



757 Armstrong Avenue, Kansas City, KS 66101

ADDRESS SERVICE REQUESTED

Nonprofit
U.S. POSTAGE PAID
Kansas City, KS
Permit No. 110

Living a life that matters.



An Affiliate of Shepherd's Centers of America

The Shepherd's Voice

September 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, September 20, 2013 is as follows:

9:00—10:00 a.m. Health Screenings (no cost)
Blood sugar and blood pressure checks provided by **Delores Homes, LLC**

FLU SHOTS by the American Red Cross



The price for flu shots is \$30. Clients can pay with these insurance plans - Blue Cross Blue Shield, Humana, UMR, Coventry, Advantra, Medicare Part B and all Medicare B replacements. With insurance, there is no co-pay and no money out of the pocket. Credit cards, checks, and cash are also accepted.

9:00—10:00 Registration and Fellowship
Refreshments available while you meet & greet.

10:00 a.m. – 11 a.m.

Travelogue: Bahamas – video presentation by Mabel Shutt, Co-Chair, Adventures in Learning

Issues Forum: District Attorney Jerome Gorman

11:00 a.m. – noon

History: Wall Street – presented by Ed Shutt

Health: Stress Management – presented by Cindy Bussjaeger, Good Shepherd Hospice

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

Menu: Tuna salad, potato salad, pea salad, rye bread, fruit delight dessert

12:45 p.m. Program

Presiding and Invocation: Mary Hunt

Program: Mission Trip to Guatemala, presented by Jim Hammons

Joe Info

our coffee and conversation series, presents a

Commoncents Workshop

9 a.m. to 11 a.m.

Tuesday, September 24

Trinity Community Church

5010 Parallel, Kansas City KS

During this Commoncents session, you will learn tools to live on a fixed income, organize bills, plan for retirement, plan for medical care and how to budget for it, and many other helpful hints on managing your money wisely. Presented by Ed Linnebur

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. Upcoming meetings are Mondays, September 9 and 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, will start up again on Wednesday, September 11, 2013. 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.



Top three announcements from the Shepherd's Center

Don't forget our Biscuit and Gravy fundraiser, from 8 a.m. to 11 a.m. on Saturday, September 14 at Manor Place Senior Apartments, 6016 Leavenworth Road. Our chefs are the best in town, and so is the fellowship!

Prayer Shawl Ministries will begin again at 1:30 p.m., Wednesday, September 11 at Trinity Community Church.

Join a committee! Our Adventures in Learning committee is a good place to get involved in the Shepherd's Center of KCK. We always have room for more members and ideas!



Wyandotte County Seniors Awareness Fair

RESOURCES FOR SENIORS AND CAREGIVERS

Join your hosts:

A great line up of available resources:

- Home Care Assistance
- Hospice Care
- Senior Awareness Groups
- Information about aging in-place
- Affordable Housing
- Workshops
- And much more!

Visit website for a complete list and times

www.netgiver.com/dhal

Delaware Highlands Assisted Living and RESURRECTION LIFE WORSHIP CENTER

Friday, September 20, 2013

Free Admission - Free Parking

Friday, September 20, 2013

10:00 a.m. - 2:00 p.m.

RESURRECTION LIFE FAMILY

WORSHIP CENTER

6660 LEAVENWORTH ROAD

KANSAS CITY, KS 66104

Phone: 913-721-1400



We are happy to be a partner on the Senior Awareness Fair, above. We know it falls on the same day as our Adventures in Learning, but we encourage you to attend. And, if you come to Adventures in Learning, you could still get there before it ends, to check out these valuable resources.

BISCUITS AND GRAVY! YUM! YUM! YUM!

Join us from 8 a.m. to 11 a.m. on Saturday, September 14 at our Biscuit and Gravy fundraiser. We'll be cooking up breakfast at the Manor Place Senior Apartments at 6016 Leavenworth Road. See you there!

Message from the Interim Executive Director, Melissa Bynum

I am honored to serve as the Interim Executive Director for the Shepherd's Center of KCK. I've been filling this role for just a little more than a month, and it has certainly been a busy month! But, with the help and support of our volunteers and board members, we will continue to be true to our mission: The Shepherd's Center of Kansas City, Kansas is an interfaith, multicultural, nonprofit organization that promotes and supports Successful aging. Vision: Building a community that connects, values, engages and celebrates older adults.

Our creative classes for Fall are starting, our TALK Books program is offering wonderful selections with Kansas connections, we've got a biscuit and gravy fundraiser right around the corner, calls and coordination of minor home repairs continue, and we continue to find new ways to partner with other organizations to bring projects and presentations that we believe benefit our Wyandotte County citizens.

We were very pleased to join the United Way of Wyandotte County and Liveable Neighborhoods in August to bring Civility Training to more than 30 residents, including two Unified Government Commissioners. It was an enlightening and informational session and we thank Jennifer Wilding and Jari Holland Buck for spending a Saturday morning helping us learn new tools for productivity.

We want to promote and support successful aging. We want to help build a community that connects, values, engages and celebrates older adults – and we believe we are true to that mission and vision. Coming right up is our annual funding campaign. We hope you agree that together we do fulfill our mission and vision. With your help, we'll continue all of that – look for our campaign materials later this fall! Thanks for all of your continued support!

THE HUMANE SOCIETY OF GREATER KANSAS CITY
saving and improving lives since 1912

Speaking of partnerships..... we have a fun new partnership to tell you about!

Shepherd's Center of KCK is teaming up with the Humane Society of Greater Kansas City to help distribute a large quantity of cat and dog food they've been given by the Banfield Charitable Trust.

The Humane Society has asked us to help them share the word that they have this pet food available to residents who may have difficulty affording food for their cats or dogs. The food is designated for those on a fixed income, such as older adults. This food is available to individual pet owners, only – no groups. To make arrangements to pick up cat or dog food, please call the HSGKC at 913-596-1000.

In addition, the Humane Society wants to remind you they have wonderful (and fun!) volunteer opportunities for you to come spend time with a puppy or kitty.... Sounds like a perfect day to me!

And, they still offer low cost spay and neuter for your cat or dog, and have subsidies available for those on public assistance. Spay and neuter fees include vaccines for rabies and distemper, if needed. Spaying or neutering your pet contributes to its health, and it keeps the population of unwanted cats and dogs down. Visit the Humane Society at www.hsgkc.org

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