



The Shepherd's View

Volume 26, Issue 2

February 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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Happy Valentine's Day

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

How 2014 is flying by!! A lot of activity is taking place at the Shepherd's Center of Raytown! As most of you know, SCR Executive Director Patty Stock left in December to return to the world of marketing and advertising. We all wish her well and will miss her limitless energy and enthusiasm. Patty definitely left a wonderful mark on SCR!

I would like to express my gratitude, as well as the Board's gratitude, to Charlotte Melson for stepping up to serve as Interim Director of SCR. We truly appreciate Charlotte for helping us during this transition and for all she is doing for SCR! Thank you!

February is the month of romance. Though many of us are grumbling about the cold temperatures we've been having, I guess we should look at the bright side. At least we haven't been dumped with several feet of snow such as some areas have been. (Should we knock on wood?) We have had the up and down temps which are driving some of us crazy. I'd rather get all the cold and snow over with and let spring come and stay when it's ready. No snow in May this year! But back to the romance of February...Rather than grumble and fret over the cold temps, how about cooking a pot of soup and a loaf of freshly baked bread (ok, from the freezer section) and having a couple of friends over for a board game or cards and some popcorn. Spend some extra time with family members or friends over a long phone call. Stop by the library and pick up a couple of books to snuggle in with. Possibly pull out some old photo albums or memorabilia and reminisce. Send some Valentines to members of the military or to the children at a local hospital. And how could we forget...curl up and watch some Winter Olympics or a couple of old movies if the Winter Olympics aren't your thing. Enjoy the month of romance (and try to forget about the cold) while it lasts.



Kim LeSage

President-Shepherd's Center of Raytown



SCR News and Notes



The Top 10 Reasons we LOVE the Shepherd's Center of Raytown!



The Volunteers! Always smiling and full of energy!

Meals on Wheels...hot, delicious meals delivered!

Adventures In Learning....great programs, great lunches, good friends, good conversation!

Help when we need it, whether it is through handyman services, a ride to the doctor, or a yard cleaned up.

Wonderful, friendly people participating in SCR programs!

The SCR Used Book Sale.....books and books and books, oh my!

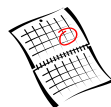
Souper Saturday....helping SCR while enjoying a hot bowl of soup with friends!

Christmas In the Park (at Longview Lake)...enduring the cold, but having lots of laughs, hot cocoa, and chit chat with SCR friends all while earning funds for SCR!

The Garden Tour, beautiful gardens, delicious luncheon, and more time with SCR Friends!

YOU!!! Wherever you fit in with the Shepherd's Center of Raytown...YOU!!

SAVE THE DATE! Shepherd's Center of Raytown Volunteer Recognition will be held April 5, 2014. Look for more details soon!



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 46 cents.

Thanks in advance for your support!

MEMORIALS AND HONORARIUMS

In Honor of

- ◇ **Patty Stock and Sharon Jenkins** by Sandra Howard



Did you know that Tai Chi improves balance, strength and flexibility and lowers the risks of falls?

Come join our Tai Chi Chih class every Monday 10:00am at One Spirit UMC (7900 Blue Ridge Blvd.

Get Excited!

It is exciting being back at the Shepherd's Center of Raytown as Interim Director as I am so impressed with all those volunteers who are still here dedicated to serving the older adults of the Raytown community.

2014 will be a great for this organization with a move to a new location in the fall and the start of the 25th year Shepherd's Center of Raytown which has been an integral part of the services and programs provided to the older adults.

While we are in transition, we do ask for your patience and if you call the office, make sure to leave a detailed message so that we can return your call promptly.

Thank you for all of your support for the Shepherd's Center of Raytown and look for great things to come in 2014!

-Charlotte

Adventures In Learning

February 28, 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, Feb. 24.

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 — Baby Animals



Session 2 10:45 am

Community Garden Gleaners

Lisa Ousley, with St. Andrews Community Gardens Gleaners For the Poor and Needy will speak about their mission: getting produce that might be wasted to people who might otherwise go hungry.

Arvest Bank

Renee Purtee, with Arvest Bank will speak on retirement investments.

Noon Forum

City Union Mission

Dennis Ellis with City Union Mission will present an overview of this organization that will be celebrating their 90th year in Kansas City.

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 February

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

This month will be pasta sauce.



PLEASE NOTE

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.

February 2014

Sun Mon Tue Wed Thu Fri Sat

						1
2	3 <i>Breaktime Tai Chi Chih</i>	4 <i>Book Club Exercise Class</i>	5	6 <i>Exercise Class</i>	7	8
9	10 <i>Breaktime Tai Chi Chih</i>	11 <i>Exercise Class</i>	12	13 <i>Exercise Class Bouncing Back</i>	14 <i>Happy Valentines Day!</i>	15
16	17 <i>President's Day SCR MOW & Office Closed</i>	18 <i>Exercise Class</i>	19	20 <i>Exercise Class</i>	21	22
23	24 <i>Breaktime Tai Chi Chih</i>	25 <i>Exercise Class</i>	26	27 <i>Exercise Class</i>	28 <i>Adventures in Learning</i>	

Schedule of Events

- **Breaktime**—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**—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
SCR Office Closed - Monday February 17, 2014 in observance of President's Day

Community Opportunity

It may be cold and snowy now but....

Before you know it the sun will be shining longer, flowers blooming and gardens growing. It will also be time for the

Shepherd's Center of Raytown Annual

Garden Tour and Luncheon June 17, 2014!

Details will be coming in the next couple of months but make sure to put it on your calendar now.



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 time sheets can be found on the SCR website or by contacting the office at 356-9000. Make sure that you that you turn them into the office at the end of March 2014 for the first 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 Monday's) 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.

If interested or have questions, please call the SCR office at 356-9000 .

Reminder: If the Raytown School District has cancelled classes for inclement weather, the SCR and Meals on Wheels of-fices, Meals on Wheels delivery, Wheels that Care rides, all classes and all other services are cancelled.

You can check their website at www.raytownschools.org for the latest information.



Senior Care Live!
KCMO 710 AM
Sundays 2:00PM

This radio program provides information and resources for those caring for an elderly loved one.

Topics include:

- ♥ How to remain independent at home
- ♥ How to pay for the high cost of care
- ♥ Information about critical Elder Law issues

You can also check out their website at: www.SeniorCareLive.com

Shepherd's Center of Raytown
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: 9 am—4 pm**
Friday: 9 am—Noon

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A United Way Agency

Time sensitive—Please deliver by February 7-8
Return Service Requested

Shepherd's Center of Raytown Board of Trustees 2014

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Allan Thompson	John Thurston	Cleathus Waddy	

Special thanks to Virginia Sembower, Frank Eaton and Joyce Downing for their service on the board!

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

THANK YOU!