



The Shepherd's View

Volume 25 Issue 7

July 2015



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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July



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

Happy 4th of July!

Congress approved the Declaration of Independence declaring America's sovereignty. Today it's customary to celebrate the national holiday with red, white, and blue, fireworks and parades, stars and stripes, flags and BBQs. But before you go enjoy America to its fullest, take a quick look through my [4th of July fun facts](#)! Chock-full of useless information — unless you're attending a trivia night sometime soon — fun facts are great when there is a lull in party conversation. Memorize a few facts such as: Do you know what animal Benjamin Franklin preferred over the bald eagle as the official national animal? Do you know how many hot dogs are consumed at [BBQs](#) on today's date?

- Benjamin Franklin wanted the turkey to be the national animal but was outvoted when John Adams and Thomas Jefferson chose the bald eagle.
- Over an estimated 150 million hot dogs will be consumed today. That's roughly one dog for every two people in the US
- Over \$211 million has been spent on the importation of fireworks from China.
- Oddly, the majority of the nation's flags and patriotic paraphernalia in relation to the Fourth of July is produced in China. Nearly \$349 million are used each year to import the flags, banners, decorations, and emblems.
- The first Fourth of July party held at the White House was in 1801.
- The words *Under God* were not added to the Pledge of Allegiance until the year 1954.
- The Fourth of July was not declared a national holiday until 1941.
- The national anthem is actually set to the tune of an old English drinking song called *To Anacreon in Heaven* (<http://www.popsugar.com/food/4th-July-Fun-Facts-366010>)

SCR News and Notes

On behalf of the Board and Staff of Shepherd's Center of Raytown, we would like to thank those that contributed to the success of our 18th Annual Garden Tour:

Raffle Prizes and Ticket Sales provided by:

Renick's Flowers Kamp's Flowers Raytown HyVee
Sutherland Lumber Company Farrand Farms
Westlake Hardware Melissa Roberts Elberta Long

Our Luncheon Volunteers:

Martha Hodson, Beverly South, Wilma Doelling and Bunny Tyler.

Food Donations;

Sherry Bumgardner provided Pasta Salad
Many individuals that provided baked goods

Garden Sitters and other who assisted with this event

A special thank you to all of our Garden Home Owners for sharing their beautiful gardens with us.

I apologize to anyone I have left off of this list.

DON'T FORGET TO JOIN US FOR ADVENTURES IN LEARNING WHEN IT RESUMES IN AUGUST!

You can help us manage our newsletter costs

- ⇒ **Be a subscriber** by sending a donation of \$4.00 for your 2015 subscription to Shepherd's Center of Raytown, 5110 Westridge Ci, Raytown, MO 64133
- ⇒ **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 HONORARIUMS

In Memory of:

Bud Phipotts

From:

Edna M. Schahill

Breaktime Club

Shepherd's Center's Breaktime Club provides a "break" for both the caregiver and the care receiver and is designed to provide a safe and enriching environment that promotes socialization for older adults with some limitations (lunch is served).

We currently have openings in our Breaktime Club. If you or someone you know could benefit from this program please contact Dianne Morris, Program Director at (816) 353-3155.

Dianne will provide you information about the program including requirements and restrictions. There is also an interview process used to determine the appropriateness of the program for this participant.

Day & Time: Mondays 9:30am-2:00pm

Location: Blue Ridge UMC

5055 Blue Ridge, KCMO 64133

Donation: Requested to cover the cost of lunch

No Adventures In Learning for July 2015

TOUR OF TRUMAN HOME

DATE: July 28, 2015
TIMES: 8:00am—2:00pm
COST: \$5.00 plus cost of lunch on the historic Independence Square
WHERE: Meet in parking lot of Blue Ridge Methodist Church



Welcome to the home of the 33rd President of the United States! Beautiful in its uncluttered commonness, the [Truman Home](#) showcases the simple life Harry and his beloved Bess enjoyed in Independence before, during, and after his presidency.

