



The Shepherd's View

Volume 24, issue 8

August 2013

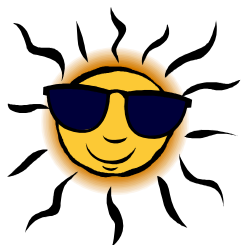


A United Way Agency

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.

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Life-long music lovers share the joy with other seniors

They always start with "You Are My Sunshine." It's a fitting beginning to a *Tune Twisters* performance that is sure to bring a ray of sunshine into the lives of their audiences – seniors who "remember when" -- and others who no longer do.

This group of long-time music lovers was formed by two friends, Frank and Raymond, who enjoyed entertaining and sharing music. They decided their time and music was best shared with older adult living communities. Sadly, Raymond passed away. But with the help of the Shepherd's Center newsletter, others have joined the group. Mary, Connie, Keith and Sheila now join Frank for weekly practices with Frank's guitar and karaoke machine and frequent performances at senior facilities such as Village Shalom, John Knox and others.

In addition to having fun together, group members find satisfaction in seeing residents move their lips and tap their fingers and toes to the sing-along music. It is especially rewarding when persons who are usually unresponsive due to a memory related disease respond with a smile or sign of recognition in their eyes.

The *Tune Twisters* welcome new members who are willing to practice and sing for smiles. They also are available for additional performances. Programs are free and can be scheduled for any weekday from 11:00 a.m. to 2:00 p.m. Saturday performances require at least two weeks advance notice. Whether you might like to join this lively group in its heart-warming outreach, or are interested in booking a performance, call Frank Bucklinger at 816-729-6180.

SCR News and Notes

Adventures in Learning Reminders

- ◆ Programming will return to our usual location at Raytown Christian Church in August.
- ◆ Adventures in Learning is the 4th Friday of each month, *not the last* Friday. Don't miss the August date!
- ◆ Mark your calendar. Red Cross will have flu shots available at the September 27 program. Details will be in the September newsletter.

Raytown at It's Best

I'm not a resident of Raytown although I have ties to the community, having attended Raytown Schools and now my job here at SCR. I'm excited to participate and support new initiatives in the city, from mass transit to senior supportive services. But for me, the experience as a volunteer for the Summer Lunch Program is Raytown at it's best.

This is my second year volunteering. The energy is focused in knowing every bit of effort is for the nourishment of the body and soul of children in need of a nutritious meal. Hands are busy portioning and bagging chips, cookies or raisins. Loaves of bread are laid out like cards in assembly line fashion, awaiting meat and cheese and bagging. Then all the components are pulled together and volunteers line the tables and pack the bags, retracing the tasks and steps like an army of ants until the bags are filled and ready for delivery by the drivers.

The pinnacle of this experience is to share among the variety of volunteers; young students to older adults, people of various faiths; school teachers, school administrators, city employees, and the list goes on. What better reflection of a community than to work together with a happy heart for the benefit of others? The possibilities are endless.

-Patty

Read All About It!

Save the date to attend the Shepherd's Center of Raytown Annual Used Book Sale September 26-28 at Blue Ridge Presbyterian.

Thursday, September 26	3-8 pm
Friday, September 27	9 am – 5 pm
Saturday, September 28	9 am – 1 pm



Contact the SCR office at 356-9000 if you have books to donate or would like to volunteer.

MEMORIALS AND HONORARIUMS

In Memory of Georgene Stinnett

Martha Hodson
Edna Scahill

In Memory of Harold Smith

Mary McDonnell
Rasmussen, Willis, Dickey & Moore, L.L.C.
Nancy & Gary Summers

In Honor of Wheels that Care Drivers

Betty White

Adventures In Learning

August 23, 2013

Adventures in Learning is held at the Raytown Christian Church

6108 Blue Ridge Blvd

Fees for Adventures in Learning Classes...\$2.00 Lunch...\$3.00

We **MUST** have your **reservation for lunch by noon on Monday, August 19.**

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!

Session 1 9:30 am

Current Events

Ron Ostlund

Video — Building the Gateway Arch in St. Louis

Floyd Anderson

Session 2 10:45 am

Helping Kids Rebuild Their Broken Lives

George Robbins, Gillis Center

The oldest non profit organization in the area providing various forms of assistance to children, parents and families in crisis.

