



MAY newsletter



Tom West

1. Where were you born and raised?

I was born in St Joseph and grew up on a farm between Edgerton and

2. 3 words that best describe you?

Faith, Family, Sense of humor

3. What motivates you?

Leaving a legacy/example for my kids and grandkids

4. 3 things you can't live without?

My wonderful wife Karen, watching sports (especially Mizzou), and playing pickleball with friends.

5. How long have you been volunteering at PSSI?

4 1/2 years

6. Advice to your younger self?

Don't play it safe or settle. Go for it. Take more risks.

7. Favorite quote?

"Two roads diverged in a wood, and I --
I took the one less traveled by,
And that has made all the difference." Robert Frost

8. Name someone that inspires you?

My dad. He was a man I've always admired and wanted to be like.

9. Favorite food/drink?

Homestyle/Country/Southern cooking. Chicken fried steak, with mashed potatoes smothered in white gravy, with green beans, homemade roll, and half and half ice tea.

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

He loved Jesus and tried to treat people with kindness and respect.

11. What makes you smile?

Holiday family gatherings, good food and conversation, my grandkids' smiles, and dumb jokes.



02 PSSI STAFF / MESSAGE FROM THE STAFF
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A MOTHER'S DAY MESSAGE

As Mother's Day approaches, we take a moment to honor and celebrate the love, strength, and wisdom of mothers and mother figures in our lives. This special day is not only a time for flowers and card, but a meaningful opportunity to reflect on the lasting impact of a mother's care, guidance, and unconditional love.

For many of our seniors, motherhood has been a journey filled with both joys and challenges, raising families nurturing loved ones, and creating traditions that continue to live on through generations. Your stories, sacrifices, and dedication have shaped families and communities in ways that words can hardly capture.

We also recognize that Mother's day can bring a mix of emotions. For those remembering mothers who are no longer with us, or for those who have experienced loss, please know that your memories are cherished and your feelings honored.

Today, we celebrate you. Whether you are a mother, grandmother, aunt, mentor, or someone who has cared for others with love in your heart, you have made a difference.

Wishing you a day filled with appreciation, comfort, and the warmth of knowing you are deeply valued.
HAPPY MOTHER'S DAY!

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 from Warrior Hearing Center



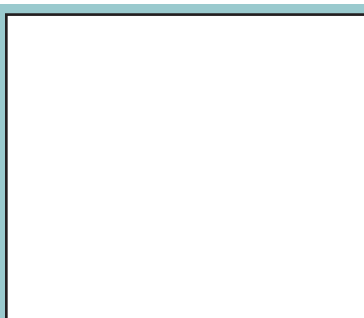

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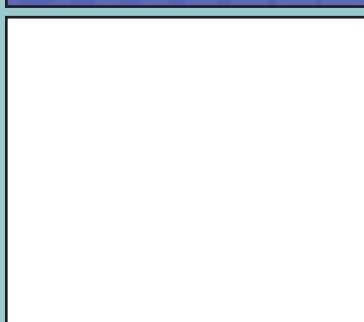

Janice Richbourg
 Au.D., CCC-A



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MAY BIRTHDAYS ... HAPPY BIRTHDAY

