

October 2026



Lynn Anderson



1) Where were you born and raised?

I was born in Cumberland, Maryland.

I was raised in the Midwest and South as we moved around a lot growing up.

2) 3 Words that best describe you?

Three words that best describe me are: busy, kind and curious.

3) What motivates you?

I am motivated by my health. It is so important to pay attention to your health and stay active.

4) 3 Things you can't live without?

I can't live without my family and friends.

I can't live without my faith.

I can't live without working outside.

5) How long have you been volunteering/ at PSSI?

I have been volunteering at PSSI since the 80's as a substitute Meals-on-Wheels driver.

In 2017 I led the exercise class at the old location and most recently I deliver commodity boxes.

6) Advice to your younger self?

Go to college.

7) Favorite quote?

From my good friend, Vinnie Vacarro,
"Throw it on the wall and see what sticks."

8) Name someone that inspires you?

I am inspired by those I exercise with at the Y.

9) Favorite food/ drink?

My favorite food is anything that comes from the garden.

10) What do you want people to remember about you?

I hope you remember I'll take the hardest job.

11) What makes you smile?

Grandkids make me smile!

OUR STAFF

Roshonda Reed
MOW/Volunteer Director
reed@platteseniorservices.org

DonnaJo Lewis (DJ)
Program Director/ CFSP
djlewis@platteseniorservices.org

platteseniorservices.org
Facebook.com/platteseniorservices

**MESSAGE FROM STAFF**

As we welcome the month of October, we are reminded of the beauty that comes with change.

The colorful leaves, cooler temperatures, and crisp autumn air invite us to slow down, appreciate the present moment, and enjoy the simple blessings that each new season brings.

October is a wonderful time to stay active, connected, and engaged with those around us. Take time to participate in activities, enjoy meaningful conversations with friends, and make new memories. Every day brings another opportunity to learn, laugh, and share the wisdom and experiences that make each of us unique.

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OCTOBER BIRTHDAYS ... **HAPPY BIRTHDAY**

03

Gail Kingsbury
10/13

Dorothy Cottrell
10/17

Lynn Anderson
10/25

Debbie Small
10/27



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Platte County Senior Center, Kansas City, MO

02-1070

ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 OCT BIRTHDAYS	2 YOGA
			9:00 Socialization 10:30 Let's Move 12:30 October Birthdays	7:45 Yoga 10:30 Cardio Drumming 12:00 Games
5 YOGA	6 RUMI CUBE	7 MATTER OF BALANCE	8 BINGO	9 YOGA
7:45 Yoga 9:00 Painting 10:30 Cardio Drumming 12:00 Games	9:00 Socialization 10:30 Let's Move 12:00 Rumi Cube	7:45 Yoga 10:30- 1:00 Matter of Balance	9:00 Socialization 10:30 Let's Move 12:00 Bingo	7:45 Yoga 10:30 Cardio Drumming 12:00 Games
12 CLOSED	13 FAMILY FEUD	14 MATTER OF BALANCE	15 BINGO	16 YOGA
	9:00 Socialization 10:30 Let's Move 12:00 Family Feud	7:45 Yoga 10:30- 1:00 Matter of Balance	9:00 Socialization 10:30 Let's Move 12:00 Bingo	7:45 Yoga 10:30 Cardio Drumming 12:00 Games
19 YOGA	20 MOVIE DAY	21 MATTER OF BALANCE	22 BINGO	23 YOGA
7:45 Yoga 9:00 Socialization 10:30 Cardio Drumming 12:00 Games	9:00 Socialization 10:30 Let's Move 12:00 Movie Day	7:45 Yoga 10:30- 1:00 Matter of Balance	9:00 Socialization 10:30 Let's Move 12:00 Bingo	7:45 Yoga 10:30 Cardio Drumming 12:00 Games
26 YOGA	27 CRAFT	28 MATTER OF BALANCE	29 HALLOWEEN PARTY	30 YOGA
7:45 Yoga 9:00 Socialization 10:30 Cardio Drumming 12:00 Games	9:00 Socialization 10:30 Let's Move 12:00 Halloween craft	7:45 Yoga 10:30- 1:00 Matter of Balance	9:00 Socialization 10:30 Let's Move 12:00 Halloween Party	7:45 Yoga 10:30 Cardio Drumming 12:00 Games

Red Barn Farm

05

Thank you!

