



# The Shepherd's View

Volume 24, Issue 10

October 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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## Souper Saturday Lunch coming November 2

What's better than hot, homemade soup on a brisk November day. You can enjoy this fall treat any time between 11 am and 2:00 pm Saturday, November 2, at One Spirit United Methodist Church, 7900 Blue Ridge Blvd.



Choose between ham and bean or vegetable soup, accompanied by cornbread, crackers, dessert and a beverage, all for \$7.00 per person. Kid's Meals are \$3 with a hot dog instead of soup.



All proceeds will go to support Shepherd's Center of Raytown programs and services.



## Annual Used Book Sale Is **Huge** Success

Thank you to everyone who donated books, bought them or volunteered at our sale, held Sept. 26-28. Always one of our best fund-raisers, this year's sale brought in slightly over \$2,000.

Special thanks to Ruthie and Steve Schwieterman, MaryJane Spradley, Charlotte Robinson, and all the others who still are counting their miles driven and volunteers hours spent picking up books, setting up the sale and packing up the leftovers. Also, we extend our deep appreciation to Blue Ridge Presbyterian Church for being such a great host.

## SCR News and Notes

### Fall Yard Clean-up Requests being taken



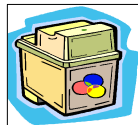
This year's fall yard clean-up will be held on Saturday, November 2. Volunteers will be helping older adult households with raking and cleaning flower beds, fence lines, etc. (no tree, bush or shrub trimming.)

If you would like to have your yard considered for this program, call the Shepherd's Center at 356-9000. *Deadline for submitting requests is Friday, October 18.*

Each request will be evaluated by the program coordinator to assess the amount and nature of work to be done. This assessment will be compared with available volunteer help to determine whether or not we can handle your request.



### Help SCR Recycle and Collect



- ◇ **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.

**There are many ways in which you can ensure the future of the Shepherd's Center of Raytown.**

- ♥ **Living Tribute Gift.** Honor a living person for a special occasion.
- ♥ **Memorial Gift.** Give in memory of a loved one or friend.
- ♥ **Bequests.** Name SCR as a recipient of a part of your estate.
- ♥ **Outright Gifts.** A gift of cash or securities.
- ♥ **Life Insurance.** Transfer the ownership of a life insurance policy to SCR.
- ♥ **The Truman Heartland Foundation.** Contribute to our endowment fund.
- ♥ **Online.** Make a credit card donation by using the "Donate Now" button at [shepherdscenterraytown.org](http://shepherdscenterraytown.org)

Contributions to SCR are tax-deductible. Please contact the SCR office with questions.



# Adventures In Learning

# October 25, 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, October 21.**

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 — Rare Visions & Roadside Revelations

Floyd Anderson



## Session 2 10:45 am

### Talking with the Doctor

**Dr. Rusty Ryan and Dr. Al Biggs**

Drs. Ryan and Biggs lead an open discussion about how to talk to physicians to best manage a person's healthcare.

### Gleaning Community Gardens

**Linda Ousley**

Learn how the Society of St. Andrews Church volunteers glean produce from community gardens and farmers fields for the benefit of those in need.

## Noon Forum

### Health Insurance - Which way to turn?

**Pam Seymour Andersen**

Information and discussion about health insurance issues - Medicare, Obamacare, etc.

### 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 October

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.

# October 2013

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

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

### 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

### The Raytown Council on Aging - Security Safeguards for Seniors

**Thursday, October 31, 9 am in the Raytown City Hall Conference Room**

Should you leave your car in the drive at night? Where is your purse when you are shopping? Is it on your shoulder or in your cart? Are you harassed by debt collectors, mail and phone solicitations? How can you protect your credit and debit card information? How can you recognize scams?

The Raytown Police Department will be on hand to offer tips and solutions for safety and protective services. Specialist Karen Earnest will provide valuable information for everyday living.

*Come to this valuable learning opportunity.*

## Volunteer Corner

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

### SCR Volunteer "makes the news"

SCR volunteers going beyond the call of duty isn't news to those who benefit from their efforts. But it is unusual when one of them shows up on TV news. Such is the case with Ruth Rowland, Meals on Wheels volunteer, who was interviewed by Channel 9's Peggy Breit during our late summer heat wave. Ruth explained how she checked to be sure meal recipients were handling the extreme conditions. She and the other approximately 50 MOW drivers routinely keep their eyes open for any problems as they deliver an average of 290 meals each week. Ruth happened to be the one who made the news. But her story is typical of so many other SCR volunteers, and a well deserved recognition of all.

Ruth occasionally makes her MOW deliveries a family affair. Her grandchildren sometimes ride with her in the summer. Her 90-year-old mother occasionally goes along, too.

To see and hear the story, go the Shepherd's Center of Raytown website, [shepherdscenterraytown.org](http://shepherdscenterraytown.org), Volunteer In Action page.

### Volunteer Help Wanted

#### Fall Yard Clean-up November 2 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 preparing their yards prior to winter.

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.

Trucks and trailers and drivers are needed to Pick up and haul yard waste to Missouri Organic.

**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](mailto:shepherdscenterr@sbcglobal.net)

**Download** the volunteer application on our website at [shepherdscenterraytown.org](http://shepherdscenterraytown.org)

#### 3rd Quarter Time Sheets are Due!



Please mail, email or drop them by the SCR or Meals on Wheels office.

Blank time sheets can be printed or downloaded from the SCR website – Volunteers in Action page. If you prefer, we can mail them to you. Just call the SCR office at 356-9000.

**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 October 9-10  
Return Service Requested



## Fall in Love with October

I've said it before, October is my favorite month of the year. We are on the cusp of an explosion of color as the days shorten and the nights are cooler. This pattern will trigger the trees and shrubs to display their palate of autumn color.

Some days almost sparkle from the bright sunlight. Take advantage of these wonderful days before the graying of winter to enjoy this time of year. Take a walk. If you want to go for a long walk, go to the Kansas City Zoo. I have a limited amount of tickets for free admission to the Zoo for adults 55 and over. (Come by at the Shepherd's Center office during regular office hours to pick up.) Invite a friend over for lunch. Enjoy an evening stroll at the Pumpkins on Parade at Cave Springs the evening of October 19 and look for the SCR pumpkin.

If mobility is an issue, sit outside in the sun for a few minutes, read a book, take a country drive. Just enjoy this fleeting gift we are given.

-Patty

