



# The Shepherd's View

Volume 26 Issue 3

March 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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# March



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

## What's the Origin of the Easter Bunny?

Easter is the Christian celebration of the resurrection of Jesus, but the seasonal chocolate eggs and the bunny who delivers them are nowhere to be found in scripture.

The exact origins of the Easter bunny are clouded in mystery. One theory is that the symbol of the rabbit stems from pagan tradition, specifically the festival of Eostre—a goddess of fertility whose animal symbol was a bunny. Rabbits, known for their energetic breeding, have traditionally symbolized fertility.

Eggs are also representative of new life, and it's believed that decorating eggs for Easter dates back to the 13th century. Hundreds of years ago, churches had their congregations abstain from eggs during Lent, allowing them to be consumed again on Easter. According to History.com, in the 19th century Russian high society started exchanging ornately decorated eggs—even jewel encrusted—on Easter.

But how did the Easter Bunny begin delivering eggs on American shores? [According to History.com](http://www.history.com), the theory with the most evidence is that the floppy-eared bearer of candy came over with German immigrants:

According to some sources, the Easter bunny first arrived in America in the 1700s with German immigrants who settled in Pennsylvania and transported their tradition of an egg-laying hare called "Osterhase" or "Oschter Haws." Their children made nests in which this creature could lay its colored eggs. Eventually, the custom spread across the U.S. and the fabled rabbit's Easter morning deliveries expanded to include chocolate and other types of candy and gifts, while decorated baskets replaced nests. Additionally, children often left out carrots for the bunny in case he got hungry from all his hopping. (<http://time.com/3767518/easter-bunny-origins-history/>)

## SCR News and Notes

### Mid-Continent Library March Offerings

(816-353-2052)

#### March 12, 2016, 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. (*Ages 6 and up*) Registration is required.

#### March 16, 2016, Wednesday at 7:00 PM-Flowing Through History: KC the City of Fountains

Dive into the history of how and why Kansas City has become the City of Fountains. Hear the backstory of some of our most iconic fountains, and learn about some of our city's hidden while viewing presenter Alexis Webb Bechtold's multi-year photography project on the subject. Bring your favorite fountain stories to share!. (*For adults*) Registration is required.

#### March 29, 2016, Tuesday at 7:00 PM -Selling Your House: Renovations That Work

When it comes to selling your house, there are definite steps to take to get it ready for the market. Join Lisa Holiman of Breath of Fresh Flair as she talks about different renovations and how they can translate to a higher sale price. (*For adults*) Registration is required.

**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](mailto: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!

## Mediterranean Tuna Antipasto Salad

### All you need:

- 1 (15 to 19 oz) can beans, such as chickpeas, black-eyed peas or kidney beans, rinsed
- 2 (5 to 6 oz each) cans water-packed chunk light tuna, drained and flaked
- 1 large red bell pepper, finely diced
- 1/2 cup finely chopped red onion
- 1/2 cup chopped fresh parsley, divided
- 4 tsp capers, rinsed
- 1 1/2 tsp finely chopped fresh rosemary
- 1/2 cup lemon juice, divided
- 4 tbsp extra-virgin olive oil, divided
- Freshly ground pepper, to taste
- 1/4 tsp salt
- 8 cups mixed salad greens

### All you do: (Serves 4)

1. Combine beans, tuna, bell pepper, onion, parsley, capers, rosemary, 1/4 cup lemon juice and 2 tablespoons oil in a medium bowl. Season with pepper.
2. Combine the remaining 1/4 cup lemon juice, 2 tablespoons oil and salt in a large bowl. Add salad greens; toss to coat. Divide the greens among 4 plates. Top each with the tuna salad.

Nutrition Facts per serving: 290 calories, 16g fat, 2g saturated fat, 12mg cholesterol, 505mg sodium, 28g carbohydrates, 9g fiber, 17g protein.

*This information is not intended as medical advice. Please consult a medical professional for individual advice.*

Source: Adapted from Eating Well magazine. (*Raytown - Dietitian, Teequa Knapp <1542Dietitian1@hy-vee.com>*)

# Adventures In Learning

## March 25, 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, March 21, 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 - "Then + Now 3" by Victor Borge**

**Session 2 - 10:45 am**

**Christine Parrish, Southern Care Hospice Services**

**Healthy Aging- music, movements, guided imagery, pain reduction without meds.**

**Randy Battagler, Owner/Operator of the Raytown Times**

**Randy will tell us how he puts the newspaper together and how you can get information to him.**

**Noon Forum**

**A Speaker from the KC Royals Organization**

**They will tell us about the Royals organization & all the things they do.**

**\*As a special treat Jennifer Mitchell will be playing the violin for us during lunch.\***

**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.**

## March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Book Club Exercise	2	3 Exercise	4	5
6	7 Breaktime Tai Chi Chih	8 Exercise	9	10 Exercise	11	12
13	14 Breaktime Tai Chi Chih	15 Exercise	16	17 Exercise	18	19
20	21 Breaktime Tai Chi Chih	22 Exercise	23	24 Exercise	25 Adventures In Learning	26
27	28 Breaktime Tai Chi Chih	29 Exercise	30	31 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**—1<sup>st</sup> 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. 51<sup>st</sup> Terr.
- **Bouncing Back**—3<sup>rd</sup> Thursday, 1:30 pm to 2:30 pm, One Spirit United Methodist Church, 7900 Blue Ridge Blvd.
- **Adventures In Learning**—4<sup>th</sup> Friday January—November, 9:00 am to 1:00 pm, Raytown Christian Church, 6108 Blue Ridge Blvd

### Upcoming Events/Save the Date

*SCR Volunteers keep an eye out for your invitation to our Volunteer Appreciation Brunch in April.*

*Council on Aging Senior Expo—May 5, 2016 at Raytown City Hall 9:00AM-1:00PM*

*SCR Garden Tour and Luncheon— June 14, 2016 Watch for ticket sales & information!*

*SCR will host The Metro Men's Choir in the fall. Information will be available soon!*

## 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 **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 .

### Nutrition Fuels Fitness

If your New Year's resolution includes making 2016 the year you get fit and start a workout program, good for you. Along with that workout plan, you're going to need a plan for healthy eating and hydration.

Here's why: Sports nutrition helps us fuel our exercise and promotes rapid recovery. We need to start hydration and healthy eating 30 minutes to 3 hours prior to our exercise. In addition, if our exercise is more than an hour in duration, we'll need to make sure we are continuing to hydrate. And after exercise, to promote recovery, we will need to continue hydrating and replacing electrolytes and protein.

The benefits of sports nutrition include:

- o Allows you to train harder longer
- o Delays onset of fatigue
- o Improves body composition and strength
- o Enhances concentration
- o Prepares the body for the next day's workout
- o Helps maintain healthy immune function
- o Reduces the potential for injury
- o Reduces the risk of heat cramps and GI distress

**Shepherd's Center of Raytown**  
**Kristina Peters, Executive Director**  
**5110 Westridge Circle, Raytown, MO 64133**  
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**Email: [shepherdscenterr@sbcglobal.net](mailto:shepherdscenterr@sbcglobal.net)**  
**Website: [shepherdscenterraytown.org](http://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!**