



SEPTEMBER

2025

Dorothy Cook & Linda Tillinghast

1) Where were you born and raised?

Dorothy- born in Kansas City, MO Raised in Parkville, MO.

Linda- Born in Memphis, TN Raised in Greedwood, MS.

2) 3 words that best describes you?

Dorothy-Kind, Welcoming, Sense of humor.

Linda- Quiet, Serious, Organized.

3) What motivates you?

Dorothy- Time, deadlines.

Linda- Father time.

4) 3 things you cant live without?

Dorothy- Codi, my cat, my car and food.

Linda- My Family, My Church family, My Doctors.

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

Dorothy-19 years fulltime, substituted prior to that.

Linda- 20 Years.

6) Advice to your younger self?

Dorothy- Pay attention more.

Linda- Don't worry so much.

7) Favorite quote?

Dorothy- Do the best you can with what you have at the time.

Linda- "this above all, to thine ownself be true".

8) Name someone that inspires you?

Dorothy- My mother.

Linda- Frannie Lou Hamer.

9) Favorite food/ Drink?

Dorothy- Sauerkraut/ Diet Pepsi.

Linda- Spanish omlet, (Tortilla Espanola)/ Sangria (White).

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

Dorothy- Friendliness.

Linda- That I cared about "the least of these" (Mathew 25:40).

11) What makes you smile?

Dorothy- My grandkids.

Linda- My 3 Grandchildren.





PSSI TEAM; ANNOUNCEMENTS/ BIRTHDAYS

PSSI Staff

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September Birthdays

Laura Gust -9/1
Lois Schieber- 9/2
Marilyn Mroz -9/10
Bill Wallingford- 9/13
Diane Dennison- 9/19
Peggy Burns-9/20
Clare Hamman- 9/26
Guang Tong- 9/26
Joan Astles- 9/29

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Platte County Senior Center, Kansas City, MO

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TRICIA TALKS



Getting older brings a lot of changes—some wonderful, like more time for hobbies and family, and some that can feel tough, like being alone more often. Many seniors face isolation, especially if getting out of the house isn't easy. And while quiet time can be nice, too much of it can start to feel lonely. That kind of loneliness isn't just about emotions—it can really take a toll on mental and physical health. The good news? Staying connected doesn't have to mean big outings or crowded events. Sometimes the smallest things—like a phone call from a friend, a video chat with family, or a quick visit from a neighbor—can completely brighten someone's day. It's those little reminders that we matter and that we're not forgotten that make all the difference. Even for seniors who are homebound, there are fun and creative ways to keep connections alive. Technology has opened up a whole new world—grandkids can "visit" over FaceTime, book clubs can meet on Zoom, and classes can be streamed right to the living room. For those who aren't into tech, there are still plenty of options: pen-pal programs, friendly caller check-ins, or even chatting with our volunteer that brings the Home Delivered Meals to the front door. And of course, hobbies can help chase away the blues too. Whether it's puzzles, knitting, gardening, or listening to music, doing things that spark joy creates something to share and talk about with others. Routines and meaningful activities give the day shape and keep spirits lifted. Most importantly, no one has to fight loneliness alone. Families, friends, and communities can all pitch in to make sure seniors feel connected and cared for. Sometimes it's as simple as showing up, listening, and sharing a laugh. Staying socially connected isn't just healthy—it's fun, and it keeps the heart young at any age. No car? No problem! Whether you're driving yourself or catching a ride, we'd love to have you join us. We even offer free transportation to and from the center—just give us a call by noon the day before to set it up. If you're here in Platte County, you're always welcome to join us for good company and fun activities that make the day a little brighter!

Be kind!!