Benefits of Massage Therapy

Judy Colins, Massage Therapist

Learn the techniques and benefits of massage as it relates of healthy living. Table and chair massage demonstrations will be available.

Noon Forum

First Hand Look at Disaster Relief and Identity Theft

Brad Teachman, Red Cross Volunteer

First-hand experience as a Red Cross relief worker after Hurricane Sandy and as a victim of identity theft.

Bonus - 10:30—11:30

Manicures, hand paraffin dips and pedicures will be offered by "Foxy Nails". Nail clipping will not be provided.

Menu

The menu will be determined by the caterer a week prior to Adventures in Learning.

Half the cost of the lunch is provided compliments of Edgewood Manor Rehab & Wellness Center.

Dessert is provided by Westridge Gardens.

REAP Donation for August

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

Items needed are:

- Spiral notebooks
- Notebook paper – wide ruled
- Peanut butter & Jelly

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 \$3 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.

August 2013

Sun Mon Tue Wed Thu Fri Sat

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

Schedule of Events

- **Breaktime**—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, 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.
- **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

National Night Out Against Crime Tuesday, August 6

The Raytown Police Department will host it's annual **National Night Out Against Crime** on August 6, 2013. at Kenagy Park, 79th & Raytown Rd. Please enter from the 79th Street parking lot. The event features:



- ◇ Free raffles throughout the evening with great prizes
- ◇ Exhibits from various agencies and not-for-profit organization
- ◇ Enjoy free hot dogs while they last!

Come out and join us for an evening of FREE fun. Questions call 816-737-6018.

Volunteer Corner

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

Nominate an outstanding volunteer who is also a veteran.

Shepherd's Center of Raytown is fortunate to have outstanding volunteers. Some also happen to be military veterans. Please help in recognizing these individuals by nominating them for the 2013 Veterans Service Awards.

The office of Lt. Governor Pete Kinder is accepting nominations for 2013 Veterans Service Awards. Nominees must have served or currently be serving in any branch of the US Armed Forces and volunteer 25 hours per year in their communities. Every nominee will receive a certificate of recognition. Winners will be individually recognized and presented with an official declaration from the Lt. Governor's office and a Veterans Service Lapel pin.

The deadline to submit an application is October 15. Nomination forms are available at the SCR office or online at <http://ltgov.mo.gov>.

Hanging Up the Tool belt

Thank you to SCR Handyman Berk Stanley and his Handy Helper Judy, for the past 12 years of providing expert electrical repair for Shepherd's Center of Raytown clients. This program offers assistance in minor home maintenance projects.

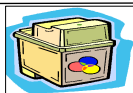


No worries that Berk and Judy will have too much free-time. They will continue to be drivers for the Wheels that Care program.

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.

Help Wanted

Book Sale . *All you need is to know your ABC's and be willing to support a vital organization!*

Participate in a short-term project in a team environment to sort and alphabetize books prior to the September sale or assist during the sale dates. Lifting is not required.

Wheels that Care Drivers. We have a continual need for drivers who are willing to transport seniors to medical appointments only two times per month. For more information, please call the SCR Office at 816-356-9000 or find the volunteer application on our website at shepherdscenterraytown.org

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



Time sensitive—Please deliver by August 8-9
Return Service Requested

Military and Veteran's Benefits

FREE admission to popular Jackson County attractions every Wednesday through November 11

Jackson County wants to do more than just say thank you to the brave men and women who have served our nation. The county is showing its appreciation to all military personnel -- both those on active duty and veterans -- by offering them free Wednesday admission to various Jackson County Park attractions.

Complimentary green fees at the **Fred Arbanas Golf Course** between 10:00 a.m. and 2:00 p.m. Based on availability. **Cart fees are not included. Must call ahead to schedule a tee time (816) 761-9445**

FREE boat rides at **Lake Jacomo** that include a one-hour cruise of the lake will be offered at noon, 1:00 p.m. and 2:00 p.m. -- and must be scheduled by calling in advance at (816) 795-8888.

FREE admission to **Fort Osage**, which the explorer William Clark built in 1808 as the first U.S. military outpost on the western frontier.

FREE admission to **Missouri Town 1855**, a living history museum depicting life in Missouri during the mid-19th Century.

Must present a valid Military ID Card, Veteran Identification card or other appropriate identification to receive benefits.