

Clay County Senior  
Services E-news  
May - June 2021  
Celebrate May Older  
Americans Month!



Director Tina Uridge accepts  
Older Americans Month  
proclamation from Clay County  
Commissioners.

## Living Well with an Age-related or Chronic Condition

A *Living Well with Chronic Conditions* class begins on Friday, May 7 at 9:30 am with an introduction to Zoom class. 6 class sessions will follow from May 14 - June 18, 9:30 am to noon. This class is free and open to any adult. Materials included.



**The Northland Living Well Collaborative** offers free classes throughout the year to help you manage your health condition and live well. For current class schedules and information, contact Paula Zigmond: 816-595-0086 or [paula@claycoseniors.org](mailto:paula@claycoseniors.org).



**AGE POSITIVE  
2021 CONFERENCE**  
May 11-13, Via Zoom  
9 a.m. - noon  
[Click here for info.](#)

## Age Positive Conference

Join us for the 5th annual **Age Positive: Ideas for an Age-Friendly Future** virtual conference Tuesday through Thursday, May 11-13, 2021, 9 a.m. to noon. The 2021 Age Positive conference will once again offer a forum for innovative program ideas to enhance current older adult programming, develop new programs and offer workshops to help participants hone leadership skills. \$30 registration fee. The theme for Age Positive 2021 is "**Refresh — Restart — Renew.**"

## KU/Osher Lifelong Learning - Registration is now open for Summer!

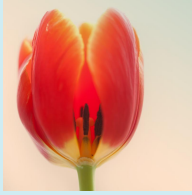
Clay County residents age 60+ pay \$15 for either of these courses!

- *Botanical Gardens Around the World* with instructor Thomas Fox Averill  
Tuesdays, June 1, 8, 15, 3-4:30 pm via Zoom
- *The Colonial History You Didn't Learn in School* with instructor Gil Nichols  
Fridays, July 16, 23, 30, 1-2:30 pm via Zoom

[www.osher.ku.edu](http://www.osher.ku.edu) or call 913-897-8530. There are more great classes on their website.

## Together We Care

Tri-County Mental Health and Northland Shepherd's Center offer Caregiver



**Support Groups** virtually from 10:30 am til noon, every other Tuesday:  
May 11, 25, June 8, 22.

**Caring Cafe Event** for May Older Americans Month on Friday, May 14, 12:00 - 2:00 pm; box lunch and small creativity project for caregivers and care receivers.

For more information or to register for these groups, contact Becky Franklin, 816-678-3036, [beckyf@tri-countymhs.org](mailto:beckyf@tri-countymhs.org); Dianna Englander, 816-256-8096, [dianna@northlandsc.org](mailto:dianna@northlandsc.org).

## Aging Mastery Program marches on!

Congratulations to our latest group of AMP graduates!

*Aging Mastery for Caregivers*, a 12-week course, will begin on Monday, July 12, 1:00 - 2:30 pm. Contact Becky Franklin, Older Adult Educator, Tri-County Mental Health: [beckyf@tri-countymhs.org](mailto:beckyf@tri-countymhs.org).

Aging Mastery Program classes are free for adults age 60+.

Another 10-week session of core AMP will be offered in September 2021. For information, contact Paula Zigmond: 816-595-0086 or [paula@claycoseniors.org](mailto:paula@claycoseniors.org).



## Gladstone Parks, Recreation & Cultural Arts

The City of Gladstone is now our education as well as exercise partner! Clay County adults age 60+ are now able to use their scholarship toward educational classes through Gladstone Parks & Rec.

Gladstone is offering many of the same educational opportunities that were offered by NKC Schools Community Education. Classes are listed on their website:

[www.gladstonecommunitycenter.com](http://www.gladstonecommunitycenter.com)



## Music Therapy Groups

Tri-County Mental Health and Clay County Senior Services are partnering with **Soundscaping Source** to offer virtual music therapy groups to seniors in Clay County.

Tablets are available to use for this group. No musical talent required!

If you are interested, contact Becky Franklin, [beckyf@tri-countymhs.org](mailto:beckyf@tri-countymhs.org); 816-678-3036.



**Clay County Senior Services** has a partnership with **Truman Heartland Community Foundation** to work with community members who wish to make a legacy gift in support of our work. We would be pleased to meet with you to explore various opportunities.

For more information, please visit: <http://www.thcf.org/Your-Giving/Legacy-Giving> or call Tina Uridge: 816-455-4800.



There's more on our website: [claycoseniors.org](http://claycoseniors.org)

// CONNECT WITH US //  
[info@claycoseniors.org](mailto:info@claycoseniors.org)  
816-455-4800

