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Living a life that matters.



The Shepherd's Voice

October 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, October 18, 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: New Zealand – video presentation by Mabel Shutt, Co-Chair, Adventures in Learning
Issues Forum: Mike Taylor, Public Relations Director for the Unified Government; "Legislation for 2014"

11:00 a.m. – noon

History: Wall Street – presented by Ed Shutt
Words of Inspiration: Sonja Griffith, First Central Church of the Brethren

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

Menu: Sandwiches, chips, baked beans, greenbean casserole, cookies.

12:45 p.m. Program

Presiding: Norma Jacob, Co-Chair, Adventures in Learning
Invocation: Pastor Sonja Griffith, First Central Church of the Brethren

Program: Hospice 101 (it's not just what you think it is!)
Cindy Bussjaeger, Good Shepherd Hospice

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



Join us for JOE INFO!

Presentation:

Planning and Zoning 101

Rob Richardson from the Unified Government's Planning and Zoning department will give information on new development as well as how Planning and Zoning works.

**Tuesday, October 22, 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 Support Group – Individuals with Parkinson's disease and their caregivers are welcome to attend. New members welcome. October meeting will be on Monday, October 14. 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.

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

Prayer Shawl Ministries – Led by Joan Daniels and Betty Lloyd, has started again for the 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.

Biscuit and Gravy fundraiser breakfast a success! THANK YOU!

We want to thank our Board members and volunteers who helped us with our breakfast event in September. We also want to share special thanks to Debbie Fowler and the residents at Manor Place Senior Apartments for hosting us at their lovely location. We were able to raise almost \$1000 for Shepherd's Center programming, thanks to everyone's generosity! If you've not been to the Manor Place Senior Apartments, you really need to check them out – located at 6016 Leavenworth Road, just north of the Industrial State Bank location.

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.



Top three announcements from the Shepherd's Center

Happy Birthday to Adventures in Learning! October marks our 27th birthday for providing this remarkable programming. Why not join us this month and see what all the fun is about!

We could use a few more handy Minor Home Repair volunteers! Word is out that the Shepherd's Center is helpful, and the calls are coming in. Do you know anyone willing to help with minor repairs? Call us at 913-281-8908.

Annual Campaign time is right around the corner. Please consider a gift that will help us continue to offer so many great programs in our community! Want to volunteer? Call us at 913-281-8908.

Deffenbaugh and Unified Government seek to “lighten the load” at our local landfill

The Unified Government of Wyandotte County/ Kansas City, Kansas has announced new options for disposing of your yard waste, in an effort to extend the life of the Deffenbaugh Industries landfill which serves our community. As of now, there are no yard waste restrictions to your regular trash service in Wyandotte County, however we have known for several years that our landfill is filling up. Therefore, the U.G has developed some alternatives for yard waste disposal, and has hopes that residents will take advantage of this opportunity to save space in the landfill.

- Beginning Tuesday, October 1, Wyandotte County residents can take yard waste to the Unified Government Recycling Center, 3241 Park Drive, and drop it off for free. Proof of residency is required, such as a driver's license. The Recycling Center is open Mondays from 8am to 1pm; Tuesdays from 11am to 4pm; Thursdays from 8am to 1pm; Fridays from 11am to 1pm; Saturdays from 8am to 1pm and Sundays from 11am to 4pm. The Recycling Center is closed on Wednesdays.
- Wyandotte County residents can also take residential yard waste to the Deffenbaugh landfill in Johnson County free of charge – with proof of residency. Grass clippings, garden trimmings, leaves and branches can be dumped in a designated site at the landfill without paying a fee. Deffenbaugh cannot accept stumps, logs larger than 12 inches in diameter or items more than four feet in length. Commercial material will not be accepted. The Deffenbaugh landfill is located at I-435 and Holliday Drive, just south of the Kansas River.
- The Unified Government and Deffenbaugh Industries will also begin work soon to create a subscription-based curbside yard waste pick up program. We will keep you posted as that program comes on line.
- Wyandotte County residents are also allowed to burn yard waster during certain times each year. Organic waste from your property can be burned between October 16 and November 15, however you MUST apply for and receive a burn permit from any KCK Fire Station before burning your waste.

This information was provided by the Unified Government Public Relations office.

