



The Shepherd's View

Volume 25 Issue 5

May 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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May



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

MOTHER'S DAY HISTORY & ORIGINS

Origin of Mother's Day goes back to the era of ancient Greek and Romans. But the roots of Mother's Day history can also be traced in U.K. where a Mothering Sunday was celebrated much before the festival saw the light of the day in U.S. However the celebration the festival as it is seen today is a recent phenomenon and not even a hundred years old. Thanks to the hard work of the pioneering women of their times, Julia Ward Howe and Anna Jarvis that the day came into existence. Today the festival of Mother's Day is celebrated across 46 countries (though on different dates) and is a hugely popular affair. Millions of people across the globe take this opportunity to honor their mothers, thank them for their efforts in giving them life, raising them and being their constant support and well wisher.

History of Mother's Day: Julia Ward Howe

The idea of official celebration of Mother's Day in U.S. was first suggested by Julia Ward Howe in 1872. an activist, writer and poet Julia shot to fame with her famous Civil War song, "Battle Hymn of the Republic". Julia Ward Howe suggested that June 2 be annually celebrated as Mother's Day and should be dedicated to peace. She wrote a passionate appeal to women and urged them to rise against war in her famous Mother's Day Proclamation, written in Boston in 1870. She also initiated a Mother's Peace Day observance on the second Sunday in June in Boston and held the meeting for a number of years. Julia tirelessly championed the cause of official celebration of Mother's Day and declaration of official holiday on the day. Her idea spread but was later replaced by the Mother's Day holiday now celebrated in May.

History of Mother's Day: Anna Jarvis

Anna Jarvis is recognized as the Founder of Mother's Day in the U.S. Though Anna Jarvis never married and never had children, she is also known as the Mother of Mother's Day, an apt title for the lady who worked hard to bestow honor on all mothers.

Miss Jarvis got the inspiration of celebrating Mother's Day from her own mother Mrs. Anna Marie Reeves Jarvis in her childhood. An activist and social worker, Mrs. Jarvis used to express her desire that someday someone must honor all mother, living and dead, and pay tribute to the contributions made by them.

A loving daughter, Anna never forgot her mother's word and when her mother died in 1905 she resolved to fulfill her mother's desire of having a Mother's day . (cont. pg. 2)

SCR News and Notes

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

May 5, 2015, Wednesday at 7:00pm

Nutrition for Diabetes -This class gives an overview of the different types of diabetes as well as lifestyle and diet changes for disease management. *(For adults)* Registration is required.

May 12, 2015, Tuesday at 7:00 PM

Managing Your Digital Photos (Sara) -Learn how to download photos from a digital camera, organize them on your computer, and upload them to the internet. Demonstration only. *(For adults)* Registration is required.

May 27, 2015, Wednesday at 6:30 PM

The Business of Food Trucks: Logistics of Food Truckin' -Do you have a food truck dream? Lots of people do! Whether you want to hit the streets tomorrow or in two years, make sure you know all the information. Over this 6-week boot camp, food truck industry experts will walk you through the steps to opening your own food truck. A panel of current KC food truck business will be available for stories and questions on April 23 to kick it off. Presented by Mid-Continent Public Library, Jazzy B's Bar-B-Que, KC Food Truck Association, and the Ennovation Center. *(For adults)* Registration is required.

The SCR 2015 Garden Tour and Luncheon will be held on June 16th. Tickets will go on sale in the near future.

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 Mary Monnin

From: Nora Rowland

**Raytown Council on Aging Presents
Senior Expo**

Free To The Public

May 7, 2015

9:00am to 12:00pm

**Raytown City Hall-City Council Chambers
10000 E. 59th St., Raytown, MO 64133**

Information-



Promotional Items

Refreshments

Door Prizes

(Continued from page 1)

Negligent attitude of adult Americans towards their mothers and a desire to honor her mother drove her ambitions.

To begin with Anna sent Carnations to the church service in Grafton, West Virginia to honor her mother. Carnations were her mother's favorite flower and Anna felt that they symbolized a mother's pure love. Later Anna along with her supporters wrote letters to people in positions of power lobbying for the official declaration of the Mother's Day holiday. By 1911 Mother's Day was celebrated in almost every state in the Union and on May 8, 1914 President Woodrow Wilson signed a joint resolution designating the second Sunday in May as Mother's Day.

History of Mother's Day: Present Day

Today Mother's Day is celebrated in many countries around the world. People take the day to as an opportunity to pay tribute to their mothers and thank them for all their love and support.

*Happy
Mothers
Day*

Adventures In Learning

May 22, 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, May 18, 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 - A History of Raytown

Session 2 - 10:45 am

Larry Seby, Truman Library

Mr. Seby will be sharing the history of The Truman Library with us.

Ryan Boman, Lowe's

Mr. Boman is a horticulturist and will be sharing his insights with us.

Noon Forum

Richard Miller, Hum-a-Long Ranch

Mr. Miller raises Alpacas and will be telling us all about them.

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 May

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.

May 2015

Sun Mon Tue Wed Thu Fri Sat

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

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 4:00 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

- ♦ **We will be launching our new website (www.shepherdcenterraytown.org) on April 29.**
- ♦ **Shepherd's Center of Raytown will having the annual Garden Tour and Luncheon on June 16. It is not too late to submit your garden for consideration. Simply call the SCR office at 816-356-9000 to let us know you are interested.**
- ♦ **If you are interested in volunteering to sit a Garden for this annual event. Please let us know at 816-356-9000.**

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 2:00 - 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 .

Older Driver Safety Class Presented by Americans for Older Driver Safety

May 20, 2015

9:00am to 10:30am

Shepherd's Center of Raytown
5110 Westridge Circle, Raytown, MO 64133

RSVP before May 15, 2015 by calling 816-356-9000

Seating is limited

Refreshments will be served.

There will be a drawing for a Panera Bread gift card.

Ready to give grilled vegetables a try? Here's how to do it:

- Take your favorite vegetable(s) and clean, trim, then cut into bite-sized pieces, or leave whole. Prepare sturdy salad greens (such as romaine, kale, baby bok choy or small head lettuces like butter lettuce) by cutting in half or quarters.
- Oil the grill rack or grill basket by using a paper towel dipped in olive or vegetable oil that is wiped over the surfaces where the food will touch. Do not use cooking sprays.
- Next, toss the prepared vegetables in olive, corn or your favorite flavor-infused oil or drizzle the oil on the flat surface of lettuces to be grilled.
- Grill salad greens with the cut side down until smoky and wilted. Grill other vegetables by first considering the density of each. Potatoes, for instance, will require a longer grilling time than asparagus or tomatoes. If you choose a mixture of vegetables, start by grilling the more dense choices until almost tender, then add the rest of the vegetables until desired tenderness is reached, turning as needed for even cooking and browning.
- Using skewers or a grill basket is another option for perfectly grilled vegetables.

Shepherd's Center of Raytown
Kristina Peters, Executive Director
5110 Westridge Circle, Raytown, MO 64133
Phone: (816) 356-9000 Fax: (816) 356-6526
(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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A United Way Agency

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