



The Shepherd's View

Volume 25 Issue 1

January 2015



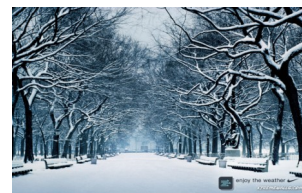
A United Way Agency

The Shepherd's Center of Raytown is a private, non-profit, interfaith, non-discriminatory organization whose purpose is to utilize the gifts of individuals in our community to promote continued personal and spiritual growth and help maintain the dignity and independence of all persons, focusing on adults 55 and older.

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January



25 years of volunteer service to older adults in the Raytown area.

New Year's Quotes

"Write it on your heart that every day is the best day of the year"

Ralph Waldo Emerson

"Take a leap of faith and begin this wondrous new year by believing. Believe in yourself. And believe that there is a loving Source - a Sower of Dreams - just waiting to be asked to help you make your dreams come true."

Sarah Ban Breathnach

"Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties."

Helen Keller

"Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us."

Hal Borland

"Hope smiles from the threshold of the year to come, whispering, 'It will be happier'."

Alfred Lord Tennyson

"The more you like yourself, the less you are like anyone else, which makes you unique."

Walt Disney

http://www.brainyquote.com/quotes/topics/topic_newyears.html#RXbaBWAv8GFjukWs.03

SCR News and Notes

Mid-Continent Library February Offerings

February 2, 4, 9, 11, 18, 23, & 25th at 10:00AM

[Tax Help for Seniors \(Free from AARP\)](#) AARP Tax-Aide representatives will be at the Library to assist seniors with moderate to low incomes with tax questions and tax return preparation. No farm returns or rental properties. The tax preparation season is from February 1 - April 15. Time listed indicates starting time. Please contact branch for further information. *(For adults)* Registration is limited; call the branch (816-353-2052) for details.

February 24, 2015, Tuesday at 7:00 PM

[Searching the Catalog \(Sara\)](#) An improved interface for the Library's online catalog of books, movies, and music makes it easier than ever to find what you want. This demonstration will offer tips on customizing search results, placing holds, reviewing books, and much more. *(For adults)* Registration is required.

February 25, 2015, Wednesday at 6:00 PM

[Raytown Citizen's Police Academy](#) The Raytown Police Department will host an eight-week Citizen's Police Academy at the Raytown Branch. Upon registration, prospective participants will be contacted by the Raytown Police Department and must pass a background check before confirming enrollment in this program. Topics covered include: crime analysis, patrol operations, domestic violence, emergency management, internet identity theft, and Neighborhood Crime Watch programs. You must be 16 to participate in this program. *(For adults)* Registration is required.

**Do you have a few hours a week that you could give us?
Shepherd's Center of Raytown is in need of MOW drivers**



You can help us manage our newsletter costs

- ⇒ **Be a subscriber** by sending a donation of \$4.00 for your 2014 subscription to Shepherd's Center of Raytown, 7900 Blue Ridge Blvd., Kansas City, MO 64138
- ⇒ **Change the delivery method** and receive it electronically by sending an email to shepherdscenterr@sbcglobal.net or calling 356-9000.
- ⇒ **Please notify the SCR Office of address changes** at 356-9000. When newsletters are returned, the Post Office charges us 49 cents.
- ⇒ Thanks in advance for your support!

MEMORIALS AND

In Loving Memory of Alice Wehmhoener

From: Kim LeSage, Ruth Calata-Knutter, Helen Anderson, Steve & Ruth Schwieterman

In Loving Memory of Sandra Howard

From: Ruth Schwieterman

In Loving Memory of Lloyd Keith West

From:

Ginger, David & Jennifer Reader

John & Carol Wharton

Candice Hargrove

James & Donna Coughenour

Vernon Warner

George & Dolores Hanson

Becky Perdue

Philip & Rita Peterson

Wm. Richard & Linda Henks

Leland Davis

Richard and Mandy Shckelford

Lloyd K & Patsy West

In Honor of Helen Anderson

From: Ruth Schweiterman

In Honor of Steve and Ruth Schweiterman

From: Dwight & Charlotte Robinson

Adventures In Learning

January 23, 2015

Adventures in Learning is held at the Raytown Christian Church

6108 Blue Ridge Blvd

Fees for Adventures in Learning

Class...\$2.00 Lunch...\$6.00 PLEASE NOTE PRICE CHANGE

We MUST have your reservation for lunch by noon on Monday, January 19, 2015.

Please RSVP to the SCR office at 356-9000.

PROGRAM

9:00 am – Welcome

Coffee & Fellowship

Session 1 - 9:30 am

Current Events

Ron Ostlund

Video — “The Open Road, America Looks at Aging”

Session 2 - 10:45 am

Gwen Marshall, Senior Companion Program Director

Gwen will be discussing the Senior Companion Program. Shepherd's Center of Raytown partners with Shepherd's Center Central to provide this service.

Sarah Brooks, Raytown EMS

Sarah will be speaking about winter safety including carbon monoxide detection.

Noon Forum

Pam Carney & Greg Love

Pam and Greg will entertain us with song.

PLEASE NOTE THE CHANGE IN PRICE FOR LUNCH

A hot lunch will be catered for \$6 per person. In order to keep the cost increase minimal, the menu will be determined by the caterer a week prior to Adventures in Learning.

Thank you to our community partners who provide support for Adventures in Learning.