To tour the Truman Home at 219 N. Delaware you must purchase tickets in the park visitor center located at 223 N. Main St. Tickets are \$5.00 per adult. Tours limited in size to no more than eight and are sold on a first-come, first-served basis. Tours available from 9:00 a.m. to 4:30 p.m.

The Truman Farm in Grandview, Missouri, is located at 12301 Blue Ridge Blvd. Grounds are open year-round for self-guided tours. Audio tour available onsite.

Places to eat on the Square
 UpDog
 Square Pizza
 Main Street Coffee House
 Clinton's Drug Store
 Court House Exchange
 Ophelia's
 Café Verona

Thank you to our community partners who provide support for Adventures in Learning.

- **Breakfast bites**
Autumn Terrace
- **Dessert**
Westridge Gardens

REAP Donation for June

Each month at Adventures in Learning, we collect items for the **Raytown Emergency Assistance Program**. This month will be **canned fruit, pasta and sauce**.

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 Tuesday 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.

July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Exercise Bouncing Back	3 Office Closed for Holiday	4
5	6 Breaktime Tai Chi Chih	7 Exercise Book Club	8	9 Exercise	10	11
12	13 Breaktime Tai Chi Chih	14 Exercise	15	2 Exercise Bouncing Back	17	18
19	20 Breaktime Tai Chi Chih	21 Exercise	22	23 Exercise	24 NO AIL	25
26	27 Breaktime Tai Chi Chih	28 Exercise Field Trip	29	30 Exercise	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**—1st Tuesday, 2:00 pm to 4:00 pm, at new location 5110 Westridge Circle, Raytown, MO 64133
- **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, 1:30 pm to 2:30 pm, 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

- ♦ **Grief Recovery Class** to be held at Raytown Christian Church July 7th —August 25th. The class is from 2:00pm to 3:30pm. This class is being facilitated by Pam Dimsdale from Crossroads Hospice. This class uses a book/curriculum.
- ♦ **Join Sandy Phillips and Kris Peters** for a trip to President Truman's Home in Independence on July 28th. Contact Sandy at 356-9000 for additional information.

Volunteer Corner

Thank you for your service to Shepherd's Center of Raytown



Volunteer Timesheets for 2015! 2015 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 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 2:00 - 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 .

This brightly flavored, healthy orzo pasta salad recipe is a refreshing and easy side dish to pair with chicken or lamb. Serve warm, room temperature or cold. It is also delicious when made with quinoa instead of orzo.

Orzo and Grape Salad with Feta and Mint

Serves 6 (about 3/4 cup each).

All you need:

- 1 cup orzo, preferably whole-wheat
- 2 tbsp Hy-Vee Select extra-virgin olive oil
- 2 tbsp Hy-Vee lemon juice
- 1/4 tsp salt
- 1/4 tsp freshly ground pepper
- 2 cups quartered or halved seedless grapes
- 1/3 cup Hy-Vee Select crumbled feta cheese
- 1/4 cup chopped fresh mint
- 2 tbsp finely chopped red onion

All you do:

1. Bring a large saucepan of water to a boil. Add orzo and cook until just tender, about 8 minutes. Drain in a colander and rinse with cold water until cool.
2. Meanwhile, whisk oil, lemon juice, salt and pepper in a large bowl. Add grapes, feta, mint, onion and the orzo; toss to combine.

Nutrition Facts per serving: 202 calories, 7g fat, 2g saturated fat, 7mg cholesterol, 192mg sodium, 30g carbohydrate, 5g fiber, 5g protein. Source: adapted from Eating Well, Inc.

The information is not intended as medical advice. Please consult a medical professional for individual advice.

Shepherd's Center of Raytown
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(NOTE NEW STREET ADDRESS)
Email: shepherdscenterr@sbcglobal.net
Website: shepherdscenterraytown.org

Offices at: Willow Bend Villas Club House
Hours: Monday thru Thursday: 9am—4pm
Friday: 9am—Noon

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