Tricia

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

MONDAY	TUESDAY	WEDNESDAY
1 CLOSED NO MEALS 	2 Volley ball 9:00 Socialization 10:30 Let's Move 12:30 Volley ball	3 Bingo 9:00 Socialization 9:30 Music Therapy 10:30 Let's Move 12:30 Bingo
8 Bookclub 7:45 Morning Yoga 9:00 Socialization 10:00 Book Club 10:30 Let's Move 12:30 Games	9 Honorable way Presentation 9:00 Socialization 10:30 Let's Move 12:30 Bud Mackey The Honorable way Presentation	10 COFFEE W/ THE LAW 9:00 Socialization 9:30 Coffee with the Law 10:30 Let's Move 11:30 Lunch out @ Roxanne's
15 Yoga 7:45 Morning Yoga 9:00 Socialization 10:30 Let's Move 12:30 Games	16 Movie Day 9:00 Socialization 10:30 Let's Move 12:30 Movie Day	17 BINGO 9:00 Socialization 9:30 Music Therapy 10:30 Let's Move 12:30 Bingo
22 Community Awareness 7:45 Morning Yoga 9:00 Socialization 10:30 Let's Move 12:00 Saving Clair Active Aging Wellness center	23 Eyes and Ears 9:00 Socialization 10:30 Let's Move 12:00 Safety and Awareness Dearborn Senior Collab	24 Exercise & Impacts 9:00 Socialization 10:30 Let's Move 12:00 Exercise & impacts Parkville Living Center
29 Yoga 7:45 Morning Yoga 9:00 Socialization 10:30 Let's Move 12:30 Games	30 Family Feud 9:00 Socialization 10:30 Let's Move 12:30 Family Feud	

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

5

THURSDAY

FRIDAY

4 Birthdays

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

5 Yoga

7:45 Morning Yoga
9:00 Socialization
10:30 Let's Move
11:45 Walmart Trip

11 Balloon Volleyball

9:00 Socialization
10:30 Let's Move
12:00 Balloon Volleyball

12 Yoga

7:45 Morning Yoga
9:00 Watercolor Painting
10:30 Let's Move
12:30 Games

18 Red Barn Farm

Trip to Red Barn Farm

19 Yoga

7:45 Morning Yoga
9:00 Socialization
10:30 Let's Move
11:45 Walmart Trip

25 Medication Effects

9:00 Socialization
10:30 Let's Move
12:00 Medication Effects
Weston Senior Collaborative

26 Home Repairs

7:45 Morning Yoga
9:00 Watercolor Painting
10:30 Let's Move
12:00 Home Safety & Repairs
Platte Senior Services

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



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VOLLEYBALL



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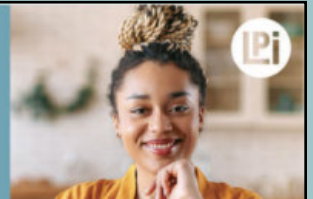
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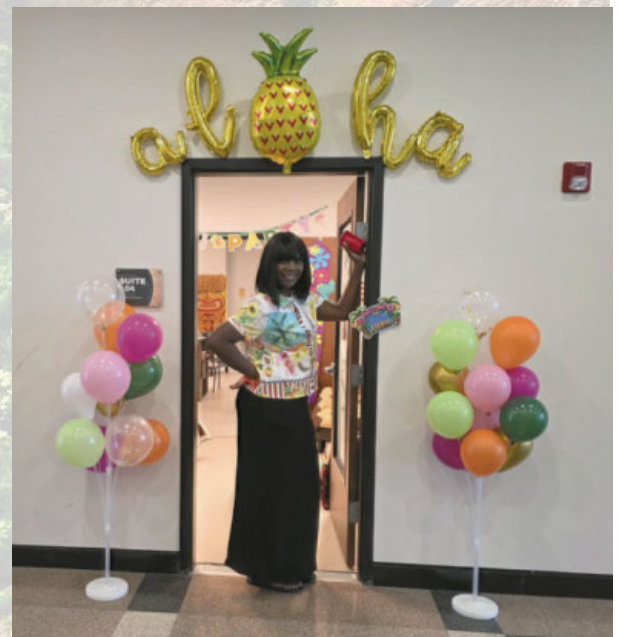
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HAWAIIAN LUAU



HAWAIIAN LUAU





COMING SOON; UPCOMING EVENTS

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

Let the Good Times Grow!

