



# April Newsletter

## 2026



### **VOLUNTEER SPOTLIGHT**

## Lisa Scarborough

**1) Where were you born and raised?**  
Carrollton, MO Overland Park, KS

**2) 3 words that best describe you?**  
Persistent, constant and present

**3) What motivates you?**  
I see something that needs to be done and I do it.

**4) 3 things you can't live without?**  
Family, Faith and Joy

**5) How long have you been volunteering/ at PSSI?**  
1 year plus

**6) Advice to your younger self?**  
Don't sweat the small stuff.

**7) Favorite Quote.**  
"When people show you who they are, believe them."

**8) Name someone that inspires you?**  
My Mom was a woman before her time.

**9) Favorite food / drink?**  
Mexican food / Margarita

**10) What do you want people to remember about you?**  
Being remembered as a good, honest and compassionate person.

**11) What makes me smile?**  
Hearing a song that reminds me of the past.



**OUR STAFF**

**Suzanne Webb**  
 Administrative Assistant  
 swebb@platteseniorservices.org

**Roshonda Reed**  
 MOW/Volunteer Director  
 rreed@platteseniorservices.org

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

[platteseniorservices.org](http://platteseniorservices.org)  
[Facebook.com/platteseniorservices](https://Facebook.com/platteseniorservices)

**MESSAGE FROM THE STAFF**

As we welcome the beautiful season of spring, we are reminded that this time of year represents renewal, hope, and fresh beginnings. The flowers begin to bloom, the days grow longer, and the Warmth of the sun gently returns, bringing with it a sense of joy and new possibilities. Easter is a special time of year for many symbolizing faith, reflection, and the promise of new life. It is also a wonderful opportunity to gather with family and friends, share meaningful moments, and cherish the traditions that bring us comfort and happiness. Spring encourages us to embrace renewal in our own lives. Whether that means starting a new hobby, reconnecting with a friend, enjoying a walk outdoors, or simply taking time to appreciate the beauty around us. Every season of life holds its own blessings, and your wisdom, strength, and resilience continue to inspire those around you.

**PERSONALIZED HEARING TREATMENT**  
 from Warrior Hearing Center



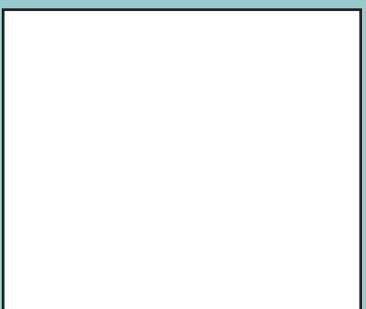

**(816) 532-9277**  
 to schedule an appointment.



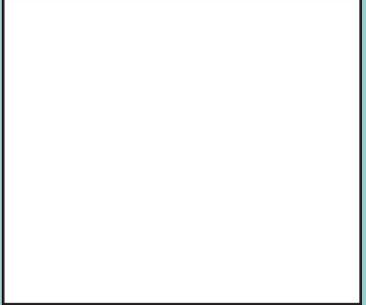

**Janice Richbourg**  
 Au.D., CCC-A



Locally owned and operated in Smithville.  
[www.warriorhearing.com](http://www.warriorhearing.com)  
 1103 S. US 169, Suite F, Smithville, MO 64089



**Support Our Advertisers!**




**We're Hiring Ad Sales Executives**

- Paid Training
- Full-time with Benefits

Visit [www.lpicommunities.com/careers](http://www.lpicommunities.com/careers)

**Advertise in Our Newsletter!**

**Contact James Bradley**  
 jbradley@4LPi.com  
 (800) 950-9952 x2655



# APRIL BIRTHDAYS ... HAPPY BIRTHDAY

03

**Thomas Hainkel**  
4/2

**DJ Lewis**  
4/22

**Walter Hawk**  
4/9

**Shirley Burns**  
4/23

**John McClintock**  
4/11

**Gary Overton**  
4/28



## Advertise Here!

Increase visibility in your community.

### ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

## Never miss our publication!



Get each new issue delivered straight to your inbox.



