



The Shepherd's View

Volume 25 Issue 8

August 2015



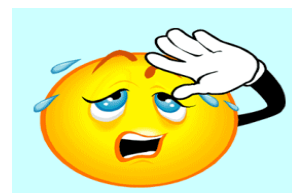
A United Way Agency

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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August



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

Proclamation 5847 -- National Senior Citizens Day, 1988 A Proclamation

Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land.

With improved health care and more years of productivity, older citizens are reinforcing their historical roles as leaders and as links with our patrimony and sense of purpose as individuals and as a Nation. Many older people are embarking on second careers, giving younger Americans a fine example of responsibility, resourcefulness, competence, and determination. And more than 4.5 million senior citizens are serving as volunteers in various programs and projects that benefit every sector of society. Wherever the need exists, older people are making their presence felt -- for their own good and that of others.

For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older -- places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.

The Congress, by House Joint Resolution 138, has designated August 21, 1988, as "National Senior Citizens Day" and authorized and requested the President to issue a proclamation in observance of this event.

Now, Therefore, I, Ronald Reagan, President of the United States of America, do hereby proclaim August 21, 1988, as National Senior Citizens Day. I call upon the people of the United States to observe this day with appropriate ceremonies and activities.

In Witness Whereof, I have hereunto set my hand this nineteenth day of August, in the year of our Lord nineteen hundred and eighty-eight, and of the Independence of the United States of America the two hundred and thirteenth.

Ronald Reagan

[Filed with the Office of the Federal Register, 10:42 a.m., August 22, 1988]
(<http://www.reagan.utexas.edu/archives/speeches/1988/081988b.htm>)

SCR News and Notes

Mid-Continent Library June 2015 Offerings (816) 353-2052

August 12, 2015, Wednesday at 7:00 PM - [100 Things to Do in Kansas City Before You Die](#)

You think you know Kansas City? Come hear about some of the area's most fascinating experiences and places from author Traci Angel. Learn where to go to eat, drink, and soak up culture.

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

August 13, 2015, Thursday at 2:00 PM - [Windows 8.1 for Beginners \(Sara\)](#)

This class will introduce the layout of the Windows 8.1 operating system and how to navigate its functions such as the Start Screen, the Charms bar, and apps. No computer required.

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

August 14, 2015, Friday at 2:00 PM - [Armchair Travels](#)

Join us for a fun afternoon of virtual travel tours of countries around the world. The Raytown Branch will be touring a country on the second Friday of each month. Sit back, relax, and watch a travel DVD. Refreshments are complementary.

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

SAVE THE DATE! 2ND Annual Senior Celebration to be held on SEPTEMBER 12TH 2015. Tickets on sale July 15.

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:

Tim Lowther and Nelson Miller

From:

The Breaktime Group



Our Meals On Wheels 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. 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 help you. There are two easy ways to get the ball rolling. You can call us today at **816-356-9000** or you can also email your request to scr.mealsonwheels@gmail.com and let us help you get started.

Adventures In Learning

August 28, 2015

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 24, 2015.

Please RSVP to the SCR office at 356-9000.

PROGRAM

9:00 am-Welcome

Coffee & Fellowship

Session 1 - 9:30 am

Current Events

Ron Ostlund

Video - "Fascinating World of Animals-Rainforest & Woodlands"

Session 2 - 10:45 am

Kevin Carpenter, with Edward Jones

Outlook & Opportunities; Finding the prevailing winds in investment strategies & market commentaries.

Paul Musao, KC Rescue Mission

Paul Musao will provide us information about all of the programs KC Rescue Mission provides in the Kansas City area.

Noon Forum

Bruce Mathews, Elmwood Cemetery

Mr. Mathews is the author of "Windows of KC" as art, his tory, and inspiration. He photographed stained glass windows and will share their beauty and stories with us.

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 August

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

This month will be **peanut butter, jelly and other non-perishable lunch items.**

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.

August 2015

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

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 Event/Opportunity

- ♦ **Shepherd's Center of Raytown will be having their 25th Anniversary Celebration on November 7, 2015. Please save the date and join us for this special event! Tickets will go on sale in October.**
- ♦ **Home Skillet will give Shepherd's Center of Raytown a % of all sales made on September 17th. Please visit their restaurant!**

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 .

Raspberry, Avocado and Mango Salad

Serves 5 (about 2 cups each).

Pureed berries give the tangy wine vinegar dressing a creamy texture that gently clings to the lettuce and fruit.

All you need:

- 1 1/2 cups fresh raspberries, divided
- 1/4 cup Hy-Vee Select extra-virgin olive oil
- 1/4 cup Hy-Vee Select red-wine vinegar
- 1 small clove garlic, coarsely chopped
- 1/4 tsp kosher salt
- 1/8 tsp freshly ground pepper
- 8 cups mixed salad greens
- 1 ripe mango, diced
- 1 small ripe avocado, diced
- 1/2 cup thinly sliced red onion
- 1/4 cup toasted chopped hazelnuts or sliced almonds, optional

All you do:

1. Puree 1/2 cup raspberries, oil, vinegar, garlic, salt and pepper in a blender until combined.
2. Combine greens, mango, avocado and onion in a large bowl. Pour the dressing on top and gently toss to coat. Divide the salad among 5 salad plates. Top each with the remaining raspberries and sprinkle with nuts, if using (Your Friendly Raytown Hy-Vee Dietitian Newsletter, May 2015)

(Nutrition Facts per serving: 215 calories, 16g fat, 2g saturated fat, 0mg cholesterol, 122mg sodium, 18g carbohydrate, 7g fiber, 3g protein.)

Shepherd's Center of Raytown
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(NOTE NEW STREET ADDRESS)
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Website: shepherdscenterraytown.org

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

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A United Way Agency

Time sensitive—Please deliver by August 3, 2015
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