



The Shepherd's View

Volume 25 Issue 11

November 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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November



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

Congress Establishes Thanksgiving

On September 28, 1789, just before leaving for recess, the first Federal Congress passed a resolution asking that the President of the United States recommend to the nation a day of thanksgiving. A few days later, President George Washington issued a proclamation naming Thursday, November 26, 1789 as a "Day of Publick Thanksgivin" - the first time Thanksgiving was celebrated under the new Constitution. Subsequent presidents issued Thanksgiving Proclamations, but the dates and even months of the celebrations varied. It wasn't until President Abraham Lincoln's 1863 Proclamation that Thanksgiving was regularly commemorated each year on the last Thursday of November.

In 1939, however, the last Thursday in November fell on the last day of the month. Concerned that the shortened Christmas shopping season might dampen the economic recovery, President Franklin D. Roosevelt issued a Presidential Proclamation moving Thanksgiving to the second to last Thursday of November. As a result of the proclamation, 32 states issued similar proclamations while 16 states refused to accept the change and proclaimed Thanksgiving to be the last Thursday in November. For two years two days were celebrated as Thanksgiving - the President and part of the nation celebrated it on the second to last Thursday in November, while the rest of the country celebrated it the following week.

To end the confusion, Congress decided to set a fixed-date for the holiday. On October 6, 1941, the House passed a joint resolution declaring the last Thursday in November to be the legal Thanksgiving Day. The Senate, however, amended the resolution establishing the holiday as the fourth Thursday, which would take into account those years when November has five Thursdays. The House agreed to the amendment, and President Roosevelt signed the resolution on December 26, 1941, thus establishing the fourth Thursday in November as the Federal Thanksgiving Day holiday (<https://www.archives.gov/legislative/features/thanksgiving/>).

SCR News and Notes

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

November 5, 2015, Thursday at 7:00 PM

Access Entertainment—More information to come. Learn how to download Freegal music, IndieFlix movies, and Zinio and Flipster magazines. Not computer savvy, bring in your devices and we will help you download the Access Entertainment apps. *(For adults)* [Registration](#) is required.

November 6, 2015, Friday at 2:00 PM

Movie Classics —More information to come. Join us for an afternoon of nostalgia as we watch classic films. Contact the branch for each month's title. *(For adults)* [Registration](#) is required.

November 14, 2015, Saturday at 1:00 PM

Chess Free Play —Play chess, learn the basics, brush up on your chess skills, challenge other players at Free Chess Play at the Library. The Raytown Branch, in collaboration with the Raytown High School Chess Team coaches, will be hosting chess on the second Saturday of the month from 1-3 p.m. Chess boards and chess pieces will be provided. All ages - from elementary to high school students, and adults are welcome to play. (All ages) Registration is required.

November 19, 2015, Thursday at 7:00 PM

Using Your iPad for the First Time (Sara) —Learn some of the basic tips and tricks for using an iPad tablet. Bring your iPad, iPhone, or iPod Touch, if possible. *(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: Frances Nelson

From: Lawrence & Shirley Wilds

Squashing Myths about Carbs

Fall has officially begun, and with the chilly season comes the opportunity for consuming delicious in-season produce. Great options that are plentiful during fall are spaghetti, acorn and butternut squash as well root vegetables, such as turnips and beets. Some fall produce are higher in carbohydrates than most other produce, so it often raises the question: "Should I be eating this?"

Discussion about carbohydrates is a hot topic right now, so you may be surprised to hear that 45 percent to 65 percent of your daily caloric intake should come from carbohydrates. It is important that you are choosing the right carbohydrates the majority of the time.

So what are considered the "right" carbohydrates? The carbohydrates that you want to choose most often are the ones that are the most nutrient-dense. These would include fruits, vegetables, whole grains, legumes and milk. They include plenty of fiber, vitamins and minerals.

Your fall produce is a great way to get these nutrient-dense carbohydrates into your diet. These nutrient-dense carbohydrates are also packed with whole grain, which means you are getting more nutrients from your food, such as protein, fiber, B vitamins, antioxidants, iron, zinc, folate, copper and magnesium. By choosing a whole grain, research indicates that it may reduce the risk of heart disease, type 2 diabetes, obesity and some forms of cancer. (complete article can be found at www.eatingwell.com or Raytown - Dietitian, Teequa Knapp 1542Dietitian1@hy-vee.com)

Adventures In Learning

November 20 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, November 16, 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 - "This Place Called Home" by C. W. Gusewelle

Session 2 - 10:45 am

Kathy Scaletty,

Ms Scaletty is a retired nurse from Rockhurst. Her topic will be "Getting the best out of your doctor's visit."

Denise Bozikis, Mid-Continent Library

She will be talking about skype, their computer classes and armchair tours!

Noon Forum

Tom Turner, Bishop Sullivan Center

Mr. Turner will be telling us about the programs available at Bishop Sullivan Center.

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 -By
Autumn Terrace**

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.

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Breaktime Tai Chi Chih	3 Book Club Exercise	4	5 Exercise	6	7 25th Anniversary Dinner
8	9 Breaktime Tai Chi Chih	10 Exercise	11	12 Exercise	13	14
15	16 Breaktime Tai Chi Chih	17 Exercise	18	19 Exercise Bouncing Back	20 Adventures In Learning	21
22	23 Breaktime Tai Chi Chih	24 Exercise	25	26 No classes Thanksgiving	27	28
29	30 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**—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.

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 .

Philly Cheese Steak Sandwich

Serves 4 (1 sandwich each).

All you need:

- 2 tsp extra-virgin olive oil
- 1 pound sirloin steak, trimmed and thinly sliced (see Tip)
- 1 medium onion, sliced
- 8 oz. mushrooms, sliced
- 1 red or green bell pepper, sliced
- 2 tbsp. minced fresh oregano, or 2 tsp dried
- 1/2 tsp freshly ground pepper
- 1 tbsp. all-purpose flour
- 1/4 tsp salt
- 1/2 cup sliced hot banana peppers, optional
- 1/4 cup reduced-sodium chicken broth
- 3 slices reduced-fat provolone cheese (about 3 oz.)
- 4 whole-wheat buns, split and toasted

All you do:

1. Heat oil in a large nonstick skillet over medium-high heat. Add sliced meat, onion, mushrooms, bell pepper and cook, stirring often, until soft and beginning to brown, 2 to 3 minutes.
2. Remove and put into slow cooker. Add the oregano, pepper, flour and salt. Stir. Add banana peppers (if using), and broth. Start slow cooker on HIGH for 15 minutes, then turn to LOW to cook 6 to 8 hours.

To serve, divide into 4 portions and scoop a portion on each bun. Lay cheese slices on top of the vegetables and meat, let stand until melted, 1 to 2 minutes.

Nutrition Facts per serving: 430 calories, 15g fat, 6g saturated fat, 74mg cholesterol, 646mg sodium, 31g carbohydrate, 5g fiber, 45g protein.

Daily values: 22% vitamin A, 72% vitamin C, 25% calcium, 22% iron. (Your Friendly Raytown Hy-Vee Dietitian Newsletter)

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!