



October

2025



Diane Gould

1) Where were you born and raised?

Born in KCMO at Research Hospital, Raised in Overland Park Kansas.

2) 3 words that best describes you?

Helpful, Outgoing, Loyal.

3) What motivates you?

I like to help people that's why I'm a nurse.

4) 3 things you can't live without?

Books, My family, My IPAD.

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

2 years at PSSI?



6) Advice to your younger self?

Learn to love Exercise!

7) Favorite Quote?

"Where there's a will, there's a way."

8) Name someone that inspires you?

My Best Friend Sheila, She can do it all!

9) Favorite food/drink?

Pizza, of course and anything cherry, coffee in the A.M.

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

That I was helpful and kind.

11) What makes you Smile?

People!!!



PSSI TEAM; OUR MISSION; BIRTHDAYS

Suzanne Webb
Administrative Assistant
swebb@platteseniorservices.org

Roshonda Reed
MOW / Volunteer Director
rreed@platteseniorservices.org

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

platteseniorservices.org
Facebook.com/platteseniorservices

October Birthdays

Christine Stone
10/8

Gail Kingsbury
10/13

Dorothy Cottrell
10/17

Debbie Small
10/27

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Janice Richbourg
Au.D., CCC-A



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Platte County Senior Center, Kansas City, MO

A 4C 02-1070

THANK YOU!!



We have so many people to thank for their help and support at the Red Barn Farm event this year. All the volunteers, Malisa & Company and our friends at Nodaway Bank who came and called bingo for us. And also a big thank you to the Platte County Sheriff Department for coming out and grilling in the rain and helping serve lunch. We here at PSSi cannot thank you enough for all your support. We couldn't have put this event together without each and every one of you!



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

MONDAY



TUESDAY



WEDNESDAY

1 Music Therapy

9:00 socialization
9:30 Music Therapy
10:30 Let's Move
12:30 Bingo

6 Yoga

7:45 Moring Yoga
9:00 Socialization
10:30 Cardio Drumming
12:00 Games

7 Group activities

9:00 Socialization
10:30 Let's Move
12:30 Katie Johnson
Group activities

8 Coffee W/ The Law

9:00 Coffee W/ the Law
10:30 Let's Move
11:30 Lunch out @

13 Closed



14 Zoo Mobile

9:00 Socialization
10:00 Katie Johnson
group activities
10:30 Let's Move
12:00 Kansas City
Zoo Mobile

15 Music Therapy

9:00 Socialization
9:30 Music Therapy
10:30 Let's Move
12:30 Bingo

20 Yoga

7:45 Moring Yoga
9:00 Socialization
10:30 Cardio Drumming
12:00 Games

21 Presentation

9:00 Socialization
10:00 Katie Johnson
group activities
10:30 Let's Move
12:30 United Health Care
Presentation W/ Bill

22 Bingo

9:00 Socialization
10:30 Let's Move
12:30 Bingo

27 Yoga

7:45 Moring Yoga
9:00 Socialization
10:30 Cardio Drumming
12:00 Games

28 Pumpkin Painting

9:00 Socialization
10:00 Katie Johnson
group activities
10:30 Let's Move
12:30 Pumpkin Painting

29 Bingo

9:00 Socialization
10:30 Let's Move

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



THURSDAY

2 Closed

**Platte County Senior
Health
& Caregivers Expo**

9 Birthdays

**9:00 Socialization
10:30 Let's Move
12:00 Celebrate Birthdays**

16 Sing alongs

**9:00 Socialization
10:30 Let's Move
12:30 Sing alongs**

23 Movie Day

**9:00 Socialization
10:30 Let's Move
12:00 Spooky Movie Day**

30 Halloween Party

**9:00 socialization
10:30 Let's Move
12:00 Halloween Party**

FRIDAY

3 Yoga

**7:45 Moring Yoga
9:00 Socialization
10:30 Cardio Drumming
11:20 Walmart Trip**

10 Yoga

**7:45 Moring Yoga
9:00 Watercolor Painting
10:30 Cardio Drumming
12:00 Games**

17 Yoga

**7:45 Moring Yoga
9:00 Socialization
10:30 Cardio Drumming
11:20 Walmart Trip**

24 Yoga

**7:45 Moring Yoga
9:00 Watercolor Painting
10:30 Cardio Drumming
12:00 Games**

31 Yoga

**7:45 Moring Yoga
9:00 Socialization
10:30 Cardio Drumming
11:20 Walmart Trip**

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

3rd Thursday
12:30 Sharon Austin
Gospel Singalongs



DAD JOKES

Where do ghosts buy their food?