- scrambled eggs, fruit, biscuits & gravy and coffee!
- drug take-back program!
- insulated freezer tote bags and door prizes!
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MENU



2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 HAPPY LABOR DAY	2 Meatloaf Gravy (Brown)Low So. Fiesta Vegetables Mashed Potatoes Pears/Strawberries Wheat Dinner Roll	3 Chicken Parmesan Penne pasta (whl grn) Broccoli Salad/Tom/Car Banana WG Wht Bread Graham Crakers	4 Fish (Battered) Coleslaw-creamy Sweet Potatoes Tropical Fruit Mix White WG Bread	5 Beef Hot Dog Baked Beans Potato Salad Watermelon Hot Dog Bun (whl/Grn) Mustard /Ketchup
8 Riblette/BBQ Sauce Peas & Carrots Coleslaw/Vin. Dressing Pears & Strawberries Hamburger Bun (WG)	9 Chicken Strips Potato Wedges Salad Tom/Carrots Orange Multigrain Bread Graham Crackers 1000 Island Drsng. Honey Mustard	10 Chicken Fried Steak Gravy(country)LS Mashed Potatoes Green Beans Citrus Fruit Mix Wheat Roll/WG	11 Beef Stew Vegetables Salad Mix/Ranch Corn Muffin Oatmeal Raisin Cookie	12 Mexican Taco Salad Shredded Cheddar Lettuce/D Tomatoes Pinto Beans Orange Nacho Light Chips Taco Sauce
15 Sloppy Joe Potato Salad Scandinavian Veggies Peaches/Strawberries WG HB Bun	16 Chicken Salad Salad/Tom/Carrots Cucumber/Onion Salad Apple Wheat Bread	17 Beef Mac Casserole Green Beans Vanilla Wafers Banana Pudding Pears Wheat bread	18 Egg-Fried Turkey Sausage Patty Potatoes Roasted Applesauce Biscuit Jelly Fig Newton	19 Bar-B-Que Beef Potato Salad Calif Blend Banana Hambgr. Bun (WG)
22 BBQ Chicken Carrots 3Bean Salad Apples Stewed Hamburger Bun (WG)	23 Turkey-Deli Cheese Swiss Salad Tom/Carrots Potato Salad Orange White (WG) Bread Must/Mayo French Dressing	24 Fish (Breaded) Succotash Coleslaw w Vin. Drsng Tropical Fruit Mix Mac & Cheese Tartar Sauce	25 Beef Pattie American Cheese Salad Tom/Carrots Steak Fries Banana Hambgr. Bun (WG) Salad Dress. (1000)	26 Chicken Oven Fried Gravy (LS Chicken) Mashed Potatoes Green Beans White Cake Stwbr. Ice Cream White (WG) Bread
29 Fish Potatoes O'Brien Carrots Tropical Fruit Mix Hamburger Bun (W/G)	30 Chicken Diced/Seasoned Chddr Cheese -RF Salad Tom/Carrots Chuckwagon Corn Apples (Stewed) Tortilla Whole Wheat Ranch Dressing Taco Sauce	<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>	Menu is subject to change; substitutions may be made if approved by dietician.	*Margarine & 1% Milk served w/all meals



BLTA CHICKEN SALAD LETTUCE WRAPS

Ingredients

Chicken Salad

3 cups cooked and finely shredded chicken breast
1/2 cup light mayo
2 tbsp dried minced onion (found in the spice aisle of any grocery store- you can use a few finely diced green onions in its place, but its not as good in my opinion)
1 tsp celery salt (found in the spice aisle of any grocery store- do not sub celery seed with this)



Lettuce Wraps

romaine lettuce leaves
6 slices cooked bacon
1-2 medium ripe avocado (about 8 oz or 1 cup diced without skin and pit)
1 cup cherry tomatoes sliced in half
kosher salt and pepper

Instructions

Chicken Salad

In a bowl add cooked and finely shredded chicken, dried minced onions, celery salt, light mayo, and freshly cracked pepper.
Mix together super well. Let it chill in the fridge for at least 20 minutes so that the onions can rehydrate a little. If you dig into it right away they will be crunchy and a little unappetizing.

Toppings

Prep the avocado by halving it and removing the pit. Then dice by making cuts while the flesh is still in the skin by scoring it vertically and horizontally without cutting through the skin. After scoring, use a spoon to scoop out the diced avocado.
In a small bowl mix diced avocado and juice from lime or lemon. Toss and generously salt and pepper to taste.

*Prepare bacon using your favorite method then chop it up or use fully cooked bacon. If using fully cooked bacon be sure to put it on a plate with a couple paper towels and heat in microwave for about 25 seconds so it crisps up then chop it up.

Build Lettuce Wrap

Stack 2-3 romaine leaves so they create kind of a "boat". Spread 1/2 cup of chicken salad inside the lettuce then add tomatoes, bacon, and diced avocado.