



The Shepherd's View

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September 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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September



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

History of Labor Day

Labor Day, an annual celebration of workers and their achievements, originated during one of American labor history's most dismal chapters. In the late 1800s, at the height of the [Industrial Revolution](#) in the United States, the average American worked 12-hour days and seven-day weeks in order to eke out a basic living. Despite restrictions in some states, children as young as 5 or 6 toiled in mills, factories and mines across the country, earning a fraction of their adult counterparts' wages. People of all ages, particularly the very poor and recent immigrants, often faced extremely unsafe working conditions, with insufficient access to fresh air, sanitary facilities and breaks.

As manufacturing increasingly supplanted agriculture as the wellspring of American employment, labor unions, which had first appeared in the late 18th century, grew more prominent and vocal. They began organizing strikes and rallies to protest poor conditions and compel employers to renegotiate hours and pay. Many of these events turned violent during this period, including the infamous Haymarket Riot of 1886, in which several [Chicago](#) policemen and workers were killed. Others gave rise to longstanding traditions: On September 5, 1882, 10,000 workers took unpaid time off to march from City Hall to Union Square in [New York](#) City, holding the first Labor Day parade in U.S. history.

The idea of a "workingmen's holiday," celebrated on the first Monday in September, caught on in other industrial centers across the country, and many states passed legislation recognizing it. Congress would not legalize the holiday until 12 years later, when a watershed moment in American labor history brought workers' rights squarely into the public's view. On May 11, 1894, employees of the Pullman Palace Car Company in Chicago went on strike to protest wage cuts and the firing of union representatives.

On June 26, the American Railroad Union, led by [Eugene V. Debs](#), called for a boycott of all Pullman railway cars, crippling railroad traffic nationwide. To break the strike, the federal government dispatched troops to Chicago, unleashing a wave of riots that resulted in the deaths of more than a dozen workers. In the wake of this massive unrest and in an attempt to repair ties with American workers, Congress passed an act making Labor Day a legal holiday in the District of Columbia and the territories. More than a century later, the true founder of Labor Day has yet to be identified.

Many credit Peter J. McGuire, cofounder of the American Federation of Labor, while others have suggested that Matthew Maguire, a secretary of the Central Labor Union, first proposed the holiday. Labor Day is still celebrated in cities and towns across the United States with parades, picnics, barbecues, fireworks displays and other public gatherings. For many Americans, particularly children and young adults, it represents the end of the summer and the start of the back-to-school season. (<http://www.history.com/topics/holidays/labor-day>)

SCR News and Notes

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

ONE-ON-ONE BEGINNING INTERNET CLASS FOR SENIORS

Thursdays at 11:00

Sign-up for one hour of hands-on basic internet instruction. This one-on-one instruction offers very beginning instruction for those who want to learn about the computer. Learn how to use a mouse and keyboard. Also, learn about various browser tools you can use in searching the internet. Available by appointment only. For adults.

September 9, 2015, Wednesday at 6:00 PM

Raytown Citizen's Police Academy

The Raytown Police Department will host an eight-week Citizen's Police Academy at the Raytown Branch. After registration, prospective participants will be contacted by the Raytown Police Department and must pass a background check before confirming enrollment in this program. Topics covered include: crime analysis, patrol operations, domestic violence, emergency management, internet identity theft, and Neighborhood Crime Watch programs. You must be 16 or older to participate in this program. *(For adults)* [Registration](#) is required.

September 22, 2015, Tuesday at 7:00 PM

Advancing Your Microsoft® Office Skills (Sara)

This three-week series will cover using the online version of Microsoft® Word, Microsoft® Excel, and Microsoft® PowerPoint. There will be an open lab after each session for participants to practice the skills they've learned. *(For adults)* [Registration](#) is required.

SAVE THE DATE!

25th Anniversary Celebration November 7, 2015

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 Circle, 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: Melba Akers
From: Brent Edmunds
In Memory of: Nelson Miller
From: Evelyn Snook
In Memory of: Susie Hill
From: Lawrence & Janet Marsh, Larry Hawn & Staff State Farm Insurance,

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

September 25, 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, Sept. 21, 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 - National Geographic "Oceans"

Session 2 - 10:45 am

Helene Miller, Bridging the Gap

Ms. Miller is a retired Urban Forrester. Her topic will be "Trees 101". (this class will be upstairs in the Fellowship Hall)

Graden Snow

Mr. Snow will be discussing Medicare and answering any questions you might have about it.

Noon Forum

Scott Stober

Mr. Stober will be singing and playing his guitar for us. He plays classic country as well as other songs.

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.

September 2015

Sun Mon Tue Wed Thu Fri Sat

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

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 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.**
- ♦ **DON'T FORGET THE SENIOR CELEBRATION ON SEPTEMBER 12TH! FUN-FOOD-DANCING- RAFFLE PRIZES!**

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 .

Crunchy Granola Wedges (Serves 8)

All you need:

- 1 cup rolled oats
- 1 cup wheat flakes (see Shopping Tip)
- 1 cup sunflower seeds or chopped nuts
- 1/2 cup honey
- 1 cup dried cranberries
- Pinch of salt

All you do:

1. Preheat oven to 400°F.
2. Spread oats, wheat flakes and seeds (or nuts) on a baking sheet. Bake until fragrant and starting to brown, about 10 minutes.
3. Coat a 9-inch pie pan with cooking spray. Cook 1/2 cup honey in a large saucepan over medium-high heat, without stirring, until large foamy bubbles form and it starts to darken at the edges, 2 to 4 minutes. (The bubbles will start out small and increase to about 3/4 inch or larger when the honey's done.)
4. Immediately pour the toasted oat mixture into the honey, add cranberries and salt and stir until completely coated. Quickly press the granola into the prepared pie pan using a heat-resistant spatula coated with cooking spray. Let cool for 30 minutes. Cut into wedges and transfer to a wire rack to cool completely.

Tips & Notes

- **Make Ahead Tip:** Individually wrap in plastic and store at room temperature for 3 days or freeze for up to 1 month.
- **Shopping Tip:** Wheat flakes are simply wheat kernels that have been steamed and rolled, oatmeal-style. Look for them in natural-foods section.

Nutrition per serving: 279 calories, 9 g fat, 1 g sat, 0 g trans, 0 mg cholesterol, 20 mg sodium, 47 g carbohydrates, 5 g fiber, 6 g (The information is not intended as medical advice. Please consult a medical professional for individual advice.) Teequa Knapp RD LD Your Friendly Raytown Hy-Vee Dietitian

Shepherd's Center of Raytown
Kristina Peters, Executive Director
5110 Westridge Circle, Raytown, MO 64133
Phone: (816) 356-9000 Fax: (816) 356-6526
(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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A United Way Agency

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

Thank You!