



# The Shepherd's View

Volume 25 Issue 3

March 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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# March



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

Saint Patrick is the patron saint and national apostle of Ireland. St Patrick is credited with bringing Christianity to Ireland. Most of what is known about him comes from his two works; the Confessio, a spiritual autobiography, and his Epistola, a denunciation of British mistreatment of Irish Christians. Saint Patrick described himself as a “most humble-minded man, pouring forth a continuous paean of thanks to his Maker for having chosen him as the instrument whereby multitudes who had worshipped idols and unclean things had become the people of God.”

Many folk ask the question ‘Why is the Shamrock the National Flower of Ireland?’ The reason is that St. Patrick used it to explain the Holy Trinity to the pagans. Saint Patrick is believed to have been born in the late fourth century, and is often confused with Palladius, a bishop who was sent by Pope Celestine in 431 to be the first bishop to the Irish believers in Christ.

Saint Patrick is most known for driving the snakes from Ireland. It is true there are no snakes in Ireland, but there probably never have been – the island was separated from the rest of the continent at the end of the Ice Age. As in many old pagan religions, serpent symbols were common and often worshipped. Driving the snakes from Ireland was probably symbolic of putting an end to that pagan practice. While not the first to bring christianity to Ireland, it is Patrick who is said to have encountered the Druids at Tara and abolished their pagan rites. The story holds that he converted the warrior chiefs and princes, baptizing them and thousands of their subjects in the “Holy Wells” that still bear this name.

There are several accounts of Saint Patrick's death. One says that Patrick died at Saul, Downpatrick, Ireland, on March 17, 460 A.D. His jawbone was preserved in a silver shrine and was often requested in times of childbirth, epileptic fits, and as a preservative against the “evil eye.” Another account says that St. Patrick ended his days at Glastonbury, England and was buried there. The Chapel of St. Patrick still exists as part of Glastonbury Abbey. Today, many Catholic places of worship all around the world are named after St. Patrick, including cathedrals in New York and Dublin city ([http://www.st-patricks-day.com/about\\_saintpatrick/](http://www.st-patricks-day.com/about_saintpatrick/)).

## SCR News and Notes

### Mid-Continent Library March 2015 Offerings

March 10, 2015, Tuesday at 7:00 PM

#### Warm From the Oven

Join an award-winning culinary team to learn how to make mouth-watering, made-from-scratch cinnamon rolls. This hands-on instructional class will take you through the steps of making the dough, rolling the rolls, and creating a sweet icing from scratch. Each participant will leave with a pan full of doughy goodness to take home and bake. (For adults) Registration is required.

March 24, 2015, Tuesday at 7:00 PM

#### Beginning Genealogy with Janice Schultz

Veteran genealogist and former MGC Branch Manager Janice Schultz will focus on procedures, skills, and techniques needed for beginning a search of your family genealogy. (For adults) Registration is required.

March 31, 2015, Tuesday at 7:00 PM

#### Microsoft Word for Beginners (Sara)

Whether you are writing a letter to a loved one or creating a resume, Microsoft Word can get the job done. This introduction will focus on how to create, save, and print a document as well as how to access various document templates available to Word users. Personal laptops and devices are welcome. (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 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](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 Honor of Charlotte and  
Dwight Robinson

From: Ruthie and Steve Schwie-  
terman

## Our Aging Nation

America faces an unprecedented challenge. The number of people reaching retirement will double in number by 2030, accounting for an increase from 12 percent of the U.S. population to almost 20 percent. To live with a measure of independence and dignity, these aging Baby Boomers will need a wide range of professional health and social service expertise, as well as home care and residential supports and services. Providing our parents and grandparents quality care demands a *coordinated team* of well-trained professionals and caregivers.

Yet the Institute of Medicine's (IOM) landmark report, *Retooling for an Aging America: Building the Health Care Workforce*, notes the significant shortage in the current workforce trained to care for the needs of our nation's older adults, which will grow explosively as the Baby Boomers retire.

*Eldercare is projected to be the fastest-growing employment sector within the health care industry.* Strengthening these caregiving occupations is not only vital to our social infrastructure and improving the quality of care, but also has the potential to drive long-term economic growth (to read the full article see below).

(<http://www.eldercareworkforce.org/issues-and-solutions/aging-population/issue:aging->)

# Adventures In Learning

## March 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, March 23, 2015.**

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

### PROGRAM

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

**Bickford Place**

**9:00 am-Welcome**

**Coffee & Fellowship**

**Session 1 - 9:30 am**

**Current Events**

**Ron Ostlund**

**Video - Great American Journeys- "The American South by Rail"**

**Session 2 - 10:45 am**

**Mary Monnin, Raytown Garden Club**

**Ms. Monnin will be speaking to us about the Raytown Garden Club and plants that grow well in shade, sun, etc.**

**(There will only be one class this session.)**

**Noon Forum**

**Scott Sigma, MO Conservation Stream Team Program**

**Mr. Sigman will be speaking about the Stream Team Program.**

**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 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.**

# March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Breaktime Tai chi Chih	3 Exercise Book Club	4	5 Exercise Bouncing Back	6	7
8	9 Breaktime Tai chi Chih	10 Exercise	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
29	30 Breaktime Tai chi Chih	31 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**—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

**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.**

# 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.

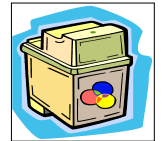
### Drivers

**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.

### Quick Beef Stew

#### All you need

1 lb stew meat, chopped into bite size pieces, uncooked

2 (14.5 oz) cans Hy-Vee reduced-sodium beef broth, divided

3 tbsp (about 1/2 envelope) Hy-Vee stew mix

1 (16 oz) package Hy-Vee stew vegetables, frozen

1 cup frozen Hy-Vee cut corn

#### All you do

1. In a large saucepan, cook

meat on medium heat until browned.

2. In a small bowl, whisk together 1/4 cup broth and stew mix; add to meat. Stir in remaining broth, stew vegetables and corn.

3. Bring to a boil and cook uncovered for 20 minutes, stirring occasionally.

Nutrition facts per serving: 230 calories, 7g fat, 2.5g saturated fat, 0g trans fat, 55mg cholesterol, 820mg sodium, 19g carbohydrates, 1g fiber, 4g sugar, 21g protein.

Daily Values: 20% vitamin A, 2% vitamin C, 0% calcium, 10% iron  
(.Raytown Hy-Vee- Dietitian, Amy Lauer)

**Shepherd's Center of Raytown**  
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(NOTE NEW STREET ADDRESS)  
Email: [shepherdscenterr@sbcglobal.net](mailto:shepherdscenterr@sbcglobal.net)  
Website: [shepherdscenterraytown.org](http://shepherdscenterraytown.org)

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

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**A United Way Agency**

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