



The Shepherd's View

Volume 34 Issue 11

November 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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November



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

THE SIXTH ANNUAL TRIBUTE AND THANK YOU TO ALL AMERICAN VETERANS

SUNDAY, NOVEMBER 9, 2014

RAYTOWN HIGH SCHOOL AUXILIARY GYMNASIUM

THE RAYTOWN COMMUNITY BAND WILL PLAY FROM 1:30PM -2:00PM

THE PROGRAM BEGINS AT 2:00PM

LET'S TAKE TIME TO HONOR ALL OF OUR VETERANS AND VETERANS' WIDOWS.

JOIN US FOR THIS CEREMONY FEATURING A FANTASTIC COLOR GUARD AND PRESENTATION OF A MEMORIAL WREATH IN MEMORY OF THOSE VETERANS WHO HAVE LEFT US.

MISSOURI STATE LEGISLATOR TOM McDONALD AND RAYTOWN MAYOR DAVID BOWER WILL SPOTLIGHT ALL VETERANS

THE KANSAS CITY MEN'S CHORUS DIRECTED BY NOEL FULKERSON AND THE RAYTOWN COMMUNITY SYMPHONIC BAND DIRECTED BY ERIC ECKHOFF WILL PERFORM.

DURING THE SOCIAL HOUR IMMEDIATELY FOLLOWING THE CEREMONY VETERANS ARE INVITED TO SET UP APPOINTMENTS TO RECORD THEIR SERVICE HIGHLIGHTS.

SPONSORED BY:

RAYTOWN COUNCIL ON AGING, RAYTOWN ARTS COUNCIL, RAYTOWN RETIRED TEACHERS ASSOCIATION AND MARGUERITE McNAIR CHAPTER DAR

SCR News and Notes

Mid-Continent Library November Offerings

ONE-ON-ONE BEGINNING INTERNET CLASS FOR SENIORS

Thursdays at 11:00

Sign-up for one hour of hands-on basic internet instruction. This one-on-one instruction offers very beginning instruction for those who want to learn about the computer. Learn how to use a mouse and keyboard. Also, learn about various browser tools you can use in searching the internet. Available by appointment only. For adults.

COMMUNICATE WITH YOUR DOG

The Sigler family has lectured nationally for the past 10 years, teaching people of all ages to communicate with their dogs. Using their special training technique, "The Science of Participative Training," they teach people and their dogs to learn together. Learn how you can teach your dog to understand hand and voice commands. They will cover everything from puppy selection to house breaking, general obedience, and simple tricks.

(For adults) [Registration](#) is required.

November 19, 2014, Wednesday at 7:00 PM

Do you have a few hours a week that you could give us? Shepherd's Center of Raytown is in need of MOW drivers



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

In Loving Memory of Alice Wehmhoener

From Carol and Jerry Pitts; Rhoda Ertel

In Loving Memory of Dolores Hanson

From Rhoda Ertel

Candy Corn Trail Mix

Makes 14 servings (½ cup trail mix each)

All you need:

2 cups Angie's Boom Chicka Pop lightly sweet popcorn

2 cups Angie's Candy Corn Holidrizzle Kettle Corn

1 cup lightly salted Hy-Vee peanuts

½ cup pumpkin seeds (pepitas)

½ cup golden raisins

1 cup Chex® gluten-free cereal

½ cup candy corn

All you do:

1. In a large bowl, mix together all ingredients.
2. Portion out ½ cup trail mix per person.

Nutrition facts per serving:

162 calories; 9 g total fat; 1.5 g sat fat; 0 g trans; 0 mg cholesterol; 18 g carbohydrate; 12 g sugar; 5 g protein; 2 g fiber; 75 mg sodium

(Source: Hy-Vee dietitians- The information is not intended as medical advice. Please consult a medical professional for individual advice.)

(<http://www.hy-vee.com/health/pop-up-some-whole-grains.aspx> <http://hyv.ee/1qCB8eJ>)

Adventures In Learning

November 21, 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, November 17, 2014.

Please RSVP to the SCR office at 356-9000.

PLEASE REMEMBER ADVENTURES IN LEARNING IS NOVEMBER 21.

9:00 am – Welcome

Coffee & Fellowship

Session 1 - 9:30 am

Current Events

Ron Ostlund

Video — “Fascinating World of Animals - Grasslands & Deserts”

Session 2 - 10:45 am

KC Zoo - “Zoo To You”

The Zoomobile will be coming to visit. They will be bringing several small animals to share with our group. There will be at least two Zoo Educators/Animal Ambassadors so you will have an opportunity to ask questions. (This will be the only session in this time slot.

Noon Forum

Holly Grimwood, Assistant Director for REAP

Holly spent 6 months in Mongolia and will be sharing stories and slides of her time there.

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.

November 2014

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

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 still 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.

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 third 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.

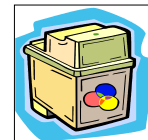
Drivers

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.

.Pop Up Some Whole Grains

Did you know the average American eats 204 cups of popcorn annually? Popcorn is considered a whole grain, contains fiber and is naturally low in fat and calories. The crunchy hull of the popcorn is high in polyphenols, a type of antioxidant. Popcorn has about three grams of fiber in three cups of popped popcorn. Fiber may play a role in controlling blood glucose levels and curbing hunger.

October just happens to be Popcorn Month and it couldn't come at a better time. It is the best time to harvest the corn, especially in the Midwest, since we produce nearly all the world's popcorn. Fall is a great time to be active outside whether you head to the apple orchard, pumpkin patch, football tailgates or enjoy the fall foliage hiking a local trail. When you are out and about this fall, think about including some popcorn as a snack.

Kids can make their own microwave popcorn which is a great after-school snack. All they need to do is take ¼ cup popcorn kernels, place kernels in a brown paper bag, fold top over twice and microwave for about 1 minute and 50 seconds. Season with your favorite herbs or spices. Popcorn can take on savory or sweet flavors. Try cinnamon, nutmeg, lemon pepper or crushed red pepper for a different take on popcorn. Add dried fruits and nuts to popcorn for a custom snack mix. Popcorn is a fun snack and an easy way to add whole grain servings in your day. No matter where your fall activities take you, enjoy some popcorn along the way. (<http://www.hy-vee.com/health/pop-up-some-whole-grains.aspx> <http://hyv.ee/1qCB8eJ>)

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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A United Way Agency

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