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Living a life that matters.

Shepherd's Center Groups

You are invited to join any of these groups, and please feel free to share this information if you know someone else who may benefit. There is no cost.

Parkinson Support Group – With apologies, the Parkinson Support Group will be cancelled over the next few months due to the unavailability of our support group leader. Please contact the Shepherd's Center if you have any questions.

Parkinson Exercise Class – Class meets every Monday at 11 a.m., Trinity Community Church. Joshua Biles, professional physical trainer instructs the class on the last Monday of every month.

Prayer Shawl Ministries – Led by Joan Daniels and Betty Lloyd, meetings are held the second Wednesday of every month, 1:30 p.m. at Trinity Community Church, 5010 Parallel, KCK. Shawls are donated to Providence Hospital chaplains, who then distribute the shawls where they see the need. Prayer Shawls truly make a difference in the lives of those who receive one. Please call the Shepherd's Center for more information.

For more information regarding Shepherd's Center programs and services, call the office at (913) 281-8908 or visit our website at www.shepherdscenterkck.org.



Celebrating 25 Years of Service to the Community

The Shepherd's Voice

May 2012

A monthly newsletter of the Shepherd's Center of Kansas City, KS

Adventures in Learning



A free program of the Shepherd's Center held the third Friday of every month at First Baptist Church, 29th & Minnesota.

Everyone is welcome. You may drop in for one workshop or stay for the entire day. Please call by the Wednesday prior if you would like your lunch provided. (Lunch cost is \$4.)

The Adventures in Learning Schedule for May 18, 2012 is as follows:

9:00—10:00 a.m. Health Screenings (no cost)

Blood Sugar Checks by Spectrum Home Health. We recommend that no food be eaten 2-3 hours before blood sugar is checked. Blood Pressure checks by retired health professionals.

9:00—10:00 Registration and Fellowship

Refreshments available while you meet & greet.

10:00—10:50 Workshops (choose one)

Travelogue: "Ancient Israel" – Micah Sievenpiper, Intern, Immanuel Lutheran Church

Issues Forum: Bridgette Jobe, Executive Director, KCK Convention and Visitors Bureau

11:00 - 11:50 a.m. Workshops (choose one)

Words of Inspiration: (cancelled for this month)

History: "200th Anniversary of the War of 1812 – Part I, Ed Shutt, Local Historian

Health: "Philips Lifeline" – Clayton Hunter, American Red Cross Greater Kansas City Chapter

12:00 Noon: Lunch—\$4 or may bring your own

Menu: Chicken tortilla with cheddar cheese, salad, chuck wagon corn and stewed apples for dessert.

12:45 p.m. Program

Presiding: Melissa Bynum, Community Outreach & Program Director, Shepherd's Center KCK

Invocation: Micah Sievenpiper, Intern, Immanuel Lutheran Church

Program: "Conflict in Israel Today" - Micah Sievenpiper, Intern, Immanuel Lutheran Church

*Join us for Adventures in Learning.
Meet a friend, make a friend!*

Shepherd's Center Volunteer of the Year!

A warm congratulations to our very own Mary Anne Eisenbise as the 2012 Shepherd's Center Volunteer of the Year!

Mary Anne has been volunteering with us for more than 20 years and is one of our most loyal and productive volunteers.

For 18 years, Mary Anne has served as the Coordinator of Health Enrichment programming and was involved in many other of our special projects over the years.

Mary Anne's work with us has been featured in the Wyandotte Daily News. Thank you Mary Anne, for all that you do!



Top three announcements from the Shepherd's Center

Don't forget to bring your aluminum products to Adventures in Learning this month for recycling! Fred Henik, one of our wonderful volunteers, brings them to a recycling facility to help raise money for the Shepherd's Center. Thanks Fred!

Shepherd's Center offices will be closed on May 28th in observance of Memorial Day.

If you or anyone you know is interested in joining our Prayer Shawl Ministries group, please call the office for more information, 913-281-8908.

Shepherd's Center offers free Peer Support Training

If you are 50 years or older, and would like to volunteer your time in helping other older adults combat issues of depression and isolation, you are invited to participate in the Peer Support Program. The program is a partnership of the Shepherd's Center of KCK, the Wyandotte/Leav. Area Agency on Aging and the K.U. Office of Aging & Long Term Care. Made possible through support from the Healthcare Foundation of Greater Kansas City, the program seeks to assist older adults experiencing depression by pairing them with a trained peer. The program's mission is to decrease the negative symptoms of mental health issues (e.g. depression and anxiety) experienced by older adults, and improve their general well-being, allowing them to remain both in their home environments and active in their communities. Research indicates that access to care, financial burdens and stigma issues related to mental health treatment are barriers that often keep older adults from receiving services for difficulties such as depression and isolation. In addition, participants receiving services through the Peer Support Program have been more receptive to accepting help from their peers. Access is addressed as well, since the volunteers meet with participants in their own homes.

