



The Shepherd's View

Volume 25 Issue 10

October 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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October



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

HALLOWEEN SUPERSTITIONS

What are the Halloween traditions and beliefs that today's trick-or-treaters have forgotten all about? Many of these obsolete rituals focused on the future instead of the past and the living instead of the dead. In particular, many had to do with helping young women identify their future husbands and reassuring them that they would someday—with luck, by next Halloween—be married. In 18th-century Ireland, a matchmaking cook might bury a ring in her mashed potatoes on Halloween night, hoping to bring true love to the diner who found it. In Scotland, fortune-tellers recommended that an eligible young woman name a hazelnut for each of her suitors and then toss the nuts into the fireplace. The nut that burned to ashes rather than popping or exploding, the story went, represented the girl's future husband. (In some versions of this legend, confusingly, the opposite was true: The nut that burned away symbolized a love that would not last.) Another tale had it that if a young woman ate a sugary concoction made out of walnuts, hazelnuts and nutmeg before bed on Halloween night she would dream about her future husband. Young women tossed apple-peels over their shoulders, hoping that the peels would fall on the floor in the shape of their future husbands' initials; tried to learn about their futures by peering at egg yolks floating in a bowl of water; and stood in front of mirrors in darkened rooms, holding candles and looking over their shoulders for their husbands' faces. Other rituals were more competitive. At some Halloween parties, the first guest to find a burr on a chestnut-hunt would be the first to marry; at others, the first successful apple-bobber would be the first down the aisle.

Of course, whether we're asking for romantic advice or trying to avoid seven years of bad luck, each one of these Halloween superstitions relies on the good will of the very same "spirits" whose presence the early Celts felt so keenly. (<http://www.history.com/topics/halloween/history-of-halloween>)

SCR News and Notes

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

October 13, 2015, Tuesday at 7:00 PM

Identity Theft—In this talk, Larry Berkland covers the various ways that your identity can be stolen, safeguards you can take to avoid theft, tell-tale signs that you are a victim, and the latest warnings issued by the FBI on scams. (For adults) [Registration](#) is required.

October 14, 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.

October 15, 2015, Thursday at 2:00 PM

Improving Your Mouse and Keyboarding Skills (Sara) -This four-week series will help you strengthen your computer mouse and keyboarding skills. (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: Patsy West

From: Beth Fellows, Alan & Karen Short, Dale & Katherine Corkran, Jerry & Patricia Corkran, Dinana Strate, Jean Denham, Judy Hollandsworth, Bob & Ginny Hosman, Rich & Mandy Shackelford, Carla Liberda, Leland Davis, Marvin & Yvonne Graham, Julie & Jerry Tynon, George Hanson Jr., Darlene Thurlo, Mark & Kathryn Smith, Donna & James Coughenour, John & Carol Wharton, Richard & Linda Henks, Phyllis & John Renken, David & Ginger Reader, Veronon Warner, Jean McNutt

In Memory of: Daisy Tweeddale
From: Floyd & Helen Anderson

DUST IF YOU MUST

Dust if you must, but wouldn't it be better

To paint a picture or write a letter,

Bake a cake or plant a seed,

Ponder the difference between want & need?

Dust if you must, but there's not much time,

With rivers to swim and mountains to climb,

Music to hear and books to read,

Friends to cherish and life to lead.

Dust if you must, but the world's out there,

With the sun in your eyes, the wind in your hair,

A flutter of snow, a shower of rain.

This day will not come around again.

Dust if you must, but bear in mind,

Old age will come and it's not kind.

And when you go—and go you must—

You yourself will make more dust. (shared by Frank Eaton Author unknown)

Adventures In Learning

October 23 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, October 19, 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 - "The Rockies by Rail" Great American Rail Journeys

Session 2 - 10:45 am

Pam Dimsdale, Crossroads Hospice

Ms. Dimsdale will be talking about our Bouncing Back Program. (Support, guidance and discussion for the challenges of life's experiences)

Wayside Waifs

Speaker will be discussing their center and will have a small dog to share with the class.

Noon Forum

Vicki Turnbow

Vicki is President of the Raytown Chamber of Commerce and will be sharing Chamber news 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**

REAP Donation for August

Each month at Adventures in Learning, we collect items for the **Raytown Emergency Assistance Program**. This month will be **soup, crackers, 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.

October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Breaktime Tai Chi Chih			1 Exercise	2	3
4	5 Breaktime Tai Chi Chih	6 Exercise Book Club	7	8 Exercise	9	10
11	12 Breaktime Tai Chi Chih	13 Exercise	14	15 Exercise Bouncing Back	16	17
18	19 Breaktime Tai Chi Chih	20 Exercise	21	22 Fun House Pizza Exercise	23 Adventures In Learning	24
25	26 Breaktime Tai Chi Chih	27 Exercise	28	29 Exercise	30	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**—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 be available soon!**
- ♦ **Raytown Fun House Pizza, October 22, 5:00 p.m. to 9:00 p.m. Percentage of all regular priced pizzas will be donated to Shepherd's Center of Raytown.**

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 third 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 .

Tangy Apple Salad

Serves 4

All you need

2 large Honeycrisp apples, cored and thinly sliced

¼ cup Hy-Vee dried cranberries or cherries

2 green onions, chopped

2 tbsp dark agave syrup

1 tbsp gluten-free whole-grain mustard

1 garlic clove, minced

Watercress (optional)

All you do

In a medium bowl, combine apples, cranberries, onions, agave syrup, mustard and garlic; toss. Cover and refrigerate several hours.

Serve salad on a bed of watercress, if desired.

Nutrition facts per serving: 125 calories, 1g fat, 0g saturated fat, 0mg cholesterol, 60mg sodium, 32g carbohydrate, 4g fiber, 1g protein

Source: Hy-Vee recipe of month, Try-Foods International

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

Thank You!