

JUNE  
2024



# NEWSLETTER

## OLDER ADULTS HAVE MORE CONTROL OVER THEIR AGING THAN THEY THINK

### Changing the narrative

A problem with the way we view aging—one that's been amplified by the COVID-19 pandemic—is the tendency to describe older adults as a single homogenous group: in this case, a group that's highly susceptible to disease and death.

"Older adults are actually the most diverse age group, but they are often seen as unilaterally frail, vulnerable or even expendable," says Diehl. "The COVID-19 crisis is further reinforcing those existing stereotypes."

In fact, adults who are 65 to 74 years old, 75 to 84 years old, or 85 and over face different risks. And like the rest of the United States population, older adults are diverse in race, ethnicity, socioeconomic status, immigration status, gender identity, sexual orientation, religious affiliation, and rural/urban location. Those characteristics interact in complex ways as individuals age, says Mehrotra.

"Let's not think about older adults through this arbitrary 65-and-older category—lumping everybody together as if their experiences are the same, when we know they're not," Ramos says.

The new narrative on aging should reflect that diversity, say Diehl and his co-authors, and focus on challenges and opportunities rather than loss and decline.

The Gerontological Society of America's Reframing Aging Initiative, for example, conducts research on healthy aging and offers resources to inform and engage professionals who work with older adults.

Other avenues for change include addressing ageist media portrayals of older adults, which often depict the group as a burden on society (Löckenhoff, C.E., et al., Psychology and Aging, Vol. 24, No. 4, 2009). In fact, many older adults are productive workers, frequent caregivers of grandchildren and adult children with disabilities, and active volunteers in their communities.

Full article at:

<https://www.apa.org/monitor/2020/10/adults-control-aging>

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## CLOSED HOLIDAYS SCHEDULE

- Juneteenth – June 19,
- Labor Day
- New Years day
- 1/2 day on Christmas
- 1/2 day on Thanksgiving

## REMINDERS

- **Legal Documents**– If you have any legal paperwork please send copies to [contacts@margaretsplacekc.com](mailto:contacts@margaretsplacekc.com) (P.O.A, Advanced Directs etc.) Or bring them in for us to add to our files.
- **First Friday Field trips** – The participants who have Fridays on their regular schedule will attend First Friday field trips. If you want to attend and don't have Fridays on your schedule please call us to talk about updating your schedule.
- **Transportation**– transportation changes are accepted within 24 hours of your scheduled pick up. When you have changes please call Margaret's Place and the transportation number 816-508-5073
- **Updating files**– If you have not had a Medical Assessment done in 12 months please schedule a doctors appointment to do so. We are updating our files and it is that time of the year again.

**Thank you**

[WWW.MARGARETSPLACEKC.COM](http://WWW.MARGARETSPLACEKC.COM)