Scan to subscribe on [MyCommunityOnline.com](http://MyCommunityOnline.com)



### Becky Swanson

*Dedicated Insurance Advisors  
Real Estate and Notary Services*

816-567-9655 (call or text)  
dedicatedadvisors.net  
beckyswansoninsurance@gmail.com

For Medicare or any Life or Health insurance need, Becky is the one you want to help. She is patient, thorough, and will always explain and provide all options available so you can always make the right choice with confidence. She provides in-home, phone, or virtual appointments and is available year round whenever you need support. **Call today!**



# 04 April ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BINGO	2 EASTER PARTY	3 CLOSED
		7:45 Yoga 9:00 Socialization 10:30 Let's Move 12:00 Bingo	9:00 Socialization 10:30 Let's Move 12:30 Easter Party	
6 YOGA	7 GROUP W/ KATIE	8 COFFEE W/ LAW	9 FAMILIEY FUED	10 YOGA
7:45 Yoga 9:00 Socialization 10:30 Cardio Drumming 12:00 Games	9:00 Socialization 10:30 Let's Move 12:00 Group W/ Katie	7:45 Yoga 9:30 Coffee W/ The law 10:30 Let's Move 12:00 Lunch out	9:00 Socialization 10:30 Let's Move 12:00 Family Fued	7:45 Yoga 9:00 Painting 10:30 Cardio Drumming 12:00 Games
13 BOOKCLUB	14 GROUP W/ KATIE	15 BINGO	16 SING ALONGS	17 YOGA
7:45 Yoga 9:00 Socialization 10:00 Book Club 10:30 Cardio Drumming 12:00 Games	9:00 Socialization 10:30 Let's Move 12:00 Group W/ Katie	7:45 Yoga 9:00 Socialization 10:30 Let's Move 12:00 Bingo	9:00 Socialization 10:30 Let's Move 12:00 Sing alongs	7:45 Yoga 9:00 Painting No Activities
20 YOGA	21 GROUP W/ KATIE	22 BINGO	23 FREE DAY	24 YOGA
7:45 Yoga 9:00 socialization 10:30 Cardio Drumming 12:00 Games	9:00 Socialization 10:30 Let's Move 12:00 Group W/ Katie	7:45 Yoga 9:00 Socialization 10:30 Let's Move 12:00 Bingo	9:00 Socialization 10:30 Let's Move 12:00 Free Day	7:45 Yoga 9:00 Painting 10:30 Cardio Drumming 12:00 Games
27 YOGA	28 GROUP W/ KATIE	29 BINGO	30 Games	
7:45 Yoga 9:00 Socialization 10:30 Cardio Drumming 12:00 Games	9:00 Socialization 10:30 Let's Move 12:00 Group W/ Katie	7:45 Yoga 9:00 Socialization 10:30 Let's Move 12:00 Bingo	9:00 Socialization 10:30 Let's Move 12:00	

## MESSAGE TO OUR VOLUNTEERS

05

During this special time of recognizing volunteers, we pause to celebrate the incredible individuals who give their time, energy, and compassion to all the seniors in our community.

Your kindness does not go unnoticed!

Volunteers are the heart of our community. Whether you assist with activities, deliver HDMs, lead classes, or simply offer a warm smile, you make a meaningful difference in the lives of our seniors every single day.

Because of you, our center is not just a place to gather, but a place filled with laughter, friendship, and support. Your generosity strengthens connections, uplifts spirits, and reminds us all of the power of service.

We are deeply grateful for your dedication and the love you pour into this community.

Thank you for being a shining example of compassion and commitment and your countless hours of service!

# word scramble

06

- 1) ndusya \_\_\_\_\_
- 2) gesg \_\_\_\_\_
- 3) olrewfs \_\_\_\_\_
- 4) takebs \_\_\_\_\_
- 5) nuynb \_\_\_\_\_
- 6) snirgp \_\_\_\_\_
- 7) traroc \_\_\_\_\_
- 8) nuth \_\_\_\_\_
- 9) ihkcc \_\_\_\_\_
- 10) cortdeea \_\_\_\_\_

basket bunny carrot chick decorate  
eggs flowers hunt Spring Sunday

## Support Our Advertisers!

### WE APPRECIATE OUR ADVERTISERS

They allow us to  
print this newsletter.  
Thank you!



