



The Shepherd's View

Volume 24, Issue 11

November - December 2013

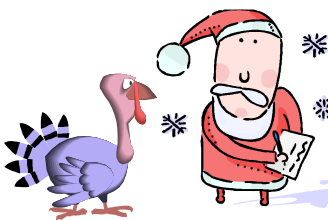


A United Way Agency

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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Raytown Silver Bells Christmas Party



Please join us in celebrating Christmas with lunch, entertainment and prizes!

Who: Raytown Area Older Adults 55 and up
When: Tuesday, December 10, from 11 am - 1 pm
Where: Raytown Christian Church, 6108 Blue Ridge Blvd.

Tickets are \$5 per person and will include lunch, entertainment, pictures with Santa and door prizes!

All tickets must be purchased in advanced at the Shepherd's Center of Raytown or cash only at Raytown Hy-Vee Customer Service desk.

Tickets will be available for sale beginning on Monday, November 4.

Questions? Please call the Shepherd's Center of Raytown 356-9000.

We Ho-Ho-Hope to see you there!



Planned and sponsored by the Shepherd's Center of Raytown, Bickford Senior Living, Benchmark Healthcare, Edgewood Manor, Hidden Lake, Preferred Hospice, SummitView Terrace and Westridge Gardens.

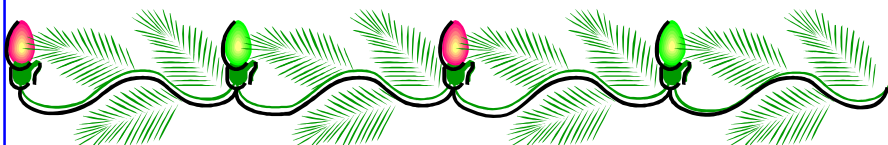
SCR News and Notes



If you receive this newsletter before November 2, don't forget to attend the Souper Saturday Lunch

Saturday, November 2 11 am – 2 pm One Spirit United Methodist Church 79th & Blue Ridge Blvd.

Choose between homemade ham and bean or vegetable soup, accompanied by cornbread, crackers, dessert and a beverage, all for only \$7 per person. Kid's Meals are \$3 with a hot dog instead of soup.



Adventures in Learning News

◆ Please note the next date of **AIL** is **one week earlier** than usual on **November 15**.

◆ **Participate in the 50/50 Raffle.** Due to numerous lunch reservations that were made and not paid for in 2013, Adventures in Learning program costs have exceeded revenue. In November we will have a raffle for \$1 per ticket or \$5 for six tickets. The lucky winner will take home half the proceeds with the other half to benefit Shepherd's Center.

Visit Christmas in the Park at Longview Lake

See SCR volunteers in action on Saturday evening, December 7, from 5:30 pm—11:00 pm. Our volunteers will be handing out candy at the conclusion of the light show. There is no charge for this drive-through event. Donations are accepted and distributed to local charities.

Meals on Wheels Office Closings/Non-Delivery Days

Thanksgiving: Thursday, November 28, and Friday, November 29

Christmas: Tuesday, December 24, and Wednesday, December 25

New Year: Tuesday, December 31, and Wednesday, January 1

Optional meals can be ordered in advance for non-delivery days.

Call Tamey, Meals on Wheels Operations Manager, at 356-9002 with questions or to order meals.

Holiday Office Closings

The SCR Office will be closed on the following days in observance of the holidays. Please plan ahead if you need to schedule Wheels that Care rides.

Thanksgiving: Thursday, November 28, and Friday, November 29

Christmas: Noon on Tuesday, December 24, and all day

Wednesday, December 25

New Year's Day: Wednesday, January 1

SCR 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 Jan- Oct, 3rd Friday Nov., 9:00 am to 1:00 pm, Raytown Christian Church, 6108 Blue Ridge Blvd.

Adventures In Learning

November 15, 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, November 11.**

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 — Barnstormers- Pioneers of the Sky

Floyd Anderson

Session 2 10:45 am

Caregiver Stress Management

Cindy Busjaeger

Valuable information for management of caregiver stress including when to seek respite and other supportive care.

Hillcrest Thrift Shop

Gayle Brunson

Learn the history of the shop, its purpose and how to volunteer at this recently opened thrift-shoppers paradise in Lee's Summit.

Noon Forum

Holocaust Study Tour: High school students creating a memorial in a forest of the Czech Republic.

Lisa Bauman

Follow the study, travel and creation of a memorial dedicated in 2012 at the hiding place of a Jewish family from 1942 - 1945 who were saved by Christians in the nearby village.



