



The Shepherd's View

Volume 26 Issue 4

April 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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April



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

Did You Know?

Facts, Figures, & Folklore About the Month of April

Did you know that April was originally the second month, not the fourth month, of the year?

In the early Roman calendar, the month was referred to as Aprilis, likely derived from the Roman word for "to open" -- perhaps referring to the opening of spring flowers.

Did you know that April is the first full month of Spring?

The month is marked by a renewal of natural life, with hibernating animals coming out of their burrows, birds returning from their winter migration, flowers and trees blossoming, and bees beginning to gather nectar.

Did you know that in North America, April is often considered the start of the planting season?

But do April showers really bring May flowers? It depends on whether you are talking about annual flowers or perennial flowers. Perennials like tulips and daffodils usually pop open between late March and the end of May, depending on what part of the country you live in, so it would seem there is some truth to the age-old adage. Of course, too much rain during a perennial's bloom may cause the buds to shrivel up before they open.

Did you know that the daisy is the official flower of the month of April?

This cheerful flower brightens any flower garden and makes a wonderful addition to any indoor vase arrangement. There are dozens of varieties of daisies, but the most popular the African Daisy and the Shasta Daisy.

(<http://www.holidays.net/seasons/didyouknow-april.htm>)

SCR News and Notes

Mid-Continent Library April Offerings (816-353-2052)

April 15, 2016, Friday at 2:00 PM—[Smart Aging Series](#)

This four-week series presented by the University of Kansas Hospital offers the latest information on healthy aging intended to sustain an improved lifestyle. The information covered is designed to promote lifelong positive changes. *(For adults)* [Registration](#) is required.

April 19, 2016, Tuesday at 6:30 PM Advancing Your Microsoft® Office Skills

This three-week series will cover the online version of Microsoft® Word, Microsoft® Excel, and Microsoft® PowerPoint. There will be an open lab after each session for participants to practice the skills they've learned. *(For adults)* [Registration](#) is required.

April 19, 2016, Tuesday at 6:30 PM—[Big Read: Book Discussion \(BRANCH\)](#)

Join this Big Read book discussion of the Ray Bradbury classic Fahrenheit 451, a classic science fiction novel that depicts a dystopian society with eerie similarities to the present day. The Big Read is a program of the National Endowment for the Arts in partnership with Arts Midwest. *(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 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!

Roasted Cauliflower Salad with Walnuts

All you need:

1 cup walnuts, divided

10 cups cauliflower florets (1- to 2- inch florets, from 1-2 heads)

1-1/2 tbsp Hy-Vee Select extra-virgin olive oil
3/4 tsp kosher salt, divided

1/4 cup tahini, at room temperature

1/4 cup lemon juice, plus more to taste

2 tbsp water, at room temperature, plus more as needed

1/4 cup chopped fresh dill

1 tbsp minced shallot

All you do:

1. Preheat oven to 450 degrees.
2. Place 1/2 cup walnuts in small saucepan and add water to cover by 1 inch. Bring to a simmer. Reduce heat and simmer until slightly softened, about 20 minutes. Drain and let cool to room temperature.
3. Toss cauliflower in a bowl with oil and 1/4 teaspoon salt. Spread in single layer on a baking sheet. Roast until browned on the bottom, about 20 minutes. Transfer to a large bowl and let cool to room temperature.
4. Blend the cooled walnuts, tahini, 1/4 cup lemon juice and water in a food processor until very smooth, scraping down the side a few times. If it's too thick to blend, add additional room-temperature water by the tablespoon until you get a thick sauce.
5. Toss the remaining 1/2 cup walnuts in a small dry skillet over medium heat for about 5 minutes. Chop and add to the cauliflower along with dill, shallot and the remaining 1/2 teaspoon salt. Add dressing; gently toss to coat. Season to taste with more lemon juice, if desired. Serve at room temperature.

Nutrition Facts per serving: 200 calories, 17g fat, 2g saturated fat, 0mg cholesterol, 14mg sodium, 11g carbohydrates, 3g sugar, 4g fiber, 6g protein (www.eatingwell.com)

Adventures In Learning

April 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, April 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 - KCPT "Penguin Chick"

Session 2 - 10:45 am

Shea Bergman, KC Community Gardens

Raised bed gardening with summer vegetables.

Leigh Elmore, Rice-Tremoni Home

Leigh will be speaking about the home and his passion about the need to preserve the vestiges of our past.

Noon Forum

Doug Morgan, Blue River Express

Musical group who plays Blue Grass, Country and Gospel Music.

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 April**

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.

April 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	22 Adventures In Learning	23
24	25 Breaktime Tai Chi Chih	26 Exercise	27	28 Exercise	29	30

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

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 2016! 2016 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 **first** 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 .

Fat Basics 101

For years, we have heard to eat low-fat or fat-free foods. Are those really the best choices for us? What about those "healthy" fats that we are forgetting about? The topic of dietary fats can be very confusing; what is good for me and what is bad for me? Knowing the difference between saturated, trans, polyunsaturated (omega-3s and omega-6s), and monounsaturated (omega-9s) fats is key to picking a well-balanced diet.

We will start with the "bad": saturated and trans fats. Why are these considered bad? These fats can negatively affect your health by increasing "bad" cholesterol (LDL), decreasing "good" cholesterol (HDL) and increasing your risk of developing coronary heart disease. We understand that bad cholesterol clogs arteries and good cholesterol helps to clear arteries, so why even eat saturated or trans fat? With the exception of artificially made trans fats, these fats do not need to be completely cut out, just consumed in moderation. The American Heart Association suggests that Americans eat 1% or less of their calories from trans fat and 7% or less from saturated fats.

Saturated and trans fat can still be found in many foods including animal products, doughnuts, potato chips, margarine and shortenings. Make sure to double check food labels under "total fat" to ensure you are not consuming too much of these fats and watch for the term "partially hydrogenated oils" in the ingredients list.

Now for the "good": polyunsaturated and monounsaturated fats. Remember these fats are also called omegas. Why are these considered good? These fats can positively affect your health by improving cholesterol levels; reducing your risk of heart attack, stroke, and diabetes; aiding in fat-soluble vitamin absorption (vitamins A, D, E and K); helping cell development and healthy nerve activity; and by keeping the immune system healthy. With a list like that, who wouldn't want to eat these healthy fats? Recommendations for adults 19 years and older state that 20% to 35% of your total calories should come from fat. Remember to consume the main portion from the healthy fats.

Omega-3 sources include oils such as canola, flax and soybean; walnuts; fish such as herring, mackerel, salmon and tuna; algae; and Omega-3 eggs.

Omega-6 sources include oils such as canola, corn, olive, peanut, safflower, soybean and sunflower; nuts such as almonds, cashews, hazelnuts, peanuts, pecans, pistachios and walnuts; eggs and dairy.

Omega-9 sources include oils such as canola, olive, peanut, sunflower, safflower; nuts such as almonds, cashews, macadamias, peanuts, pecans, pistachios, hazelnuts and walnuts; avocados; eggs; dairy; meat and poultry.
(Raytown - Dietitian, Teequa Knapp <1542Dietitian1@hy-vee.com,)

Shepherd's Center of Raytown
Kristina Peters, Executive Director
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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!