



# The Shepherd's View

Volume 24, issue 6

June 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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## Sixteenth Annual

# Garden Tour

**Tuesday, June 18**

*Don't miss out on the opportunity to see beautiful gardens and enjoy lunch with friends. This year we have five new gardens from large to small, shade to sun with water features and other interesting accents.*

### Lunch:

12:00 to 2:00 pm  
Raytown Christian Church  
6108 Blue Ridge Blvd.

**Lunch Ticket: \$7**



### Garden Tour Times:

9:30 am — 1:00 pm  
5:30 pm — 8:00 pm

**Garden Tour Ticket: \$10**



**Don't wait! Tickets are on sale at  
The Shepherd's Center of Raytown office  
Hy-Vee on 350 Highway in Raytown  
Kamp's Florist**

A fundraising event for the Shepherd's Center of Raytown

# SCR News and Notes

## Office Closure July 4 and 5

The SCR office will be closed on Thursday, July 4, and Friday, July 5. Please call no later than July 3 for transportation needs the week of July 8.



The Meals on Wheels office will be closed on July 4 with meal delivery on July 5.

## MEMORIALS AND HONORARIUMS

### In Memory of Georgene Stinnett

- ◆ Jacqueline McElyea



## Adventures in Learning is Hoppin' Happy!

Want to hear some good news? The cost of lunch at the June Adventures In Learning will be covered by Edgewood Manor Rehab & Wellness Center. Did that raise an eyebrow or put a smile on your face?

Attend Adventures and participate in lively current event discussions; experience travel videos; learn from programs that include health and wellness, local history, personal safety, home and garden, religion, the arts and more.

If it's been a while since you attended, we'd love to see you again. Never attended? Join us, you'll be glad you did.



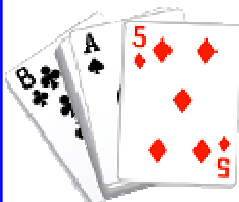
The April acknowledgement of Roberta Bonnewitz 102nd birthday.

### Celebrate Adventures in Learning if you are 102 or from the Zoo !

In May zoo staff and volunteers with a few well behaved residents from the Kansas City Zoomobile provided Noon Forum entertainment.



## Bridge and Card Group has Dealt Its Last Hand



Due to declining attendance, the Shepherd's Center of Raytown has decided to suspend the Bridge and Card Group that meets the third Wednesday of each month. Julie Merryman, program coordinator, worked hard in the past few months to invite additional participation in this program. Sadly, there was not enough interest at this time to support the number of tables needed to play.

If there is interest to re-form this group at a later date, Julie is willing to lead this program again. Please contact the SCR office at 356-9000 if interested in forming a card or game group.

Our gratitude to Juile Merryman and Blue Ridge Methodist for supporting this program for so many years. Additional thanks to Benchmark Healthcare for providing treats each month.

# Adventures In Learning

## June 28, 2013

**Adventures in Learning is held at the Raytown Christian Church**

6108 Blue Ridge Blvd

Fees for Adventures in Learning

**Class...\$2.00**

**Lunch...Compliments of Edgewood Manor Rehab & Wellness Center**

**We MUST have your reservation for lunch by noon on Monday, June 24.**

**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 — Rockies by Rail

Floyd Anderson

### Session 2 10:45 am

#### Take Control of Arthur, or Arthur will Take Control of You

Arthritis Program Occupational Therapists from Westridge Gardens Rehabilitation and Health Care Center will teach you how to reduce strain on your joints during daily activities and discuss available assistive devices and their benefits. This program is important for both people experiencing arthritic symptoms and their loved ones.

#### Ark of the Covenant

Jim Everett, CIA Agent (ret.)

This world traveler will bring to life the mysteries of the Ark of the Covenant.

### Noon Forum

#### Nathan Bergen - Pianist

Listen as Nathan plays a variety of musical selections.

### Menu

**A hot lunch will be catered *compliments* of Edgewood Manor Rehab & Wellness Center.**

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

Dessert will be provided by Westridge Gardens.

### REAP Donation for June

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

Items needed are:

- Toothpaste
- Toothbrushes
- Bar soap

### 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.

**Thank you for understanding.**

# June 2013

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

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

### 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**—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**—3<sup>rd</sup> Thursday, 10:30 am to 11:30 am, 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 Events



#### Summerfest—June 14-15 *Fun, Friends & BINGO*

Located in Downtown Raytown just north of 63rd Street, between Blue Ridge Blvd. and Raytown Road.

Friday starts with BINGO from 2-5 pm and evening entertainment. Saturday features dance performances, Dachshund DASH and KC Zoomobile.

#### RUMMAGE SALE JUNE 11-13

ST. BERNADETTE CATHOLIC CHURCH  
9018 East 51<sup>st</sup> Terrace, KCMO

Collection days:  
June 3-7



## Community Corner

*Information and programs of interest.*

### Community College Offers Free Computer Use and Instruction

The Metropolitan Community College Public Computer Centers are open to the public for free computer use and Internet access. Simply walk in, register and you'll be surfing the net. Each center is located on a MCC campus—Blue River, Longview, Maple Woods, Penn Valley and Penn Valley Pioneer. Hours vary by location, so call 816-604-1000 or visit [www.mcck.edu/pcc](http://www.mcck.edu/pcc) for the latest information.



**Free courses are also available. Here's is the list of courses you can take:**

Computer Basics	Digital Lifestyles—iTunes, Skype, Digital Photography
Internet & E-mail	Introduction to Microsoft Office Suite
Computer Security & Privacy	Career Opportunities
Social Media—Facebook	

### Care Connection: Connecting Seniors and Caregivers with Information and Resources

Care Connection is a free, online directory dedicated to providing seniors and their caregivers with easy access to quality information and resources to maintain one's independence or provide the best care available.

Care Connection was developed by the Community for All Ages Coalition. Established by Truman Heartland Community Foundation, the Coalition works to ensure the Eastern Jackson County community is collaboratively working together to prepare for the challenges and opportunities created by a doubling of the age 65+ population in our community in the next 20 years.

The Care Connection website was developed in partnership with the Mid-Continent Public Library and Shepherd's Center Central.

Services include:

- Home Repair and Maintenance
- Home Modification
- End of Life/Hospice and Palliative Care
- Senior Activities
- Respite Care
- And more

**Visit the Mid-Continent Public Library website to access Care Connection at**  
<http://careconnection.mymcpl.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](mailto:shepherdscenterr@sbcglobal.net)  
Website: [shepherdscenterraytown.org](http://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  
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Kansas City, MO  
Permit No. 4761



Time sensitive—Please deliver by June 13-14  
Return Service Requested

## **Discover the Breaktime Club**

The Shepherd's Center of Raytown has an extraordinary program, the Breaktime Club. The current number of attendees is low. We need to increase awareness and participation in this program in order to continue receiving current funding.

The mission of Breaktime Club is two-fold: respite for caregivers and socialization and enjoyment for older adults who are less active. This program meets every Monday, 9:30 am to 2:00 pm, Blue Ridge United Methodist Church, 5055 Blue Ridge Blvd. Breaktime Club is about friendship and fun, providing activities, special programs and lunch, or a day of respite for a primary caregiver.

Breaktime Club is open to anyone in the metro area at no cost and is led by welcoming volunteers. If interested in participating in this program, or if you know someone who could benefit from caregiver support, please contact the Shepherd's Center of Raytown office at 356-9000 for more information.