Melissa Bynum, Volunteer and Outreach Coordinator with the Shepherd's Center, will train small groups or even single individuals at your convenience. The training will take up to two hours. Once trained, willing volunteers are then matched with a participant, and together the volunteer and participant spend about one to two hours together a week for ten weeks - meeting, visiting and goal setting. After the ten week period is up, volunteers can either continue to meet with their participant, be matched with a new participant, or exit the program. To schedule a free training session, or for more information on this program, contact Melissa Bynum at 913-281-8908 or email melissab@sckck.org.



Linda Siemens

Message from the Executive Director

I recently happened upon an article published in USA Today on April 17, 2012. It was titled, "Happy? Positive outlook may be good for your heart." We all know how harboring anger, anxiety and depression can be a detriment to heart health, but this suggests that "being upbeat and optimistic just may help protect against heart disease."

Well that's great news, I thought. But then again... anger, anxiety and depression are complicated feelings. They often have the ability to outweigh the positive in our lives and keep us up at night. So how do we avoid those feelings, especially knowing they can shorten our lifespan?

The lead researcher for the study is Julia Boehm of the Harvard School of Public Health. "Optimism in particular seems key, as a number of studies found the most optimistic people had half the risk of a first heart attack when compared to the least optimistic, Boehm said."

This sounds like an easy answer, but for some of us, optimism may feel out of reach. There is one way we can at least learn more about how people can cope with negative feelings, and that is by attending a Peer Support training. It is set up not only to train people to become a peer support volunteer, but we also learn how to use a method of goal setting to overcome our barriers and feel better. It sounds obvious, but sometimes we just need to hear it... as we reach new goals, we become more confident in our lives and feel better.

Good and Faithful Servant

by Melissa Bynum

A pastor friend and I were engaged in a lively conversation recently, and he shared an interpretation on the story in Matthew of the buried talent (Matthew 25: 14-30). I've been contemplating that parable of late, and how it can relate to our work here at the Shepherd's Center. You know that the master left his servants in charge of his property and wealth while he was away. Two servants took the money given to them and invested it, doubling the master's money. But the third servant buried the talent, and when the master returned, made excuses for his behavior. "Sir, I knew that you were a hard man, harvesting where you did not sow, and gathering where you did not scatter seed, so I was afraid, and I went and hid your talent in the ground. See, you have what is yours." The first two servants were praised as "Good and faithful servants," but the third was rebuked as lazy.

These parables Jesus shares in the New Testament are teaching tools. In this case one might say that we've all been given gifts we are entrusted to invest wisely. Burying our talents will serve no one – not our master and certainly not ourselves. We make poor choices and then create excuses to justify our behavior.

In our busy lives, let's stop and ponder this parable. Are we hiding our talents, or are we investing them and therefore earning interest? The Shepherd's Center is a great place to invest your talents (both time and treasure)! Our work and ultimately, our success, are dependent on engaging all of you – our good and faithful servants.

This newsletter is available online and via email. Please visit www.sckck.org to subscribe. Also, join us on Facebook!

Message from the Board President

Access to healthy food is such a widely discussed topic these days and leading the charge in finding solutions to the issue are local farmers. Wyandotte County has many farmers working to make sure that fruits and vegetables are available to all citizens. That's why it is important that we as a community support their efforts. Below is a list of local farmers markets. Support them if you can:

Rosedale Farmers Market

May 6 to September 30, Sundays 12-3 pm
340 Southwest Boulevard (corner of Rainbow Blvd and Southwest Blvd)
For more information contact:
www.rosedalefarmersmarket.com
info@rosedalefarmersmarket.com or
913-677-5097

Grinter House Market

April 14 to October 20, Saturdays
Grinter House Barn 1400 South 78th Street
For more information contact:
grinter@kshs.org (913) 299-0373

KCK Green Farmers Market

June - September
Strawberry Hill (6th and Ann)
Wednesdays 8am-1pm and Saturdays 9am-1pm
Juniper Gardens (3rd and Richmond)
Mondays 9:30am - 1pm
Catholic Charities (2220 Central)
Tuesdays 9:30am - 1pm
The market doubles the Senior Vouchers and the SNAP/Vision program.
For more information contact:
Rachel at (913) 909-1027



Andrea Generaux