Platte County Sheriff's Department for another wonderful year!



word scramble

06

1) PAIMERV_____

2) MPUNIKP_____

3) OKSOYP_____

4) HWCIT_____

5) BMOIEZ_____

6) EKLSOETN_____

7) THGSO_____

8) NTDUAEH_____

9) ACYDN _____

10) TRSNMOSE_____

11) YMUMM_____

12) ABYELEL_____

PUMPKIN ZOMBIE VAMPIRE HAUNTED GHOST CANDY
MONSTERS EYEBALL WITCH MUMMY SKELETON SPOOKY

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Dad Jokes

07

What ailment do dads get in October?

They get rakes and pains.

What is a LEGO fan's favorite month of the year?

Block-tober.

How do you compliment a pumpkin in October?

"You look gourd-geous."

Why do truckers like October 4th the most?

Because it is 10/4, good buddy.

Are You a Caregiver?
SOME HELP COULD HELP



ADDINGTON PLACE[™]
OF SHOAL CREEK

An Arvum Senior Living Community

816.974.3627

AddingtonPlaceOfShoalCreek.com

9601 N. Tullis Drive, Kansas City, MO 64157

Assisted Living | Memory Care

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Did you know?

Platte County has over 24,000 senior citizens - and the number of seniors without food is steadily increasing.

Platte Senior Services, Inc. Currently serves over **1,000 meals per month**, but that is only one-third of what is needed. Would you consider helping by **"sponsoring a senior"**?

Price Breakdown

- \$7.10 per meal (up to 5 days a week)
- \$35.50 per week
- \$150-\$200 per month
(depending on the number of days in the month)

Know someone who might need Help?

Do you know someone in need of a balanced meal?

A neighbor who doesn't get out much?

Someone with few visitors who is rarely seen?

"sponsor a senior!"

Your support provides nutritional meals and essential wellness checks.

Meal Delivery Information

- Delivered up to 5 days per week (depending on county location)
- Delivery time: 11:00am - 12:30pm
- All meals are served with 1% milk (No substitutions)

Contact Us!

Platte Senior Services, Inc.

☎ (816) 270-4100

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Red Barn Farm continued...



VOLUNTEER



Drivers Needed!!!

Who: Platte Senior Services Inc.

What: Daily Home Meal Delivery (Meals served Hot)

When: Monday thru Friday between 11am -12:30pm

Where: 12200 N. Ambassador Drive Suite #104

Kansas City, MO 64163

Why: Seniors need good balanced meals!!!

How: call (816)270-4100 ext.3 to sign up!!!!



