

# February Newsletter



2026

## EDNA SCHIEBER

1) Where were you born and raised?

Edna Schieber- Conception Junction, MO  
Pam Kreher- Nevada, MO and then Liberty, MO  
Gail Michels- Magnolia, AR

2) 3 words that best describes you?

Kind, dependable, joyful.

3) What motivates you?

Helping others, my family, and making everyday count.

4) 3 things you can't live without?

My loved ones, laughter and kindness

5) How long have you been volunteering?

Many wonderful years-- long enough to know how much it matters.

6) Advice to your younger self?

Don't sweat the small stuff, love big and enjoy every stage of life.

7) Favorite quote?

" Be kind-- everyone you meet is fighting a battle you know nothing about."

8) Name someone that inspires you.

My family-- especially grandchildren and grandnephew. They keep me young.

9) Favorite food/ drink?

Good food and good company.

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

That I cared, showed up, and made people feel loved.

11) What makes you smile?

Seeing the people I love, happy and healthy.



02

## PSSI STAFF / LETTER FROM STAFF

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### *From the Staff*

During Black History Month, we take the time to honor and celebrate the rich history, culture and contributions of African Americans who helped shape our nation. This month invites us to reflect on stories of resilience, courage, creativity, and leadership- many of which have strengthened our communities and advanced equality for future generations. We also recognize the lived experiences of our seniors, whose memories and wisdom are an important part of history. May this month be a time of learning, reflection, and appreciation for the lasting impact of Black Americans past and present.

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from Warrior Hearing Center



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to schedule an appointment.



Janice Richbourg  
Au.D., CCC-A

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Platte County Senior Center, Kansas City, MO

A 4C 02-1070

# FEBRUARY BIRTHDAYS / HAPPY BIRTHDAY

03

MICHAEL FISCHER

2/3

NINA COOK

2/7

CONNIE FRIENDS

2/12

CAROL SICOLI

2/15

PEGGY MORITZ

2/19

JUDY KIDDER

2/23

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Yoga 7:45 Yoga 9:00 Socialization 10:30 Cardio drumming 12:30 Games	3 Group W/ Katie 9:00 Socialization 10:00 Let's Move 12:30 Group W/ Katie	4 Music Therapy 7:45 Yoga 9:30 Music Therapy 10:30 Let's Move 12:30 Bingo	5 Birthday's 9:00 Socialization 10:30 Let's Move 12:30 Birthday's	6 Yoga 7:45 Yoga 9:00 Socialization 10:30 Cardio drumming 12:30 Games
9 Book Club 7:45 Yoga 9:00 Socialization 10:00 Book Club 10:30 Cardio drumming 12:30 Games	10 Group W/ Katie 9:00 Socialization 10:00 Let's Move 12:30 Group W/ Katie	11 Coffee W/ The Law 7:45 Yoga 9:30 Coffee W/ The Law 10:30 Let's Move 12:30 Lunch out	12 Valentine's 9:00 Socialization 10:30 Let's Move 12:30 Valentine's Party	13 Yoga 7:45 Yoga 9:00 Socialization 10:30 Cardio drumming 12:30 Games
16 Closed 	17 Group W/ Katie 9:00 Socialization 10:00 Let's Move 12:30 Group W/ Katie	18 Music Therapy 7:45 Yoga 9:00 Socialization 10:30 Let's Move 12:30 Bingo	19 Sing along 9:00 Socialization 10:30 Let's Move 12:30 Sing along	20 Yoga 7:45 Yoga 9:00 Socialization 10:30 Cardio drumming 12:30 Games
23 Yoga 7:45 Yoga 9:00 Socialization 10:30 Cardio drumming 12:30 Games	24 Group W/ Katie 9:00 Socialization 10:00 Let's Move 12:30 Group W/ Katie	25 Bingo 7:45 Yoga 9:00 Socialization 10:30 Let's Move 12:30 Bingo	26 Board Games 9:00 Socialization 10:30 Let's Move 12:30 Board Games	27 Yoga 7:45 Yoga 9:00 Socialization 10:30 Cardio drumming 12:30 Games