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Breakfast: Milk, Coffee or Hot Tea breakfast pizza and fruit</p>	<p>4 Breakfast: Milk, Coffee or Hot Tea Hot or cold cereal fruit bowl</p>	<p>5 Breakfast: Milk, Coffee or Hot Tea French Toast Casserole Eggs Strawberries</p>	<p>6 Breakfast: Milk, Coffee or Hot Tea Hot or cold cereal Yogurt Peaches</p>	<p>7 Breakfast: Milk, Coffee or Hot Tea Breakfast burrito with (potatoes, turkey sausage, veggies, cheese and eggs) Fruit</p>
<p>10 Breakfast: Milk, Coffee or Hot Tea BIG breakfast bowl with eggs, potatoes, veggies, sausage. Bagel Mix ed Fruit</p>	<p>11 Breakfast: Milk, Coffee or Hot Tea Hot or cold cereal Toast Bananas</p>	<p>12 Breakfast: Milk, Coffee or Hot Tea Eggs Fruit parfait Biscuit and gravy</p>	<p>13 Breakfast: Milk, Coffee or Hot Tea Hot or cold cereal fruit salad &amp; breakfast bar</p>	<p>14 Breakfast: Milk, Coffee or Hot Tea Turkey sausage/veggies scrambled eggs, pancakes, fruit</p>
<p>17 Breakfast: Milk, Coffee or Hot Tea Quiche &amp; fruit</p>	<p>18 Breakfast: Milk, Coffee or Hot Tea Hot or cold cereal Peaches/cottage cheese &amp; breakfast bar</p>	<p>19 Breakfast: Milk, Coffee or Hot Tea Omelet bar side of fruit</p>	<p>20 Breakfast: Milk, Coffee or Hot Tea Hot or cold cereal Fruit parfait</p>	<p>21 Breakfast: Milk, Coffee or Hot Tea Scrambled egg bowl with onions, spinach and bell pepper &amp; pancakes</p>
<p>24 Breakfast: Milk, Coffee or Hot Tea Toast, sausage, Eggs &amp; Fruit</p>	<p>25 Breakfast: Milk, Coffee or Hot Tea Hot or cold cereal fruit salad</p>	<p>26 Breakfast: Milk, Coffee or Hot Tea French Toast Casserole, eggs and fruit</p>	<p>27 Breakfast: Milk, Coffee or Hot Tea Hot or cold cereal Muffin, Fruit</p>	<p>28 Breakfast: Milk, Coffee or Hot Tea BIG breakfast bowl with eggs, potatoes, veggies, turkey sausage or turkey bacon</p>
		<p>June 2024 Breakfast</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Lunch: Chili bar with sour cream, cheese, chives and or crackers Snack: Apple Sauce</p>	<p>4 Lunch: Salisbury steak and gravy, veggie and baked red skinned potatoes served with crescent roll Snack: Cheese Sticks</p>	<p>5 Lunch: Lasagna, garden salad garlic toast Snack: Fruit Cups</p>	<p>6 Lunch: Chicken rice veggie soup w/grilled cheese sandwich Snack: Peanut butter &amp; crackers</p>	<p>7 Lunch: Open faced turkey sandwich, mashed potatoes, veggies Snack: Granola bars</p>
<p>10 Lunch: Baked lemon pepper fish rice &amp; veggies Snack: Meat/cheese &amp; crackers</p>	<p>11 Lunch: Oven fried Chicken with mac and cheese and veggies Snack: Apples &amp; Peanut Butter</p>	<p>12 Lunch: Chef surprise Snack: Snack basket</p>	<p>13 Lunch: Sauteed cabbage w/beef sausage , corn &amp; potatoes w corn bread Snack: Celery &amp; peanut butter</p>	<p>14 Lunch: Taco Party Snack: Yogurt &amp; fruit parfait</p>
<p>17 Lunch: Easy oven frittata with chips and salsa Snack: Apple Sauce</p>	<p>18 Lunch: Bar-B-Q Beef Hot Dog, Hamburgers, veggie, potato salad Snack: Cheese Sticks</p>	<p>19 Lunch: Homemade Chicken Pot Pie Snack: Fruit Cups</p>	<p>20 Lunch: Ravioli surprise with veggies and salad Snack: Peanut butter &amp; crackers</p>	<p>21 Lunch: Chicken Philly Cheese steak stuffed peppers with a side salad Snack: Granola bars</p>
<p>24 Lunch: Chicken Lettuce Wraps, cucumber salad, veggies &amp; Soup Snack: Meat/cheese &amp; crackers</p>	<p>25 Lunch :tuna salad on whole wheat or crackers &amp; small salad Snack: Apples &amp; Peanut Butter</p>	<p>26 Lunch: Grilled chicken , fries and veggies Snack: Snack basket</p>	<p>27 Lunch: Fish, veggies and rice Snack: Celery &amp; peanut butter</p>	<p>28 Lunch: Club Sandwiches, chips, veggies Snack: Yogurt &amp; fruit parfait</p>
<p style="text-align: center;">June 2024 Lunch</p>				

