



2026



Meghan Sellers



1.) Where were you born and raised?

I was born and raised here in Platte County. I grew up in Parkville and now live in Riverside.

2.) 3 words that best describe you?

Enthusiastic

Light-hearted

Curious

3.) What motivates you?

I'm motivated by the people I connect with. I enjoy showing for others, and it means a lot when I can bring some light into someone's day.

4.) 3 things you can't live without?

My husband Tyler

My dog Rio

Family

5.) How long have you been volunteering/ at Pssi?

I just started volunteering in July

6.) Advice to your younger self?

Be kinder to yourself. Show up, try your best, and let the rest go.

7.) Favorite Quote?

"All I know is that my life is better when I assume that people are doing their best." — Brené Brown

8.) Name someone that inspires you?

I'm inspired by my dad, Parker McDonough. He always included me in his volunteer work growing up. I would join him for his Meals On Wheels routes during summer vacation. His love for his family and his community is admirable.

9.) Favorite food/ drink?

I love Mexican food and margaritas.

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

A laugh or fun moment we shared together.

11.) What makes you smile?

Seeing people have fun, and dogs!

OUR STAFF

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MESSAGE FROM STAFF

As we welcome the beautiful season of fall,
let us take a moment to appreciate the
changing colors, cooler temperatures, and
peaceful beauty that surrounds us.

Fall reminds us that change can be a wonderful
part of life, bringing new opportunities, new memories, and
reasons to be grateful.

May this season be filled with warmth, laughter, and good
health. Meaningful moments shared with family, friends, and
our senior center community. Let us embrace each day, enjoy
the simple pleasures of the season, and look forward to all the
wonderful activities and memories still to come.

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SEPTEMBER BIRTHDAYS ... HAPPY BIRTHDAY

03

Laura Gust
9/1

Wayne Smith
9/8

Charlotte Buckler
9/18

Carolyn Iversom
9/2

Ailene Richardson
9/9

Diane Dennison
9/19

Lois Schieber
9/2

Marilyn Mroz
9/10

Guang Tong
9/26

Michael McClanahan
9/3

Bill Walingford
9/13

Clare Hamman
9/26

Joan Astles
9/29



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Platte County Senior Center, Kansas City, MO

02-1070

ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 GAMES	2 BINGO	3 SEPT. B-DAYS	4 YOGA
	9:00 Socialization 10:30 Let's Move 12:30 Games	7:45 Yoga 9:00 Socialization 10:30 Let's Move 12:30 Bingo	9:00 Socialization 10:30 Let's Move 12:30 September Birthdays	7:45 Yoga 9:00 Painting 10:30 Cardio Drumming 12:00 Games
7 CLOSED	8 RUMI CUBE	9 LUNCH OUT	10 MOVIE DAY	11 YOGA
	9:00 Socialization 10:30 Let's Move 12:00 rumicube	7:45 Yoga 9:30 Coffee W/ The Law 11:30 Lunch out @	9:00 Socialization 10:30 Let's Move 12:00 Movie day	7:45 Yoga 9:00 Painting 10:30 Cardio Drumming 12:00 Games
14 YOGA	15 FAMILY FEUD	16 BINGO	17 OFFICE CLOSED	18 YOGA
7:45 Yoga 9:00 Socialization 10:30 Cardio Drumming 12:00 Games	9:00 Socialization 10:30 Let's Move 12:00 Family Feud	7:45 Yoga 9:00 Socialization 10:30 Let's Move 12:00 Bingo	RED BARN FARM NO MEAL DEVILVERY	7:45 Yoga 9:00 Painting 10:30 Cardio Drumming 12:00 Games
21 YOGA	22 DOMINOS	23 BINGO	24 VOLLEY BALL	25 YOGA
7:45 Yoga 9:00 Socialization 10:30 Cardio Drumming 12:00 Games	9:00 Socialization 10:30 Let's Move 12:00 Dominos	7:45 Yoga 9:00 Socialization 10:30 Let's Move 12:00 Bingo	9:00 Socialization 10:30 Let's Move 12:00 Volley Ball	7:45 Yoga 9:00 Painting 10:30 Cardio Drumming 12:00 Games
28 YOGA	29 FREE DAY	30 BINGO		
7:45 Yoga 9:00 Socialization 10:30 Cardio Drumming 12:00 Games	9:00 Socialization 10:30 Let's Move 12:00 Free day	7:45 Yoga 9:00 Socialization 10:30 Let's Move 12:00 Bingo		

Summer nights at Starlight Theater

05

Hadestown at Starlight - June 12th



Beautiful Noise- Neal Diamond at Starlight - July 10th



Word Scramble 06

- 1) LPAEP_____
- 2) LFAL_____
- 3) OCHLS_____
- 4) REMBEPTES_____

- 5) KCABPACK_____
- 6) OOBFTLAL_____
- 7) NUTAMU _____
- 8) RNCO_____

CORN FOOTBALL APPLE FALL
SCHOOL SEPTEMBER BACKPACK AUTUMN

Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952



Dad Jokes

What did the tree say to Autumn?

Leaf me alone.