At the ghost-ery store!

How do you know if a mummy is sick?

He can't stop coffin.

What do you call a cleaning skeleton?

The grim sweeper.

Where does a skeleton go for a fun night?

Anywhere, as long as it's a hip joint.

Why was Cinderella bad at football?

Because she had a pumpkin for a coach.

How do you mend a jack-o'-lantern?

With a pumpkin patch.

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2025 Medicare Update - Things to Know



The Medicare Part B Premium is expected to be raised to \$185.00, up from \$174.70. Unfortunately, the Social Security Cost of Living increase is only expected to be 2.5%. There are also changes that will affect almost everyone's Prescriptions - regardless if you're in an Advantage Plan, or a stand-alone Prescription Drug Plan. Starting in 2025, the "donut-hole" or Coverage Gap will be eliminated completely. Instead, everyone will have a \$2000 maximum-out-of-pocket. What that means is that no one, regardless of how much Medicare covered prescriptions cost, will pay more than \$2000 next year.

In addition, you will be allowed to spread the payment of your medications over the entire year at a set amount - not to exceed \$2000. You'll need to contact your Insurance company to set up this payment structure - your pharmacy will not be able to do this for you.

Lastly, always check the ANOC (Annual Notice of Changes) that your Insurance company sends you. Next year some drug deductibles will be \$590 (Tier 3,4,5), and some monthly PDP Premiums are going from \$3.00 per month, to \$38 per month.

2025 Plan Information is available October 1st. Contact your Agent for details about your plan.

You can also contact Matthew West by calling 816-985-4406. He is a local, Licensed Broker, certified on all KC Metro Insurance plans, and will provide information so you can make educated decisions about your healthcare needs at no cost to you.

Are You a Caregiver? SOME HELP COULD HELP



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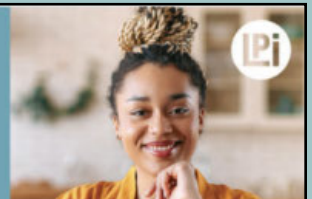
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RED BARN FARM



RED BARN FARM



ONE IN THREE SENIORS ARE LONELY—HERE'S HOW IT'S HURTING THEIR HEALTH:

Loneliness and social isolation are growing public-health concerns for people of all ages in the United States, from young adults to seniors. Studies have long connected loneliness to a range of health issues that could threaten longevity and well-being, including higher risks of heart attacks, strokes, depression anxiety and early death.

Now, the latest National Poll on Healthy Aging finds that about a third of seniors are lonely.

"Research shows that chronic loneliness can impact older adults' memory, physical well-being, mental health, and life expectancy," write the authors of the new report. "In fact, some research suggests that chronic loneliness may shorten life expectancy even more than being overweight or sedentary, and just as much as smoking."

In the study sponsored by AARP, researchers from the University of Michigan surveyed a group of about 2,000 Americans ages 50 to 80. More than a third of seniors in the poll said they felt a lack of companionship at least some of the time and 27% said they sometimes feel isolated; most of the people who said they lacked companionship also felt isolated, and vice versa.

Women were more likely than men to report a lack of companionship, the researchers found, and living alone, not working and living in lower-income homes were all associated with feeling lonely.

While finding solutions for loneliness is highly personal, research suggests the best interventions are those that involve meaningful social contact whether that's volunteering, seeing an old friend or something else at least on a weekly basis.

