



The Shepherd's View

Volume 26 Issue 8

August 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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August



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

It's easy to get sad as the carefree days of summer come to a close but before we go there, here are 10 bodacious quotes to reflect on the changing seasons.

And although I'll openly admit that I'm slightly sad to see the days get shorter and to see leaves on the ground, it's nice to know that we've got a few more weeks left and that the autumn months give us much to look forward to.

Let's collectively and softly say goodbye to summer and hello to autumn—

1. "Summer was our best season: it was sleeping on the back screened porch in cots, or trying to sleep in the treehouse; summer was everything good to eat; it was a thousand colors in a parched landscape; but most of all, summer was Dill." ~ Harper Lee
2. "Spring passes and one remembers one's innocence. Summer passes and one remembers one's exuberance. Autumn passes and one remembers one's reverence. Winter passes and one remembers one's perseverance." ~ Yoko Ono
3. "Don't cry because it's over, smile because it happened." ~ Dr. Seuss
4. "August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time." ~ Sylvia Plath
5. "Deep summer is when laziness finds respectability." ~ Sam Keen
6. "By all these lovely tokens September days are here, With summer's best of weather and autumn's best of cheer." ~ Helen Hunt Jackson
7. "What good is the warmth of summer, without the cold of winter to give it sweetness." ~ John Steinbeck
8. "People don't notice whether it's winter or summer when they're happy." ~ Anton Chekhov
9. "One must maintain a little bit of summer, even in the middle of winter." ~ Henry David Thoreau
10. "There is something deep within us that sobs at endings. Why, God, does every-thing have to end? Why does all nature grow old? Why do spring and summer have to go?" ~ Joe Wheeler

(<http://www.elephantjournal.com/2014/08/10-quotes-to-soften-the-end-of-summer-blues-jessica-sandhu/>)

SCR News and Notes

Mid-Continent Library May Offering (816-353-2052)

August 5, 2016, Friday at 2:00 PM—Armchair Travels

Sit back, relax, watch a travel DVD, and take a virtual travel tour of countries around the world. *(For adults)* Registration is required.

August 9, 2016, Tuesday at 7:00 PM—Putting the Magic into a Walt Disney World Vacation

Walt Disney World vacations are even more magical when they're well planned. Join Disney destination specialist and vacation planner Heather Balbi as she steps through the Disney vacation planning process, from resort options and park tickets to MagicBands and FastPasses. *(For adults)* Registration is required.

August 25, 2016, Thursday at 7:00 PM—Beginning Genealogy

Find out the fundamentals of beginning your genealogical research project. We will discuss organization, census information, vital records, and where to look for information. This is a beginner level class. *(For adults)* Registration is required.

August 30, 2016, Tuesday at 6:30 PM—Windows 10

Get an introduction to the layout of the Windows 10 operating system. Computers will be provided. *(For adults)* Registration is required.

SAVE THE DATE!!!! Metro Men's Choir to perform a benefit concert for Shepherd's Center of Raytown on November 5, 2016.

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!

Other Breaktime Clubs

Shepherd's Center Northland— Antioch Community Church— 4805 Antioch Rd. KCMO— Cindy Holms 816-452-4536

Shepherd's Center Blue Springs-Timothy Lutheran Episcopal Church, 425 NW RD Mize Rd. Blue Springs MO— June Schubkegal 816-228-5300

Cherry Limeade Infused Water Serves 4 (8 oz each).

All you need:

- 6 to 8 mint leaves
- 10 pitted cherries, cut in half
- 1 Key lime, sliced thinly
- Ice
- 1 liter water (still or sparkling)

All you do:

1. Muddle mint leaves in bottom of pitcher. Add pitted cherries, sliced lime, ice and water.
2. Let steep 30 minutes before serving.

*Other infusion combinations include:

1. Cucumber, lemon and sliced ginger-root
2. Lime, orange and rosemary
3. Raspberries, mint and lime

Nutrition Facts per serving: 20 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 10mg sodium, 5g carbohydrate, 1g fiber, 3g sugar, 0g protein.

