



The Shepherd's View

Volume 25 Issue 4

April 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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April



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

The History of the Easter Lily by Aurelia Fleur

Easter is associated with memories of parades, family gatherings, church services, chocolate bunnies, gift baskets, egg decorating, and the famous Easter Lily. They are very popular for Easter gifts, and their unique trumpet shaped blossoms symbolize life, purity, hope, and the spiritual meaning of Easter along with the promise of Spring.

The Easter Lily was originally brought into the United States by a WW I soldier Louis Houghton. What was previously known as the Bermuda lily was first brought to the southern coast of Oregon in 1919. Houghton distributed an entire suitcase of the hybrid lily bulbs to various friends and family.

The lily proved to really thrive in the climate there. It was similar to the flower's native Ryukyu Islands of Japan. By the year 1945 there were over a thousand growers on the west coast harvesting these bulbs to sell. There are only about two full weeks during the year when these flowers are commercially available. Easter Lilies are estimated to be the fourth largest potted plant crop in the U. S., following the poinsettia, mum, and azalea.

History, mythology, and art are filled with stories and images that speak of the beauty and majesty of the elegant white flowers. One of the most famous Biblical reference is in the Sermon on the Mount, when Christ said, "Consider the lilies of the field, how they grow: they toil not, neither do they sin and yet Solomon in all his glory was not arrayed like one of these."

Lilies are often called the "White-Robed Apostles of Hope". Lilies were discovered in the Garden of Gethsemane after Christ died on the cross. During the Easter season churches line their alters and envelop their crosses with a multitude of Easter Lilies to signify the resurrection of Jesus Christ and the hope of eternal life.

Another concept associated with the pure white lily is that of womanhood. In some early paintings the Angel Gabriel offers pure white lilies to the Virgin Mary and this symbolizes that she will be the mother of Jesus. Other paintings show saints bringing vases of white lilies to Mary and the divine child. (cont. pg. 2)

SCR News and Notes

Mid-Continent Library April 2015 Offerings (816) 353-2052

April 7, 2015, Tuesday at 7:00 PM

[Perchance to Zentangle](#)

Learn how to take "doodling" to a whole new level with Zentangle patters. Learn how Zentangle can improve focus, expand artistic abilities you didn't know you had, and create beautiful art in the process. This class includes a PowerPoint presentation, handout, materials for hands-on learning, and step-by-step instructions for several tangle patterns to help you learn the art of Zentangle. *(For adults)* [Registration](#) is required.

April 29, 2015, Wednesday at 7:00 PM

[Kansas City River Quay Mob War](#)

What started out as an arts and entertainment district devolved into a mafia war zone over parking and strip clubs during the 1970s. Learn firsthand what went down, who killed whom and why, and get a retrospective narrated visual tour by one of the major participants while he was still in the Federal Witness Protection Program. Terence O'Malley, director of the film the book "Black Hand Strawman: The History of Organized Crime in Kansas City" separates fact from fiction in this granular presentation of one of the most notorious mafia eras in U.S. history. *(For adults)* [Registration](#) is required.

**SPRING CLEAN VOLUNTEERS NEEDED FOR MAY 2ND EVENT!
PLEASE CONTACT US AT 356-9000 TO VOLUNTEER!**

You can help us manage our newsletter costs

- ⇒ **Be a subscriber** by sending a donation of \$4.00 for your 2015 subscription to Shepherd's Center of Raytown, 5110 Westridge Ci, Raytown, MO 64133
- ⇒ **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 Honorariums

In Memory of Blanche Patti and Wayne Jackson

From: Floyd and Helen Anderson

In Memory of Ramona Waldram

From: Doris Lisenby, Mary Porter & Rhoda Ertel

In Memory of Ernestine Kratschmer

From: Breaktime Club -Helen Andson, Phyllis Miller, Mickey Snook, Carol Eber and Dianne Morris

(Continued from page 1)

According to the legend the flowers were formed when Eve cried repentant tears upon leaving Eden and the tears became lilies. The point of this legend is that true repentance leads to beauty.

