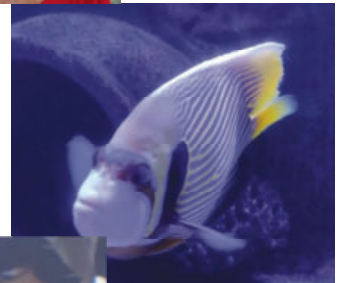
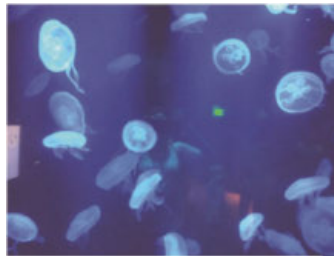




A good time was had by all at the Sea Life Aquarium on August 3, 2023. We ate lunch near the fountains at Crown Center before heading back. We're looking forward to more trips in the future!!



Many thanks to Carson and Nick at PCA Parking for transporting us safely to our destination!



PSSI TEAM; ANNOUNCEMENTS

THE PSSI TEAM:

Anne Rogers
Executive Director
arogers@platteseniorcenter.org

Bonnie Morris
Administrative Assistant
bmorris@platteseniorcenter.org

Donna M. Davenport
Programs Manager
ddavenport@platteseniorcenter.org

Deanna Adkins
Volunteer Coordinator
dadkins@platteseniorcenter.org

Roshonda Reed
Meals on Wheels Coordinator
reed@platteseniorcenter.org



PSSI is searching for:

An exercise instructor to lead chair yoga and chair exercises.

A line dancing leader for beginning line dancing classes in Dearborn and Platte City.

A volunteer to come in and teach craft classes.

Please inquire by calling the Center—816.270.4100

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

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Platte County Senior Center, Kansas City, MO

A 4C 02-1070



Goals for Aging Well

These are great goals to accomplish with the weather changing soon:

- ◆ Spend time with Friends and Family. Keep connected by setting up specific times and dates to enjoy time with others. For example, get together to have coffee, play cards, explore your community, join a book club and look forward to some new adventures.
- ◆ Find a purpose that is exciting and helps get you out of bed in the morning. Stay curious and creative. After my father retired he took up singing in the choir and developed a great love of gardening.

- ◆ Continue to build knowledge: Read, watch YouTube videos, pod casts and take classes that are challenging and ones that spark your passion.
- ◆ Find overall happiness in your daily activity. Remember you may not be able to control the things that happen to you but can control your attitude towards your situation.
- ◆ Eat Healthy. For example, fruits and vegetables, calcium rich food, seafood and whole grains . Exercise and maintain your flexibility, include chair yoga, walking, golfing, cleaning and gardening.

Stay healthy and happy!

