



# March Newsletter

2026

Happy 100th birthday Joe Vogliardo

1) Where were you born and raised?

Joe- Kansas City and Independence.

2) Tell us about your life, Family, Career.

Joe- Good Wife, we had 9 children, i was a teacher, i worked at MO Extension services, Farmland Ind,



3) Whats the secret to a long life?

Joe- God Loves me! Good medicine, good Doctors. Keep moving every day.



4) Advice to the younger generations?

Joe- Get a good college degree or go to Tech school. Marry young and enjoy life.



5) Have you Traveled? What was your favorite place?

Joe- Yes i have traveled, Rome and Moroco.

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

Joe- That i enjoy meeting them.

7) What is someting you think everyone should do at least once in their lives?

Joe- Get Married (once)

8) What makes you laugh?

Joe- young children ages 5 and younger.



02

# PSSI STAFF / MESSAGE FROM THE STAFF

## OUR STAFF

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## MESSAGE FROM THE STAFF

As the days grow longer and the chill of winter begins to fade, spring brings with it a wonderful sense of renewal and fresh beginnings.

This season reminds us that no matter our age, there is always room for growth, joy and new experiences.

Spring is the perfect time to step outside, enjoy the sunshine, and take in the beauty of blooming flowers and singing birds. Even a short walk, time spent in a garden, or simply sitting in the fresh air can lift your spirits and boost your well-being.

It's also a lovely season to reconnect; whether through community activities, phone calls with loved ones, or visits with friends.

As you welcome spring, remember to take things at your own pace, stay comfortable as temperatures change and continue caring for your health.

Most of all, embrace the simple pleasures this season offers; brighter mornings, warmer afternoons, and the feeling of a fresh start.

May this spring bring you peace, happiness, and many moments that make you smile!

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# MARCH BIRTHDAYS ... HAPPY BIRTHDAY

03

Margaret Cockrill

3/5

Angie Pellien

3/14

Joe Vogliardo

3/15

Sidney Carnes

3/18



Margie Fraser

3/25

Anna Marshall

3/29

Lisa Barner

3/29

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# MARCH ACTIVITIES CALENDAR

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|--|---|---|---|
| <b>2 YOGA</b>  | <b>3 GROUP W/ KATIE</b>  | <b>4 BINGO</b>  | <b>5 BIRTHDAYS</b>  | <b>6 YOGA</b>   |
| 7:45 Yoga<br>9:00 Socialization<br>10:30 Cardio Drumming<br>12:00 Games                    | 9:00 Socialization<br>10:30 Let's Move<br>12:00 Group W/ Katie         | 7:45 Yoga<br>9:00 Socialization<br>10:30 Let's Move<br>12:00 Bingo                  | 9:00 Socialization<br>10:30 Let's Move<br>12:30 Birthday Celebrations | 7:45 Yoga<br>9:00 Painting<br>10:30 Cardio Drumming<br>12:00 Games                    |
| <b>9 BOOK CLUB</b>   | <b>10 GROUP W/ KATIE</b>   | <b>11 COFFEE W/ LAW</b>   | <b>12 ALPHABET GAME</b>   | <b>13 YOGA</b>  |
| 7:45 Yoga<br>9:00 Socialization<br>10:00 Book Club<br>10:30 Cardio Drumming<br>12:00 Games | 9:00 Socialization<br>10:30 Let's Move<br>12:00 Group W/ Katie         | 7:45 Yoga<br>9:30 Coffee W/ The law<br>10:30 Let's Move<br>12:00 Lunch out          | 9:00 Socialization<br>10:30 Let's Move<br>12:00 Alphabet Game         | 7:45 Yoga<br>9:00 Painting<br>10:30 Cardio Drumming<br>12:00 Games                    |
| <b>16 YOGA</b>   | <b>17 ST PATIRICKS</b>   | <b>18 BINGO</b>   | <b>19 SING ALONGS</b>   | <b>20 YOGA</b>  |
| 7:45 Yoga<br>9:00 Socialization<br>10:30 Cardio Drumming<br>12:00 Games                    | 9:00 Socialization<br>10:30 Let's Move<br>11:30 ST Patrick's Day Party | 7:45 Yoga<br>9:00 Socialization<br>10:30 Let's Move<br>12:00 Bingo                  | 9:00 Socialization<br>10:30 Let's Move<br>12:00 Sing alongs           | 7:45 Yoga<br>9:00 Painting<br>No Activities   |
| <b>23 YOGA</b>   | <b>24 GROUP W/ KATIE</b>   | <b>25 BINGO</b>   | <b>26 FREE DAY</b>  | <b>27 YOGA</b>  |
| 7:45 Yoga<br>9:00 socialization<br>10:30 Cardio Drumming<br>12:00 Games                    | 9:00 Socialization<br>10:30 Let's Move<br>12:00 Group W/ Katie         | 7:45 Yoga<br>9:00 Socialization<br>10:30 Let's Move<br>12:00 Bingo                  | 9:00 Socialization<br>10:30 Let's Move<br>12:00 Free Day              | 7:45 Yoga<br>9:00 Painting<br>10:30 Cardio Drumming<br>12:00 Games                    |
| <b>30 YOGA</b>   | <b>31 GROUP W/ KATIE</b>   |   |   |   |
| 7:45 Yoga<br>9:00 Socialization<br>10:30 Cardio Drumming<br>12:00 Games                    | 9:00 Socialization<br>10:30 Let's Move<br>12:00 Group W/ Katie         |  |   |  |