Menu



2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	1	1	2
<u>YOU MUST CALL</u> <u>816.270.4100 BY</u> <u>11 AM THE BUSINESS</u> <u>DAY BEFORE TO</u> <u>ORDER/CANCEL A MEAL</u>	*Margarine & 1% Milk served w/all meals	Menu is subject to change; substitutions may be made if approved by dietician.	NO MEALS TO BE SERVED!!!! CLOSED FOR OUR ANNUAL SENIOR HEALTH FAIR	Swiss Steak w/Tom. Mashed Potatoes Peas/Carrots Apple Slices Multigrain Bread Butterscotch Pudding
5	6	7	8	9
Meatloaf Gravy (Brown)Low So. Fiesta Vegetables Mashed Potatoes Pears/Strawberries Wheat Dinner Roll	Fish (Breaded) Country Blend Coleslaw vin/drsng Tropical Fruit Mix Mac & Cheese Tartar Sauce	Sloppy Joe Potato Salad Carrots Apple WG HB Bun Yogurt Cup	Egg Omelet Sausage Links/Turkey Cheesy Grits Pico de Gallo Grapes (Red) Tortilla Whl Wheat	Beef Pattie/Am. Cheese Salad Tom/Carrots Steak Fries Banana Hamb Bun (WG) Salad Dress. (1000)
12	13	14	15	16
CLOSED FOR COLUMBUS DAY!!! No Meals Served!!!!	Fettuccine Alfredo/Chicken Broccoli Salad/Tom/Carrots Orange Italian Bread Italian Dressing	Beef stew w/veggies Tossed Salad Banana Corn Muffin Ranch Dressing Oatmeal Raisin Cookie	Battered Fish Steak Fries Creamy Pea Salad Tropical Fruit Mix Wheat Bread (WG) OM Raisin Cookie Tartar Sauce	Mexican Taco Salad Shredded Cheddar Lettuce/D Tomatoes Pinto Beans Orange Nacho Light Chips Taco Sauce
19	20	21	22	23
Bar-B-Que Beef Cucumber Onion Salad Baked Beans Citrus Fruit Mix Hamburger Bun	Chicken Salad Mediterranean Salad Cucumber /onion salad Grapes (Red) Wheat Bread Fig Newton	Beef Fajita w P&O. Shredded Cheese Fiesta Veggies Orange Wheat Tortilla Taco Sauce	Tuna Mac & Cheese Cauliflower/Carrots Cucumber/Onion Salad Applesauce Wheat Bread	Chicken Strips Sweet Potato Wedges Salad/Tom/Carrots Orange Graham Crackers 1000/Dressing Honey Mustard Wheat Bread
26	27	28	29	30
Pulled Pork White Corn w/Pepper Coleslaw w vin /drsng Apple Slices Hoagie Roll (WhlGr)	Mostaccioli/Whl Grain W Meat Sauce Italian Veggies Salad Tom/Carrots Pineapple/man or mix Italian Bread Graham Crackers	Seas. Chicken Breast Broccoli Rice AG Carrots Banana Van.Wafers/Ban Pudd. WG Wheat Bread	Chili/ Beans Shredded Cheddar Salad Tom/Carrots Peach Cobbler Crackers Wht/Whl Grn Salad Dress. French	Chicken Oven Fried Gravy (LS Chicken) Mashed Potatoes Green Beans Orange Cake Wheat Dinner Roll

Mac-O-Lantern and Cheese Bowls

Ingredients:

Kosher salt
6 medium orange bell peppers
8 ounces elbow macaroni
1 1/4 cups half-and-half
8 ounces cream cheese, at room temperature
4 ounces mild Cheddar, shredded (about 1 1/2 cups)



Directions:

1) Bring a large pot of generously salted water to a boil. Fill a large bowl with ice water.

2) Cut the tops off the peppers and reserve. Remove the seeds and membranes. Put the peppers and the tops in the boiling water and cook until just tender, 2 to 3 minutes. Plunge the peppers into the ice bath. Once cool, remove them and use a sharp knife to carve a jack-o-lantern face into one side of each pepper.

3) Return the water to a boil, add the macaroni and cook until al dente, about 6 minutes. Reserve 1 cup of the pasta water and drain (don't rinse the pasta).

4) Heat the half-and-half in a large saucepan over medium heat until it just comes to a simmer. Continue simmering until reduced to about 3/4 cup, about 10 minutes. Add the cream cheese and stir until melted. Whisk in the Cheddar until all the cheese is melted and the sauce is smooth.

5) Off the heat, add the macaroni to the saucepan and stir to combine. Stir in some of the reserved pasta water to thin the sauce if needed. Season with salt if needed. Let sit for 10 minutes, then divide the mac and cheese among the peppers and cap each with a pepper top.