Established through the centuries as a symbol of purity, grace, and the regal lifestyle the white lily is a suitable reminder of the greater meaning of Easter. These flowers grace millions of homes and churches every year embodying joy, hope, and life; whether given as a gift or displayed proudly in one's home the Easter Lily remains a beautiful reminder of how Easter is a time for celebration and rejoicing. So when you purchase Easter baskets for your loved ones don't hold back with decorated eggs and chocolates, but be certain to include a few Easter lilies as well (<http://www.peopleoffaith.com/history-of-the-easter-lily.htm>)!



Adventures In Learning

April 24, 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, April 20, 2015.

Please RSVP to the SCR office at 356-9000.

PROGRAM

8:30 am-Blood Pressure Checks

9:00 am-Welcome

Coffee & Fellowship

Session 1 - 9:30 am

Current Events

Ron Ostlund

Video - KCPT Movie Charles Gusewelle tells his story.

Session 2 - 10:45 am

April Edwards, Raytown Mid-Continent Library

Ms. Edwards will be talking about E-Readers (4 different devices).

Julie Eden Hisle, "Clever Containers"

She will speak about organizing, functionality, ideas and fun

Noon Forum

Officer Evan Hartenstein, Raytown Police Department

Officer Hartenstein will talk about scams and safety (ways to protect ourselves).

Centerpieces provided by Little Blue Elementary School

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 fruit and vegetables, peanut butter**.

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 Tuesday 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.

April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Exercise Bouncing Back	3	4
5	6 Breaktime Tai Chi Chih	7 Exercise Book Club	8	9 Exercise	10	11
12	13 Breaktime Tai Chi Chih	14 Exercise	15	16 Exercise Bouncing Back	17	18
19	20 Breaktime Tai Chi Chih	21 Exercise	22	23 Exercise	24 Adventures In Learning	25
26	27 Breaktime Tai Chi Chih	28 Exercise	29	30 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, **at new location 5110 Westridge Circle, Raytown, MO 64133**
- **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

Shepherd's Center of Raytown will be celebrating its Volunteers at the Annual Volunteer Appreciation Brunch on April 11 at the REAP building. The event will take place between 9:30am and 11:00am.

Council On Aging is sponsoring an AARP Driver's Training Class for seniors on April 9th. Please call 816-767-0103 for additional information or registration.

NEED VOLUNTEERS FOR THE SPRING YARD CLEAN-UP SCHEDULED FOR MAY 2.

Mark you calendar! The 2015 Senior Expo is being held at Raytown City Hall on May 7.

Volunteer Corner

Thank you for your service to Shepherd's Center of Raytown



Volunteer Timesheets for 2015! 2015 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 first 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.

All you need for Roasted Chicken over Zucchini and Peppers

- 1 red bell pepper, seeded and chopped
- 1 orange bell pepper, seeded and chopped
- 1 medium zucchini, seeded and chopped
- 1 1/4 pounds boneless chicken breasts
- 1/2 tsp Poultry Magic seasoning
- Hy-Vee salt and black pepper, to taste

All you do:

Preheat oven to 400 degrees. Spray a 9-by-13-inch baking dish with nonstick cooking spray.

Place chopped peppers and zucchini on bottom of baking dish. Top with chicken breasts. Season with Poultry Magic seasoning and salt and black pepper.

Bake, uncovered, 40 minutes or until internal temperature of chicken reaches 165 degrees.

Shepherd's Center of Raytown
Kristina Peters, Executive Director
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(NOTE NEW STREET ADDRESS)
Email: shepherdscenterr@sbcglobal.net
Website: shepherdscenterraytown.org

Offices at: Willow Bend Villas Club House
Hours: Monday thru Thursday: 9am—4pm
Friday: 9am—Noon

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