Anne



Brandon Reid
Senior Insurance Specialist



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SEPTEMBER ACTIVITIES—LUNCH IS SERVED DAILY AT 11:30 AM

MONDAY	TUESDAY	WEDNESDAY
<p>IF YOU HAVEN'T VISITED OUR CENTER YET, PLEASE CALL US AT (816) 270-4100 YOU'LL BE GLAD YOU DID!</p>	<p>Find us on: facebook</p>	<p>HELLO September</p>
4 CLOSED-No Meals	5 CORNHOLE	6 BINGO
 <p>Labor Day</p>	<p>9:30 Neurobics—Left Handedness 10:30 Let's Move—Cornhole 12:30 Rummikub</p>	<p>10:30 Let's Move—Let's Walk! 12:30 Bingo</p> <p></p>
11 9/11 REMEMBRANCE	12 CORNHOLE	13 Coffee w/the Law
<p>8:00 Morning Yoga 9:30 Socialization 10:00 Book Club 10:30 Let's Move 12:30 9/11 Remembrance</p> 	<p>9:30 Rummikube 10:30 Let's Move—Cornhole 11:30 National Ants on a Log Day! 12:30 Rummikube</p> 	<p>8:00 Morning Yoga 9:00 Coffee with the Law 10:30 Let's Move—Resistance 12:30 Bingo—Sponsored by Three Rivers Hospice</p> <p></p>
18 MORNING YOGA	19 MUSIC THERAPY	20 BINGO
<p>8:00 Morning Yoga 9:30 Socialization 10:30 Let's Move 12:30 Rummikub</p>	<p>9:30 Music Therapy w/Rachelle 10:30 Let's Move—Cornhole 12:30 Crafting— Let's Paint!</p> <p></p>	<p>8:00 Morning Yoga 9:30 Show & Tell 10:30 Let's Move—Weights 12:30 Bingo</p> <p></p>
25 MORNING YOGA	26 WESTON BEND S.P.	27 BINGO!!!
<p>8:00 Morning Yoga 9:30 Socialization 10:30 Let's Move 12:30 Rummikub</p>	<p>9:30 Rummikub 10:30 Let's Move—Cornhole 12:00 Annie & Jim from Weston Bend State Park</p>	<p>8:00 Morning Yoga 9:30 Show & Tell 10:30 Let's Move 12:30 Bingo</p> <p>National Choc. Milk Day!</p> <p></p>

SEPTEMBER ACTIVITIES—LUNCH IS SERVED DAILY AT 11:30 AM



THURSDAY	FRIDAY
	1 CELEBRITY NAME GAME 9:00 Socialization 10:30 Let's Move 12:30 Celebrity Name Game
7 BIRTHDAY CELEBRATIONS 9:30 September Birthday Celebrations 10:30 Let's Move 12:30 Cornhole	8 MORNING YOGA 8:00 Morning Yoga 9:00 Socialization 10:30 Games 12:30 Neurobics: Left-Handedness
14 SENIOR HEALTH FAIR WE WILL BE CLOSED COME SEE US AT THE SENIOR HEALTH FAIR IN PLATTE CITY AT PLATTE CO. COMMUNITY CENTER NORTH, 3101 RUNNING HORSE RD. NO MEALS WILL BE SERVED	15 MORNING YOGA 8:00 Morning Yoga 9:00 Socialization 10:30 Let's Move 12:30 Name the Game
21 SENIOR HEALTH FAIR WE WILL BE CLOSED COME SEE US AT THE SENIOR HEALTH FAIR AT RIVERSIDE COMMUNITY CENTER 4498 NW HIGH DRIVE NO MEALS WILL BE SERVED	22 MORNING YOGA 8:00 Morning Yoga 9:00 Socialization 10:30 Let's Move 12:30 Neurobics—Sign Language National Ice Cream Cone Day! 
28 CORNHOLE 9:30 Rummikub 10:00 Visiting Nurse's Assoc. 10:30 Let's Move 12:15 Craft Project—DIY Spoon Candleholders 12:30 Cornhole	29 MORNING YOGA 8:00 Morning Yoga 9:00 Socialization 10:30 Let's Move 12:30 Name the Game

DAILY 9:00 Socialization & Morning Gratitude 10:30 Let's Move
MON, WED & FRI 8:00 Morning Yoga
2ND TUESDAY 10:00 Book Club
3RD TUESDAY 9:30 Music Therapy w/ Rachele Morgan—Soundscape [∞]
4TH TUESDAY 12:00 Weston Bend State Park Presentation
EVERY TUES & THURS 10:00 Weston Programming Chair Yoga, Presentations 1145 Lindemeyer Ln., Clubhouse 10:00 Dearborn Programming Chair Yoga, Exercise 202 N. Commercial
EVERY WEDNESDAY 12:30 Bingo!!
2ND WEDNESDAY 9:00 Coffee w/the Law
1ST THURSDAY 9:30 Celebration of birthdays
2ND THURSDAY 12:30 Sharon Austin Gospel Singalongs
3RD THURSDAY 12:30 Live Entertainment Patrick Blyth
4TH THURSDAY 10:00 Terri Nickel Visiting Nurse Association
3RD FRIDAY 9:00 AM—1:30PM: Programs at Platte City Civic Center



TIPS TO COMBAT DEPRESSION & ISOLATION

Many older adults go through major life changes that could make them more vulnerable to depression. Here's some ways to help your loved one adult cope with symptoms and improve their quality of life.