# NATIONAL NUTRITION AWARENESS MONTH

05

Good nutrition is important at every age, but it becomes especially important as we grow older.

The foods we eat play a major role in maintaining energy, supporting the immune system, protecting our bones and heart, and helping us stay independent and active. Nutrition awareness simply means understanding how our food choices affect our bodies and making small, healthy changes when we can.

As we age, our bodies go through natural changes. Metabolism slows down, muscle mass may decrease, and we may not feel as hungry as we once did. Even though we might be eating less our bodies still need plenty of nutrients. That means it's important to make every bite count by choosing foods that are rich in vitamins, minerals, fiber and protein.

Protein is especially important for older adults. It helps maintain muscle strength, which supports balance and reduces the risk of falls. Good sources of protein include lean meats, poultry, fish, eggs, beans, nuts, yogurt, and low-fat dairy products. Including a source of protein at each meal can make a big difference.

Calcium and vitamin D are also key nutrients for seniors because they keep bones strong and reduce the risk of osteoporosis and fractures. Milk, cheese, yogurt, fortified cereals, and leafy green vegetables are good sources of calcium. Spending a little time outdoors in the sunlight and eating fortified foods can help with vitamin D, but some people may need a supplement if recommended by a healthcare provider.

Fiber is another important part of a healthy diet. It supports digestion, helps prevent constipation, and can lower cholesterol and blood sugar levels. Whole grains, fruits, vegetables, beans and legumes are all high in fiber. Drinking enough fluids helps fiber do its job, so staying hydrated is just as important.

Hydration often becomes more challenging with age because the sense of thirst may decrease. Even if you don't feel Thirsty, your body still needs fluids. Water, herbal tea, milk, and broth based soups are great choices. Proper hydration supports memory, energy levels, and overall health.

Its also helpful to be mindful of salt, sugar, and unhealthy fats. Too much sodium can raise blood pressure, and excess added sugar can affect weight, blood sugar, and heart health. Choosing fresh foods more often and reading nutrition labels can help you make informed choices.

# word Scramble

06

1) logd -----

2) tpo -----

3) enger -----

4) lukc -----

5) igj -----

6) ppie -----

7) imcag -----

8) crmha -----

9) nista -----

10) phicn -----

jig pipe gold magic pinch  
march luck saint green pot

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Platte County Senior Center, Kansas City, MO

C 4C 02-1070

# Dad Jokes

What kind of spells do leprechauns use?

Lucky charms.

Where do leprechauns hang out?

On the paddy-o.

What do you call a leprechaun's vacation home?

A lepre-condo.

How old are leprechauns?

Old enough to remember when rainbows were black and white.

