



# The Shepherd's View

Volume 31, Issue 8

August 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

# August



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

## RAYTOWN NIGHT OUT AGAINST CRIME

2014

August 5, 2014

5:30pm - 8:30pm

Kenagy Park

### Raytown Night Out is designed to :

- Heighten crime and drug prevention awareness
- Generate support for , and participation in, local anti crime programs
- Strengthen police-community partnerships
- Send a message to criminals letting them know that our neighborhoods are organized and fighting back.

### Who Should Attend?

- Join your neighbors for an evening out.
- Bring the whole family.

### There will be fun activities for all:

Meet Nonprofit organizations that partner with RPD.

“Touch a Truck” provide by the City Public Works Dept.

See demonstrations from the Raytown Fire Department, Raytown EMS and L.S. Bomb Squad and Special Units fro the RPD.

Free Hotdogs and Giveaways. (While they last.)

## SCR News and Notes

### *Come join us for the 1st Annual* **SENIOR CELEBRATION**

*Sat. September 13 5:00-8:00pm*

*The Point at Graceway, 5600 Blue Ridge Cutoff*

*Grab your Friends, put on your Sunday Best, & Dancing Shoes!*



*We are inviting Raytown's Senior Citizens  
that are 55 & older to come Celebrate!*



*Enjoy Great Music, Dancing, Dinner/Dessert,  
Door Prizes, Photo Booth, & Meet New Neighbors!*

*Raytown Loves Their Seniors...*



*...The Roots of Our Community!*

*\$10.00/person by Aug. 29*

*Singles, Couples & Groups Welcome!*

**Buy Tickets at:**

Raytown Chamber - 5909 Raytown Trafficway  
(816) 353-8500

Raytown Hy-Vee - 9400 E. 350 Hwy.

*Tickets are required & not refundable*

**PRESENTED BY:**



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## MEMORIALS AND HONORARIUMS

*In Loving Memory of*

*William "Bill" Nester.*

When you're caring for someone else, it seems there aren't enough hours of the day to get everything done. Of all the things you want to do in your "spare time," exercise might be the last activity on your list. Yet out of all the activities you could do, exercise may be the most beneficial because it can keep you from getting sick, help you sleep better, and increase energy throughout the day.

But if it feels like one more chore or routine that you don't look forward to, you are less likely to follow through on your good intentions. The good news is, you don't have to work out at the gym 5 days a week to get in shape. Although all exercise takes some effort, it doesn't always have to feel like work. So find some help watching mom or dad for a few hours a week, and take care of yourself.

Here are 6 ideas for ways to help make exercise feel more like fun, and less like work:

- 1) Enlist a friend
- 2) Group Fitness
- 3) Take a Lesson
- 4) Dance
- 5) Hang Out With the Kids
- 6) Play Games

### **Exercise is Crucial for Caregivers**

Of course, playing Wii doesn't really count as a balanced exercise regimen. Your goal is 30 to 40 minutes of moderately intense exercise three or more times a week – but every bit counts. So give yourself credit for seemingly small accomplishments, cut yourself some slack and have fun! ([www.agingcare.com](http://www.agingcare.com))

### **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!

# Adventures In Learning

## August 22, 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, August 18, 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 Secrets of the Dead Sea Scrolls”

### Session 2 - 10:45 am

Dr. Rusty Ryan

Dr. Ryan is a Pharmacologist with the John Locke Society. His topic will be “What Pills Would Say”

Sharon Jenkins

Her topic will be “Making fancy knit scarves”. Supplies will be furnished for this class at no additional cost.

### Noon Forum

Harold Finch

His topic will be “Keys to Success at Any Age”.

**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
- **Lunch support**  
Edgewood Manor
- **Dessert**  
Westridge Gardens

### **REAP Donation for July**

Each month at Adventures in Learning, we collect items for the **Raytown Emergency Assistance Program**.

This month will be (peanut butter, jelly, lunch items 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 \$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.

# August 2014

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

We are looking for volunteers to assist us with collecting, sorting, and set-up for this annual event. If you are going to have some time or space available please contact the Shepherd's Center of Raytown office at 816-356-9000.

We are not ready to begin accepting book donations at this time. We will post notices regarding book drop off points in various church bulletins and other public places.

## 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 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 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.

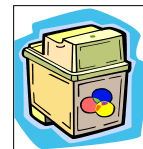
#### Drivers

**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.

#### Positive Aging Expo

The second annual Positive Aging Expo, hosted by Jewish Family Services and Catholic Charities, is August 14th at the Jewish Community Campus, 5801 W. 115th Street, Overland Park KS. This all-day event (8:30am-3:00pm) is dedicated to purposeful aging and helping seniors stay healthy and active.

[Annarose Ingarra-Milch](#), motivational speaker and author, will deliver the keynote presentation. Breakout sessions tailored to the 60+ crowd are throughout the day.

The event is free and open to the public; no pre-registration is necessary except to order lunch.

You may pre-order a boxed lunch, or bring your own brown bag lunch. Lunch orders are due August 11.

For more information, contact Dawn Staton at 913-327-8239 or [dawns@jfskc.org](mailto:dawns@jfskc.org).

**Shepherd's Center of Raytown**  
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**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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**A United Way Agency**

Time sensitive—Please deliver by June 7-9  
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**Shepherd's Center of Raytown couldn't do it without these dedicated individuals!**

***Thank You!***