



# The Shepherd's View

Volume 26 Issue 5

May 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.

### Inside this issue:

SCR News and Notes	2
Adventures in Learning	3
Calendar of Events	4
Volunteer Corner	5
Board of Trustees 2016	6



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

## MAY Facts about May

According to the early Roman calendar, May was the third month. Later, the ancient Romans used January 1 for the beginning of their year, and May became the fifth month. May has always had 31 days.

Several stories are passed around to show how the month of May was named. The most widely accepted explanation is that it was named for Maia, the Roman goddess of spring and growth. Her name related to a Latin word that means *increase* or *growth*.

May is one of the most beautiful months of the year in the North Temperate Zone. Usually the snow and ice are gone and the hot temperatures haven't arrived. The first garden begins to sprout in May. The wild flowers are blooming, and the trees and grasses have turned green. Wild flowers that bloom in different parts of America are the forsythia, dogwood, violets, and jack-in-the-box. Many birds have built their nests, and mother birds are sitting on the eggs, which will soon hatch.

Memorial Day or Decoration Day is observed, in most states of the United States, the last Monday in May. It is a legal holiday and is observed in memory of those who died while serving the United States in war. The graves of the war heroes are decorated with flowers. It was first observed in 1866.

Mother's Day was first observed in 1908. It was designated by Presidential proclamation, and was recognized officially by Congress and the President in 1914. It is celebrated in honor of Mothers on the second Sunday of May.

Armed Forces Day is celebrated the third Saturday of May. The United States honors the men and women of the military services. The Armed Forces Day Celebration combined the Army, Navy, and the Air Force in 1950. Prior to that year, they had been held at separate times.

The Kentucky Derby takes place on the first Saturday in May at Churchill Downs, Louisville, Kentucky. It is the most famous horse race in the United States. (<http://www.entourages.com/barbs/may.htm>)

## SCR News and Notes

### Mid-Continent Library May Offering (816-252-3052)

#### Chess Free Play —May 7, 2016, Saturday at 1:00 PM

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.

#### Book Club—3rd Thurs. at 10:00AM & 3rd Tues. at 6:30 PM

Join us for fun and fellowship as we discuss plots, characters, and styles in various books. Call the branch (816-353-2052) to reserve your spot and check out the upcoming titles. ([list all groups](#))

#### ONE-ON-ONE BEGINNING INTERNET CLASS FOR SENIORS—Thursdays at 11:00 AM

Sign-up for one hour of hands-on basic internet instruction. This one-on-one instruction offers very beginning instruction for those who want to learn about the computer. Learn how to use a mouse and keyboard. Also, learn about various browser tools you can use in searching the internet. Available by appointment only. For adults.

**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!

## Memorials

In loving memory of :

Virginia Schwieterman

From: Ruth & Steve Schwieterman

In loving memory of:

Miller & Norma Brooks

Connie McPherrin

From: Floyd & Helen Anderson

EatingWell Frozen Mochaccino  
Serves 2 (about 1 1/3 cups each).

All you need:

- 1 cup double-strength brewed coffee or espresso (see Tip)
- 1 cup Hy-Vee low-fat milk
- 2 tbsp unsweetened natural cocoa powder (not Dutch-process), plus more for sprinkling
- 2 to 3 tbsp pure maple syrup
- 1/8 tsp vanilla extract
- 1 or 2 ice cubes, if needed

All you do:

1. Freeze coffee in an ice cube tray until firm, at least 4 hours or overnight.
2. Combine the frozen coffee cubes, milk, cocoa, maple syrup to taste and vanilla in a blender. Pulse until smooth, adding plain ice cubes if you want it thicker or a little water if you want it thinner. Divide between 2 glasses, dust with a little cocoa powder, if desired, and serve immediately.

Tip: Double-strength coffee or espresso gives you the best coffee flavor when making blended or iced coffee drinks. If the coffee isn't strong enough, the drink will taste watered-down. To brew double-strength coffee, use twice the amount of grounds as you normally would for a regular cup of coffee. Espresso is strong enough brewed regularly.

