



# The Shepherd's View

Volume 33 Issue 10

October 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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# October



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

## Memories of Alice Wehmhoener

By Ruthie Schwieterman

I've had the privilege of knowing Alice and Earl Wehmhoener since I moved to Raytown to teach right out of college. I found and began to attend Blue Ridge United Methodist Church where Alice and Earl were members.

Alice was active in United Methodist Women and she was a good mentor in helping to address issues concerning church activities. She would deal with situations in a very open manner and usually with a little humor too. Alice would take a concern, view it in an honest way and make suggestions of how to work it out.

Alice was on the Shepherd's Center of Raytown Board for several years and served a term as President- she kept us organized! The Wehmhoeners were drivers for the SCR Wheels That Care Program that provides transportation for seniors to doctor's appointments. They also regularly attended Adventures In Learning where Alice enjoyed the lunch time and the opportunities to get to know people better.

My husband sings with the Kansas City Metro Men's Chorus which was founded by two members of the Blue Ridge UMC Choir. Marlon Steinert a long time member was introduced to Dick Schroder a visitor to Blue Ridge UMC by Alice and Earl at a Wednesday Night Fellowship Dinner when they discovered their common Kansas Menonite roots. Marlon and Dick became great friends and the path to the men's chorus was set in motion thanks to Alice and Earl.

Alice has left a caring, memorable mark on many hearts and we feel fortunate to have known her and Earl for lots of years. SCR has benefitted greatly too. God bless you Alice.

## SCR News and Notes

### Shepherd's Center of Raytown ~Meals On Wheels~

About our program:

It is the mission of the Shepherd's Center of Raytown Meals On Wheels Program to provide nutritious meals to residents of the Raytown community who need our service. Our program consists of the delivery of a hot, balanced meal at around noon M-F to the elderly, the handicapped and those who are convalescing. Each meal is \$4.35 and is billed monthly.

Perhaps just as important as the meal, we bring the friendly caring contact of our volunteers every single day. Our volunteers bring dignity, security, friendship, and independence along with that meal.

If you or a loved one needs assistance with obtaining nutritious meals, please give us a chance to assist you. There are two easy ways to get the ball rolling. You can call us today at 816-356-9002 or you can email us your request at [cr.mealsonwheels@gmail.com](mailto:cr.mealsonwheels@gmail.com).

How can you help?

Volunteer! Most of our drivers deliver meals for about an hour once a week although some choose to deliver less often.

**We are still needing Volunteers for our November 2014  
Fall Clean Up. Please call 816-356-9000 by Oct. 25.**



### 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 Loving Memory of Alice Wehmhoener*

*From Flo Hembree*

### Raytown Mid-Continent Public Library

**October 16, 2014, Thursday at 6:30 PM**

#### [Downloading eBooks for Kindle](#)

Learn how to use OverDrive to download eBooks, from MCPL's collection onto your Kindle. We will provide an overview of checking out eBooks including hardware and software requirements, searching for a title, downloading, and transferring to a device. This program is a demonstration and lasts approximately 90 minutes. *(For adults)* [Registration](#) is required.

**October 17, 2014, Friday at 2:00 PM**

#### [October Movie Fest - Alfred Hitchcock](#)

Please come and join us for our feature presentation of the films of Alfred Hitchcock. Refreshments are on us. *(For adults)* [Registration](#) is required.

**October 29, 2014, Wednesday at 7:00 PM**

#### [Tom and Harry: The Boss and the President](#)

Delve into the making of the documentary "Tom & Harry: The Boss and the President" with filmmaker Terence O'Malley. The film explores the complex relationship between President Harry Truman and Tom Pendergast, the boss of the powerful political machine that controlled Kansas City politics in the 1920s and 1930s. We will discuss Tom and Harry's relationship, the making of the film, and watch a preview of this exciting look at Kansas City in the 1930s. *(For adults)* [Registration](#) is required.

# Adventures In Learning

## October 24, 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, October 20, 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 — “The Great American Rail Journeys- The Rockies”

### Session 2 - 10:45 am

Kara Burgess, Attorney

Ms. Burgess is an attorney with Northland Elder Law in Liberty MO. The topic of her discussion will be “Medicaid Planning, Asset Protection and Estate Planning”. You will be given an opportunity to ask questions.

### Tom Gottschalk

Mr. Gottschalk is a financial crimes investigator with the Johnson County Kansas District Attorney's office and is part of the White Collar Crime Unit that is tasked with investigating among other types of cases, elder abuse cases.

### Noon Forum

#### Ann Hollinger Butenas, Author

Ms. Butenas is an internationally recognized author. She will be discussing the book, “Koraspondenc; Living Life to the Letter”, she wrote about her 106 year old grandmother.

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.

# October 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Breaktime Tai Chi Chih	Exercise Class	1	2 Exercise Class Bouncing Back	3	4
5	6 Breaktime Tai Chi Chih	7 Exercise Class	8	9 Exercise Class	10	11
12	13 Breaktime Tai Chi Chih	14 Exercise Class	15	16 Exercise Class Bouncing Back	17	18
19	20 Breaktime Tai Chi Chih	21 Exercise Class	22	23 Exercise Class	24 Adventures In Learning	25
26	27 Breaktime Tai Chi Chih	28 Exercise Class	29	30 Exercise Class	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**—1st and 3rd 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

### 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 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.

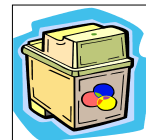
### Drivers

**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.

## Exercise for the Elderly

The benefits of exercise throughout life are often touted. But is it safe for seniors older than 65 years to exercise? Absolutely. According to the American Academy of Family Physicians almost all older people can benefit from additional physical activity. Regular exercise protects from chronic disease, improves mood and lowers chances of injury.

With age, the body does take a little longer to repair itself, but moderate physical activity is good for people of all ages and of all ability levels. In fact, the benefits of your elderly parents exercising regularly far outweigh the risks.

Even elderly people with chronic illnesses can exercise safely. Many medical conditions are improved with exercise, including Alzheimer's and dementia, heart disease, diabetes, colon cancer, high blood pressure and obesity.

Regular exercise provides a myriad of health benefits in your mom and dad, including improvements in blood pressure, diabetes, lipid profile, osteoarthritis, osteoporosis, and neuro-cognitive function (<http://www.agingcare.com/Articles/Safe-Exercise-For-Seniors-95383.htm>)

**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**  
**Friday: 9am—Noon**

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### **Shepherd's Center of Raytown Board of Trustees 2014**

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