



# The NEWSLETTER for SENIOR COMPANIONS

March 2017



*Left to right: Jimmie McDowell, Katie Howlett, Mary Perkins, Harriette Reynolds, Vera Taylor, Dollie Brown*

These women have been taking care of people their entire lives. They are Mothers, they are Grandmothers, they are Senior Companions.

In 2015 the average cost of a home health aide was \$20 an hour. The Senior Companion Volunteers of the Shepherd's Center's Senior Companion Program have collectively volunteered 82,793 hours to support in home services. These hours are worth over \$1,655,860 to the families they serve.

The Senior Companions above have been in service 12-18 years. They have served over 25 families. We receive calls every day from families that fall between the cracks financially and have no one to help them keep their loved ones at home.



## March Birthdays

Shirley Jefferson	March 2nd
Diana Ray	March 3rd
Nancy Cobb	March 16th
Jimmie McDowell	March 29th
Betty Barnett	March 30th
Delaina Purdy	March 31st

## Jewish Family Services

has moved to 425 East 63rd Street—KCMO 64110. They offer many services to the community including a food pantry. They can be reached at (816) 333-1172.

Shepherd's Center of KC Central is now a part of **LinkforCare.org** and is a great way to get informed and connect with all the services your community provides. For more information call our Shepherd's Center office at (816) 444-1121

■ **H&R Block** is offering free tax preparation to tax filers who qualify for their program. Visit [myfreetaxes.com](http://myfreetaxes.com) or call them at 1-855-698-9435.

## Help Wanted: Senior Companion!



Wanted: People 55 years of age or older who enjoy helping seniors and people with disabilities in their homes. Must be dedicated and compassionate, dependable and caring. Stipend for volunteers on a limited income available.



"I enjoy helping others who want to live independently in their own home".

You must attend all 8 classes:  
April 17-20 and April 24-27.  
Interview process and background checks must be completed no later than April 7th.

## The looming retirement crisis:

10,000 baby boomers a day turn 65 and most are inadequately prepared for retirement. Half of elderly Americans live in poverty without Social Security. The Senior Companion Program will be needed more and more as time goes on.

Currently we are in need of adding more senior companions to the program. Please let us know if there is anyone you know who may be interested.

MAYOR and COUNTY  
**Recognition Day**  
for National Service



**April 4, 2017**

- Recognize positive impact of national service in our communities
  - Thank those who serve, and
- Encourage citizens to give back to their communities



**FRIDAY, MARCH 17, 2017**

**11 AM—START**

Begins at Linwood & Broadway and proceeds south along Broadway to 43rd Street

## Got Paychecks?

- All Timesheets are due by the 10th of the month. Timesheets received after the 10th will be processed in the following month.
- If you don't attend In-service, your check will be mailed the following day (provided it is available).
- An incomplete timesheet will delay the processing of your check. If you fax, remember we need the front and back of the timesheet and copies of any receipts you may have.
- Timesheets should be mailed no later than the first day the new month.



- May you always have work for your hands to do.
- May your pockets hold always a coin or two.
- May the sun shine bright on your windowpane.
- May the rainbow be certain to follow each rain.
- May the hand of a friend always be near you.
- And may God fill your heart with gladness to cheer you.

— Irish Retirement Blessing

**Please give tribute to these recently retired companions:**

Eldonna Fischer, Ceola Mayfield, Thelma Overton, Reba Brown, Brenda Gatson, Harriet Reynolds, Jane Nash, Christina Lynn, and Shirley Jefferson.