

Shepherd's Center of Raytown



The Shepherd's View

Volume 24, issue 3

March 2013

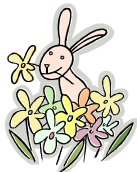


A United Way Agency

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
Spring Yard Clean Up	6



*Thank you to Mary & Duane Hankins
Sponsors of the March Shepherd's View*

Welcome Spring! The official first day of Spring is March 20
Daylight Savings Time begins March 10. So remember to "spring forward" and set your clocks forward one hour before you go to bed on Saturday, March 9.



Bouncing Back - when life throws you a curve

Life is full of unexpected challenges. Have you experienced the stress of health concerns, death, relationship changes, job, retirement, family, or just life in general? Bouncing Back offers an opportunity to share, discuss and find support for the stress of life's experiences.

**3rd Thursday of each month beginning March 21, 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 for those who need friendship and aid in meeting the challenges of life.

This gathering is sponsored by One Spirit United Methodist Church, the Shepherd's Center of Raytown and Crossroads Hospice.



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 mission of the choir is to praise God through music and giving of the offering to local charities. The free-will offering will benefit the programs and services of SCR.

An afternoon of music you don't want to miss. Bring a friend (or two) and let's fill the sanctuary! Refreshments following the performance.

SCR News and Notes

March Madness and Memories

As I write this, one of the largest winter storms in the past two years is forecasted. Yet as I compile the March newsletter I want to look past winter. The March calendar is so full of events that I had to make it larger this issue! It is jammed from daylight savings time to Easter plus all our usual activities. Behind the scenes, the SCR board and volunteers are busy planning April events; volunteer appreciation breakfast, KC Metro Men's choir concert and yard clean-up.

With the impending snow storm I wonder if Easter will be one of sunshine and flowers or frost. I think back of those Easters when our children were small. I loved the shopping trips to choose new Easter outfits and coordinating the brother and sister look. From top to bottom; hat or hair bows, dress, gloves, purse, frilly anklets, patent shoes and dress shirt, tie, pants and shoes other than sneakers. Most years the outfits and pictures were adorable. However, every year I chuckle when I recall my brother's comment on his nephew's ensemble, "Why did you dress him like a used car salesman?" OK, it was the late 80's and vivid color was the predominate palette in everyone's apparel. So I thought the banana yellow pants with the blue shirt and tie was fashionable. Obviously, a fashion faux pas!

Whatever your Easter memories and traditions are, I send you my blessings during this holy season.

-Patty



Additional Voices Needed

The Tune Twisters is an informal group of 3-5 people who love to sing and play a variety of music. They provide free performances in the Raytown area for local organizations, including senior living communities. Due to the recent loss of two of the original members, the group is looking for additional singers. No need to play an instrument. Call Frank at 729-6180 or the SCR office at 356-9000 for more information.

MEMORIALS AND HONORARIUMS

- ♥ Jacqueline McElyea in memory of AIL friend Mary Darr and mother, Rachel Bolton.
- ♥ Betty White in honor of the Wheels that Care Drivers.

Campaign Update: Only 50% of our Goal Met



Last month the story on the front page of the newsletter about our annual campaign illustrated the dollar value of volunteer time and the dedication of our volunteers.

In addition to time, dollars are needed to operate the organization. We asked you to send a donation to help us help others. So many of you gave generously toward our goal and we are grateful. If you missed the opportunity in February, it's not too late. Every \$10, \$25 or \$50 makes a collective difference in our ability to offer programs and services.

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



Keep Recycling and Collecting

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.

Adventures In Learning March 22, 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, March 18.

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!



Free Nail Care Clinic

9:30—11:00

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

Session 1 9:30 am

Current Events

Ron Ostlund

Video — Secrets of the Dead Sea Scrolls

Floyd Anderson

Session 2 10:45 am

Longview Farm & History

Jean Marshall will present the remarkable history of the Longview Farm in Lee's Summit.

Craft– Ribbon Weaving

Alice Wehmhoener and Anna Brown will demonstrate the art of ribbon weaving. Participants will make a cross bookmark.

Noon Forum

Mike Sanders - Jackson County Executive

Receive the latest information about what's happening in Jackson County, including the regional rail and mass transit initiative in the metropolitan area. A great opportunity to ask questions and learn about the impact that light rail can have for the future of Raytown.