What do it you call a cold day in September?

Septem-brrrrrr.

What did October to say to August?

Wake me up when September ends.

Why do birds fly south in September?

Because it is faster than walking.

Are You a Caregiver? SOME HELP COULD HELP



ADDINGTON PLACE[™]
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An Arvum Senior Living Community

816.974.3627

AddingtonPlaceOfShoalCreek.com

9601 N. Tullis Drive, Kansas City, MO 64157

Assisted Living | Memory Care

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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

Hawaiian Luau/ Elvis



VOLUNTEER



Drivers Needed!!!

Who: Platte Senior Services Inc.

What: Daily Home Meal Delivery (Meals served Hot)

When: Monday thru Friday between 11am -12:30pm

Where: 12200 N. Ambassador Drive Suite #104

Kansas City, MO 64163

Why: Seniors need good balanced meals!!!

How: call (816)270-4100 ext.3 to sign up!!!!



Menu



2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>YOU MUST CALL</u> <u>816.270.4100 BY</u> <u>12 PM THE BUSINESS</u> <u>DAY BEFORE TO</u> <u>ORDER/CANCEL A</u> <u>MEAL</u>	1 Beef Pattie American Cheese Salad Tom/Carrots Steak Fries Banana Hambgr. Bun (WG) Salad Dress. (1000)	2 BBQ Chicken Carrots Southwestern Salad Apples Stewed Hamburger Bun (WG)	3 Egg Omelet Turkey Sausage Patty Roasted Potatoes Pico De Gallo Apple Sauce Biscuit Yogurt Jelly	4 Beef Hot Dog Baked Beans Potato Salad Watermelon Hot Dog Bun (whl/Grn) Mustard /Ketchup
7 	8 Chicken Breast Broccoli Rice (AG) Carrots Tropical Fruit Mix Wheat Bread	9 Mexican Taco Salad Shredded Cheddar Lettuce/D Tomatoes Pinto Beans Orange Nacho Light Chips Taco Sauce	10 Fish (Battered) Coleslaw-creamy Sweet Potatoes Tropical Fruit Mix White WG Bread	11 Chicken Salad Salad/Tom/Carrots Cucumber/Onion Salad Apple Wheat Bread
14 Meatloaf Gravy (Brown)Low So. Fiesta Vegetables Mashed Potatoes Pears/Strawberries Wheat Dinner Roll	15 Chicken Parmesan Penne pasta (whl grn) Broccoli Salad/Tom/Car Banana WG Wht Bread Graham Crackers	16 Tuna Salad Sesame Pea Salad Potato Salad Banana Rye Bread Fig Newton	17 CLOSED FOR RED BARN FARM NO MEALS SERVED	18 Sloppy Joe Potato Salad Scandinavian Veggies Peaches/Strawberries WG HB Bun
21 Beef Mac Casserole Green Beans Vanilla Wafers Banana Pudding Pears Wheat bread	22 Chicken Strips Potato Wedges Salad Tom/Carrots Orange Multigrain Bread Graham Crackers 1000 Island Drsng. Honey Mustard	23 Chicken Fried Steak Gravy(country)LS Mashed Potatoes Green Beans Citrus Fruit Mix Wheat Roll/WG	24 Turkey-Deli Cheese Swiss Salad Tom/Carrots Potato Salad Orange White (WG) Bread Must/Mayo French Dressing	25 Chicken Oven Fried Gravy (LS Chicken) Mashed Potatoes Green Beans White Cake Stwbr. Ice Cream White (WG) Bread
28 Chicken Breast Seasoned AuGratin Potatoes Broccoli Pinapple/man-or-mix White Bread Shortbread Cookies	29 Fish (Breaded) Country Blend Veg. Coleslaw w Vin. Drsng Tropical Fruit Mix Mac & Cheese Tartar Sauce	30 Riblette/BBQ Sauce Peas & Carrots Coleslaw/Vin. Dressing Pears & Strawberries Hamburger Bun (WG)	Menu is subject to change; substitutions may be made if approved by dietician.	*Margarine & 1% Milk served w/all meals

One-pan salmon and vegetables

Ingredients

1 squash or zucchini, sliced into rounds
½ onion, cut into wedges
1 cup cherry or grape tomatoes
1 bell pepper, sliced
3 tablespoons olive oil, divided
1 teaspoon Cajun seasoning or your favorite fish-seasoning blend
2-3 salmon fillets, about 4 ounces each
1 lemon, optional



Instructions

1. Preheat oven to 450 F and line a baking sheet with parchment paper or aluminum foil (not wax paper). If you don't have these, you can thoroughly grease the pan with vegetable oil.
2. In a large bowl, toss all veggies with 2 tablespoons of oil and seasoning, then spread them into a single layer on the baking sheet.
3. Nestle your salmon fillets, skin side down, between the vegetables. Brush with remaining olive oil and top with 2 thin lemon slices each.
4. Roast for 12-15 minutes until salmon is flaky and mostly opaque.
5. Add 1 salmon fillet and a heaping serving of roasted veggies to each plate for a healthy and satisfying meal. Enjoy!