



The Shepherd's View

Volume 26 Issue 1

January 2016



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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January



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

New Year's Eve Traditions

In many countries, New Year's celebrations begin on the evening of December 31—New Year's Eve—and continue into the early hours of January 1. Revelers often enjoy meals and snacks thought to bestow good luck for the coming year. In Spain and several other Spanish-speaking countries, people bolt down a dozen grapes—symbolizing their hopes for the months ahead—right before midnight. In many parts of the world, traditional New Year's dishes feature legumes, which are thought to resemble coins and herald future financial success; examples include lentils in Italy and black-eyed peas in the southern United States. Because pigs represent progress and prosperity in some cultures, pork appears on the New Year's Eve table in Cuba, Austria, Hungary, Portugal and other countries. Ring-shaped cakes and pastries, a sign that the year has come full circle, round out the feast in the Netherlands, [Mexico](#), Greece and elsewhere. In Sweden and Norway, meanwhile, rice pudding with an almond hidden inside is served on New Year's Eve; it is said that whoever finds the nut can expect 12 months of good fortune.

Other customs that are common worldwide include watching fireworks and singing songs to welcome the new year, including the ever-popular "Auld Lang Syne" in many English-speaking countries. The practice of making resolutions for the new year is thought to have first caught on among the ancient Babylonians, who made promises in order to earn the favor of the gods and start the year off on the right foot. (They would reportedly vow to pay off debts and return borrowed farm equipment.)

In the United States, the most iconic New Year's tradition is the dropping of a giant ball in [New York](#) City's Times Square at the stroke of midnight. Millions of people around the world watch the event, which has taken place almost every year since 1907. Over time, the ball itself has ballooned from a 700-pound iron-and-wood orb to a brightly patterned sphere 12 feet in diameter and weighing in at nearly 12,000 pounds. Various towns and cities across America have developed their own versions of the Times Square ritual, organizing public drops of items ranging from pickles (Dillsburg, [Pennsylvania](#)) to possums (Tallapoosa, [Georgia](#)) at midnight on New Year's Eve (<http://www.history.com/topics/holidays/new-years>).

SCR News and Notes

Mid-Continent Library January Offerings

Yoga:

Date: 1/13/2016, 1/20/2016, 1/27/2016

Start Time: 10:00 AM

End Time: 11:00 AM

Description: If you have always wanted to try yoga, this is your chance. Join in this three-week restorative class with slow-paced stretching, some simple breathing exercises, and perhaps seated meditation. This is a good place to learn basic poses, relaxation techniques and to become comfortable with yoga. All levels welcome. Wear comfortable clothing and bring a yoga mat and/or towel.

Movie Screenings:

Date: 1/8/2016

Start Time: 2:00 PM

End Time: 4:00 PM

Description: Join us for an afternoon of nostalgia as we watch classic films (Butch Cassidy and the Sundance Kid).

Don't forget to include Shepherd's Center of Raytown in your annual contribution plan!

You can help us manage our newsletter costs

- ⇒ **Be a subscriber** by sending a donation of \$4.00 for your 2016 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

Honorarium

For: Jenny Langford
From: Shirley Keisker

For: Edna Scahill
From: Patty Stock

For: Edna Scahill, Ollie Kasper & Lorene Morrissey
From: Gloria Dowell

For: Ruthie Schwieterman
From: Janice Dryer

For: Steve & Ruth Schwieterman
From: Dwight & Charlotte Robinson

Memorial

For: Frances Nelson
From: Allan & Karen Thompson
Sharon & Steve Nichols
Phillip & Kimberly Gruner
Diane Moore
Regina & Juan Battle
Victoria Wilson
Summit Chapter #101 O.E.S

Adventures In Learning

January 22, 2016

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, January 18, 2016

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 - Blue Planet "Seas of Life, Frozen Sea"

Session 2 - 10:45 am

Matt Riggs, Outreach Coordinator (MARC)

Matt's topic will be on reusing, recycling or composting to benefit our environment, our economy and our health.

Barb Beets & Terri Heflicker w/SPCA

They will be discussing the work done by the SPCA and what they do as volunteers.

Noon Forum

Kristine Vainovska, Truman Heritage Habitat for Humanity

In her role as Volunteer Coordinator Ms. Vainovska organizes volunteers for their projects as well as other events. She will be speaking about what they do and how one can get involved.

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 partner who provide support for Adventures in Learning.

**Breakfast bites -By
Autumn Terrace**

**Raytown Christian Church
Donation for January**

Each month at Adventures in Learning, we collect items for a food pantry. 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.

January 2016

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

2016 MLK Multicultural Celebration in Raytown

January 17, 2016, at 3:00 PM
 Graceway, 5460 Blue Ridge Cut-off
 Featuring: keynote speaker Dr. Anthony Moore (Assistant Superintendent of Raytown School District), Mayor Mike McDonough, and the MLK Today Essay Contest!
 More Info: Contact Pat Jackson at patjackson@brpcraytown.org or 816-353-2296

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 and fourth** 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 .

Salmon Cakes with Olives, Lemon & Dill

Serves 8 (1 salmon cake each)

All you need:

4 scallions, quartered

1/2 cup pitted Kalamata olives

3 tablespoons coarsely chopped fresh dill or thyme

Zest of 2 lemons

1/2 teaspoon salt

1/2 teaspoon freshly ground pepper

2 1/2 pounds wild salmon (see Tip), skinned and cut into 2-inch chunks

4 teaspoons extra-virgin olive oil, divided

All you do:

Place scallions, olives and dill (or thyme) in a food processor and pulse until finely chopped. Transfer to a large bowl. Stir in lemon zest, salt and pepper.

Working in 3 or 4 batches, pulse salmon just 2 or 3 times to finely chop, but not puree. Add the chopped salmon to the bowl; gently mix until combined. (Alternatively, finely chop salmon, scallions, olives and [herbs](#) by hand before combining with lemon zest, salt and pepper.) Divide the mixture into 8 patties, about 3 inches in diameter and 3/4 inch thick. Chill in the refrigerator for at least 20 minutes (or up to 2 hours) before cooking.

Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add 4 salmon cakes and cook until browned on both sides and just cooked through, 6 to 8 minutes total. Repeat with the remaining oil and salmon cakes.

(Nutrition Facts per serving: 214 calories, 10 g fat, 2 g saturated fat, 66 mg cholesterol, 339 mg sodium, 2 g carbohydrates, 0 g added sugars, 1 g fiber, 29 g protein.) (Your Friendly Raytown Hy-Vee Dietitian Newsletter)

Shepherd's Center of Raytown
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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!