



The Shepherd's View

Volume 24, issue 4

April 2013



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.

Inside this issue:

SCR News and Notes	2
Adventures in Learning	3
Calendar of Events	4
Volunteer Corner	5
Don't Forget!	6



This newsletter is sponsored by an anonymous donor in honor and appreciation of all volunteers.

National Volunteer Week is April 21 - 27

Celebrating People in Action

National Volunteer Week celebrates the vast contributions that volunteers make every day. The impact of their collective efforts improves the quality of life for individuals and communities. These people take action to solve problems and exemplify the power of volunteerism.

Shepherd's Center of Raytown volunteers, you are the ones touching the lives of so many in the community. In 2012 you amazing and caring people:

- ◆ spent thousands of hours answering phones and completing projects in the SCR office.
- ◆ prepared 10,750 newsletters for mailing.
- ◆ carried 12,088 meals to those in need of home delivery.
- ◆ made 235 trips transporting clients to doctor appointments.
- ◆ provided seasonal yard clean-up for 21 older adult households.
- ◆ completed 65 handyman home improvement jobs.
- ◆ led hundreds of programs including Adventures In Learning, Breaktime, Book Club, Bridge & Cards Exercise and Tai Chi classes.
- ◆ organized fundraising events.

SCR exists because of you and your efforts.

With immense appreciation,

Patty Stock, Executive Director

SCR News and Notes

ATTENTION: Wheels that Care Riders

In March it came to the attention of the office volunteers that driver availability on Wednesday is limited, especially Wednesday mornings. Our drivers are busy folks!

If you have the option to schedule a ride on a day other than a Wednesday, SCR will have a greater chance of securing a driver for your request. Call the SCR office at 356-9000 if you have questions. Thanks for your understanding!



Rummage Sale!

April 17-20

The One Spirit United Methodist Women's Rummage Sale will be at 7900 Blue Ridge Blvd., KCMO.

There will be collectibles, furniture, household items, clothes, tools, toys, books and miscellaneous items.

Lunch will be served daily with soups, sandwiches and pies.

If you have items to donate, bring them on **April 15 & 16**. If you have questions, call the church at 353-0890.

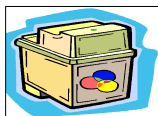
The Rummage Sale dates and hours will be:

Wednesday	April 17	8:00 am – 6:00 pm
Thursday & Friday	April 18-19	9:00 am – 4:00 pm
Saturday	April 20	9:00 am – 12:00 pm

Help SCR Recycle and Collect

It makes a difference!

- ◇ **Printer cartridges**
- ◇ **Cell phones**
- ◇ **Best Choice labels**



We have a box in the SCR office so stop by or bring items to Adventures in Learning.

MEMORIALS AND HONORARIUMS

In Memory of Wayne Anderson

- ◆ Sandra Howard

In Memory of Dr. Russell Lytle

- ◆ Bill & Laveta Stiles
- ◆ Ruthie & Steve Schwieterman
- ◆ Betty & Ken Lutgen



Campaign Update

So many of you gave with a happy heart and generously to the February capital campaign. We narrowly missed our goal but are grateful for the donations received and the kind notes of encouragement.

On behalf of Board of Trustees, volunteers and clients, we thank you for your support.

Senior Expo 2013

Thursday, May 2, 2013 9:00 a.m. to 12:00 noon
Raytown City Hall-Council Chambers
10000 E. 59th Street Raytown Mo. 64133

Information Refreshments Door Prizes
Sponsored by the Council on Aging
In Celebration of Older Adults Month

Did You Know



Recycling and saving really adds up:

⇒ SCR received \$97.50 in 2012 through the recycling of toner cartridges

⇒ 12,000 Best Choice labels were submitted for a value of \$360.

Keep saving and clipping!

Adventures In Learning

April 26, 2013

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

We MUST have your reservation for lunch by noon on Monday, April 22.

Please RSVP to the SCR office at 356-9000.

9:00 a.m. – Welcome

Blood Pressure Checks

Carondelet Home Care

Coffee & Fellowship

Thank you to Benchmark Healthcare for providing the treats!

Session 1 9:30 am

Current Events

Ron Ostlund

Video — Story of Amelia Earhart

Floyd Anderson

Session 2 10:45 am

Fun with e-Books

April Edwards—MCPL Raytown Branch

The Mid-Continent Public Library offers eBooks for downloading to your computer and transferring to a portable device such as a Nooks, Kindles and Android devices. Learn what's available and see a demonstration.

Craft— Making All Occasion Cards

Virginia Smith will demonstrate how to make beautiful and personalized all occasion greeting cards.

Noon Forum

Anne Day - Kansas City Zoo

Meet some of the zoo residents and find out about new and upcoming zoo attractions.

Walk on the Wild Side

Wear an animal print to welcome our noon guests from the zoo!

Free Nail Care Clinic

9:30—11:00

Manicures and pedicures available on a first come basis, provided by American Home Care.

Menu

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.

Dessert will be provided by Westridge Gardens.

Artwork will be provided by the students of Ms. Welch at Eastwood Hills Elementary School.

REAP Donation for April

Each month Adventures in Learning, collects items for the **Raytown Emergency Assistance Program.**

Items needed are:

- laundry soap
- bath soap
- toothpaste
- tooth brushes

PLEASE NOTE

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.