Ducharme, Jamie. (2019). One in Three Seniors Is Lonely. Here's How It's Hurting Their Health. Retrieved from <https://time.com/5541166/loneliness-old-age>

MENU



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	1	2	3
<u>YOU MUST CALL 816.270.4100 BY 11 AM THE BUSINESS DAY BEFORE TO ORDER/CANCEL A MEAL</u>	*Margarine & 1% Milk served w/all meals	Beef stew w/veggies Tossed Salad Banana Corn Muffin Ranch Dressing Oatmeal Raisin Cookie	Pork Stir Fry Stir Fry Veg/Rice Pickled Beets (cold) Shortbread cookies Mandarin Oranges White (WG) Bread Soy Sauce	Beef Pattie/Am. Cheese Salad Tom/Carrots Steak Fries Banana Hamb Bun (WG) Salad Dress. (1000)
	7	8	9	10
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	Mexican Taco Salad Shredded Cheddar Lettuce/D Tomatoes Pinto Beans Orange Nacho Light Chips Taco Sauce	Egg Omelet Sausage Links/Turkey Cheesy Grits Pico de Gallo Applesauce Tortilla Whl Wheat	Beef-Mac Casserole Green Beans (frzn) Vanilla Waf/Ban. Pudding Banana Multigrain Bread
3	14	15	16	17
Chicken Fried Steak Gravy (Country) Mashed Potatoes Green Beans Citrus Fruit Mix Wheat Dinner Roll	Tuna Noodle Cass. Cauliflower/Peas Cucumber/Onion Sal. Applesauce Wheat Bread (WG)	Meatball Sub Italian Veggies Salad Tom/ Car Orange Hoagie Roll (WG) Italian Dressing	Seas. Chicken Breast Potatoes Au Gratin Broccoli Pineapple man-o-mix WG Wheat Bread Shrt. Brd. Cookies	Chili/ Beans Shredded Cheddar Salad Tom/Carrots Peach Cobbler Crackers Wht/Whl Grn Salad Dress. French
0	21	22	23	24
Sloppy Joe Potato Salad Carrots Apple VG HB Bun Yogurt Cup	Chicken Salad Carrot Raisin Salad Cucumber /onion salad Grapes (Red) Wheat Bread Fig Newton	Beef Tater Tot Cass. Green Beans Peaches and Strawberries Wheat Bread	Fettuccine Alfredo/Chicken Broccoli Salad/Tom/Carrots Orange Italian Bread Italian Dressing	Swiss Steak w/Tom. Mashed Potatoes Peas/Carrots Apple Slices Multigrain Bread Butterscotch Pudding
7	28	29	30	31
Pulled Pork White Corn w/Pepper Coleslaw w vin /drsng Apple Slices Hoagie Roll (WhlGr)	Chicken Strips Sweet Potato Wedges Salad/Tom/Carrots Orange Graham Crackers 1000/Dressing Honey Mustard Wheat Bread	Fish/Tartar Sauce Spinach Sweet Potatoes Tropical Fruit Mix White WG Bread Oatmeal Raisin Cookie	Mostaccioli/Whl Grain W Meat Sauce Italian Veggies Salad Tom/Carrots Pineapple/man or mix Italian Bread Graham Crackers	Chicken Oven Fried Gravy (LS Chicken) Mashed Potatoes Green Beans Orange Cake Wheat Dinner Roll

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

EYEBALL PASTA SALAD

Ingredients

- 200g pasta (rotini or fusilli)
- 150g mini mozzarella balls
- 1 black olive (sliced into rounds)
- Cherry tomatoes (sliced in half)
- 1 cucumber (diced)
- 1 red bell pepper (diced)
- 1 yellow bell pepper (diced)
- 50g black olives (sliced)
- 50g green olives (sliced)
- Fresh basil leaves (chopped)
- 3 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tsp Italian seasoning
- Salt and pepper to taste



Instruction :

1. Cook the pasta according to the package instructions
2. Once cooked, drain and rinse under cold water
3. Set aside in a large bowl
4. To create the eyeballs, insert a piece of black olive onto each mini mozzarella ball to resemble a pupil
5. Arrange them on top of the pasta
6. Add the diced cucumber, red and yellow bell peppers, cherry tomato halves, and both types of olive slices into the bowl with the pasta
7. Give it a good mix to combine everything
8. For the dressing, whisk together the olive oil, balsamic vinegar
9. Italian seasoning, salt, and pepper
10. Pour over the salad and toss until all the ingredients are well-coated
11. Sprinkle the chopped fresh basil over the salad for a burst of color and flavor
12. Chill in the refrigerator for at least 30 minutes before serving to let the flavors meld together

Serve up this spooktacular Eyeball Pasta Salad and watch your guests' jaws drop in both horror and delight