slices WG HB Bun	12 Fish (Breaded) Pickled Beets Green Beans Citrus Fruit Mix WG Bread Graham Crackers Tartar Sauce
 TRUMAN'S BIRTHDAY				
15 Meatloaf Brown Gravy Country Blend Veggies Mashed Potatoes Peaches & Strawberries	16 Seas. Chicken Breast Potatoes Au Gratin Broccoli Citrus Fruit Cup WG Wheat Bread Shortbread Cookies	17 Salisbury Steak Brown gravy Sweet potatoes Broccoli Citrus fruit cup WG Wheat Bread	18 Chicken Strips Potato Wedges Tossed Salad Orange Multigrain Bread Graham Crackers French & Honey Mustard	19 Meatball Sub Root veggies w/kale Tossed salad Orange WG Hoagie Roll Italian dressing
22 Beef Mac Casserole Green Beans Vanilla Wafers Banana Pudding Pears Wheat bread	23 Beef stew w/vegs Tossed Salad Banana Corn Muffin Ranch Dressing Oatmeal Raisin Cookie	24 Tilapia, Battered Creamy Coleslaw Sweet Potatoes Peaches/Strawberries Multigrain Bread Oatmeal/Raisin Cookie Tartar Sauce	25 Beef Pattie Tossed Salad Sweet Potato Wedges Banana WG Hamburger Bun Ranch Dressing Ketchup & Mustard	26 Chicken Oven Fried Gravy (LS Chicken) Mashed Potatoes Green Beans Orange Sherbet White Cake Wheat Dinner Roll
29 CLOSED	30 Chicken Fried Steak Gravy (country) Mashed Potatoes Green Beans Citrus Fruit Mix Wheat Dinner Roll Shortbread Cookie	31 Chicken Stir Fry Brown Rice Stir Fry Veggies Pickled Beets Mandarin Oranges Whole Grain Bread Graham Crackers Soy Sauce	Margarine & 1% Milk served w/all meals 	YOU MUST CALL 816.270.4100 BY 11 AM THE BUSINESS DAY BEFORE TO ORDER/CANCEL A MEAL

Menu is subject to change; substitutions may be made if approved by dietician.

MEXICAN CHICKEN ALFREDO CASSEROLE

Author: [Stephanie @ Plain Chicken](#)

Yield: 8 people

Prep Time 15 mins

Cook Time 50 mins

Total Time 1 hr 5 mins



Mexican Chicken Alfredo Casserole - for when you can't decide between Mexican and Italian for dinner! This is super easy to make and tastes AMAZING! Chicken, pasta, Alfredo sauce, taco seasoning, salsa, onion, ricotta cheese, and parmesan cheese. Can make in advance and refrigerate or freeze for later. #casserole #chicken #pastacasserole #chickenalfredo #mexicanfood

Ingredients:

- 1 (16-oz) package penne pasta
- 4 cups cooked chopped chicken
- 2 Tbsp minced onion flakes
- 2 (15-oz) jars Alfredo sauce
- 1½ cups salsa
- 1 cup ricotta cheese
- 1 (1-oz) [package taco seasoning](#)
- 1½ cups grated Parmesan cheese



Instructions:

1. Preheat oven to 350°F. Lightly spray a 9x13-inch baking dish with cooking spray.
2. Cook pasta according to package directions. Drain.
3. Combine cooked chicken, onion, Alfredo sauce, salsa, ricotta cheese, and taco seasoning. Stir in cooked pasta. Spread into prepared baking dish.
4. Top casserole with grated parmesan cheese. Bake covered for 50 to 60 minutes, until bubbly.

Notes:

Can make in advance and refrigerate or freeze for later; to bake after freezing, thaw completely and bake as directed above. Our favorite store-bought salsas are Mateo's, Kylito's, Pace Picante Sauce, and Pace Restaurant Style Salsa.



What is Cinco de Mayo?

Cinco de Mayo is an annual celebration held on May 5. It commemorates the anniversary of Mexico's victory over the French Empire at the Battle of Puebla in 1862. It is *not* Mexican Independence Day, a popular misconception.

