



# The Shepherd's View

Volume 25 Issue 2

February 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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# February



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

## VALENTINE'S DAY GREETINGS

*In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France and Australia. In Great Britain, Valentine's Day began to be popularly celebrated around the 17th century. By the middle of the 18th, it was common for friends and lovers of all social classes to exchange small tokens of affection or handwritten notes, and by 1900 printed cards began to replace written letters due to improvements in printing technology. Ready-made cards were an easy way for people to express their emotions in a time when direct expression of one's feelings was discouraged. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine's Day greetings.*

*Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Howland, known as the "Mother of the Valentine," made elaborate creations with real lace, ribbons and colorful pictures known as "scrap." Today, according to the Greeting Card Association, an estimated 1 billion Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. (An estimated 2.6 billion cards are sent for Christmas.) Women purchase approximately 85 percent of all valentines (<http://www.history.com/topics/valentines-day/history-of-valentines-day>).*

## SCR News and Notes

### Mid-Continent Library March Offerings (repeat from January's Newsletter)

**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](mailto: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 Loving Memory of Lloyd West*

*From: Alan and Karen Short, Darlene Thurls Family, Steven and Lois Merle, Mary Williamson*

*In Honor of :*

*Bob and Bonnie Downs*

*Linda Casebolt*

*Joyce Downing*

*Bernie Bixler*

*Connie Turnipseed*

*Callie Ballenger*

*From: Ruth and Steve Schwieterman*

### Breakfast Just Makes Cents

Did you know you could have breakfast in less than one minute and for less than one dollar? Cereal is one of the most traditional breakfast foods out there. For about 50 cents, you could have a smart breakfast choice. Add a serving of fruit to still eat a nutritious breakfast for under one dollar. This provides you with one serving of a whole grain, dairy and fruit for convenient and cost-effective nutrition density.

There are several health benefits to eating breakfast as part of a regular routine. Eating breakfast may assist with weight loss maintenance, increase your overall nutrient intake and may help kids perform better in school. In addition to these benefits, cereal can also add nutrients such as whole grains, fiber, calcium, iron and B vitamins, which are difficult to make up for in the day if breakfast is skipped. Research even shows that cereal eaters consume less fat, less cholesterol and more fiber than non-cereal eaters. (Your Friendly Raytown Hy-Vee Dietitian newsletter; Raytown - Dietitian, Teequa Knapp )

# Adventures In Learning

## February 27, 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, February 23, 2015.**

**Please RSVP to the SCR office at 356-9000.**

### PROGRAM

**8:30 am-Blood Pressure Checks**

**Bonnie Houk, John Knox Home Health**

**9:00 am-Welcome**

**Coffee & Fellowship**

**Session 1 - 9:30 am**

**Current Events**

**Ron Ostlund**

**Video -Great American Rail Journeys "The Coast Starlight"**

**Session 2 - 10:45 am**

**Resa Dawson, Occupational Therapist Westridge Gardens**

**Ms. Dawson is going to educate us about stroke awareness and prevention so that we may better protect our loved ones and ourselves.**

**Marvin Sands, AARP**

**Mr. Sands with be speaking on the "5 Secrets of Brain Health"**

**Noon Forum**

**David Wilson, Prevey Care**

**Medicare Prevention and Wellness programs that are free of charge.**

**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.**

# February 2015

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

### 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**—1<sup>st</sup> 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. 51<sup>st</sup> 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**—4<sup>th</sup> 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.

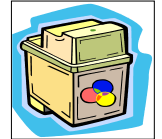
#### Drivers

**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.

### Cheerios Banana Quesadillas (Serves 4)

#### All you need:

- 2 (9-inch) whole-wheat flour tortillas
- 2 tablespoons peanut butter
- ½ cup Cheerios® cereal (any variety)
- 1 medium banana, thinly sliced (1 cup)
- 2 teaspoons honey (optional)

#### All you do:

- Over each tortilla, spread 1 tablespoon peanut butter. Over half of each peanut butter-topped tortilla, sprinkle half the cereal. Arrange half the bananas over cereal. Drizzle with 1 teaspoon honey.
- Fold tortillas over filling, then cut each in half, making 4 triangles.

Nutrition Facts per serving: 180 calories, 6 g fat, 290 mg sodium, 27 g carbohydrate, 3 g fiber, 8 g sugar, 5 g protein ( [www.bettycrocker.com](http://www.bettycrocker.com))

The information is not intended as medical advice. Consult a medical professional

**Shepherd's Center of Raytown**  
**Kristina Peters, Executive Director**  
**7900 Blue Ridge Blvd, Kansas City, MO 64138**  
**Phone: (816) 356-9000 Fax: (816) 356-6526**

**Email: [shepherdscenterr@sbcglobal.net](mailto:shepherdscenterr@sbcglobal.net)**  
**Website: [shepherdscenterraytown.org](http://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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