# DAILY

# SCHEDULE

**8:00am- Coffee Social**

**9:00am -Breakfast**

**10:00am- Daily Bread Reflections**

**10:00am - Movie Time**

**11:00am- Physical Workout**

**12:00pm- Lunch**

**1:00pm- Fun Activities  
(Mental/Emotional/Physical/Spiritual)**

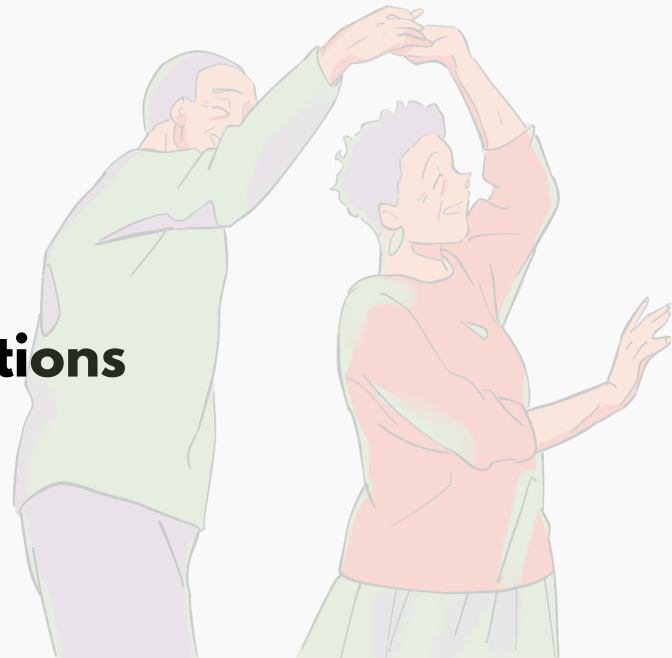
**1:00pm - Movie Time**

**2:00pm- Fun Activities  
(Mental/Emotional/Physical/Spiritual)**

**3:00pm- Game Club**

**4:00pm-Riddles and Vittles**

**5:00pm- Prime Time Drama**





monthly

SCHEDULE

- 1st Tuesday - Bingo w/ -Archwell
- 2nd Wednesday - Heaven sent Oils
- 1st Friday Field Trip
- 1st Monday - Movies w/ Mike
- 2nd Wednesday - Brooklyn Cuts Haircuts
- 3rd Wednesday - Massage Doc
- 3rd Friday - Foodie Friday



weekly

SCHEDULE

- Wednesday - SoulChild Awakenings
- Mental Turning Point Yoga



# PEACE FOR YOUR PIECES WELLNESS CORNER



## Wellness Events

- Free Produce Give away

*Date: 6/07/24 & 6/28/24*

*Address: 3501 Woodland  
ave KCMO 64109*

- Selfcare Healthcare Board Meeting 6/24/24
- Wellness Support group: First Wed of the month
- Daily weekday sessions with MP Participants!

Peace For Your Pieces is a wellness company that offers collaborative health and wellness services. We offer Integrative Wellness Life Coaches to help our clients maneuver through the ups and downs of life.

Working with a Coach is a relatively new mindset. In a nut shell a Life Coach with Peace For Your Pieces is like having a Psychologist, best friend, parent, spiritual advisor and teacher all wrapped in one nice neat package! Schedule a free consultation to start your Life Plan today!

**What did you do  
for yourself last  
month?**





## UTOPIA POINT ORIGIN STORY

Patricia McCreary and Shereese Hameed-Muhammad were unlikely friends from the very beginning and even less likely to become business partners. Both struggled in their youth to find their place in the world. Unexpectedly, they were thrown together because of the tragic death of a mutual friend and have been inseparable ever since. The bond has grown over time totalling an amazing 26 years to date. They started their individual businesses; Margaret's Place and Peace For Your Pieces, at opposite ends of the Health and Wellness industry, but met in the middle in 2017. Patricia started Margaret's Place as a promise to her grandmother, Margaret Brown. After her beloved grandmother was diagnosed with Dementia Alzheimer's she could not find a trusted place to send her during the day. She saw a need in the industry and vowed to establish a place where the aging and differently-abled could live full and purposeful lives. It would be safe, sanitary, and overflowing with vigor and engaging activities. That is what she did! Around the same time, Shereese, on the other hand, had a lucrative 14 year career in banking management. She would evaluate procedures and make departments more efficient and successful for the company that employed her. At one point in time, there were 30 people reporting to her. Because of the high stress environment 5 of the 30 people threatened or attempted suicide. It was then that she realized she wanted to help people with their overall health in a more holistic and balanced manner. Shereese studied to become a Certified Integrative Wellness Life Coach, opened her own wellness company and never looked back!

Fast forward to 2017. Margaret's Place contracted Peace For Your Pieces to add a wellness program to the adult daycare and magic happened! Patricia and Shereese began building on the idea that everyone (at any age) can live their best life as long as they had a life plan, an amazing environment and the best health and wellness services. From that mindset the two created what we know now as Utopia Point.