# **BLACK HISTORY MONTH**

Black History Month is a month-long commemoration of African American history and achievement that takes place every February in the United States. Although first officially recognized in 1976, its origins go back to the beginning of the 20th century with Carter G. Woodson, a Harvard-educated historian. Because he believed that the majority of historians ignored African American contributions, Woodson founded what is now called the Association for the Study of African American Life and History. Together, Woodson and that organization came up with the idea of a Black History Week to honor African Americans' impact on the history of the United States.

**CARTER G. WOODSON:** In celebrating Negro History Week, he emphasized the achievements of persons of African descent.

In 1926 the first Black History Week was celebrated in the second week in February. The time was chosen because of its proximity to the birthdays of Abraham Lincoln, the president responsible for the Emancipation Proclamation, and Frederick Douglass, the renowned orator and abolitionist. Over the next couple of decades, the popularity of Black History Week grew, aided in particular by the American civil rights movement of the 1950s and 1960s. Educators across the country used the week to discuss and celebrate the achievements of Black Americans such as Harriet Tubman, George Washington Carver, and many others. In 1976 Black History Week was expanded and formally recognized as Black History Month as a part of the United States' bicentennial celebration. Today, Black History Month is celebrated through events held by communities, museums, and schools to commemorate African Americans' impact on history.



**Martin Luther King Jr.**  
was an American civil rights activist and Baptist minister who was a leader of the civil rights movement



**James Arthur Baldwin**  
was an American writer and civil rights activist who garnered acclaim for his essays, novels, plays, and poems



**Rosa Louise McCauley Parks**  
was an American civil rights activist. She is best known for her refusal to move from her seat on a bus in Montgomery, Alabama, in defiance of Jim Crow racial segregation laws, in 1955, which sparked the Montgomery bus boycott

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## Dad Jokes

Do you have a date for Valentine's day?  
Yes, February 14th.

What is a frog's favorite month?  
February. It has a Leap Year

What's for breakfast on really cold days in February?  
Frosted Snowflakes.

Can February March?  
No, but April May!

What do you call a frog born on February 29th? A leap frog.

## **Are You a Caregiver? SOME HELP COULD HELP**



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# SPONSOR A SENIOR!

## 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"?

Scan Here  
To Donate



## 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?

## 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)

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.

