



2025

John Weisensee

Where were you born and raised?

Born in Hastings, NE; raised in a combination of South Dakota and Texas.

3 words that describe you?

I think the best way to answer that question is to ask someone close.

My wife Sue says: loyal, dependable, and compassionate.

What motivates you?

The 3 Fs- faith, family, and friends.

3 things you can't live without.

Besides, obviously, the 3 Fs listed above, some more personal items I enjoy and that would be hard to give up are listening to good music, reading, playing piano, and participating and watching sports.

How long have you been volunteering at PSSI?

I started right after I retired in 2013, although I was off a couple of years, maybe the 2016-17 timeframe, when the Meals on Wheels program was essentially shut down (thankfully, temporarily).

Advice to your younger self.

Establish 2-3 goals in each of the major life categories (faith, personal, and career), work your hardest to meet those goals, and always let those goals direct you in your actions.

Favorite quote.

"Science without religion is lame; religion without science is blind"
(Albert Einstein).

Name someone that inspires you.

Abraham Lincoln, a self-made man who rose from humble beginnings to lead the country through the Civil War and the abolishment of slavery; a man who was honest and had high integrity and empathy.

Favorite food/drink.

Food- any kind of pasta; drink (besides water)- beer.

What do you want people to remember about you?

I guess the three points brought out in question #2 above.

What makes you smile.

When I see a young person maturing and making the right decisions.





PSSI TEAM; BIRTHDAYS

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HAPPY BIRTHDAY!!!

GLORIA WALLINGFORD
8/13

TRACY BLOM
8/19

AUDREY WOOLVERTON
8/21



With each birthday and each trip around the sun, a few things naturally change—like our balance, strength, vision, and how easily we get around. That's why making some thoughtful changes at home can really go a long way in keeping things safe and comfortable. You've probably heard it before, but falls are the number one cause of injury for older adults—so preventing them is a great place to start! Clear walkways of clutter, tuck away loose cords, and get rid of slippery rugs. Make sure every room, hallway, and staircase has bright, even lighting. Night-lights or motion-sensor lights can be super helpful, especially for those late-night trips to the bathroom. If you have stairs, try adding sturdy handrails on both sides and mark the edges of each step to make them easier to see.

Bathrooms are another big safety zone—add grab bars by the toilet and in the shower, use non-slip mats, and think about switching to a walk-in or curbless shower if possible. Small updates can make a huge difference. Try swapping round doorknobs for lever-style handles, moving everyday items to within easy reach, or choosing furniture with armrests to help with sitting and standing. Smart-home tools like automatic lights, stove shut-offs, voice assistants, and fall alert systems can also give you more confidence and independence.

If you're looking for home repair or safety upgrades here in Platte County, you're in luck! The Seniors Blue Book is a great place to start (we have copies at our center). You can also check out Rebuilding Together Kansas City, Platte County Senior Fund, Limitless Living Solutions, the Platte County Health Department, or Community Action Agency of Greater Kansas City. Many offer free home safety assessments and affordable upgrades. With a mix of simple, budget-friendly fixes and a little help from local pros and community programs right here in Platte County, seniors can turn their homes into cozy, safe spaces that make aging in place easier, more comfortable – and a whole lot more confident! With Fall Prevention Month being recognized next month in September, I figured we could get on top of it now! Need help getting started? Just give us a call at 816.270.4100—we're here for you! Be kind!!

