



# The Shepherd's View

Volume 29, Issue 5

May 2014



## 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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## April Showers Bring May Flowers



24 years of volunteer service to older adults in the Raytown area.

### Expansion of Home and Community Based Service Programs

The numbers are staggering: the number 65+ of adults will more than double to 88 million in the next 35 years; 19 million of that 88 million will be 85+; the average annual cost of a nursing home room in the U.S. in 2012 was \$81,030; and the average annual cost of a private room in an assisted living facility was \$42,600 according to an article from Mid-America Regional Council.

What is the solution? There is not an easy answer to that question. However a report from the Center for Housing Policy provides an overview of models of home- and community-based supportive service programs that are in place across the country.

These models are different in design, but share the same core: linking seniors with the supportive services that they need. The services are tailored to the characteristics of the neighborhoods and the specific needs of the seniors in those communities. These models provide crucial aging in place services to the seniors who need them.

Funding for these models is and will continue to be a major constraint. These initiatives are typically funded by community programs, philanthropic donations, and government grants. Unfortunately those sources tend to dry up during difficult economic times.

The report stresses the importance of carefully tracking and evaluating initiatives like these. Replicating these models on a larger scale and gathering data on their success could demonstrate the benefits of such programs and the ways that these programs can potentially offset the costs of healthcare, housing, and family finances.

You can find the full article at [www.kccommunitiesforallages.org](http://www.kccommunitiesforallages.org).

## SCR News and Notes

There is an upcoming webinar on age-friendly topics. Webinars are FREE and OPEN to anyone with an interest in age-friendly communities. Advance registration is required. Please share this announcement with your networks.

**Wednesday, May 13 from 1:00 – 2:00 pm (CST)**

Why Create and Age Friendly Community? with a number of outstanding speakers from around the country. Register at <https://www3.gotomeeting.com/register/921897118?cldee=amZIYXRozXJAZ2lhZ2luZy5vcmc%3d>

Appreciation is given to Grantmakers In Aging for their sponsorship of these webinars.

**This information was provided by:**

**Cathy Boyer-Shesol, MPA**

KC Communities for All Ages Project Manager | Mid-America Regional Council

600 Broadway, Suite 200, Kansas City, MO 64105-1659

ph 816.701.8246 | cell 913.271.1401

[www.kccommunitiesforallages.org](http://www.kccommunitiesforallages.org)

**SAVE THE DATE! Shepherd's Center of Raytown Garden Tour and Luncheon on June 17. Look for more details**



### You can help us manage our newsletter costs

- ⇒ **Be a subscriber** by sending a donation of \$4.00 for your 2014 subscription to Shepherd's Center of Raytown, 7900 Blue Ridge Blvd., Kansas City, MO 64138
- ⇒ **Change the delivery method** and receive it electronically by sending an email to [shepherdscenterr@sbcglobal.net](mailto:shepherdscenterr@sbcglobal.net) or calling 356-9000.
- ⇒ **Please notify the SCR Office of address changes** at 356-9000. When newsletters are returned, the Post Office charges us 49 cents.
- ⇒ Thanks in advance for your support!

## MEMORIALS AND HONORARIUMS

*In honor of Fern Parks whose kindness to all and service to Shepherd's Center of Raytown will never be forgotten. Thank you.*

### FOOD for FINES 2014

*May 5 -10*

*September 8-13*

Bring undamaged and unexpired boxed or canned non-perishable food items to the Raytown branch of MCPL location to pay off your overdue fines and help our community. All items will go to REAP. Each single food item will count as \$1 off existing overdue fines or replacement card charges, up to \$10.

#### ***Suggested items:***

*Canned Meat, Fruit, or Vegetables*

*Boxed Meals*

*Canned Soup*

*Peanut Butter*

*Cereal Pasta*

#### ***Please be aware:***

*No expired items*

*No damaged items*

*No open packages*

*No Non-Nutritious items Please*

# Adventures In Learning

# May 23, 2014

**Adventures in Learning is held at the Raytown Christian Church**

6108 Blue Ridge Blvd

Fees for Adventures in Learning

**Class...\$2.00 Lunch...\$5.00**

**We MUST have your reservation for lunch by noon on Monday, May 19.  
Please **RSVP to the SCR office at 356-9000.****

**9:00 a.m. – Welcome**

**Coffee & Fellowship**

**Session 1 9:30 am**

**Current Events**

Ron Ostlund

**Video** — The Open Road America Looks at Aging

**Session 2 10:45 am**

**Phil Hanson**

President & CEO of Truman Heartland Community Foundation.

