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*Living a life that matters.*



An Affiliate of Shepherd's Centers of America

# The Shepherd's Voice

November 2013

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 Grace Lutheran Church, 3333 Wood Ave, KCK.

Everyone is welcome. You may drop in for one workshop or stay for the entire day.

### The Adventures in Learning Schedule for Friday, November 15, 2013

**9:00—10:00 a.m. Health Screenings (no cost)**  
Blood sugar and blood pressure checks provided by Delores Homes, LLC  
**9:00—10:00 Registration and Fellowship**  
Refreshments available while you meet & greet.

#### 10:00 a.m. – 11 a.m.

**Travelogue:** Bolivia – video presentation by Mabel Shutt, Co-Chair, Adventures in Learning  
**Issues Forum:** Major Vince Davenport, KCK Police Department; "Major Concerns"

#### 11:00 a.m. – noon

**History:** The National Debt – presented by Ed Shutt  
**Health:** Making Sense of the Affordable Care Act – Mary Tritsch, AARP Kansas

#### 12:00 Noon: Lunch - \$4 or bring your own

**Menu:** Chicken Tortilla, salad, chuck wagon corn, stewed apples, milk

#### 12:45 p.m. Program

**Presiding:** Mary Hunt, Adventures in Learning committee member  
**Invocation:** Mary Hunt  
**Program:** YOU ARE THE PROGRAM! Bring an item that helps you describe your *thankfulness* as we enter this season of Thanksgiving!

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



### Join us for JOE INFO! Presentation: *Government*

*and Neighborhoods in Partnership:* The history of Community Policing and Liveable Neighborhoods.

Tuesday, November 19, 2013  
9am to 11am  
Trinity Community Church  
5010 Parallel, Kansas City, KS  
Free! No RSVP required!

## 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 Exercise Class** – Class meets every Monday at 11 a.m., Trinity Community Church.

**Parkinson Support Group** – Individuals with Parkinson's disease and their caregivers are welcome to attend. New members welcome. The November meeting will be on Monday, November 11; the support group meets each 2nd Monday after Exercise Class at Trinity Community Church, 5010 Parallel, KCK. You may bring a brown-bag lunch. For further information, please contact the Shepherd's Center at 913-281-8908 or Diane Lee at 913-432-4321 or [dianelee@att.net](mailto:dianelee@att.net)

**Prayer Shawl Ministries** – Led by Joan Daniels and Betty Lloyd, is rolling right along this Fall. The 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.sckck.org](http://www.sckck.org).

#### A sad note of passing:

Here at the Shepherd's Center, we were saddened to learn of the passing of Melora Rymer, one of our very faithful Creative Classes instructors. Melora's health had been failing, and she was unable to join her longtime co-teacher Betty Lloyd this fall. We are grateful to her family for suggesting memorials to the Shepherd's Center of KCK. Melora will certainly be missed by all of her students and her friends here at the Shepherd's Center!



Top three announcements from the Shepherd's Center

1. DID YOU KNOW? So far this year, our Shepherd's Center volunteers and partners have completed more than 50 home repairs for older adults in our community?
2. All these repairs were possible because of our wonderful Repair Volunteers: Fred Henik, Dick Vogel, Steve McCue and Gary Long Sr.
3. We had a lot of help from partners along the way... thanks go to Baron Contracting, Buhrlie Plumbing and Richard Mabion, just to name a few. More to come!

## It is Annual Campaign Season !

This is the time of year that the Shepherd's Center of KCK reaches out to you, our faithful friends, and asks you to make a financial commitment, to ensure our ongoing programming. We hope you know by now that without you, there would be no Shepherd's Center. Included in this newsletter you will find our campaign letter and pledge form, along with an envelope. We sincerely hope you will take just a minute to think about all the ways we enrich the lives of our older adult population, and make a generous gift. We will still have our teams of volunteers gathering to track our efforts and make phone calls to donors. If you would like to help with that part of our campaign effort, we would love to have you – just call Melissa here at the Shepherd's Center office, 913-281-8908.

## Next Chapter Kansas City presents: *Learning, Memory and the 50+ Brain*

Thursday, November 14 from 6pm to 7:30pm

Where: KCK Community College Conference Center by the Lake  
7250 State, Kansas City, KS



Presented by Dr. Eric Vidoni, Research Assistant Professor, Dept of Neurology, University of KS Medical Center

Ask people who are 50 and over what concerns them most as they age and many will tell you they fear deterioration of brain functioning. Can't remember the name of that movie you saw last week or the actor who starred in it? Misplaced your keys again? Walked into a room to get something but can't remember what it was? These memory lapses happen to all of us but are they simply an annoyance or a sign of something more serious? Come hear Dr. Vidoni, Physical Therapist Ph.D. and Assistant Director of the Kansas University Alzheimer's Disease Center, talk about the latest understanding of what is normal aging of the brain vs. what symptoms we should be concerned about. And guess what....the news about the aging brain isn't all bad! This event is co-sponsored by the Next Chapter Kansas City program, Kansas City Kansas Community College, and Landon Center on Aging. Registration is required – please call KCKCC at 913-288-7660 to sign up! There is no charge to participate.