**Are You a Caregiver?**  
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# Sponsor a Senior



# 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”**?

### 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?

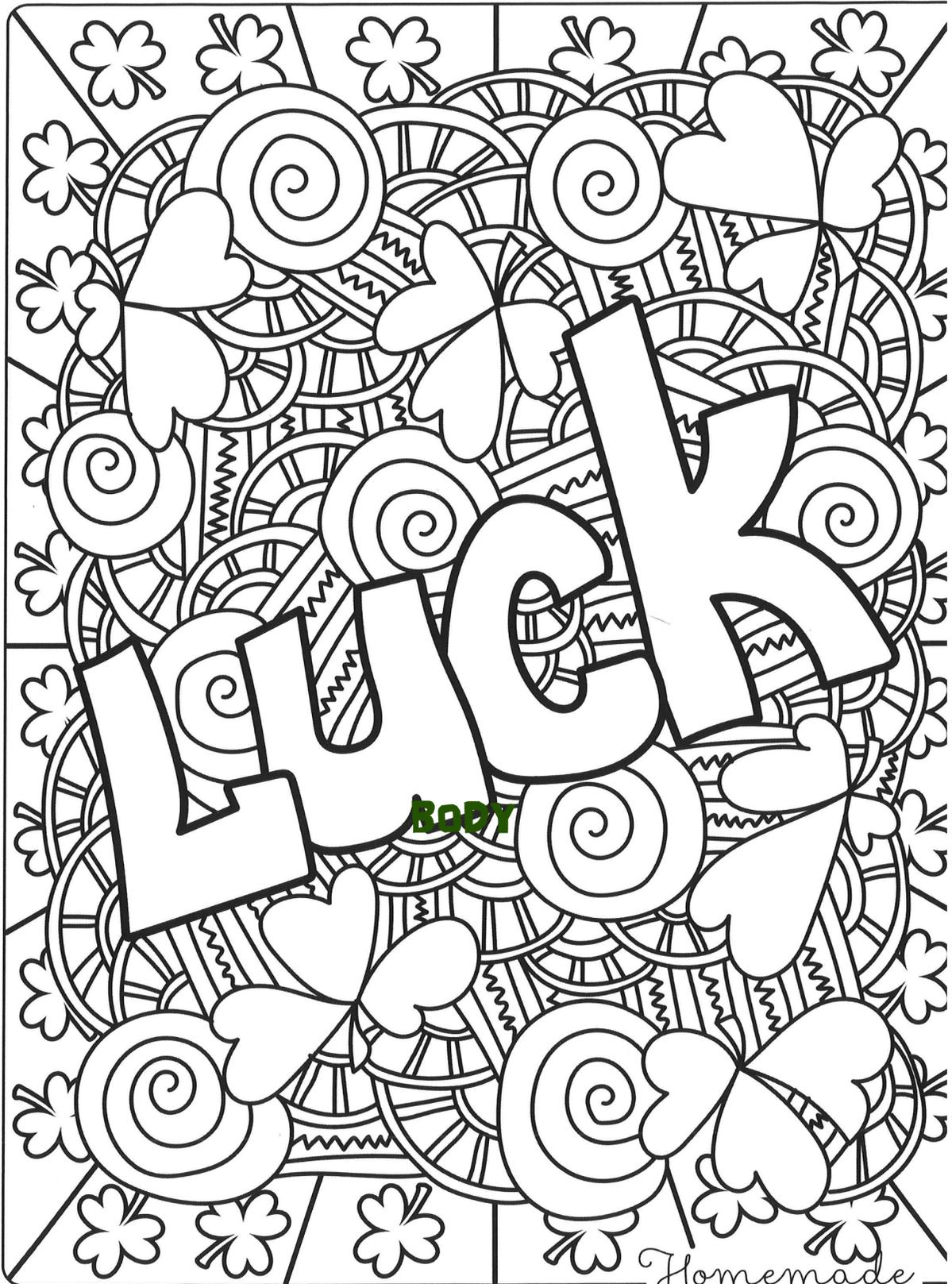
- A neighbor who doesn't get out much?
- Someone with few visitors who is rarely seen?

### 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)

“sponsor a senior!”  
Your support provides nutritional meals and essential wellness checks.