Promote a sense of purpose

Struggle with depression is much tougher for people who've lost their sense of purpose in life.

To keep loneliness at bay, encouragement to take up a hobby such as knitting or gardening is good.

You can also encourage them to try social pastime activities such as card playing, yoga, or volunteer work for a local charity.

Encourage social interaction

Don't let your loved one deal with depression on their own: Encourage them to visit friends and extended family, take part in group outings, and attend community events.

Studies suggest that an active social life improves

physical, mental, and emotional health, which are especially important for the elderly struggling with loneliness and depression.

Keep them physically active

Research found that physical activity can be a life-saver for aging persons.

Gentle exercises such as walking, stair climbing, and age-appropriate workouts can help an older adult stay in solid physical, mental, and emotional shape.

Encouragement for a group exercise class like yoga or tai chi – they might even make new friends!

Keep an eye on pills

In case your depressed family member is using antidepressants, you should make sure they take medications regularly and follow the doctor's orders in terms of dosage, lifestyle, and diet. Remind them to take their daily dose and watch the medicine cabinet for signs of abuse or skipped doses.



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Tips to Maintain Good Brain Health

Here are a few tips to help you improve your brain health, along with insights into how the Otterbein Granville community can help.

Try Cocoa or Dark Chocolate

The flavanols in cocoa beans can improve memory, and cocoa is a powerful source of antioxidants. New research has found that older adults who drank two cups of cocoa a day for a month showed improved blood flow on brain scans and better scores on cognitive tests.

Eat Well

Good nutrition helps fuel both mind and body. People who eat a diet rich in omega-3 fatty acids, whole grains, fruits, vegetables, fish, nuts and plant-based proteins are less likely to develop dementia.

Move!

Using your muscles is a great way to stimulate your mind. Regular exercise increases the number of tiny blood vessels which are responsible for bringing oxygen-rich blood to the area of the brain that's responsible for thought.

Exercise also spurs the development of new nerve cells and improves the functioning of brain synapses (connections between brain cells). Plus, exercise is also good for your heart, and just 75 minutes per week of brisk walking can result in cognitive benefits.

Seek Challenges

Building new skills throughout life, including simple things like learning a new card game, helps keep your brain healthy by creating new connections between brain cells.

Here's to better brain health!

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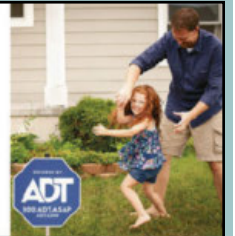
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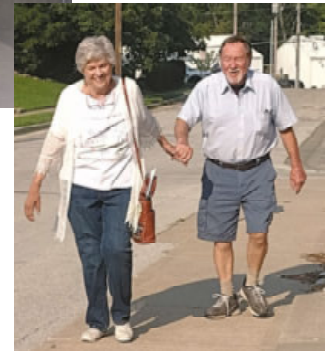




AROUND THE SATELLITES



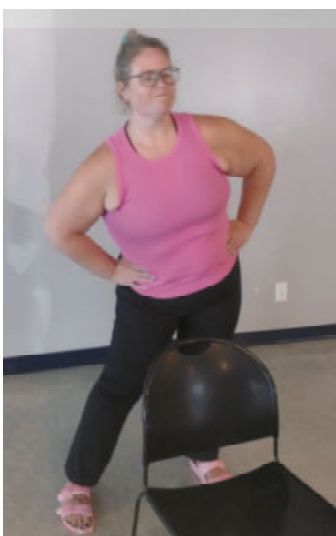
Left: Our Weston group meets on Tuesdays and Thursdays in the clubhouse at Weston Senior Housing. There's chair yoga, crafts, Bingo and presentations to partake in.