Play the 50/50 Raffle. See details on page 2

Menu



Baked Ham

Mashed Sweet Potatoes

Vegetable & Dessert

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

Dessert is provided by Westridge Gardens.

REAP Donation for November

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

Items needed are for holiday meals- gravy, stuffing, cranberry sauce, sweet potatoes, instant potatoes, muffin mixes, etc.

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.

November 2013

See times and locations on page 2.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>Breaktime Tai Chi Chih</i>	5 <i>Exercise Class Book Club</i>	6	7 <i>Exercise Class</i>	8	9
10	11 <i>Breaktime Tai Chi Chih</i>	12 <i>Exercise Class</i>	13	14 <i>Exercise Class</i>	15 <i>Adventures in Learning</i>	16
17	18 <i>Breaktime Tai Chi Chih</i>	19 <i>Exercise Class</i>	20	21 <i>Bouncing Back Exercise Class</i>	22	23
24	25 <i>Breaktime Tai Chi Chih</i>	26 <i>Exercise Class</i>	27	28 <i>Thanksgiving</i>	29	30
<i>SCR & Meals on Wheels Offices Closed - no meal delivery</i>						

December 2013

See times and locations on page 2.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Breaktime Tai Chi Chih</i>	3 <i>Exercise Class Book Club</i>	4	5 <i>Exercise Class</i>	6	7
8	9 <i>Breaktime Tai Chi Chih</i>	10 <i>Community Christmas Party Exercise Class</i>	11	12 <i>Exercise Class</i>	13	14
15	16 <i>Breaktime Tai Chi Chih</i>	17 <i>Exercise Class</i>	18	19 <i>Bouncing Back Exercise Class</i>	20	21
22	23	24 <i>No meal delivery</i>	25 <i>Christmas No meal delivery</i>	26	27	28
29	30	31 <i>New Year's Eve No meal delivery</i>	<i>New Year's Day No meal delivery</i>			

Volunteer Corner

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

Volunteer Help Wanted



Adventures In Learning

Planning Committee. Join this lively group to provide program ideas and resources. This committee meets three times per year. Members also help with clearing the tables after the noon forum.

Set-up Committee. This group sets tables, hangs signs and performs other miscellaneous tasks in preparation for AIL. Time commitment is 2:30 - 3:30 pm the Thursday preceding AIL, January - November.

Kitchen Helpers. Helpers wash utensils and beverage containers and do general clean-up. Commitment can vary from session. Sign-up specific months if you prefer.



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 about any of these opportunities,

- ⇒ **Call** the SCR Office at 356-9000
- ⇒ **Email** us at shepherdscenterr@sbcglobal.net
- ⇒ **Download** the volunteer application on our website at shepherdscenterraytown.org

“Wisdom is the art of making good what life throws at us.”

Typically, I'm not one to make too many sermon notes, but this quote by the pastor was something that resonated with me and I hurriedly wrote it down. This quote is by author and speaker Gordon Jackson. So much of life is not what happens to us, but how we respond to what happens. It's from the emotion within, not what can be found through an internet search.

It reminds me of the many persons served each week through the Shepherd's Center. Some are individuals who need assistance with life's challenges - making the best of a current situation and looking forward. Others seek the joy of camaraderie through programs and learning experiences.

How fortunate this organization is to have so many participants find support and friendship, and volunteers who experience satisfaction in providing service to individuals and the overall organization.

I, like many, as the holidays approach reflect on the past ten months and feel grateful for what has been. My Thanksgiving to you, as this year comes to an end, is a grateful heart to all those who serve and blessings to those who are served.

Happy Thanksgiving to all!

-Patty

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

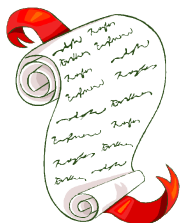
Offices at: One Spirit United Methodist Church
Hours: Monday thru Thursday: 9 am - 4 pm
Friday: 9 am - Noon

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



Time sensitive—Please deliver by November 7-8
Return Service Requested

Give the perfect gift. No Returns or Re-gifting. One size fits all!



Add the Shepherd's Center of Raytown to your "nice" list this holiday season. What better way to honor a friend, family member or volunteer than a contribution in their honor to support the programs and services of Shepherd's Center of Raytown. SCR volunteers are the quiet warriors who provide meal delivery, rides to doctor appointments, home repair and yard clean-up, office support, program leadership and much more.

When donations are received, cards of appreciation will be sent to the giver and the honoree if desired. Thank you in advance for your thoughtfulness.

This is the last issue for 2013!

From the Board of Trustees and the staff of Shepherd's Center of Raytown.



Happy Holidays !