- **Breakfast bites**
Autumn Terrace
- **Dessert**
Westridge Gardens

REAP Donation for September

Each month at Adventures in Learning, we collect items for the **Raytown Emergency Assistance Program**. This month will be **canned vegetables, peanut butter, soup, and crackers**.

If you have diet restrictions or would just prefer to bring your own lunch, brown bags are welcome. We will provide your beverage.

If you come without a reservation AND we have cancellations, we can sell you a ticket, but we MUST adhere to the count we give the caterer.

If a cancellation cannot be made by the Wednesday before Adventures in Learning, we request that a donation of \$6 be mailed to the Shepherd's Center of Raytown office to cover the amount we will be billed for your reservation.

Thank you for understanding.

January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
	Breaktime Tai Chi Chih	Exercise		Exercise Bouncing Back		
4	5	6	7	8	9	10
	Breaktime Tai Chi Chih	Exercise Book Club		Exercise		
11	12	13	14	15	16	17
	Breaktime Tai Chi Chih	Exercise		Exercise Bouncing Back		
18	19	20	21	22	23	24
	Breaktime Tai Chi Chih	Exercise		Exercise	Adventures In Learning	
25	26	27	28	29	30	31
	Breaktime Tai Chi Chih	Exercise		Exercise		

Schedule of Events

- **Break time**—Mondays, 9:30 am to 2:00 pm, Blue Ridge United Methodist Church, 5055 Blue Ridge Blvd.
- **Tai Chi Chih Class** - Mondays, 10:30 am to 11:30 am, One Spirit United Methodist Church, 7900 Blue Ridge Blvd.
- **Book Club**—1st Tuesday, 2:00 pm to 3:00 pm, One Spirit United Methodist Church, 7900 Blue Ridge Blvd.
- **Exercise Class**—Tuesdays and Thursdays, 8:30 am to 9:30 am, St. Bernadette's Catholic Church Gym, 9020 E. 51st Terr.
- **Bouncing Back**—1st and 3rd Thursday, 1:30 pm to 2:30 pm, One Spirit United Methodist Church, 7900 Blue Ridge Blvd.
- **Adventures In Learning**—4th Friday January—November, 9:00 am to 1:00 pm, Raytown Christian Church, 6108 Blue Ridge Blvd

Community Opportunity

2015 Move

We are looking for volunteers to assist us with our move. We are hoping the move will take place in the very near future, but do not yet have an exact date. With that said we would like to begin gathering names of those willing to assist us. Please call the SCR office at 816-356-9000 if you are interested in assisting us.

Volunteer Corner

Thank you for your service to Shepherd's Center of Raytown and for making a difference in others' lives.



Volunteer Timesheets for 2014! 2014 volunteer timesheets can be found on the SCR website or by contacting the office at 356-9000. If you haven't turned in your volunteer timesheets for the fourth quarter please do so at your earliest convenience.

Volunteer Help Needed

Adventures In Learning

Planning Committee. Join this lively group to provide program ideas and resources. This committee meets quarterly.

Set-up Committee. This group sets tables, hangs signs and performs other miscellaneous tasks in preparation for AIL. Time commitment is 2:30 - 3:30 pm the Thursday preceding AIL, January - November.

Kitchen Helpers. Helpers wash utensils and beverage containers and do general clean-up. Sign-up for specific months if you prefer.

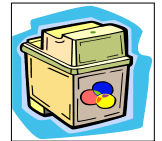
Drivers

Meals on Wheels & Wheels that Care. We have a continual need for drivers who are willing to deliver meals once a week (especially on Mondays) or transport seniors to medical appointments only two times per month.

The SCR Exercise Class is in need of a person to share the duties of being the program coordinator. This person will share the duties of set-up, attendance, leading and counting the repetitions of the routine; Tuesday and Thursdays only, 8:30-9:30am

If interested or have questions, please call the SCR office at 356-9000 .

Help SCR Recycle and Collect



Printer cartridges, cell phones and Best Choice labels



We have a box in the SCR office so stop by or bring items to Adventures in Learning.

Top Food Trends for 2015

A new year will soon be upon us, and, as always, some new food trends will emerge. Kale and quinoa, the "it" foods of 2014, will remain popular, and several new items are also attracting chefs' attention. These top food trends for 2015 indicate that people's palates are continuing to evolve, and we are craving new adventurous foods and flavors that still meet our demands for balanced nutrition. (From Your Friendly Raytown Hy-Vee Dietitian Newsletter) Start watching for:

1. **More smoked items.** The demand for smoked foods has risen as chefs have begun to apply smoke to a variety of proteins, as well as alternatives like vegetables, butters, spices, beers and cocktails.
2. **More fermented foods.** The popularity of preserving foods by fermentation will continue to rise. You will begin to notice foods like yogurt, tempeh, sauerkraut, kimchi, kombucha and kefir on menus, as well as in people's kitchens, with the growing awareness of digestive health. These foods contain live cultures (or are preserved in liquid) to convert sugars and starches into bacteria-boosting agents.
3. **Local grains.** While locally grown fruits and vegetables remain in high demand, the "next level of local" will be locally sourced grains. Expect more farmers to grow small-scale grain varieties and sell them to local bakers, chefs, brewers and consumers.

Shepherd's Center of Raytown
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Website: shepherdscenterraytown.org

Offices at: One Spirit United Methodist Church
Hours: Monday thru Thursday: 9am—4pm
Friday: 9am—Noon

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A United Way Agency

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