Right: Our Platte City group meets on the 3rd Friday of every month at the Civic Center. Last month we had Amy Vance give an introductory class of *Matter of Balance* and Don McGee from St. Croix Hospice came to play cornhole with us!



Left and Below: Our Dearborn group meets Tuesdays and Thursdays for chair yoga and exercise classes. Michaela Zimmerman has decided to work closer to home, and we wish her well. **Bottom Right:** We welcome Cole Bedell (pictured with Katie Henke) as our new instructor.



SEPTEMBER MENU



2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
<u>YOU MUST CALL 816.270.4100 BY 11 AM THE BUSINESS DAY BEFORE TO ORDER/CANCEL A MEAL</u>	 HAPPY LABOR DAY			Beef stew w/veggies Tossed Salad Banana Corn Muffin Ranch Dressing Oatmeal Raisin Cookie
4	5	6	7	8
CLOSED FOR LABOR DAY	Salisbury Steak Brown gravy Sweet potatoes Broccoli Citrus fruit cup WG Wheat Bread	Pulled Pork White Corn/Peppers Mex. Cole Slaw Apple Slices Hoagie Roll /WhlGrn	Chicken Patty Potatoes O'brien Broccoli Watermelon WG Bun Ranch Salad Dressing	Mexican Taco Salad Shredded Cheddar Lettuce/D Tomatoes Pinto Beans Orange Nacho Light Chips Taco Sauce
11	12	13	14	15
Meatloaf Brown Gravy Country blend veggies Mashed Potatoes Peaches/Strawberries Wheat Dinner Roll	Chicken Parmesan Penne Pasta Broccoli Tossed salad Banana Graham Crackers WG Whit Bread	BBQ Chicken Carrots Potato Salad Tropical Fruit Mix WG Hamburger Bun	CLOSED PLATTE CITY SENIOR FAIR	BarBQ Beef Potato Salad Calif. Blend Banana WG Bun
18	19	20	21	22
Fish Creamy Coleslaw Sweet Potatoes Tropical Fruit Mix White WhGr Bread Shrtbrd Cookies Tartar Sauce	Tuna Noodle Cass. Cauliflower/Peas Cucumber/Onion Sal. Banana Wheat Bread (WG)	Chicken Strips Potato Wedges Tossed Salad Orange Multigrain Bread Graham Crackers French & Honey Mustard	CLOSED RIVERSIDE SENIOR FAIR	Sloppy Joe Potato Wedges Scandinavian vegg Apple slices WG HB Bun
25	26	27	28	29
Seas. Chicken Breast Potatoes Au Gratin Broccoli Citrus Fruit Cup WG Wheat Bread Oatmeal Raisin Cookie	Beef Pattie Tossed Salad Sweet Potato Wedges Banana WG Hamburger Bun Ranch Dressing Ketchup & Mustard	Chicken Fried Steak Gravy(country)LS Mashed Potatoes Green Beans Citrus Fruit Mix Wheat Roll/WG	Fish (Breaded) Coleslaw Spinach Tropical Fruit Mix WG Bread Tartar Sauce	Chicken Oven Fried Gravy (LS Chicken) Mashed Potatoes Green Beans Strawberry Ice Cream White Cake Wheat Dinner Roll

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

***Margarine & 1% Milk served w/all meals**

www.platteseniorservices.org/5633/1110



ATTENTION SENIORS!

"A Day At The Farm"

Tuesday, October 3rd, 2023

Platte Senior Services, Inc., is inviting all seniors to our annual event! We will gather at the Weston Red Barn Farm from **9:00 AM to 1:30 PM** on **Tuesday, October 3, 2023**. The farm is located off Hwy 273 on Wilkerson Road. Bring your old, unused or unneeded medications to be properly disposed of by the Platte County Sheriff's Department.



Morning Social

Explore the Farm!

BINGO

Lunch Prepared by Platte County Sheriff's Dept.

