



The Shepherd's View

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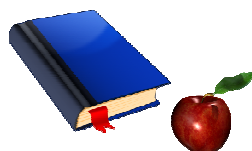


A United Way Agency

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
Jewish Heritage Foundation Grant	6



WANTED: BOOK LOVERS

IF FOUND: DELIVER TO THE SCR BOOK SALE

JOIN US AT THE ANNUAL SHEPHERD'S CENTER OF RAYTOWN USED BOOK SALE

THURSDAY, SEPTEMBER 26 3 - 8 pm

FRIDAY, SEPTEMBER 27 9 am -5 pm

SATURDAY, SEPTEMBER 28 9 am -1 pm

Select from a large assortment of hardback and paperback books from many categories - mystery, fiction, non-fiction, children, travel, gardening, religious & more!

Blue Ridge Presbyterian Church 6429 Blue Ridge Blvd. Raytown
(Across from Blue Ridge Elementary School)



If you have books to donate (no Readers' Digest Condensed books, encyclopedia's or magazines please) or would like to volunteer to sort prior to the sale, please contact the SCR office at 356-9000 by September 13.

Flu Shot Clinic


Friday, September 27 in conjunction with Adventures in Learning

9:30 am to 11:30 am

Raytown Christian Church, 6108 Blue Ridge Blvd.



American Red Cross

Open to the public.  Flu shots: \$30 Pneumonia shots: \$55

With the insurance plans below, there is no co-pay.

Accepting the following insurance plans: Blue Cross Blue Shield, Humana, UMR, Coventry, Advantra, Medicare Part B, and other Medicare B replacements. Credit cards, checks and cash are also accepted.

SCR News and Notes

Adventures in Learning Reminders

- ◆ If you enjoy the programs and fellowship, invite a friend!
- ◆ Three Kitchen Helpers are needed every month to clear leftover food and clean the beverage containers. In appreciation, helpers will receive their next month's lunch for FREE! Call the SCR office to sign-up.



Senior Walk of Life

Saturday, September 28 9 - 11 am
11900 Jessica Lane, Raytown, MO

Edgewood Manor Rehab and Wellness Center is inviting the community to the inaugural 5k walk especially designed for older adults. Participants are not required to walk - scooters or wheelchairs are welcome. There will be shorter distances marked if 5k is too long.

This is a free event but pre-registration is appreciated.

Friday, September 27 - 4- 6 pm

Saturday, September 28 8-9 am

Contact Pam Carney at pcarney@platinumhc.net for additional information.

MEMORIALS AND HONORARIUMS

In Memory of Melba Akers

Brent Edmunds
Charles Edmunds
Jerry & Carol Pitts
Mary Porter
Steve & Ruthie Schwieterman
Berk & Judy Stanley
Bill & Levita Stiles

In Memory of Harold Smith

Lori Birkeness
Betty Strider
Bonnie Strider

Seasons of Change

Two other families and ours made annual camping trips to Lake Pomme de Terre on Labor Day weekends. These three families were "scouting families". The boys with their dads would make spectacular camps of pop-up trailers and tents. They built ingenious camp boxes for kitchen items. I even remember my Dad fashioning an army surplus poncho into an outdoor latrine using the hood as the toilet paper holder! These were joyous weekends of laughter and splashing in the lake.

The worst part was my ride home in the back of the station wagon. I was filled with happy memories but longed for more with a bit of sadness since this marked the end of the summer and a change of season.

A similar season of change has occurred this year with the loss through death of treasured friends of the Shepherd's Center of Raytown. Many of these persons were early supporters of the vision of this organization and recognized the impact it has on the lives of others. For most, their participation and faithful support was a constant to the end of their lives. Again, like summers past, we have wonderful memories, a bit of sadness and a longing for more. In memory and honor of all who have blessed SCR.

-Patty

Adventures In Learning

September 27, 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, September 23.**

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 — Love Those Trains

Floyd Anderson

Session 2 10:45 am

The Kansas City Spirit - Stories of Service Above Self

Bruce Matthews - Author & Photojournalist

Recall some of the defining moments, contributions and personal stories of citizens in the past 150 years whose lives exemplified the Midwest spirit during setbacks and recoveries.

If Pills Could Talk, What Would They Say?

Dr. Rusty Ryan - Doctor of Pharmacy, UMKC

Back by popular demand, Dr. Ryan leads an open discussion about drug interaction and how to talk to physicians to best manage prescriptions.