**DIRECTIONS**  
**Contact Us!**  
Platte Senior Services, Inc.  
☎ (816) 270-4100



Homemade  
GIFTS MADE EASY

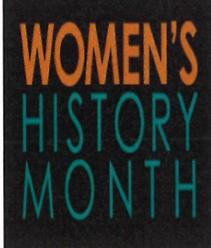
# Valentine's Day Party





# March 2026

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

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|--|---|---|--|
| <b>2</b>   | <b>3</b>   | <b>4</b>  | <b>5</b>  | <b>6</b>   |
| BBQ Chicken<br>Veggie Mix<br>Potato Salad<br>Trop. Fruit Mix<br>Hamburger Bun (WG)                   | Beef-Mac Casserole<br>Scand.-Veggies<br>Vanilla Waf/Ban.Pud.<br>Pears<br>White Bread                           | Chicken Strips<br>Potato Wedges<br>Salad Tom/Carrots<br>Orange<br>Multigrain Bread<br>Graham Crackers<br>French Salad Drsng.<br>Honey Mustard | Mexican Taco Salad<br>Shredded Cheddar<br>Lettuce/D Tomatoes<br>Pinto Beans<br>Orange<br>Nacho Corn Chips<br>Taco Sauce | Fish (Breaded)<br>Coleslaw/Vin Drssng<br>Spinach<br>Citrus Fruit Mix<br>Corn Muffin<br>Tartar Sauce<br>Vinegar                     |
| <b>9</b>   | <b>10</b>  | <b>11</b>   | <b>12</b>   | <b>13</b>  |
| Meatloaf<br>Gravy (Brown LS)<br>Country Blend<br>Mashed Potatoes<br>Pears/Straw<br>Wheat Dinner Roll | Fettuccine Alf./Chicken<br>Broccoli<br>Salad/Tom/Carrots<br>Orange<br>Italian Bread<br>Dressing/Italian        | Pork Stir Fry<br>Stir Fry Veg.<br>Coleslaw vin/drsgng<br>Pineapple man-o-mix<br>White WG Bread<br>(LS) Soy Sauce                              | Beef Pattie<br>Salad/Tom/Carrots<br>Steak Fries<br>Banana<br>(WG) Bun<br>1000 Isl. Dressing<br>Ketchup                  | Tilapia (Battered)<br>Coleslaw-creamy<br>Sweet Potatoes<br>Peaches/Strwbrry<br>White WG Bread<br>Oat/Raisin Cookie<br>Tartar Sauce |
| <b>16</b>  | <b>17</b>  | <b>18</b>   | <b>19</b>   | <b>20</b>  |
| Sloppy Joe's<br>Potato Salad<br>Carrots<br>Apple Slices<br>Ham.Bun Whl/Grn                           | Corn Beef<br>Cabbage<br>Carrots<br>Parsley Potatoes<br>Lime Sherb.<br>Rye Bread                                | Tuna Noodle<br>Casserole<br>Cauliflower/Peas<br>Cucumber/Onion<br>Salad<br>Banana<br>Wheat Bread  | Meatball Sub<br>Root Veg &Kale<br>Salad/tom/car<br>Orange<br>Hoagie Roll<br>Italian Salad Dress.                        | Fish pattie (Breaded)<br>Coleslaw/creamy<br>Sweet Pot. Wedges<br>Banana<br>Hamburger Bun<br>Tartar Sauce                           |
| <b>23</b>  | <b>24</b>  | <b>25</b>   | <b>26</b>   | <b>27</b>  |
| Egg Omelet<br>Sausage Links/Turkey<br>Roasted Potatoes<br>Grapes (Red)<br>Biscuit<br>Jelly           | Chicken Fried Steak<br>Gravy(country)LS<br>Mashed Potatoes<br>Green Beans<br>Citrus Fruit Mix<br>Wheat Roll/WG | Seas. Chicken Breast<br>Potatoes Au Gratin<br>Broccoli<br>Pineapple/man-o-mix<br>WG Wheat Bread<br>Short Bread<br>Cookies                     | Beef stew w/veggies<br>Tossed Salad<br>Banana<br>Biscuit Whl/Grain<br>Peach Cobbler<br>Ranch Dressing                   | Chicken Oven Fried<br>Gravy (LS Chicken)<br>Mashed Potatoes<br>Green Beans<br>White Cake<br>Stwbr. Ice Cream<br>White (WG) Bread   |
| <b>30</b>  | <b>31</b>  |    |                                     |   |
| Chili/ Beans<br>Shredded Cheddar<br>Salad Tom/Carrots<br>Crackers Wht/Whl Grn<br>Salad Dress. French | Pork & Beans Smoked<br>Cucumber/Onion Sal.<br>Banana<br>Corn Muffin (WG)                                       |   |   |  |

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

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

12

## ingredients

# irish coddle

1 pound thick-cut bacon, cut into 1-inch pieces

1 pound Cumberland sausage or any mild pork sausage, cut into 1-inch pieces

2 large white onions, halved and thinly sliced

Kosher salt

1 cup fresh parsley leaves, finely chopped

Freshly ground black pepper

3 pounds russet potatoes, peeled and quartered

1/4 cup Irish stout, such as Guinness, optional

Irish soda bread, for serving



## DIRECTIONS

Preheat the oven to 300 degrees F.

Add the bacon to a large Dutch oven and set over medium heat. Cook, stirring occasionally, until the fat renders, about 10 minutes. Add the sausage and increase the heat to medium high. Continue to cook, stirring occasionally, until the bacon and sausage are nicely browned, about 10 more minutes. Remove the pot from the heat and use a slotted spoon to transfer the bacon and sausage to a plate.

Drain the fat from the pot and return it to medium heat. Add the onions, a pinch of salt and 1/4 cup water. Use a wooden spoon to scrape the brown bits from the bottom and sides of the pot, then sprinkle the onions with 1 tablespoon of the parsley and plenty of black pepper. Layer the bacon and sausage over the onions and sprinkle with 1 tablespoon parsley and more black pepper. Layer the potatoes over the meat and add enough water to submerge everything but the potatoes, about 2 cups. Season the potato layer with a pinch of salt and plenty of black pepper and sprinkle with 1 tablespoon parsley. Bring the liquid to a boil (don't stir!), then cover and transfer to the oven. Bake, checking halfway to add more water if needed, until the onions are very tender and caramelized and the liquid has reduced slightly, about 2 hours.

Finish with a pour of stout, if using, and a final garnish of the remaining parsley. Serve immediately with soda bread.