



The Shepherd's View

Volume 26 Issue 2

February 2016



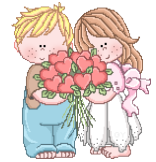
A United Way Agency

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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February



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

History of Leap Year

The Roman dictator Julius Caesar is considered the “father” of leap year. The ancient Roman calendar system was based on a total of 355 days in a year—a full 10 ¼ days shorter than a solar year, which is the length of time it takes the Earth to make one complete orbit around the sun. To keep the calendar system in line with the seasons, Roman officials were supposed to insert an extra month every so often, but by the time Caesar began to rule Rome, the calendar had gotten seriously out of whack. Caesar consulted with the top astronomers of the day, and in 46 B.C. decided to add one day (known as an intercalary day, or leap day) every four years to make up the discrepancy between the lunar and solar calendars.

Caesar also took the opportunity to rename Quintillis, the fifth month of the year (counting from March), leaving us with the month we call July today.

The leap year tradition took effect in 45 B.C., after a transition year that contained three extra months to make up for the difference that had accumulated over the centuries. The Julian calendar didn't number days from “1” on up, but instead used calends (first day of the month), ides (middle of the month) and nons (in between). The leap day was set on the day before the 6th of calends of March, so leap day originally came six days before the first day of March, or February 25 (as February normally had 29 days).

That might have solved the problem, except that a solar year is actually 11 minutes short of 365¼ days: It's actually closer to 365.2425 days long (365 days, 5 hours, 48 minutes and 46 seconds). Astronomers figured this out around the second century A.D., but the calendar system didn't change, and by the 16th century it was nearly 10 days off-track, even with the leap year system. In 1582, Pope Gregory XIII made his own reforms to the Julian Calendar, restoring the vernal equinox to March 21 from March 11, and producing the calendar system most of us use today (<http://www.history.com/news/all-about-leap-day>).

SCR News and Notes

Mid-Continent Library February Offerings

February 9, 2016, Tuesday at 2:00 PM - Managing the Photos on Your Smartphone

Are your photos taking up too much space on your smartphone? This class will teach you the various methods of storing and organizing your smartphone photos. *(For adults)* [Registration](#) is required.

February 10, 2016, Wednesday at 7:00 PM -[Negro League Baseball: The Deep Roots of African Americans in America's Great Game](#)

More information to come. In response to racial discrimination by the Major Leagues, the Negro Leagues provided a vehicle for African American athletes -- and paved the way for racial integration in all professional sports. Based on his book *Last Train to Cooperstown*, author Kevin Mitchell illuminates the rich history of Negro League baseball, which launched the legendary careers of Jackie Robinson and Satchel Paige -- both of whom played for Kansas City teams. *(For adults)* [Registration](#) is required.

February 18, 2016, Thursday at 2:00 PM -[Getting to Know Your Computer](#)

Does even thinking about using a computer make you feel lost? This 90-minute, hands-on session will guide you through some of the basics of making a computer work for you. No experience required. Computers will be provided. *(For adults)* [Registration](#) is required.

Don't forget to include Shepherd's Center of Raytown

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

In Memory of:

Ron Jenkins

From:

Ruth & Steve Schwieterman

In Honor of:

Diane Morris, Break-time Club

From:

Becky Dowell

Strawberry-Banana Protein Smoothie

All you need (Serves 1):

1 cup fresh or frozen hulled strawberries

1/2 medium banana

1/2 cup fresh or frozen diced mango

1/2 cup nonfat plain Greek yogurt

1 tbsp natural nut butter, such as cashew or almond

1 tbsp ground flaxseed (flaxmeal)

1/4 tsp vanilla extract

4 ice cubes or 1/2 cup water

All you do:

Combine strawberries, banana, mango, yogurt, nut butter, flaxmeal, vanilla and ice cubes (or water) in a blender. Puree until smooth.

Nutrition Facts per serving: 359 calories, 14g fat, 2g saturated fat, 6mg cholesterol, 85mg sodium, 46g carbohydrates, 10g fiber, 19g protein. (Source: adapted from Eating Well, Inc.) (Your Friendly Raytown Hy-Vee Dietitian, Raytown - Dietitian, Teequa Knapp 1542Dietitian1@hy-vee.com)

Adventures In Learning

February 26, 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, February 22, 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 - "100 Years of Music & Laughter" by Victor Borge

Session 2 - 10:45 am

Jared Cramer, Surfire Company

He will be speaking on fire safety in the home, fire extinguishers etc.

Cheryl Lang, Midwest Genealogy Center Manager

Ms. Lang will be discussing genealogy research and how to get started.

Noon Forum

Bill Tammeus, Former columnist for the KC Star

He will be speaking about his daily "Faith Matters" Blog he writes for the Kansas City Star, Presbyterian Outlook and the National Catholic Reporter.

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**

**Dessert - Village Hospice
by John Knox Village**

**Raytown Christian Church
Donation for February**

Each month at Adventures in Learning, we collect items for the 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.

February 2016

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

As many already know we ask our Adventures In Learning participants to bring food pantry items to our monthly meeting to be donated to a food pantry. While we understand that food is always a priority the need for health and beauty items is great as well. Depends, pads/tampons, flushable wipes and other such items are desperately needed. If you wish to donate these items you can drop them off at Shepherd's Center or bring them with you to Adventures In Learning. They will then be given to the food pantry at Raytown Christian Church for distribution. Thank you in advance for considering this type of donation. It is greatly appreciated by all who are in need of these sorts of items.

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 .

Raspberry – Dark Chocolate Delights

Serves 15 (1 tart each)

All you need

1/3 cup Hershey's™ Special Dark™ chocolate chips

1 (1.90 ounce) package Athens™ pre-baked mini fillo shells

1 carton Chobani non-fat raspberry Greek yogurt (other Greek yogurt brand/flavors will work also)

15 fresh raspberries

All you do

Melt chocolate chips on HIGH in microwave, stirring every 20 seconds until melted. Spoon approximately 1/2 tsp chocolate in bottom of each fillo shell, spreading up onto sides of shell. Chill in freezer for 5 to 10 minutes.

Spoon raspberry Greek yogurt into fillo shells. Top each shell with a raspberry.

Drizzle melted chocolate onto top of raspberry yogurt mixture for garnish.

Nutrition facts per serving: 50 calories, 2.5g fat, 1g saturated fat, 0 cholesterol, 115mg sodium, 7g carbohydrate, 1g fiber, 4g sugar, 1g protein.

(Source: Hy-Vee's Weekly Nutrition Newsletter from the Dietitian)

Shepherd's Center of Raytown
Kristina Peters, Executive Director
5110 Westridge Circle, Raytown, MO 64133
Phone: (816) 356-9000
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!