Noon Forum

Living Life Fully While Having Fun

Michele Ohmes - Author, Trainer, Consultant, Advocate, Humorist

Michelle with her service dog Maddie will share her thoughts on how to think ABILITY, not disability. She offers a clear voice to assist those who want to be all-inclusive in their approach to life.



Flu Shot Clinic

9:30—11:30

See the front page for details.

Bonus - 10:30—11:30

Manicures, hand paraffin dips and pedicures will be offered by "Foxy Nails". Nail clipping will not be provided.

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 September

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

Items needed are:

- Boxed "helper" meals
- Pasta sauce
- Pasta

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.

September 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Labor Day Offices Closed</i>	3 <i>Book Club</i>	4	5	6	7
8	9 <i>Breaktime Tai Chi Chih</i>	10 <i>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 <i>Breaktime Tai Chi Chih</i>	24 <i>Exercise Class</i>	25	26 <i>Exercise Class Book Sale 3-8 pm</i>	27 <i>Adventures in Learning Book Sale 9a-5p</i>	28 <i>Walk for LIFE 9-11 am Book Sale 9a-1p</i>
29	30 <i>Breaktime Tai Chi Chih</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**—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 January—November, 9:00 am to 1:00 pm, Raytown Christian Church, 6108 Blue Ridge Blvd.

Community Events

Caregiver Café

Sponsored by the Kansas City Partnership for Caregivers

Who: Caregivers in need of an hour of "me time"

What: Refreshments and relaxation with entertainment by Gino Bueno

When: Wednesday, September 18 **Time:** 10:00 am - 11:00am

Where: Bickford Senior Living- 9110 East 63rd Street, Raytown MO, 64133



Feel free to bring your loved one. They can share the café experience with you or attend special activities planned especially for them.

Please call Alyson at 816-213-2853 if you plan to join us. Caregiving needs may change on a daily basis, so an RSVP is not mandatory.

Volunteer Corner

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

Hip, Hip, Hooray for Terry Landers!

The Shepherd's Center of Raytown is proud and appreciative to have Board of Trustees member, Terry Landers selected as Raytown's Citizen of the Year. Mayor David Bower selected Terry as a civic leader to be recognized and honored by the Truman Heartland Community Foundation along with honorees from seven other eastern Jackson county cities. He with the other honorees will be recognized at the Foundation's gala on September 7.

In addition to Shepherd's Center, Terry, a retired educator, is an active volunteer for Raytown Emergency Assistance program. He serves on the Board of Education and the Parks and Recreation Board. He is also actively involved in Raytown-Lee's Summit Credit Union, Rotary, Kiwanis, Chamber of Commerce, Raytown Arts Council and Blue Ridge United Methodist Church. He and his lovely wife Susan, are proud parents and grandparents. Thank you Terry for representing Raytown so brilliantly!

Volunteer Help Wanted

Book Sorting and Sale . *All you need is to know your ABC's and be willing to support a vital organization!*

Participate in a short-term project in a team environment to sort and alphabetize books prior to the September sale or assist during the sale dates. Lifting is not required. Sorting dates are: September 19 - 26. Sale dates are September 26 - 28.



Trucks and Trailers. Special events require special equipment. We have a few volunteers with trucks and trailers but we are always looking for more! The storage building is partially full of books that need to be loaded on trucks and/or trailers and transported to Blue Ridge Presbyterian on Monday, September 16. Haul-away is needed on Monday, September 30 at the conclusion of the sale.

Trucks and trailers are also needed for the Fall Yard Clean-up on Saturday, November 2, to pick-up and haul yard waste to Missouri Organic.

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.

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

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 September 11-12
Return Service Requested

Welcome, Konie!

Konie's full name is Konica Minolta. She is a fabulous bizhub copier/printer/scanner. Konie resides in the Executive Directors office at Shepherd's Center of Raytown. She is a wonderful office-mate - much quieter and cooler than the previous model and startling trim and slim. This new addition was made possible by a grant from the Jewish Heritage Foundation.

The Jewish Heritage Foundation offers the opportunity for 501c3 non-profit organizations to apply for general operating grants. One of the Foundation's areas of focus is organizations that provide programs and services that promote social and civic engagement of older adults (aging in community) and independent living (aging in place). A perfect match! SCR applied in late 2012 for such a grant and happily, we were awarded \$15,000!

This grant has been a godsend. It would have taken years and many more fundraisers to save enough to cover the cost of this \$5,100 purchase. In addition to the printer, the grant has helped SCR pay for the annual audit, insurance, newsletter and other expenses that are required for the organization to continue to operate. SCR and other similar organizations appreciate the Jewish Heritage Foundation for their generosity and commitment to those who serve older adults in their communities.