**Contact Us!**  
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# Noon Years Party



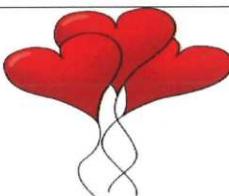


# FEBRUARY

# 202

#186450655

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6
Beef Mac Casserole Sandnav/Veggies Vanilla Wafers Banana Pudding Fruit Hheat bread	BBQ Chicken Veggie Mix Potato Salad Trop. Fruit Mix Hamburger Bun (WG)	Mexican Taco Salad Shredded Cheddar Lettuce/D Tomatoes Pinto Beans Orange Nacho Corn Chips Taco Sauce	Pork Stir Fry Stir Fry Veg. Coleslaw vin/drsng Pineapple man-o-mix White WG Bread W/Rice/Brown Low Sod. Soy Sauce	Beef Pattie Tossed Salad Steak Fries Banana WG Hamburger Bun Dressing/1000 IsInd Ketchup & Mustard
	10	11	12	13
Chicken Fried Steak Favy(country)LS ashed Potatoes reen Beans itrus Fruit Mix 'heat Roll/WG	Fish (Breaded) Coleslaw/Vin Drssng Spinach Citris Fruit Mix Corn Muffin Tartar Sauce	Beef stew w/veggies Tossed Salad Banana Biscuit Whl/Grain Ranch Dressing	Eggs Omelet Sausage Links/Turkey Roasted Potatoes Red Grapes WG Biscuit Oatmeal Square Jelly	Chicken Fettuc. Alfredo Broccoli Salad Mix Orange Italian Bread Italian Dressing
CLOSED	17	18	19	20
	Seas. Chicken Breast Potatoes Au Gratin Broccoli Citrus Fruit Cup WG Wheat Bread Short Bread Cookies	Tilapia (Battered) Coleslaw-creamy Sweet Potatoes Peaches/Strwbrry White WG Bread Oat/Raisin Cookie Tartar Sauce	Chili/ Beans Shredded Cheddar Salad Tom/Carrots Peach Cobbler Crackers Wht/Whl Grn Salad Dress. French	Fish Pattie (Breaded) Coleslaw/creamy Sweet Potato Wedges Banana Hamburger Bun Tartar Sauce Fig Newton
	24	25	26	27
Oppy Joe's arsley Potatoes rots ople Slices amburger Bun ogurt Cup	Chicken Strips Potato Wedges Salad Tom/Carrots Orange Multigrain Bread Graham Crackers French Salad Drsng. Honey Mustard	Cottage Pie w/Mashed Potatoes Green Beans Apples Roasted Wheat Dinner Roll	Pork&Beans Smoked Cucum./Onion Salad Banana Corn Muffin	Chicken Oven Fried Gravy (LS Chicken) Mashed Potatoes Green Beans Orange Cake Wheat Dinner Roll Ice Cream (FFSF)
<b>BLACK HISTORY MONTH</b>			<b>Menu is subject to change; substitutions may be made if approved by dietitian</b>	<b>YOU MUST CALL 816.270.4100 BY 11 AM THE BUSINESS DAY BEFORE TO ORDER/CANCEL A MEAL</b>

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

z/documents/menu/2023/July

# Marry Me Chicken

## Ingredients

Kosher salt and freshly ground black pepper  
8 ounces spaghetti  
3 tablespoons olive oil  
Four 6-ounce boneless, skinless chicken breasts  
1 large shallot, halved and thinly sliced  
2 cloves garlic, minced  
1 cup low-sodium chicken broth  
One 6.3-ounce jar sundried tomatoes in oil,  
drained and roughly chopped  
One 0.4-ounce chicken bouillon cube  
1 cup heavy cream  
1 teaspoon dried oregano  
1/4 teaspoon crushed red pepper flakes  
1/2 cup freshly grated Parmesan (about 2 ounces)  
1/4 cup thinly sliced fresh basil



## DIRECTIONS

Bring a large pot of water to a boil over medium-high heat. Season the water generously with salt. Add the pasta and cook until al dente according to the package directions. Drain and set aside. Keep warm.

Meanwhile, heat 2 tablespoons of the oil in a large skillet over medium-high heat. Sprinkle the chicken breasts generously with salt and black pepper on both sides. Carefully add to the skillet and cook, undisturbed, until golden brown on the bottom, about 5 minutes. Flip the chicken with tongs and continue to cook until golden brown on the other side, about 5 minutes more. Remove to a plate.

Add the remaining 1 tablespoon oil and the shallot to the same skillet. Cook, stirring occasionally, until just tender, 1 to 2 minutes. Add the garlic and cook, stirring continuously, until fragrant, about 1 minute more. Add the chicken broth and scrape up any browned bits from the bottom. Add the sundried tomatoes, chicken bouillon cube, heavy cream, oregano, red pepper flakes and 1/4 teaspoon salt. Stir until the bouillon cube is dissolved.

Bring the sauce to a boil, then reduce to a simmer over medium-low heat. Nestle the chicken breasts in the sauce. Cook until the sauce has thickened slightly and the chicken is cooked through (registering internally at 165 degrees F), 5 to 10 minutes. Stir in the Parmesan and basil. Divide among 4 dinner plates and serve with the spaghetti.