



The Shepherd's View

Volume 26 Issue 9

September 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

September

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

A Goodbye and a Hello

Kristina's last day with the Shepherd's Center of Raytown was in early August. She has moved into a new position in the community. Kristina was Executive Director of the Shepherd's Center for 2 + years. We wish her a fond goodbye and lots of good luck in her new position.

And back at this Shepherd's Center is an 'old' face that many of you may not remember. Mary Hunt is filling in until a new director is hired. If you have been involved with this Shepherd's Center since its beginning, you may remember Mary as the first director.

Changes in technology are hard to keep up with in our fast paced world. Well, that goes double for someone (me) who has been away from the technically oriented business world for about 20 years. So...bear with me as we move forward together!!!



We have recently received memorial contributions to the Shepherd's Center:

In Honor of: Bill Nester, who had been a contributor of the Shepherd's Center of Raytown since we began. Bill's obituary was in a recent KC Star. He was a long time Civil Service Employee. Although we had worked in the same building (18 floors), I had never met him. He never failed to contribute to our annual fund drive.

We also received a memorial contribution from Brent Edmunds in honor of Melba Akers. Melba was a long time volunteer and supporter of this Shepherd's Center.

We are grateful for the memorials in honor of these two long-time supports of this Shepherd's Center.

SCR News and Notes

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

September 6, 2016, Tuesday at 7:00 PM

The Beatles: Band of the Sixties

Travel back to the 1960s, and explore the music of The Beatles beginning with the band's seminal visits to Hamburg, continuing through Beatlemania, and concluding with the release of "Abbey Road." Beatles scholar and author Aaron Krerowicz combines history and analysis for a fascinating trip complete with audio clips of music and band member interviews. *(For adults)* Registration is required.

September 13, 2016, Tuesday at 6:30 PM

Beginning Word (Sara)

Learn how to create, save, and print a document using Microsoft Word®. *(For adults)* Registration is required.

September 22, 2016, Thursday at 7:00 PM

Using FamilySearch (MGC Staff)

Find out how to get the most out of using the FamilySearch website. Learn tips on searching records, using the research wiki, finding family trees, using the Family History catalog, and more. This is a beginner level class.

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

Tropical Cucumber Salad Serves 4 (about 1 cup each).

All you need:

- 3 to 5 tsp fish sauce, to taste
- 1 tsp freshly grated lime zest, plus more for garnish
- 2 tbsp lime juice
- 1 tbsp canola oil
- 2 tsp light brown sugar
- 1 tsp rice vinegar
- 1/4 tsp crushed red pepper
- 1 medium English cucumber, cut into 3/4-inch dice
- 1 avocado, peeled, pitted and cut into 3/4-inch dice
- 1 mango, peeled, pitted and cut into 3/4-inch dice
- 1/4 cup chopped fresh cilantro

All you do:

Whisk fish sauce to taste, lime zest, lime juice, oil, brown sugar, vinegar and crushed red pepper in a large bowl until combined. Add cucumber, avocado, mango and cilantro; gently toss to coat. Serve garnished with lime zest, if desired.

Make Ahead Tip: Cover and refrigerate for up to 1 hour.

Nutrition Facts per serving: 169 calories, 11g fat, 1g saturated fat, 0mg cholesterol, 302mg sodium, 19g carbohydrates, 5g fiber, 3g protein. Daily values: 15% vitamin A, 45% vitamin C, 2% iron. (Source: adapted from Eating Well, Inc.)(Teequa Knapp 1542Dietitian1@hy-vee.com)

Adventures In Learning

September 23, 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, Sept. 19, 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 Planet Seas of Life "Open Ocean-The Deep"

Session 2 - 10:45 am

Midwest Animal ResQ, Erin Morse

This is a new animal shelter in Raytown. Erin will be discussing their services

Raytown Arts Council, Sharon Propst

Sharon will speak about the plays they do and upcoming events they have planned.

Noon Forum

Cave Spring, Al Maddox

Al will be telling us about the history of Cave Spring and the events that are held there every year.

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.

September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Holiday	6 Exercise Class Book Club	7	8 Exercise	9	10 St. Bernadette Church Fall Festival
11	12 Tai Chi Chih	13 Exercise Class	14	15 <i>Exercise</i>	16	17
18	19 Tai Chi Chih	20 Exercise Class	21	22 Exercise	23 Adventures in Learning	24 Senior Celebration
25	26 Tai Chi Chih	27 Exercise Class	28	29 Exercise	30	

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

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 Crossroads 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 volunteer 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.

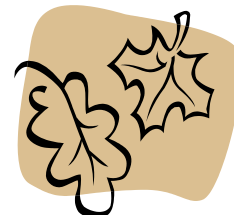
The SCR Exercise Class is in need of a person to share the duties of being the program coordinator. This person will share the duties of set-up, attendance, leading and counting the repetitions of the routine; Tuesday and Thursdays only, 8:30-9:30am

If interested or have questions, please call the SCR office at 356-9000 .

REMEMBER:

November Adventures in Learning will be November 18, the WEEK *before* Thanksgiving.

There will be NO Adventures in Learning in December



WANTED

Someone who enjoys doing research!!! Although I have not looked on line, this information is probably available on line. I will check with the experts on that subject. This Shepherd's Center would love to have one or two persons who would spend time in the Linda Hall Library at UMKC looking for potential grantors for this Shepherd's Center. There is a national publication that gives information about organizations that fund non-profits like the Shepherd's Center as well as one for Missouri only. We would be glad to show you the "ropes". Call Mary at the Shepherd's Center office for more information.

If you are computer savvy, you may find the same information on your computer at home!!!

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

Non-Profit Organization
U.S. Postage
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A United Way Agency

Time sensitive—Please deliver by Sept. 1, 2016
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Shepherd's Center of Raytown Board of Trustees 2016

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Secretary/Treasurer	Mary Jane Spradley

James Brafford	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!

Thank You!