Source: adapted from www.infusedwaterrecipes.com

(Raytown - Dietitian
<1542Dietitian1@hy-vee.com>)

Adventures In Learning

August 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...\$6.50 PLEASE NOTE PRICE CHANGE Effective August, 2016

**We MUST have your reservation for lunch by noon on Monday, August 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 - Blue Olanet Seas of Life "Tidal Seas"

Session 2 - 10:45 am

Open Class

This is a get to know you session. We are asking that people share information about themselves with other participants.

Woodneath Library - Susan Haley and Andie

They will be sharing information about "Generation Exchange". This is a storytelling project designed to increase social interaction between older & younger generations.

Noon Forum

Mayor Mike McDonough,

Mayor McDonough will be speaking about his duties as Mayor and about what is going on in Raytown.

A hot lunch will be catered for \$6.50 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 \$6.50 be mailed to the Shepherd's Center of Raytown office to cover the amount we will be billed for your reservation.

August 2016

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

Schedule of Events

- **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.
- **New-Chair Yoga**— Wednesdays, 10:30 am to 11:30 am Shepherd's Center offices 5110 Westridge Circle, Raytown, MO 64133
- **Adventures In Learning**—4th Friday January—November, 9:00 am to 1:00 pm, Raytown Christian Church, 6108 Blue Ridge Blvd
- **Breaktime Club**— available in Blue Springs and Kansas City North & Bouncing Back is undergoing changes at this time

Upcoming Events/Save the Date/Changes

Save the date for the 3rd Annual Senior Celebration Event is September 24, tickets on sale August 15!

The Metro Men's Choir will have a benefit concert for SCR on November 5, 2016. Look for additional details in the next couple of months .

SCR has had a long partnership with Crossroad Hospice. They have provided our Bouncing Back Program. Crossroads Hospice is making some changes in the way that program will be delivered. We will let you know as soon as we know what those changes will be.

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 second 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 .

Hydration and Sports

The warmer months are upon us, so staying hydrated is extra important! And with all the different varieties of sports drinks on the market and new ones coming all the time, how do you decide which one (if any) are right for you? While you don't want to dehydrate your body during physical exercise, you also don't want to drink unnecessary amounts of sugar or sodium. From a hydration standpoint, the goal during exercise to maintain proper fluid balance.

How do you ensure that you are maintaining proper fluid balance? You may often hear once you feel thirsty you are already dehydrated. This is why it is important to drink fluids throughout the day and not wait until reaching that point. Hydration status of your body should not be monitored by thirst though. It is not a good enough indicator, so there are other ways to check hydration status. How can you check?

Weighing yourself before and after physical activity is a good indication of fluid loss. For a pre-physical activity measurement, weigh yourself nude in the morning after using the bathroom. To ensure proper hydration, you can compare your weight after any physical activity. Weight loss is highly likely due to dehydration, so drink enough fluid to replenish yourself. Another good indication of hydration is urine color. The lighter the color, the more hydrated you are.

So how do you know how much to drink before, during, and after physical activity? Always check hydration status prior to any physical activity due to a wide range of fluid needs for individuals. Recommendations for liquid intake prior to physical activity are:

Before: 16 to 20 ounces of water or a sports beverage at least four hours before. 8 to 12 ounces of water 10 to 15 minutes before you start.

During: Choosing water or a sports beverage will depend on the length of physical activity. Drink 3 to 8 ounces of water for every 15 to 20 minutes of exercise for physical activity less than 60 minutes. If you plan on being active longer than one hour, drink 3 to 8 ounces of a sports drink* every 15 to 20 minutes. Be sure to drink less than one quart/hour during physical activity.

After: Check your body weight and monitor urine color to estimate hydration status. Drink 20 to 24 ounces of water or a sports drink for every pound lost during physical activity.

Shepherd's Center of Raytown
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!

Thank You!