Patsy Cline & Elvis Tribute Show

Reservations Required - Cost is \$5.00

Pay at the door

RSVP no later than Sept. 26, 2023

Call 816-270-4100





There is this misconception that senior centers are for “old people” that just like to sit around and play Bingo.

So not true. Senior centers are the hot spot to be if you're looking for a fun place to be or looking for something to do with yourself. That is why the theme for this year's National Senior Center Month is “Discover Yours.”

Senior centers in local communities strive for the same goal, which is to enrich the lives of our local seniors through friendship, activities, education, nourishment and maintaining our independence — and to abolish that word “ageism.” Senior centers offer exercise classes, health and wellness presentations, meals, crafts and games, entertainment, law enforcement forums and more. You can't put a price on the friendships that are made.

So please don't sit home. Check into Platte Senior Services! Get involved. We will so welcome you.

LAUGH MORE, FROWN LESS

Volunteers, especially Meals on Wheels delivery drivers who bring hot, nutritious meals to the doors of folks who may be unable to fix their own meals, are special people.

This Meals on Wheels volunteer, who just happened to be a grandmother had the pleasure of taking her four year old granddaughter along with her on a delivery route. Keep in mind that some days the only person a Meals on Wheels recipient sees is the volunteer. It's an important social connection where not only nutrition is offered, but a warm smile and friendly face.

The grandmother, accompanied by the granddaughter, deliver to a door answered by an older lady using a walker that asks if they could put the meal in the refrigerator for her. The grandmother and granddaughter oblige and walk toward the kitchen. On the kitchen counter is the older lady's false teeth. The granddaughter being very curious and inquisitive as most children are, is astounded to see a full set of teeth laying on the counter.

With amazement, the granddaughter says, “The tooth fairy is not going to believe this!”





One Pan Autumn Chicken Dinner

This is such a comforting and easy one pan chicken recipe! Everyone will love it on those chili autumn nights. It's brimming with flavor and loaded with seasonal veggies. You'll love those sweet apples pieces and salty bits of bacon.

Servings: 5 servings

Ready in: 50 minutes

Prep
20 minutes

Cook
30 minutes

Ingredients

- 5 (6 - 7 oz) bone-in, skin on chicken thighs
- 4 Tbsp olive oil, divided
- 1 1/2 Tbsp red wine vinegar
- 3 cloves garlic, minced (1 Tbsp)
- 1 Tbsp each minced fresh thyme, sage and rosemary
- Salt and freshly ground black pepper
- 1 large sweet potato (about 16 oz) (I leave unpeeled), chopped into 3/4-inch cubes
- 1 lb Brussels sprouts, sliced into halves
- 2 medium fuji apples, cored and sliced into half moons about 3/4-inch thick
- 2 shallot bulbs, peeled and sliced about 1/4-inch thick
- 4 slices hickory smoked bacon, chopped into 1-inch pieces
- 2 Tbsp chopped parsley, for garnish (optional)



Instructions

1. Preheat oven to 450 degrees.
2. Pour 2 Tbsp olive oil, red wine vinegar, garlic and herbs into a gallon size resealable bag.
3. Add chicken, season with salt and pepper then seal bag and massage mixture over chicken while working to evenly distribute herbs. Set aside and let rest while chopping veggies.
4. Place sweet potato, Brussels sprouts, apples and shallot on an 18 by 13-inch rimmed baking sheet.
5. Drizzle with remaining 2 Tbsp olive oil then toss to evenly coat, season with salt and pepper to taste. Spread into an even layer.
6. Set chicken thighs over veggie/apple layer.
7. Separate any pieces of bacon that may be stuck together then sprinkle bacon over veggie apple mixture.
8. Roast in preheated oven until chicken and veggies are golden brown, about 30 - 35 minutes (chicken should register 165 in center). Broil during last few minutes for a more golden brown crispy skin on chicken if desired.
9. Garnish with parsley if desired and serve warm.