Melissa Bynum

## Message from the Interim Executive Director

It was great fun to drop in on our Shepherd's Center quilting group a few weeks ago. Shown here are Irene Rowe (left) and instructor Geraldine Strader. Irene showed me this quilt she is working on and Mrs. Strader was so pleased to let me know that Irene has been quilting with her since she first started teaching the class, some 16 years ago! I suppose given that she's been participating for that long, we can't really call Irene a beginner

quilter, now, can we! But I can tell you, our quilters get together and have a really nice time. I'm sure Irene learns a new thing or two and the quilts these ladies are creating are absolute treasures.

I also had the pleasure of stopping by Joan Daniels' Prayer Shawl group not too long ago. Seeing participants working on not only prayer shawls but other projects was very heartwarming, and I left with program ideas for Adventures in Learning, as well as names to add to our newsletter list. I love networking with our Shepherd's Center volunteers! Each spring and fall our Shepherd's Center helps to coordinate a variety of Creative Classes, providing fun, fellowship and learning to more than 75 individuals. Just one more reason I love our Shepherd's Center of KCK!



Meet Abbey Holtz, pictured here on the left. Abbey is a student of Occupational Therapy at University of Kansas Medical School. Abbey will intern with the Shepherd's Center of KCK during this school year and as you can see from the photograph, she is already hard at work! Abbey will be very valuable in helping us keep good records and data of our program outcomes. This data is imperative to have on hand when we talk with funders, or even just when we are out in the community talking about the Shepherd's Center. Abbey is trying to make her schedule allow her time to be with us at Adventures in Learning. That way she can experience much of what the Shepherd's Center of KCK is all about. Welcome aboard Abbey!

## Board of Public Utilities provides community grant to Shepherd's Center of KCK

We were thrilled to receive a Community Grant from our partners at the Board of Public Utilities. These funds will help support our Minor Home Repair program. We take calls daily from older adults who need help with repairs in their homes. We know this service helps to keep the older adult population in Wyandotte County living independently, contributing to their neighborhoods, and remain taxpaying homeowners. These older adult homeowners are all living on fixed incomes, and often do not have family close by to help. That is why we try to find ways to help when individuals call us for help. We are developing some nice partnerships in order to get things done. It is so heartwarming to receive this gift of support from our local utility. We will be able to make our small budget for repairs go a lot farther with this generous support. If you meet a BPU Board member while out and about, be sure you tell them thank you!

## Message from the Board President

Now in existence for 27 years, the Shepherd's Center continues to strive to expand its programs and offerings to the community. We are an **interfaith, multicultural, nonprofit organization that promotes and supports successful aging**. We offer programs like Adventures in Learning, Caring Calls, Creative Classes, Health Screenings, Minor Home Repairs, Friends for Seniors, Joe Info Coffee and Conversation, Prayer Shawl Ministries, Vials of Life, and our Parkinson Support Group & Exercise Class. Our Next Chapter Kansas City offers life planning programs, forums and book discussions. We depend on the help of so many volunteers and we SALUTE you all!

Volunteers are the heart and soul of the Shepherd's Center of Wyandotte County. We at the Shepherd's Center thrive and depend on volunteerism with all our programs. On behalf of the Board of Directors, I want to thank all our volunteers for their commitment to the Shepherd's Center. By working together, we improve the lives of many and create a positive and healthy future for all our aging population in Wyandotte County. I thank you for generously sharing of your time and talents to make our community a better place.

The biggest benefit people experience (and we hear from people who have volunteered in one capacity or another) is the satisfaction of incorporating service into their lives and making a difference in their community, or country for that matter. Other benefits include solving problems, strengthening communities, improving the lives of those who need it most, improved physical and mental health and greater life satisfaction, connecting to others and in the meantime, transforming our own lives while doing so. It is not too early to volunteer. It has been proven that people who get into volunteering while they are still working will be most likely to continue to volunteer in the future.

For a vast majority of seniors who volunteer, their community service helps define who they are. According to research conducted for the Home Instead Senior Care® network, nearly 100 percent of North American senior volunteers say that, when compared to other things they do in their lives, volunteering is important. One in five senior volunteers says it is the most important thing they do. There are still opportunities to volunteer in one or more of the programs. We look forward to hearing from you, and we thank you for your support and service to the Shepherd's Center.



Carol Levers