Tricia



AUGUST ACTIVITIES—LUNCH IS SERVED DAILY AT 11:30

MONDAY	TUESDAY	WEDNESDAY
		
4 Yoga 7:45 Yoga 9:30 Socialization 10:30 Let's Move 12:30 Games	5 Family Feud 9:30 Socialization 10:30 Let's Move 12:30 Family Feud	6 Music Therapy 7:45 Morning Yoga 9:30 Music Therapy W/ Rachelle 10:30 Let's Move 12:30 BINGO
11 Book Club 7:45 Yoga 9:30 Socialization 10:00 Book Club 10:30 Let's Move 12:30 Games	12 Hawaiian Luau 9:30 Socialization 10:30 Let's Move 12:30 Hawaiian Luau	13 Coffee W/ The Law 7:45 Morning Yoga 9:30 Coffee W/ the Law 10:30 Let's Move 12:30 Lunch out
18 Yoga 7:45 Yoga 9:30 Socialization 10:30 Let's Move 12:30 Games	19 Volleyball 9:30 Socialization 10:30 Let's Move 12:30 Balloon Volleyball	20 Music Therapy 7:45 Morning Yoga 9:30 Music Therapy W/ Rachelle 10:30 Let's Move 12:30 BINGO 
25 Yoga 7:45 Yoga 9:30 Socialization 10:30 Let's Move 12:30 Games	26 Movie Day 9:30 Socialization 10:30 Let's Move 12:30 Movie Day	27 Bingo 7:45 Morning Yoga 9:30 Socialization 10:30 Let's Move 12:30 BINGO 

AUGUST ACTIVITIES—LUNCH IS SERVED DAILY AT 11:30

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THURSDAY



FRIDAY

1 Yoga

7:45 Yoga
9:30 Socialization
10:30 Let's Move
12:30 Games

7 Birthdays

9:30 Socialization
10:30 Let's Move
12:30 Birthday Celebrations

8 Yoga

7:45 Yoga
9:30 Socialization
10:30 Let's Move
11:45 Walmart Trip

14 Bingo

9:30 Socialization
10:30 Let's Move
12:30 Bingo

15 Yoga

7:45 Yoga
9:30 Socialization
10:30 Let's Move
12:30 Games

21 Sing along

9:30 Socialization
10:30 Let's Move
12:30 Sing along with Sharon

22 Yoga

7:45 Yoga
9:30 Socialization
10:30 Let's Move
11:45 Walmart Trip

28 Family Feud

9:30 Socialization
10:30 Let's Move
12:30 Family Feud

29 Yoga

7:45 Yoga
9:30 Socialization
10:30 Let's Move
12:30 Games

Mon- Wed- Fri

7:45 Yoga

2nd Monday

10:00 Book Club

Every Wednesday

12:30 Bingo

1st or 2nd Wednesday

Lunch out

1st & 3rd Wednesday

9:00 Music Therapy

2nd Wednesday

9:00 Coffee w/the Law

1st Thursday

12:00 Celebration of monthly birthdays

2nd & 4th Thursday

12:00 Line Dancing

3rd Thursday

12:30 Sharon Austin Gospel Singalongs



SAVE THE DATE

Platte County Senior Health & Caregivers Expo

Thursday, October 2 | 8:30am - 12:00pm
Platte County Community Center North
3101 Running Horse Road Platte City, MO

- free breakfast
- health screenings
- insulated freezer bags
- live entertainment
- door prizes
- free A1C checks
- over 70 vendors

THANK YOU TO OUR CORPORATE SPONSORS



For more info:
tfriddell@platteseniorservices.org
816.270.4100

Let the Good Times Grow!

KC Hospice | Cor Healthcare Partners | Senior Helpers | Limitless Living Solutions
Dedicated Insurance Advisors | Benton House of Tiffany Springs | Humana
Alliance Medicare Advisors | Platte County Senior Fund | Shepherd Elder Law Group

QR PAYMENT CODE



**Scan the QR code with your
phone to pay your HDM bill
or to make a donation to
Platte Senior Services, Inc.**

[Bit.ly/44YOD1h](https://bit.ly/44YOD1h)





4TH OF JULY CELEBRATION



PJ PARTY





SAVE THE DATE!!!!!!

ATTENTION SENIORS!