Mr. Hanson's topic for discussion will be "Planned Giving".

**Dr. Jerry Burton**

Dr. Burton is a Pharmacologist with the John Locke Society. His topic will be "Colonial Medicines". He will discuss medications that were prescribed in the colonial era.

**Noon Forum**

**Harold Finch**

Dean

Among many other attributes Mr. Finch was the founding & Chief Administrator for Johnson County Community College. His topic will be "Keys to Great Success".

**Our thanks go out to Mike Butcher for his donation of pastry for our morning coffee and fellowship.**

**A hot lunch** will be catered for \$5 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.

**Thank you to our community partners** who provide financial support of Adventures in Learning.

- **Breakfast bites**  
Autumn Terrace
- **Lunch support**  
Edgewood Manor
- **Dessert**  
Westridge Gardens

### REAP Donation for May

Each month at Adventures in Learning, we collect items for the **Raytown Emergency Assistance Program**. This month will be Personal Care Items (**toothpaste, tooth brushes, soap, etc.**)

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 \$5 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 2014

SUN	MON	TUE	WED	THU	FRI	SAT
	Break Time Tai Chi Chih	Exercise Class		1 Exercise Class	2	3
4	5 Break Time Tai Chi Chih	6 Book Club Exercise Class	7	8 Exercise Class	9	10
11	12 Break Time Tai Chi Chih	13 Exercise Class	14	15 Bouncing Back Exercise Class	16	17
18	19 Break Time Tai Chi Chih	20 Exercise Class	21	22 Exercise Class	23 Adventures In Learning	24
25	26 Break Time Tai Chi Chih	27 Exercise Class	28	29 Exercise Class	30	31

### Schedule of Events

- **Break time**—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 Opportunity

### OUR GARDEN TOUR AND LUNCHEON WILL BE ON JUNE 17

**We are still looking for Volunteers to assist us!**

Please email [shepherdscenterr@sbcglobal.net](mailto:shepherdscenterr@sbcglobal.net) or call the office at 816-356-9000 so that we can get your name on our list of volunteers who wish to participate in the tour and/or luncheon. I would like to have volunteer confirmations by June 3. This will give us time to place people where the need is greatest. Thank you.

# Volunteer Corner

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



**Volunteer Timesheets for 2014!** 2014 volunteer timesheets can be found on the SCR website or by contacting the office at 356-9000. Make sure that you turn them into the office by July 15 for the second quarter. Thank you!

## Volunteer Help Needed

### Adventures In Learning

**Planning Committee.** Join this lively group to provide program ideas and resources. This committee meets three times per year.

**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. Sign-up for specific months if you prefer.

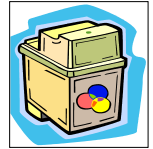
### Drivers

**Meals on Wheels & Wheels that Care.** We have a continual need for drivers who are willing to deliver meals once a week (especially on Mondays) or transport seniors to medical appointments only two times per month.

**The SCR Exercise Class** is in need of a person to share the duties of being the program coordinator. This person will share the duties of set-up, attendance, leading and counting the repetitions of the routine; Tuesday and Thursdays only, 8:30-9:30am

If interested or have questions, please call the SCR office at 356-9000 .

## Help SCR Recycle and Collect



Old or broken Christmas lights

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.

Life Enhancement Group Meetings (H.O.P.E) are held at Blue Ridge United Methodist Church at 5035 Blue Ridge Blvd. The meetings are on Thursdays at 3:00pm. Enter the church from the east parking lot.

The purpose of this group meeting is to discuss techniques to improve ones quality of life.

Issues that are discussed include the following:

Loneliness

Depression

Physical Exercise (Demonstrations)

Nutrition

Other topics as introduced

All discussions are confidential among the group members.

**Shepherd's Center of Raytown**  
**Kristina Peters, Executive Director**  
**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: 9am—4pm**

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**A United Way Agency**

Time sensitive—Please deliver by April 5-7  
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### **Shepherd's Center of Raytown Board of Trustees 2014**

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Shepherd's Center of Raytown couldn't do it without these dedicated individuals!

*Thank You!*