Menu

Meat Lasagna

Tossed Salad

Garlic Bread

Dessert

Dessert will be provided by Westridge Gardens.

Artwork will be provided by the students of Ms. Cummings at Laurel Hills Elementary School

REAP Donation for March

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

Items needed are:

- canned fruit
- pork & beans
- canned meat
- cereal

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.

March 2013

Sun Mon Tue Wed Thu Fri Sat

					1	2
3	4 <i>Breaktime Tai Chi Chih</i>	5 <i>Book Club Exercise Class</i>	6	7 <i>Exercise Class</i>	8	9  <i>Daylight Savings</i>
10	11 <i>Breaktime Tai Chi Chih</i>	12 <i>Exercise Class</i>	13	14 <i>Exercise Class</i>	15	16
17 Happy  St. Patrick's Day	18 <i>Breaktime Tai Chi Chih</i>	19 <i>Exercise Class</i>	20 <i>Welcome Spring ! Bridge & Cards</i>	21 <i>Bouncing Back Exercise Class</i>	22 <i>Adventures in Learning</i>	23
24  30	25 <i>Breaktime Tai Chi Chih</i>	26 <i>Exercise Class</i>	27	28 <i>Exercise Class</i>	29	30

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**— 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

Free Tax Help for Seniors from AARP



AARP Tax-Aide representatives will be at the Mid-Continent Public Library to assist seniors with moderate to low incomes with tax questions and tax return preparation. (No farm returns or rental properties.)

Registration is required based on availability at each branch. Contact the Raytown branch at 353-2052 for dates and times. The tax season is from February 1 - April 15.

Volunteer Corner

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

Welcome new volunteer Darlene Gregory as a Wheels that Care driver. Thank you for joining the SCR team of volunteers!



It's Easy to Volunteer for the Spring Yard Clean-up

April 20, 8:30 am—1 pm

A great project for businesses, families, scouts, church or school groups. Rakes and energy are needed to assist seniors in getting their yard ready for spring.

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!

Angels Among Us. The annual SCR volunteer appreciation event will be held on **April 13, 9:30 am to 11 am at REAP.** Volunteers, watch your mailbox for invitations mailed in March with details.

SCR is in need of a weekly office volunteer

on Tuesday mornings, beginning immediately. Hours are 9 am to noon. Must have basic computer skills, enjoy talking on the phone and supporting special projects.

Please call the SCR office at 356-9000 and ask for Patty if you are interested in volunteering and would like to lean more.



What's lurking beneath?

SCR is planning our 16th Garden Tour and Lunch on Tuesday, June 18.

If you have flower or vegetable beds, water garden or an environmentally friendly garden you would like to share with the community, we would love to add your garden to the tour. Call the SCR office if you are interested in showcasing your green thumb. Don't be shy!!!



Unique Requests...

Special requests and opportunities need special resources. If you have the ability to provide time, equipment or service, we would appreciate it.

Book Storage. Additional book storage is needed in preparing for the annual book sale in September—a dry space in an area such as a , workshop, garage or storage unit. The ideal location would allow monthly drop off of collected books and sorting.

Truck or Truck & Trailer. The spring yard clean-up produces a large amount of yard waste. The bagged waste needs picked up at the homes and transported to Missouri Organic on 40 Highway on Saturday, April 20.

Event Support. A great opportunity if you enjoy event organization, decorating, marketing and participating in a team environment. A long-term commitment is not needed.

Contact SCR with solutions.

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



A United Way Agency

Time sensitive—Please deliver by March 6-7
Return Service Requested

SCR Annual Spring Yard Clean-Up

Saturday, April 20



Seasonal yard clean-up is a service to our older citizens who are no longer able to rake and bag their own leaves and do not have family, friends or neighbors who can help. To qualify for this service, the homeowner must be over 55 years old and reside within the SCR service area.

Call the SCR office at 356-9000 to be put on the list. The deadline to request this service is Thursday, March 28.

- ⇒ Volunteers will be performing yard clean-up only. No gutter cleaning, brush or hedge trimming.
- ⇒ The number of volunteers determines the number of yards that can be completed. A request does not guarantee service. If we are unable to complete the request, the homeowner will be notified.
- ⇒ There may be limits as to the size of the yards to be cleaned. In some cases the leaves will be mulched with a mower instead of raked.
- ⇒ Homeowners are requested to provide paper yard waste sacks. Donations will be accepted.