# Word Puzzles

## Ice Cream Flavors

C	A	S	A	H	O	K	E	Y	P	O	K	E	Y
O	T	E	T	N	U	T	A	E	E	I	C	S	T
T	B	C	C	R	T	C	O	O	C	A	N	K	A
T	U	O	H	A	A	U	E	T	A	R	S	C	Y
O	N	O	O	E	T	W	A	A	N	U	L	A	C
N	E	K	C	T	U	O	B	T	C	I	N	R	V
C	O	I	O	N	E	O	T	E	A	T	L	T	A
A	P	E	L	E	A	R	O	T	R	Y	R	E	N
N	O	D	A	E	C	E	R	A	C	R	O	S	I
D	L	O	T	R	E	E	S	E	S	T	Y	O	L
Y	I	U	E	G	G	F	U	D	G	E	W	O	L
U	T	G	S	I	A	N	A	N	A	B	E	M	A
E	A	H	T	U	N	O	C	O	C	I	A	O	N
L	N	N	N	T	D	A	O	R	Y	K	C	O	R

- Coconut
- Strawberry
- Vanilla
- Fudge
- Rocky Road
- Cookie Dough
- Neapolitan
- Cotton Candy
- Hokey Pokey
- Chocolate
- Moose Tracks
- Green Tea
- Tiger Tail
- Pecan
- Reeses
- Banana

Can you find the  
the **mistake?**

1 2 3 4 5 6 7 8 9



FIND **5** DIFFERENCES

What month of  
the year has 28  
days?

What has hands but  
cannot clap?

What is so fragile that saying  
its name breaks it?"

# WISDOM CORNER

Once you tell a lie, you have to believe the lie in order to remember the lie.

So in truth, you are only fooling yourself.



# COMMUNITY UPDATES

## Ask Samie- Get adaptive equipment for your home!

Say your mom is in the hospital and you're relieved she's ready to come home. But it'll be in 2 days and she'll be using a wheelchair for the next 12 weeks. Now you are stressed! How do you get a ramp? How is she going to get to the bathroom?

Just AskSAMIE! We've combined our clinical knowledge as occupational therapists with tech to provide adaptive equipment and service recommendations tailored to each person's disability and environment because we believe accessibility should be a right, not a privilege!

### Access our knowledge in 3 ways:

- Use our On Demand Assessment
- Give us a call for specific questions
- Schedule a Virtual Visit for in depth answers

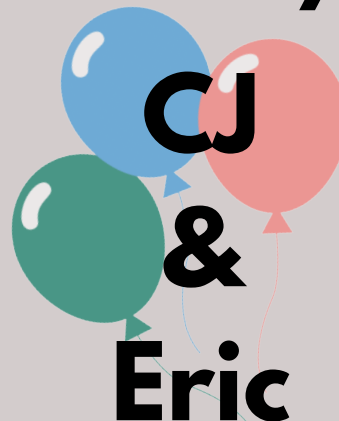
Not everything needs to be solved with a new gadget. Sometimes it's just about the way you do something. So passing along that knowledge is really important to us.

<https://www.asksamie.com/>

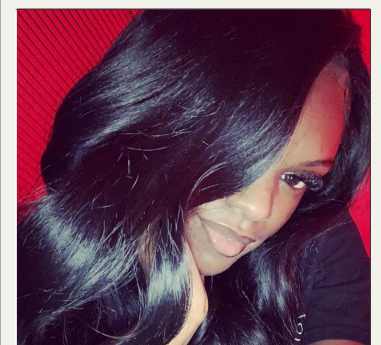


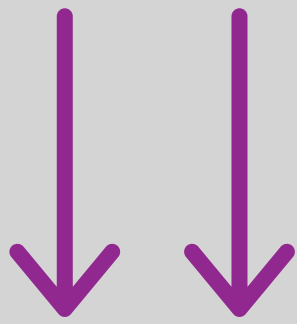
**Participant of the Month  
Ms. Dee !!!!**

# Happy Birthday!

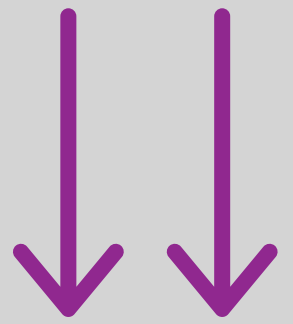


**Employee of the Month  
Shaunti!!!**





# JUNE UPCOMING EVENTS



CELEBRATING ON  
JUNE 17TH

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*field trip*

MOVIE THEATER  
JUNE 7TH





# MAY RECAP



## MOTHER'S DAY CELEBRATION

