



# The Shepherd's View

Volume 24, issue 5

May 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
Yard Clean-up Volunteers	6

## May is Older Americans Month *Unleash the Power of Age*

Every year since 1963, May has been a month to appreciate and celebrate the vitality and aspirations of older adults and their contributions to our communities. The Administration on Aging theme for Older Americans Month 2013 is ***Unleash the Power of Age***.

Older Americans are productive, active, and influential members of society, sharing essential talents, wisdom, and life experience with their families, friends, and neighbors. This vitality and generosity is demonstrated by our SCR volunteers.

SCR celebrated those volunteers on Saturday, April 20. Thank you to all who hosted, planned, donated, performed and attended this event—SCR Development Committee members, REAP, Hidden Lake, RHS Strings—Noel Miller, Blake Shephard and Amy Sadler, instructor.



## SCR News and Notes

### Save the Date

#### Annual Garden Tour and Lunch

**Tuesday, June 18**

This is the 16th year for one of our most popular events and fundraisers. There will be a variety of gardens to enjoy. Tickets will be available in late May at the SCR office.

Costs are:

\$10.00 tour

\$7.00 lunch

The lunch will be held at the Raytown Christian Church, 6108 Blue Ridge Blvd., Raytown, MO.

Noon to 2 pm



## MEMORIALS AND HONORARIUMS

### In Memory of Wayne Anderson

- ◇ Rhoda Ertel
- ◇ Edna Scahill
- ◇ Doris Lisenby
- ◇ Floyd & Helen Anderson

### In Memory of Dr. Russell Lytle

- ◆ Melba Akers
- ◆ Edna Scahill

### In Memory of Don Rieschick

- ◆ Melba Akers

### *Did You Know*



#### *May is ...*

National Salsa Month (dance or dip?)

National Vinegar Month

Sweet Vidalia Onions Month

## Remembering Mom

As a child I remember making construction paper creations and Daddy taking me shopping for a special gift to honor Mom for Mother's Day. Thankfully, no practical gifts for this occasion. The gift I would help choose had to have color, sparkle or a wonderful fragrance.

Since it's been over 30 years since I last celebrated Mother's Day with my Mom, I began thinking how as a nation the observance of Mother's Day originated as the second Sunday in May. See if you know the answer.

- In 1858, a young Appalachian homemaker organized "Mother's Work Days" to improve the sanitation and avert deaths from disease-bearing insects.
- 1872, women's suffragist Julia Ward Howe established a special day for mothers and for peace.
- In 1905, a daughter decided to memorialize her mother's lifelong activism and began a campaign that culminated in 1914 when Congress passed a Mother's Day resolution.

According to National Women's History Project, the correct answer is all of the above. Mother's Day has become part of the American (and retail) culture to honor the contributions of women who no matter their title, nurtured, taught, loved and influenced us into the people we are today.

-Patty

# Adventures In Learning

# May 24, 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, May 20.**

**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 — Salisbury Cathedral

Floyd Anderson

## Session 2 10:45 am—*Rescheduled from February*

### Constructing Futures

Rev. Bob Spradling will provide an informative session about his work with persons who have been incarcerated and their journey to a brighter future through home remodeling for families in need.

### Scottish Highland Games of Kansas City

Roy Erwin will bring the regions annual Scottish Highland Games to Raytown through story and photos.

## Noon Forum

### Lori Carter - Five Biggest Challenges Facing Seniors

Helpful information that highlights the trends impacting successful aging.

## 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.

## REAP Donation for May

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

Items needed are:

- Toothpaste
- Tooth brushes
- Mouthwash

## 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.

# May 2013

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

			1 <i>May Day</i>	2 <i>Exercise Class</i>	3	4
5  <i>Cinco De Mayo</i>	6 <i>Breaktime Tai Chi Chih</i>	7 <i>Exercise Class Book Club</i>	8	9 <i>Exercise Class</i>	10	11
12  <i>Mother's Day</i>	13 <i>Breaktime Tai Chi Chih</i>	14 <i>Exercise Class</i>	15 <i>Bridge &amp; Cards</i>	16 <i>Exercise Class Bouncing Back</i>	17	18  <i>Armed Forces Day</i>
19	20 <i>Breaktime Tai Chi Chih</i>	21 <i>Exercise Class</i>	22	23 <i>Exercise Class</i>	24 <i>Adventures in Learning</i>	25
26 	27 <i>Memorial Day Offices Closed No meal delivery</i>	28	29	30	31	

**Schedule of**

**Events**

- **Breaktime**—Mondays, 9:30 am to 2:00 pm, Blue Ridge United Methodist Church, 5055 Blue Ridge Blvd.
- **Caregivers Support Group** – 2<sup>nd</sup> 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**—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.
- **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**—4<sup>th</sup> Friday January—November, 9:00 am to 1:00 pm, Raytown Christian Church, 6108 Blue Ridge Blvd.

## Community Events



### Drug Disposal is Available at the Raytown Police Station at Your Convenience

If you missed the opportunity to dispose of unused or outdated drugs on April 27, there is a permanent disposal box in the lobby of Raytown Police Department for disposal of drugs at any time. The lobby is open 24/7. Drop unwanted prescription and over the counter drugs at any time you wish.



## Volunteer Corner

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

### Stop and Smell the Flowers Volunteer at the Garden Tour!



The annual Shepherd's Center of Raytown Garden tour needs several volunteers in support of this event. Daytime and evening opportunities are available.

Be a "garden sitter" on Tuesday, June 18. The sitters check tickets at the homes on the tour. Shifts are available at 9:30—11:15 am, 11:15 am—1 pm and 5:30—8 pm.

If planning or decorating is your passion, we would welcome your assistance with the lunch. The next planning meeting is Monday, May 13, 6:30 pm at One Spirit United Methodist. If you are interested but unable to attend this meeting, please call the SCR office.

If you want to volunteer as a garden sitter or have questions, call the SCR office at 356-9000.

### A Successful Spring Yard Clean-up

Saturday, April 20, was a crisp morning with dozens of willing volunteers ready to assist older adult households with their yard clean-up needs. Individual volunteers, families and groups from Graceway Church, Metcalf Bank, Raytown EMT Academy and Raytown High School Freshman Student Council made quick work of the job requests.



It was a team effort in tidying the yards after a challenging winter and hauling the yard debris to the organic recycler. Special thanks to Midwest Organic for taking the yard waste at no cost.

If you missed the opportunity to participate as a volunteer, or had so much fun you want to do this again, the Fall Clean-up is scheduled for Saturday, November 2.



**It's not too late to turn in our 1st quarter timesheets** 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, picked up at the SCR offices or mailed to you on request.

**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  
PAID  
Kansas City, MO  
Permit No. 4761



Time sensitive—Please deliver by May 9-10  
Return Service Requested



***Energetic Spring Yard Clean-Up Volunteers***  
***Saturday, April 20***