Nutrition Facts per serving: 127 calories, 2g fat, 1g saturated fat, 6mg cholesterol, 73mg sodium, 24g carbohydrates, 2g fiber, 5g protein. Daily values: 17% calcium, 7% iron. Source: adapted from Joyce Hendley for EatingWell. Raytown - Dietitian, Teequa Knapp <[1542Dietitian1@hy-vee.com](mailto:1542Dietitian1@hy-vee.com)>

# Adventures In Learning

## May 27, 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, May 23, 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 - "The Native American Healing in the 21st Century"

Session 2 - 10:45 am

Steve Bankston, Raytown Tree Board President

Mr. Bankston will be speaking about the Board and how they serve the citizens of Raytown.

ElizaBeth Clayton, Village Hospice by John Knox Village

ElizaBeth's topic will be, What is hospice eligibility?

Noon Forum

Joanie Shields, Kansas City Fountain Board of Directors

Mrs. Shields will be discussing the history surrounding the fountains of Kansas City.

Please note that the July Adventures In Learning will be at a different location. Additional information to follow.

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 May**

Each month at Adventures in Learning, we collect items for the food pantry. This month will be **peanut butter, jelly, crackers and tissue or paper towels.**

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.

## May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Breaktime Tai Chi Chih	3 Book Club Exercise Class	4 <b>Chair Yoga</b>	5 Exercise Class	6	7
8	9 Breaktime Tai Chi Chih	10 Exercise Class	11 <b>Chair Yoga</b>	12 Exercise Class	13	14
15	16 Breaktime Tai Chi Chih	17 Exercise Class	18 <b>Chair Yoga</b>	19 Exercise Class	20	21
22	23 Breaktime Tai Chi Chih	24 Exercise Class	25 <b>Chair Yoga</b>	26 Exercise Class	27 Adventures In Learning	28
29	30 Breaktime Tai Chi Chih	31 Exercise Class				

### 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.
- **New-Chair Yoga**— Wednesdays, 10:30 am to 11:30 am Shepherd's Center offices **5110 Westridge Circle, Raytown, MO 64133**
- **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

***Council on Aging Senior Expo—May 5, 2016 at Raytown City Hall 9:00AM-12:00PM***

***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!***

***Adventures In Learning will be at a different location in July. See June Newsletter for that information.***

## 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 .

## Mindful Eating

What does it mean to eat mindfully? Mindful eating means paying attention to your actual eating experience – while at the same time enjoying it. It means submersing yourself fully into your meal, without multitasking. This can be tough especially in today's fast-paced world. Many studies have shown that eating while watching television or doing other activities at the same time can lead to an increase in calories consumed. The overall goal of mindful eating is to base your food intake on physical cues (i.e. hunger) versus emotional cues. Finding time to slow down during meals and enjoy the food you are eating is very important to developing a healthy lifestyle. What are some important tips to incorporate mindful eating into everyday life?

- Eat slower. Take time to enjoy the food you are eating. Chew your food a little bit longer than you normally would. This will give your stomach time to tell your brain that it is full, and you might even taste new flavors.
- Enjoy silence. Eating does not necessarily have to be social hour. Meal time can be used as a time for reflection of the day or the upcoming week. Eating in silence may not work for families with children, but it can be a time to slow down from an otherwise fast-paced world.
- Shut off electronics (i.e. cell phones, television). Life as we know it can be very hectic at times. Make an effort to turn off the TV and put cell phones down. You may even learn something new from a family member or friend from engaging in conversation!
- Take pleasure in the flavor of your food. When people are in a hurry, they tend to not notice what or how much they are eating. Take time to notice all the different flavors in food. This is the perfect time to try that new recipe that you have been dying to try!

Start today by trying mindful eating in your everyday life by preparing nutritious, delicious meals and then taking the time to sit down and enjoy your hard work with family or friends. Start thinking about how you eat, and that might even change what you want to eat – for the better!

( Dietitian, Teequa Knapp 1542Dietitian1@hy-vee.com)

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

Non-Profit Organization  
U.S. Postage  
PAID  
Kansas City, MO  
Permit No. 2703



**A United Way Agency**

Time sensitive—Please deliver by May 2, 2016  
Return Service Requested

## **Shepherd's Center of Raytown Board of Trustees 2016**

President	Deena Kerschner
Vice President	Charlotte Melson
Secretary	Mary Jane Spradley
Treasurer	John Benson

James Brafford	Sarah Brooks	Ruth Calata-Knutter	Kim LeSage
Lee Meyer	Perry Morris	Ruth Schwieterman	Allan Thompson

**Shepherd's Center of Raytown couldn't do it without these dedicated individuals!**