03

Beverly Bosmans

5/4

Rose Stoppelmoor

5/27

Charlene Johnson

5/6




Warner Schiler

5/27

Roshonda Reed

5/20





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May ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 YOGA
				7:45 Yoga 9:00 Painting 10:30 Cardio Drumming 12:00 Games
4 YOGA	5 CLOSED	6 WORKSHOP	7 MOTHER'S DAY	8 YOGA
7:45 Yoga 9:00 Socialization 10:30 Cardio Drumming 12:00 Games	No activities NO HDM out of the office for conference	7:45 Yoga 10:30 Let's Move 11:30 to 1:30 Painting workshop	9:00 Socialization 10:30 Let's Move 12:00 Mother's Day Celebration	7:45 Yoga 9:00 Painting 10:30 Cardio Drumming 12:00 Games
11 BOOKCLUB	12 FAMILY FEUD	13 COFFEE W/ THE LAW	14 MOVIE DAY	15 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 Family Feud	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 Movie day	7:45 Yoga 9:00 Painting No Activities
18 YOGA	19 MOVIE DAY	20 BINGO	21 SING ALONGS	22 YOGA
7:45 Yoga 9:00 socialization 10:30 Cardio Drumming 12:00 Games	9:00 Socialization 10:30 Let's Move 12:00 Movie Day	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 10:30 Cardio Drumming 12:00 Games
25 CLOSED	26 CARD GAMES	27 BINGO	28 Ice Cream Bar	29 YOGA
	9:00 Socialization 10:30 Let's Move 12:00 Card Games	7:45 Yoga 9:00 Socialization 10:30 Let's Move 12:00 Bingo	9:00 Socialization 10:30 Let's Move 12:00 Ice cream Bar	7:45 Yoga 9:00 Painting 10:30 Cardio Drumming 12:00 Games

ON THIS MEMORIAL DAY

05

As we approach Memorial Day, we take a moment to pause, reflect, and honor the brave men and women who make the ultimate sacrifice in service to our country.

This meaningful day is more than the unofficial start of summer, it is a time of remembrance, gratitude, and respect.

For many of our seniors, Memorial Day holds deep personal significance. It may bring memories of loved ones who served, stories of resilience, or moments in history that shaped our nation. We honor not only those who gave their lives, but also the strength and wisdom of those who lived through these times and continue to share their experiences with us today.

As a community, we encourage you to observe this day in a way that feels meaningful to you, whether by attending a local ceremony, sharing stories with friends and family, or simply enjoying a quiet moment of reflection.

Let us come together in gratitude and remembrance, honoring the past while cherishing the present and the connections we share.

word scramble

06

- | | |
|------------------|------------------|
| 1) essed _____ | 6) felrsow_____ |
| 2) oiwrabn _____ | 7) malebrul_____ |
| 3) blmoo_____ | 8) woersrh_____ |
| 4) nipgrs _____ | 9) ahhct_____ |
| 5) otacrain_____ | 10) kicch_____ |

bloom chick flowers hatch rainbow
raincoat seeds showers spring umbrella

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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



Dad Jokes

Did you hear about the cashew and the walnut that threw a party when spring arrived? **It was nuts.**

What do you get when you cross a tulip with a dog? **Collie-flower.**

When is the best time to buy a trampoline? **Spring time.**

How do bees brush their hair? **With honeycombs.**

Are You a Caregiver? SOME HELP COULD HELP



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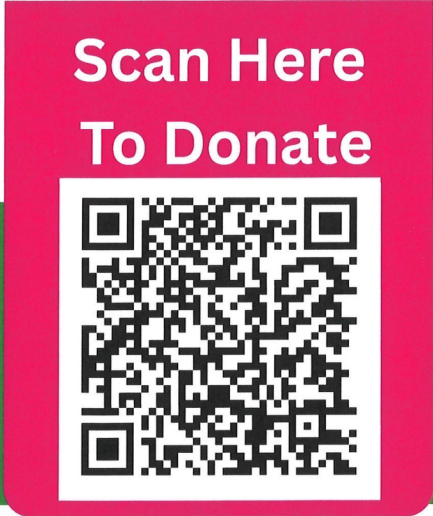


No act of kindness is ever wasted

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?

“sponsor a senior!”

Your support provides nutritional meals and essential wellness checks.

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)

Contact Us!

