



# The Shepherd's View

Volume 30, Issue 7

July 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

# July



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

## Why Take the AARP Smart Driver Course?

The AARP Smart Driver™ Course is the nation's first and largest refresher course for drivers age 50 and older. It has given millions of drivers the skills and tools they need to drive safely on today's roads, allowing them to remain independent for many years to come. In fact, 97% of those who take it change at least one driving behavior. And the best part? There are no tests to pass - just useful information to keep you safe on the road!.

### How the AARP Smart Driver Course will help you

- Update driving skills and your knowledge of the rules - and hazards - of the road.
- Learn about normal age-related physical changes and how to adjust your driving to compensate.
- Reduce your chances of receiving a traffic violation, getting into an accident, or becoming injured.

Get an insurance discount. Auto insurance companies in most states provide a multi-year discount to course graduates! (Please consult your insurance agent for more information about discounts in your state.)

### Highlights of the course:

The AARP Smart Driver Course is packed with useful information that you can put into practice immediately, including:

- How to maintain a proper following distance.
- The safest way to change lanes and make turns at intersections.
- The effects of medications on driving.

Reducing driver distractions such as eating, smoking and cell phone use. (above information from [www.aarpdriversafety.org/Smart-Driver](http://www.aarpdriversafety.org/Smart-Driver) ).

Shepherd's Center of Raytown will be offering the AARP Driver Safety Course on September 29, 2014 at the SCR office. Please call to enroll. 816-356-9000)

## SCR News and Notes

### August 2014 Mid-Continent Library Adult Programs

August 13, 2014, Wednesday at 7:00 PM

#### Using Your iPad for the First Time

Learn some of the basic tips and tricks for using an iPad tablet. Bring your tablet, if possible.

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

#### Book Club

Join us for fun and fellowship as we discuss plots, characters, and styles in various books. Call the branch (816-353-2052) to reserve your spot and check out the upcoming titles. ([list all groups](#))

3rd Thursday at 10:00 AM

3rd Tuesday at 6:30 PM

**SAVE THE DATE!** Shepherd's Center of Raytown will have it's book sale September 18 though September 20.



#### 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

*Thanks to Carol and Jerry Pitts for hosting the SCR Board and staff for a cook out and conversation.*

*I would like to introduce you to our new Volunteer Coordinator. Her name is Sandy Phillips. Sandy has been a life-long resident of the Kansas City metro area. Both she and her husband are graduates of Raytown South High School.*

*Sandy has been married to her husband, John, for 36 years. They have two sons, Preston and Logan. They also has a 3 year old grandson named Paxton.*

*Upon graduating from Raytown South High School Sandy went to work for Missouri Public Service. She was employed by them for 11 years. After leaving there she became co-owner of Mid America Laminating and continued in that capacity for 28 years. She joined Shepherd's Center of Raytown on May 12, 2014.*

*She has filled a vital role at SCR. Her presence will strengthen our commitment to providing valuable services for our clients and support for our volunteers.*

# Adventures In Learning

# July 25, 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, July 21, 2014.**

**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** — “Victor Borges Now and Then 3”

**Session 2 10:45 am**

**Dr. Rusty Ryan**

Dr. Ryan is a Pharmacologist with the John Locke Society. His topic will be “The Good, The Bad and The Ugly of Internet Medicine”.

**David and Pamela Loveland**

The Loveland family were missionaries to Taiwan for 10 years. They raised and schooled their twin boys in the Taiwanese culture. Their topic will be “Life as missionaries in Taiwan”.

**Noon Forum**

**Neil Steiner**

OSCAR a Tablet & App helps Seniors to stay in touch with family and friends.

Our thanks go out to Mike Butcher for his donation of pastry for our morning coffee and fellowship. Ask Sharon about this & Update

**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 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 \$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.

# July 2014

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

### 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 and will provide you with details about the collection process in the August newsletter.**

# 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.

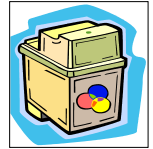
### Drivers

**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.

The Council on Aging is presenting a lunch and learn opportunity. The program will begin at 11:30 on July 10. It will be held at Raytown City Hall. AARP's Diane Hall will be the presenter. The title for this program is "Tools for Brain Health for Seniors."

Please bring your lunch and join us for this event. AARP will provide cookies to go with your lunch.

The Council on Aging will also be participating at Raytown's National Night Out. This event will be on August 5, 2014 at Kenagy Park.

The Council on Aging established by the City of Raytown, lifts up a positive image of aging and provides information that enables persons to make informed decisions through life's changes by:

- Serving as a liaison for the city government and to the aging.
- Creating awareness of available resources.
- Empowering the community through networking.

**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**

Non-Profit Organization  
U.S. Postage  
PAID  
Kansas City, MO  
Permit No. 4761



Time sensitive—Please deliver by June 7-9  
Return Service Requested

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

President            Kim LeSage

Vice President    Alice Wehmhoener

Secretary           Charlotte Melson

Treasurer           Terry Landers

Samantha Cummings	Flo Hembree	Sharon Jenkins	Ruth Knutter
Perry Morris	Jack Nesbitt	Ruth Schwieterman	Mary Jane Spradley
Allan Thompson	Cleathus Waddy		

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

*Thank You!*