### ASSURED HEALTHCARE

"LET US CARE FOR THOSE YOU CARE ABOUT!"

[assuredhealthcare@sbcglobal.net](mailto:assuredhealthcare@sbcglobal.net)

(816)415-8200



Call us:  
**816-415-8200**  
We are available  
24/7

Assured Healthcare is locally owned and operated in Liberty, MO, and serves many counties across Missouri. We understand the importance and the desire for our clients to maintain their independence and stay in their homes. Our clients as well as our employees feel that our mission embodies a family-centered environment and each of our services are designed to help our clients feel at home.

8 Westowne Suite #802 Liberty, MO 64068  
[www.assuredhealthcareinc.com](http://www.assuredhealthcareinc.com)



# Dad Jokes

What falls, but never needs a bandage?

The rain.

What do clouds wear during spring rain showers?

Thunderwear.

What do you call a well-dressed lion?

A dandy lion!

Where do cows go for spring break?

Moo Jersey

## Are You a Caregiver? SOME HELP COULD HELP



**ADDINGTON PLACE**  
OF SHOAL CREEK

An Arvum Senior Living Community

**816.974.3627**

**AddingtonPlaceOfShoalCreek.com**

9601 N. Tullis Drive, Kansas City, MO 64157

Assisted Living | Memory Care

©2025 Arvum Senior Living. All Rights Reserved. Prices, plans and programs are subject to change or withdrawal without notice. Void where prohibited by law. Managed and Operated by Arvum Senior Living, APSC-0032 4/25

Does your organization need a newsletter?  
We'll cover the printing costs!



Learn more at [lpicommunities.com](http://lpicommunities.com)



No act of kindness is ever wasted

# 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

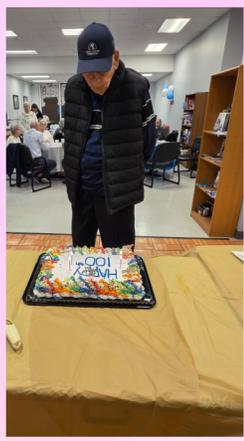
-  Delivered up to 5 days per week (depending on county location)
-  Delivery time: 11:00am - 12:30pm
-  All meals are served with 1% milk (No substitutions)

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

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



# 10 Joe's 100<sup>th</sup> Birthday/ St. Patrick's Day Party





# Menu



# APRIL

2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
	<b>Menu is Subject to Change; Substitutions May be made if approved by dietician.</b> <b>*Margarine and 1% Milk served with all meals</b>	Chicken Diced/Seasoned Cheddar Cheese -RF Salad Tom/Carrots Chuckwagon Corn Apples (Stewed) Tortilla Whole Wheat	Sloppy Joe's Potato Wedges Scand. Veggies Apple Slices Ham Bun Whl/Grn	<b>CLOSED GOOD FRIDAY NO MEALS SERVED</b>
6	7	8	9	10
Beef Hot Dog 3 Bean Salad Potato Salad Watermelon Hot Dog Bun Mustard/ketchup	Chicken Parmesan Penne pasta (whl grn) Brussel Sprouts Salad/Tom/Car Pineapple/Mix WG Whl Bread Graham Crackers French Dressing	Meatloaf Brown Gravy Country blend veggies Mashed Potatoes Peaches/Strawberries Wheat Dinner Roll	Stir Fry Chicken Stir Fry Veg. w/Brown Rice Coleslaw vin/drsng Pineapple man-o-mix White WG Bread	Mexican Taco Salad Shredded Cheddar Lettuce/D Tomatoes Pinto Beans Orange Nacho Light Chips Taco Sauce
13	14	15	16	17
BBQ Chicken Carrots Potato Salad Trop. Fruit Mix Hamburger Bun (WG) Fig Newton	Mostaccioli/Whl Grain w/Meat Sauce Italian Veggies Salad/Tom/Carrots Stewed Apples Italian Bread/Dress. Graham Crackers	Beef Tater Tot Cass. Green Beans Peaches/Strawb. Wheat Bread (WG)	Tuna Noodle Cass. Cauliflower/Peas Cuc./Onion Salad Banana Wheat Bread (WG)	Chicken Strips Potato Wedges Salad Tom/Carrots Orange Multigrain Bread Graham Crackers French Salad Drsng. Honey Mustard
20	21	22	23	24
Egg Omelet Sausage Links (Turk) Potatoes (Roasted) Grapes (Red) Biscuit Jelly	Beef stew w/veggies Tossed Salad Banana Corn Muffin Ranch Dressing Oatmeal Raisin Cookie	Tilapia (Battered) Coleslaw-creamy Sweet Potatoes Peaches/Strawbry Multi-Grain Bread Oat/Raisin Cookie Tartar Sauce	Beef Pattie/A. Cheese Salad Tom/Carrots Steak Fries Banana WG Hamburger Bun Dressing/1000 Islnd Ketchup & Mustard	Chicken (Oven Fried) Gravy (Chicken)LS Mashed Potatoes Green Beans (Frzn) Orange Sherb./Whl. Cake Wheat Dinner Roll (WG)
27	28	29	30	
Chicken Fried Steak Gravy(country)LS Mashed Potatoes Green Beans Citrus Fruit Mix Wheat Roll/WG	Fett. Alfredo/Chicken Broccoli Salad/Tom/Carrots Orange Italian Bread Italian Dressing	Pork & Beans Smoked Cuc./Onion Salad Banana Corn Muffin	Chili/ Beans Shredded Cheddar Salad Tom/Carrots Peach Cobbler Crackers Whl/Whl G Salad Dress. French	<b><u>YOU MUST CALL 816.270.4100 BY 11 AM THE BUSINESS DAY BEFORE TO ORDER/CANCEL A MEAL</u></b>