“A Day At The Farm”

Thursday, September 18, 2025

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 2:00 PM** on **Thursday, September 18, 2025**. 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.**

Reservations Required - Cost is \$5.00

Pay at the door

RSVP no later than August 29, 2025

Call 816-270-4100



MENU



August

2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
<p><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</u> <u>MEAL</u></p>		<p>August 21st is Senior Citizens Day</p> 		<p>Fish Potatoes O'brien Carrots Trop./Fruit Mix Hamburger Bun /WG Tartar Sauce</p>
4	5	6	7	8
Meatloaf Gravy (Brown)Low So. Fiesta Vegetables Mashed Potatoes Pears/Strawberries Wheat Dinner Roll	Chicken Parmesan Penne pasta (w/g) Broccoli Salad/Tom/Car Banana WG Wht Bread	Fish (Battered) Coleslaw-creamy Sweet Potatoes Tropical Fruit Mix White WG Bread	Beef Hot Dog Baked Beans Potato Salad Watermelon Hot Dog Bun (WG)	Chicken Diced/Seasoned Chddr Cheese -RF Salad Tom/Carrots Chuckwagon Corn Apples (Stewed) Tortilla Whole Wheat Ranch Dressing
11	12	13	14	15
Riblette/BBQ-Sauce Peas &Carrots Coleslaw/Vin. Dressing Hamburger Bun (WG)	Chicken Strips Sweet Potato Wedges Salad Tom/Carrots Orange Multigrain Bread Graham Crackers French Salad Drsng. Honey Mustard	Chicken Fried Steak Gravy(country)LS Mashed Potatoes Green Beans Citrus Fruit Mix Wheat Roll/WG	Tuna Salad Broccolini Potato Salad Banana Rye Bread	Mexican Taco Salad Shredded Cheddar Lettuce/D Tomatoes Pinto Beans Orange Nacho Corn Chips Taco Sauce
18	19	20	21	22
Sloppy Joe's Potato Salad Scandnav. Veggies Peaches & Strawberry HamBBun (WG)	Chicken Salad Salad/Tom/Car Cuc./Onion Salad Apple Wheat Bread Oatmeal Raisin Cookie	Beef-Mac Casserole Green Beans Vanilla Wafers Banana Pudding Pears Wheat Bread	Egg-Fried Turkey Sausage Patty Potatoes Roasted Applesauce Biscuit (W/G) Jelly Fig Newton	Bar-BQ Beef Potato Salad Calif. Blend Banana Ham. B Bun (W/G)
25	26	27	28	29
BBQ Chicken Carrots 3 Bean Salad Apples Stewed HamBBun (W/G)	Turkey-Deli Swiss Cheese Salad/Tom/Car Potato Salad Orange White Bread (W/G)	Fish (Breaded) Succotash Coleslaw w/vin. Drsn Trop. Fruit Mix Mac & Cheese Tartar Sauce	Beef pattie Cheese Amer. Salad Tom/Car Steak Fries Banana HamBBun (W/G) French Dressing	Chicken Oven Fried Gravy (LS Chicken) Mashed Potatoes Green Beans White Cake Stwbr. Ice Cream White (WG) Bread

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

* Margarine & 1% Milk served w/all meals

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SOUTHWEST STUFFED SWEET POTATOES

Ingredients

2 large sweet potatoes, washed and dried

1 tablespoon olive oil

1 (12 ounce) can black beans, rinsed and drained*

1 (10 ounce) can diced tomato pepper mix, drained

1 cup shredded cheddar or pepper jack



***For a soft food substitute, use refried black beans.**

Directions

Preheat oven to 425 F and line a baking sheet with parchment paper or nonstick aluminum foil.

Cut potatoes in half lengthwise, then brush with olive oil and salt.

Bake potatoes (cut side down) for 30 minutes or until cooked through.

Remove from oven, allow to cool slightly, and mash up potato flesh with a fork.

Sprinkle potatoes with beans, tomato pepper mix, and cheese so the toppings are evenly divided.

Return to the oven for 5 minutes until cheese is melted.