Platte Senior Services, Inc.
📞 (816) 270-4100



Easter Celebration





Menu



2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
<p>YOU MUST CALL 816.270.4100 BY 11 AM THE BUSINESS DAY BEFORE TO ORDER/CANCEL A MEAL</p>				Fish (Breaded) Beets Pickled (Cold) Green Beans (Frzn) Citrus Fruit Mix Corn Muffin Whl/GR Tartar Sauce
4	5 CLOSED	6	7	8
Meatloaf Brown Gravy Country blend veggies Mashed Potatoes Peaches/Strawberries Wheat Dinner Roll	NO MEAL DELIVERY CLOSED M.A.R.C. CONFERENCE	Chicken Parmesan Penne pasta (whl grn) Brussel Sprouts Salad/Tom/Car Pineapple Mix WG Bread French Dressing	Stir Fry Chicken Stir Fry Veg. w/Brown Rice Coleslaw vin/drsng Pineapple man-o-mix White WG Bread	Chili/ Beans Shredded Cheddar Salad Tom/Carrots Peach Cobbler Crackers Wht/Whl GR Salad Dress. French
11	12	13	14	15
BBQ Chicken Carrots Potato Salad Trop. Fruit Mix Hamburger Bun (WG) Fig Newton	Beef Tater Tot Cass. Green Beans Peaches and Strawberries Wheat Bread	Chicken Diced/Seasoned Cheddar Cheese -RF Salad Tom/Carrots Chuckwgn Corn Apples (Stewed) Tortilla Whole Wheat Ranch Dressing	Tuna Noodle Casserole Cauliflower/Peas Cucumber/Onion Sal. Banana WG Wheat Bread	Chicken Strips Potato Wedges Salad Tom/Carrots Orange Multigrain Bread Graham Crackers French Salad Drsng. Honey Mustard
18	19	20	21	22
Egg-Omelet Sausage Links/Turkey Roasted Potatoes Grapes (Red) Biscuit Jelly	Beef Pattie/A.Cheese Salad Tom/Carrots Steak Fries Banana WG Hamburger Bun Dressing/1000 IsInd Ketchup & Mustard	Tilapia (Battered) Coleslaw-creamy Sweet Potatoes Peaches/Strwbrry Multi-Grain Bread (Whl/G) Oat/Raisin Cookie Tartar Sauce	Beef stew w/veggies Salad/Tom/Carrots Banana Corn Muffin Ranch Dressing	Beef Hot Dog 3 Bean Salad Potato Salad Watermelon Hot Dog Bun Mustard/ketchup
25 CLOSED	26	27	28	29
	Chicken Fried Steak Gravy(country)LS Mashed Potatoes Green Beans Citrus Fruit Mix Wheat Roll/WG	Chicken Fettuc. Alfredo Broccoli Salad Mix Orange Italian Bread Italian Dressing	Pork & Beans Smoked Cucumber/Onion Sal. Banana Corn Muffin (WG)	Chicken (Oven Fried) Gravy (Chicken)LS Mashed Potatoes Green Beans (Frzn) Orange Sherb./Wht. Cake Wheat Dinner Roll (WG)

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

*Margarine & 1% Milk served w/all meals

Chicken Taco Dump Dinner

Ingredients

- cooking spray
- 1 (16 ounce) jar thick and chunky mild salsa
- 1 (4 ounce) can diced green chiles
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 5 cups shredded cooked chicken
- 1 (15 ounce) can black beans, rinsed and drained
- 1 1/2 cups frozen fire-roasted corn
- 12 (6 inch) corn tortillas
- 3 cups shredded Monterey Jack cheese, divided
- taco toppings, such as shredded lettuce, chopped red onion, chopped fresh cilantro, taco sauce, sour cream, chopped avocado, or crushed tortilla chips



Directions

1. Gather all ingredients.
2. Preheat the oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking dish with cooking spray.
3. Combine salsa, green chiles, chili powder, cumin, and salt in a large bowl. Stir in chicken, black beans, and corn.
4. Place half of tortilla pieces in the bottom of the prepared dish. Top with half of chicken mixture and 1 cup cheese. Repeat layers of tortilla pieces and chicken mixture.
5. Cover the dish with aluminum foil. Bake in the preheated oven for 35 minutes.
6. Remove the foil and sprinkle with remaining 2 cups cheese. Continue to bake until heated through and cheese is melted and just starting to brown, about 10 minutes.
7. Top each serving with desired taco toppings.