Wyandotte County Prescription Drug Take Back Day – Saturday, Oct 26 10 am to 2pm

TAKE BACK LOCATIONS:

DeGoler Pharmacy

5701 State Avenue, KCK
21 North 12th Street, KCK
2040 Hutton Road, KCK
202 Oak Street, Bonner Spgs

Price Chopper

501 Commercial Drive, Bonner Spgs

Hen House

8120 Parallel Parkway, KCK

Walgreens

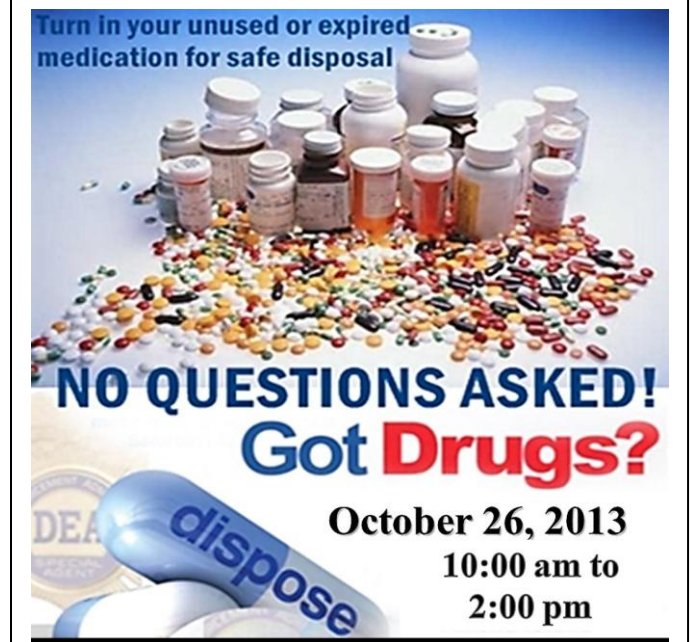
2850 State Avenue, KCK
7739 State Avenue, KCK

Bond Pharmacy

3017 Strong Ave., KCK (Argentine)

CVS Pharmacy

4645 Shawnee, KCK (Turner)
4300 Rainbow Blvd (Rosedale)



Sponsors: US Drug Enforcement Agency, Wyandotte County Sheriff's Department, Liveable Neighborhoods, KCK Police Department, Bond Pharmacy, Walgreen's, CVS, Rosedale Development Association, Bonner Springs Police Dept., Degoler Pharmacies, Hen House, Price Chopper, KCKCC, and the Regional Prevention Center – Mirror, Inc.



Melissa Bynum

Message from the Interim Executive Director

It finally feels like Fall is arriving, and I could not be happier! It is my favorite time of the year – enjoying football games with my family, eating favorite foods like comforting soups and chili, wearing cozy sweaters. I enjoy our seasons here in Kansas, but the relief from Summer's heat is always welcome. For us here at the Shepherd's Center, Fall is not a time to slow down. In fact, things seem busier than ever. We are getting ready to begin our annual fundraising campaign, and we're going to need your help. This effort takes time, but is vital to the continued success of our organization. Without your gifts and talents, we can't offer our programming. So, like everything else we do, this effort is volunteer driven. If you are interested in helping us with our

annual campaign, please give me a call at the office.

On another note, people around town must be hearing about our successes with our Minor Home Repair program, as I am taking at least 2 calls per day from older adults who have need of some kind of work at their homes. Some requests are small, but many are quite large. I try to manage this volume of calls the best I can, but the reality is, for right now, we have way more calls for help than we have handymen helpers to assist them. So, I am making this request to any and all who have skills that could be helpful. We need your help. We base our repair program on the same value upon which all our work is based – older adults helping and working with and for other older adults. However, we also try to seek resources to help homeowners who are trying to maintain their homes. We've had some amazing successes, but we could sure use more hands helping! If you know anyone that would be interested in volunteering time and talent, please contact us.

Message from the Board President

October is here, and so is the Affordable Healthcare Act. All libraries, together with the American Libraries Association, are joining to assist anyone to navigate through questions about the Affordable Healthcare Act. If you need assistance call or visit your local library.

The Kansas City Kansas Public Library has gathered resources to help educate the public about signing up for health insurance under the new Federal Law. On our website (www.kckpl.org) we will have the Health Insurance Marketplace Resources page with links to the government websites where you will be able to ask questions and receive assistance in applying for this coverage. If a person is 50-64 and is uninsured, there is a new way to get health coverage for the insured as well as their family. Financial help may also be available to cover some of the costs depending on the income level of the applicant. For those over 65 your Medicare benefits are protected. The health care law protects your guaranteed benefits so you can always get the care you need when you need it. Library staff will be available to provide information regarding access to these resources.



Carol Levers