

## HOW WE SERVE

Shepherd's Center of Raytown is part of a non-profit, interfaith, nationwide association of more than 60 centers with a common mission to empower men and women to serve older adults in the community.

Our capacity to serve is based on an extensive network of volunteers and financial supporters. Shepherd Center volunteers:

- govern our organization
- organize and lead our programs and activities
- deliver our home-based services.

## VOLUNTEER OPPORTUNITIES

Shepherd's Center has one-time or on-going volunteer opportunities for individuals, families and groups. Service may involve office work, special events, transportation, handyman projects, seasonal outdoor activity or fund-raising support.

Volunteer today by contacting SCR

- (816) 356-9000
- [shepherdscenterr@sbcglobal.net](mailto:shepherdscenterr@sbcglobal.net)
- [ShepherdsCenterRaytown.org/Volunteers In Action](http://ShepherdsCenterRaytown.org/VolunteersInAction)

## CONTACT US

### Shepherd's Center of Raytown Office

Willow Bend Villas  
5110 Westridge Cr.  
Raytown, MO 64133

Hours: 9 am - 4 pm, Monday - Thursday  
9 am - noon, Friday

Phone: 816-356-9000  
Fax: 816-356-6526

E-mail: [shepherdscenterr@sbcglobal.net](mailto:shepherdscenterr@sbcglobal.net)  
Web: [ShepherdsCenterRaytown.org](http://ShepherdsCenterRaytown.org)

### Meals on Wheels Office

7311 Maple Drive  
Raytown, MO 64138

Hours: 9 am - 1 pm Monday - Friday

Phone: 816-356-9002

E-mail: [scr.mealsonwheels@gmail.com](mailto:scr.mealsonwheels@gmail.com)  
Web: [ShepherdsCenterRaytown.org/MealsOnWheels](http://ShepherdsCenterRaytown.org/MealsOnWheels)



A United Way Agency

# The Shepherd's Center of Raytown

KEEPING OLDER ADULTS  
CONNECTED AND LIVING WELL



[www.shepherdscenterraytown.org](http://www.shepherdscenterraytown.org)

## WHO WE SERVE

Active, independent living for older adults is what we're about at Shepherd's Center of Raytown (SCR). We serve those 55 or older who live in Raytown and nearby communities.

SCR's stimulating programs provide opportunities for socializing and encourage life-long learning. Supportive services facilitate living independently as long as possible. Volunteers find meaningful service opportunity.

Since 1990, Shepherd's Center of Raytown has grown through a cooperative effort of local congregations, organizations, business and interested individuals. These sponsors provide financial and moral support for programs and services that allow older adults to experience enriched lives as they age in the community.

PROGRAMS  
&  
SERVICES



# Programs and Services

## Programs

No residency requirement is necessary to participate in scheduled programs. Participants must be 55 years and older.

### Adventures in Learning

Stimulating classes and instructors offered to continue the lifelong learning process.

**Day:** Meets the 4th Friday of each month, Jan. through Oct., and the 3rd Friday in Nov.

**Time:** Registration— 9:00 am

First Session— 9:30 am Second Session—10:45 am

**Cost:** Classes: \$2.00 Lunch: \$6.00

*No reservation needed to attend classes.*

**Reservations for lunch must be received by Monday afternoon the week of Adventures in Learning.**

**Location:** Raytown Christian Church  
6108 Blue Ridge Blvd. Raytown MO 6413

### Book Club

This lively group meets once each month to discuss a selected book and its author. Each month, one member chooses the book to discuss and serves as moderator.

**Day:** 1st Tuesday of each month

**Time:** 2:00-4:00 pm

**Location:** Willow Bend Villas SCR Office  
5110 Westridge Circle, Raytown, MO 64133

**Donation:** \$1.00 each meeting

### Bouncing Back

Support, guidance and discussion to for the challenges of life's experiences—health concerns, death, relationship changes, job, retirement, family or just life in general.

**Day:** 1st and 3rd Thursday of each month

**Time:** 1:30-2:30 am

**Location:** One Spirit United Methodist Church  
7900 Blue Ridge Blvd. KCMO 64138

### Breaktime Club

Provides a 'break' for both the caregiver and the care receiver and is designed to provide a safe and enriching environment that promotes socialization for older adults with some limitations.

**Day & Time:** Mondays; 9:30 am to 2:00 pm

**Location:** Blue Ridge United Methodist Church  
5055 Blue Ridge Blvd. KCMO 64133

**Donation:** Requested to cover cost of lunch

### Exercise Group

Experienced instructors leads participants through a heart-healthy, low impact routine.

**Day:** Twice weekly on Tuesdays and Thursdays

**Time:** 8:30 to 9:30 am

**Location:** St. Bernadette's Catholic Church Gym  
9020 East 51st Terrace KCMO 64133

**Donation:** \$6.00 per six-week session

### T'ai Chi Chi

A series of 20 simple movements that are slow, gentle and can easily be done by most anyone.

**Day:** Classes held each Monday

**Time:** 10:30 to 11:30 am

**Location:** One Spirit United Methodist Church  
7900 Blue Ridge Blvd. KCMO 64138

**Donation:** \$1.00 each meeting

## Services

To qualify for home based services, the service recipient must be 55 years or older residing in the Raytown School District or in zip codes 64133, 64136, 64138 or 64139.

### Handyman Repair

Light plumbing, electrical, or household repairs performed by retired craftsmen.

**Services not included:** painting, extensive plumbing, work requiring the use of ladders, or yard work.

The homeowner pays for materials plus a minimum donation of \$20 for the first project and \$10 for each additional project.

### Phone Friend

Volunteers provide telephone reassurance through a friendly call to check on a persons well-being.

### Senior Companions/Respite Care

For the senior who needs someone to assist with the activities of daily living and also offers needed respite for qualifying caregivers.

This program is made available through the Corporation for National & Community Service.

### Wheels that Care

Transportation provided by volunteer drivers for medical appointments only. Service is available for appointments Monday thru Friday between 9am and 2pm. Clients can request up to 2 rides per month. We are sorry we cannot transport persons who need to be lifted or use a wheelchair. Requests for transportation must be made at least two business days in advance of appointment.

### Meals on Wheels

Nutritious mid-day meals are delivered Monday—Friday for \$4.35 per meal. These meals are beneficial for those requiring assistance with their dietary needs due to recent illness, recovery from surgery or ongoing chronic conditions. Meals can be ordered for short or long-term delivery.

Please contact the Meals on Wheels office at 816-356-9002, 9 am to 1 pm with questions or to request this service.

Applications and menus can be found on the SCR website, [ShepherdsCenterRaytown.org/MealsOnWheels](http://ShepherdsCenterRaytown.org/MealsOnWheels)

### Seasonal Yard Clean-Up

A service each spring and fall to our older citizens who are no longer able to rake and bag their own leaves. Project is limited to raking. Mowing, brush or hedge trimming and gutter cleaning is not available. Specific dates are for each event are determined annually.

QUESTIONS OR TO REQUEST SERVICES, CONTACT US AT

356-9000

OR

[shepherdscenterr@sbcglobal.net](mailto:shepherdscenterr@sbcglobal.net)