April 2013

Sun Mon Tue Wed Thu Fri Sat

	1	2 <i>Exercise Class</i> <i>Book Club</i>	3	4 <i>Exercise Class</i>	5	6 <i>SCR Board Meeting</i>
7	8 <i>Breaktime</i> <i>Tai Chi Chih</i>	9	10	11	12	13 <i>Volunteer</i> <i>Breakfast</i>
14 <i>KC Metro</i> <i>Men's Concert</i>	15 <i>Breaktime</i> <i>Tai Chi Chih</i>	16 <i>Exercise Class</i>	17 <i>Bridge & Cards</i>	18 <i>Exercise Class</i> <i>Bouncing Back</i>	19	20 <i>Yard</i> <i>Clean-up</i>
21	22 <i>Breaktime</i> <i>Tai Chi Chih</i>	23 <i>Exercise Class</i>	24	25 <i>Exercise Class</i>	26 <i>Adventures in</i> <i>Learning</i>	27 <i>Drug Disposal</i> <i>10 am—2 pm</i>
28	29 <i>Breaktime</i> <i>Tai Chi Chih</i>	30 <i>Exercise Class</i>				

Schedule of Events

- **Breaktime**—Mondays, 9:30 am to 2:00 pm, Blue Ridge United Methodist Church, 5055 Blue Ridge Blvd.
- **Caregivers Support Group** – 2nd Monday, 9:30 am to 11:30 am, 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, 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. 51st Terr.
- **Bridge & Card Group**— 3rd Wednesday, 12:30 pm—3:00 pm Blue Ridge United Methodist Church, 5055 Blue Ridge Blvd.
- **Bouncing Back**—3rd Thursday, 10:30 am to 11:30 am, 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 Events

GOT DRUGS? Safely dispose of unused or expired medication by participating in this drug take-back event.

**Saturday, April 27, 10 am—2 pm. Raytown City Hall, 10000 E 59th St or
Cosentino's Apple Market, 75th & Raytown Rd.**

Use this opportunity to bring unwanted pharmaceuticals to a drop-off point and dispose of them properly. This method of disposal protects our drinking water from flushed disposal and reduces the risk of outdated drugs being used inappropriately by accident or by an unauthorized person.

The Raytown Police Department and Missouri Rural Water Association are sponsoring National Prescription Drug Take-Back Day.

Volunteer Corner

Thank you for your service to Shepherd's Center of Raytown and for making a difference in others' lives.

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 Welcome new volunteers: - Amy Gilbert- Supportive Services and Cecile Leggio—Office Volunteer.

Welcome back Sarah Brooks—Meals on Wheels and Special Projects.

Thank you for joining the SCR team of volunteers!

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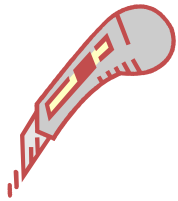


First quarter timesheets are due to the SCR or Meals on Wheels office. Please turn them in as soon as possible. Blank timesheets can be printed from the SCR website, Volunteers in Action page.

See you on April 13 . The annual SCR volunteer appreciation event at **9:30 am to 11 am at REAP.**



The Cutting Edge



I must give a special thanks to my neighbor in Blue Springs, Louie. He volunteers at the Blue Springs recycling center on Sunday afternoons. During a drop-off last year, I noticed he had a razor knife and was cutting out the Boxtops for Education[®] coupons for the nearby elementary school our children attended decades ago. Jokingly, I said if you like that so much, save me the Best Choice[®] barcodes for SCR. Now every two to three months I receive a brown lunch bag of 2,500—3,000 labels neatly cut and counted. Due to his efforts SCR has sent in 10 times the number of barcodes for redemption than two years ago.

Louie is a true friend and helper to all who know him and a friend to those at SCR who don't. Thanks to Louie and all those like him who unselfishly give so much to others in ways small and large.

-Patty

There's still time to volunteer for the Spring Yard Clean-up!

April 20, 8:30 am—1 pm

This is a great project for businesses, families, scouts, church or school groups. We need lots of rakes and energetic volunteers to assist seniors in getting their yard ready for spring. Donations of paper yard waste bags are welcomed too!



Volunteers meet at 8:30 am at One Sprit United Methodist, 7900 Blue Ridge Blvd., to fill out information sheets and receive assignments. Volunteers under the age of 16 must be accompanied by an adult. Call the SCR office at 356-9000 or email shepherdscenterr@sbcglobal with questions or to volunteer!

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

Email: shepherdscenterr@sbcglobal.net
Website: shepherdscenterraytown.org

Offices at: One Spirit United Methodist Church
Hours: **Monday thru Thursday: 9 am—4 pm**
Friday: 9 am—Noon

Non-Profit Organization
U.S. Postage
PAID
Kansas City, MO
Permit No. 4761

**United
Way**



A United Way Agency

Time sensitive—Please deliver by April 11-12
Return Service Requested



KC Metro Men's Chorus Performance to Benefit SCR

Sunday, April 14, 3 pm

Blue Ridge United Methodist Church, 51st & Blue Ridge Blvd

The Kansas City Metro Men's Chorus will perform a selection of beautiful music for your enjoyment. The free-will offering will benefit the programs and services of SCR.

Bring a friend (or two) and let's fill the sanctuary!

Refreshments following the performance.

Attend Bouncing Back April 18



Bouncing Back offers an opportunity to share, discuss and find support for the stress of life's experiences—health concerns, death, relationship changes, job, retirement, family, or just life in general. The March meeting was successful but there is always room for more. Join this small group for support and friendship.

April 18 , 10:30 – 11:30 am

One Spirit United Methodist Church, 7900 Blue Ridge Blvd., KCMO

Discussions will be facilitated by Beth Huliska, LCSW, Grief Support Services with Crossroads Hospice.