

An unbroken view of ... resources available to older coun

# SENIORS

## Area abounds with services for retirement generation

By AMANDA LUBINSKI & KELLIE HOUX

**C**LAY COUNTY — Older adults who call the Northland home have a plethora of resources available to them that aim to keep them independent, living in their own homes and able to get to various outings for socialization. In honor of May being Older Americans Month, we at the Courier-Tribune are providing details on a host of those resources, listed here to include county offerings and those in the cities within the newspaper's coverage area.

### CLAY COUNTY

#### Clay County Senior Services

Paula Zigmond, program and resources manager with Clay County Senior Services, said the organization is designed to connect older adults to resources. Clay County Senior Services started in 2004, and funding comes from a special property tax and is governed by a seven-member board appointed by the Clay County Commission.

"We help with a variety of things," Zigmond said. "They are those basic needs such as transportation, in-home services such as light housekeeping, home repairs and safety modifications to the home, and overall information."

Clay County Senior Services can be reached by phone at 455-4800 or found online at [www.claycoseniors.org](http://www.claycoseniors.org).

"We have e-newsletters and the ability to chat with folks on the website," Zigmond said. "Technology is being embraced, especially by those who are newly retired. We believe that no question asked is silly, especially if you aren't sure where to look for resources."

Zigmond said the staff at Clay County Senior Services understands that aging looks different from even a decade ago.

"We are also realizing more and more that what's good for older folks most likely is good for families and younger adults," she said. "We are proud to serve as the resource delivery agency. Clay County is a great place to age well."

residents, in part, by funding through Clay County Senior Services. Call OATS at 800-480-6287 for a schedule.

#### Rebuilding Together Kansas City

While the October work blitz may be what many people think about with Rebuilding Together Kansas City, the bulk of the nonprofit's work comes day in and day out with the Safe at Home program. Executive Director Clay McQuerry said 75 percent of those who are helped are 60 and older.

"We help people safely age in place," he said. "The risk of falling is one of the fastest ways to lose home ownership. We love to help seniors, and home safety modifications are key. We make sure they have heat in the winter and air in the summer. It's about assessing and navigating through the home safely."

McQuerry, who is a certified aging in place specialist, said bathtubs and other features can pose hazards, but handrails and other tools can keep seniors in their homes.

"We take referrals and applications," he said.

Call 781-8985 for details or visit [www.rebuildingtogetherkc.org](http://www.rebuildingtogetherkc.org).

#### Northland Shepherd's Center

The Northland Shepherd's Center, which has been serving seniors for close to three decades, also aims to improve the lives of older adults.

The group helps with transportation and minor home repair. Along with these needs, enrichment is offered such as Adventures in Learning, which offer socialization, educational activities and expansion of current activities. Learning & Laughter, offered twice monthly, attracts more of those adults 60 and older who are a bit more frail. Guest speakers or vocal groups provide entertainment and education. Chair exercises, crafts, games developing hand-to-eye skills and bingo are among the many activities.

There's also BreakTime Club, a five-hour program held each week in two different locations, is for the more frail elderly (sometimes ambulatory cli

