



The Shepherd's View

Volume 32, Issue 9

September 2014



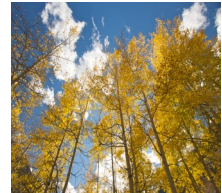
A United Way Agency

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.

Inside this issue:

SCR News and Notes	2
Adventures in Learning	3
Calendar of Events	4
Volunteer Corner	5
Board of Trustees 2014	6

September



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

Watch your phraseology, young wo/man!

What in the world do we call them?

Who?

Older people. You know....the elderly.

Well, don't call them elderly, they won't like that. My grandmother doesn't even like the word "senior" even when it comes with a Big discount!

And so goes the conversation in the 21st century where the face of aging is rapidly changing. There is no unanimous agreement about best or most acceptable words. Some researchers recommend against calling 'them' anything. "Describe values and interest, that's it," recommends one. "Know that those born between 1946 and 1964 want to live as long as possible, to feel good and look good while living as long as possible." This group of 78 million Americans is turning 65 at the rate of 10,000 per day (2,200 per month in the KC area-MARC) and will do so for eighteen years, 2011-2029. With those numbers the chance of offending someone in midlife is high. "I don't mind having birthdays, I just don't want to be called or thought of as 'old'," is a frequent sentiment.

Words which are descriptive of chronological age:

People age 50+ (55+, 60+, 65+, etc.) or people age 75-85, etc.; midlife adult, older adult, older people are factual words/numbers and acceptable to most people. The huge demographic shift may be an "age wave", but **never** to be called a "Silver Tsunami" which implies disaster.

Words which are descriptive of lifestyle and ability:

Stage of life, next chapter, third age, bonus years, encore years, encore career; active, engaged, lifelong learners are factual, dynamic and acceptable to most people. **(continued on page 2, Column 1)**

SCR News and Notes

Words to avoid:

Old, elderly, elder, frail elderly, senior, senior citizen, aged, aging or any word which may imply or suggest loss of ability, mental or physical decline, impoverishment, worsening health, dependence, overly dependent' and any word which is judgmental, demeaning or biased. For many, the words Boomer, Silver, Gold or Golden are off-putting. (Silver-haired Legislature, Golden Age)

What about "retirement"? Most people do not like the words retirement or retired which is why AARP no longer uses its full name. A flood of "personal business cards" have emerged. They contain name, contact information and often descriptions about the activities, passions and pursuits of the person who gave up their previous business cards for more discretionary time, not retirement. Elderhostel changed its name to Road Scholars because of the implications of "elder". Any association with senior centers, social services, nursing homes or long-term care likely has a negative connotation for people in midlife.

Attitudes about "aging words" have been influenced by anything which is associated with inactivity, loss of vitality, mental acuity and decrease in energy. People most fear becoming irrelevant or someone perceived to be without value or worth.

"Who am I now that I am not who I used to be?" is a core question of the changing face of aging. The dedication to the pursuit of personal fulfillment, meaning and purpose in later life has informed the view of which words attract and which words repel this generation (from a handout unknown source)

"Mind thy language...words matter mightily!"

REMINDER FOR THOSE OF YOU ENROLLED: SCR will be having the AARP Safe Driving Class on September 29.



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 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 Loving Memory of William "Bill" Nester
Norma Jean Mason, Randall and Martha Burfeind, Leslie and Michael Holland, Kim and Todd LeSage, Ann and Jerald Kerl

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 18 4PM - 8PM

FRIDAY, SEPTEMBER 19 9AM - 5PM

SATURDAY, SEPTEMBER 20 9AM - 12PM

Blue Ridge Presbyterian Church 6429 Blue Ridge Blvd.

(Across from Blue Ridge Elementary School)

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



If you have books to donate (no Readers' Digest Condensed books, encyclopedias or magazines please) or would like to volunteer to sort prior to the ale, please contact the SCR office at 356-9000 by September 10.

Sack of Books & Sack Lunch Saturday

Adventures In Learning

September 26, 2014

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 PLEASE NOTE PRICE CHANGE

We MUST have your reservation for lunch by noon on Monday, September 22, 2014.

Please RSVP to the SCR office at 356-9000.

9:00 am – Welcome

Coffee & Fellowship

Session 1 - 9:30 am

Current Events

Ron Ostlund

Video — “Negroes to Hire-Slave and Culture on Missouri Farms”

Session 2 - 10:45 am

John Locke Society

The topic of this discussion will be “Talking With the Doctor”.

ElizaBeth Clayton, CSA

ElizaBeth is known to most of you as the “Desert Lady”, but in her other life she is a Certified Senior Advisor as well as the Admissions and Marketing Director for Westridge Gardens. She will be talking to us about “File of Life”.

Noon Forum

Gina Rookstool

Ms. Rookstool is from Americare USA and will speak to us about “The Five Love Languages”.

PLEASE NOTE THE CHANGE IN PRICE FOR LUNCH

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.

Thank you to our community partners who provide support for Adventures in Learning.

- **Breakfast bites**
Autumn Terrace
- **Dessert**
Westridge Gardens

REAP Donation for September

Each month at Adventures in Learning, we collect items for the **Raytown Emergency Assistance Program**. This month will be **canned vegetables, peanut butter, soup, and crackers**.

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.

September 2014

Sun Mon Tue Wed Thu Fri Sat

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

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**—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**—1st and 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 Opportunity

2014 Fall Yard Clean Up

We are looking for volunteers to assist us with our Fall Yard Clean UP. We have scheduled the event for November 8, 2014. Please contact the SCR office (816-356-9000) with your availability as soon as possible, but no later than October 25, 2014.

We will begin to take names for those seeking assistance with their yard clean up on October 27, 2014. The number of volunteers will determine the number of yards we can do!

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. If you haven't turned in your volunteer timesheets for the second quarter please do so at your earliest convenience.

Volunteer Help Needed

Adventures In Learning

Planning Committee. Join this lively group to provide program ideas and resources. This committee meets quarterly.

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.

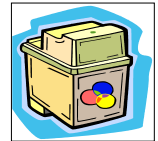
Drivers

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



Printer cartridges, cell phones and Best Choice labels



We have a box in the SCR office so stop by or bring items to Adventures in Learning.

Tai Chi for Arthritis

Tai Chi for Arthritis helps improve flexibility and muscle strength, increase heart/lung activity, align posture, improve balance, and integrate the mind and body. The Tai Chi for Arthritis program is shown by scientific study to be effective to improve pain, quality of life, and balance. Almost anyone with or without arthritis, and with almost any physical condition, can learn this program to improve health and quality of life. It is an easy, safe, effective exercise and supported by many arthritis foundations including the USA.

University of Missouri Extension will offer the Tai Chi for Arthritis program in two locations.

Location: Metropolitan Community College – Longview Campus

3:00 – 4:00pm., September 10, 17, 24, October 1, 8, and 15, 2014 (Registration: 816-604-2030)

Location: Norfleet Elementary School, 6140 Norfleet Raytown, Mo

6:30 – 7:30pm., September 8, 15, 22, 29, October 6, and 13, 2014 (Registration: 816-268-7119)

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
Website: shepherdscenterraytown.org

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

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