# Chicken Primavera Pasta Bake

## Ingredients

12 ounces dried cavatappi pasta  
 2 cups fresh or frozen peas  
 1 pound asparagus, trimmed and coarsely chopped  
 2 tablespoons olive oil, divided  
 1 1/2 pounds skinless, boneless chicken breast cut into 1-inch pieces  
 1 teaspoon salt, divided  
 3/4 teaspoon freshly ground black pepper, divided  
 1/4 cup butter  
 1/4 cup all-purpose flour  
 2 cups milk  
 1 (8 ounce) package cream cheese, softened  
 3/4 cup reduced-sodium chicken broth  
 2 cups coarsely chopped spinach  
 1 cup cherry tomatoes, halved  
 1 cup grated Parmesan cheese, divided  
 1 tablespoon chopped fresh basil or 1 teaspoon dried basil, crushed  
 1 tablespoon chopped fresh oregano, or 1 teaspoon dried oregano, crushed  
 2/3 cup seasoned panko breadcrumbs



## Directions

Gather all ingredients. Preheat the oven to 400 degrees F (200 degrees C). Grease a 3-quart rectangular baking dish.

- 2) Bring a 4 to 6-quart Dutch oven filled with salted water to a boil, and cook pasta until tender with a bite, 9 to 11 minutes, adding peas and asparagus for the last 3 minutes of cooking time. Drain, reserving 2/3 cup of the pasta water. Hold pasta in the strainer; set Dutch oven aside to use for making the sauce.
- 3) Meanwhile, heat oil in a 12-inch skillet over medium-high heat. Season chicken with 1/2 teaspoon salt and 1/2 teaspoon black pepper. Add chicken to hot oil. Cook, stirring occasionally, until chicken is golden and fully cooked, 5 to 7 minutes. An instant-read thermometer inserted near the center should read at least 165 degrees F (74 degrees C). Remove from heat.
- 4) For sauce, melt butter in the Dutch oven. Whisk in flour, remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Whisk in milk, cream cheese, and chicken broth. Cook and stir over medium heat until thickened and bubbly. Cook and stir 1 minute more. Whisk in reserved pasta water, 2/3 cup Parmesan cheese, basil, and oregano.
- 5) Add pasta mixture to the Dutch oven with sauce; toss to coat. Stir in cooked chicken, spinach, and cherry tomatoes.
- 6) Spoon mixture into prepared baking dish. Sprinkle with remaining 1/3 cup Parmesan cheese and panko bread crumbs.
- 7) Bake in the preheated oven until sauce is bubbly and topping is golden brown, 15 to 20 minutes.