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May, 2017

The Shepherd's Voice

The Shepherd's Center of Kansas City, Kansas

23rd Annual



Living a life that matters.

EAT YOUR BREAKFAST!

A Harvard study has linked skipping breakfast to increased heart disease. The study looked at the health records of 27,000 men during a 16-year period and tracked their eating habits and overall health... the researchers found that those who skipped breakfast were 27 percent more likely to experience a heart attack or die as the result of coronary heart disease. The reason behind the increase is that prolonging the night's fast intensifies several risk factors that raise heart disease risk.

Leah Cahill, lead author in the study, describes the process this way: "As we sleep all night we are fasting, and so if we regularly do not 'break fast' in the morning, it puts a strain on our bodies that over time can lead to insulin resistance, hypercholesterolemia, and blood pressure problems, which can then lead to heart disease."

(from: Better Health, The Lutheran Church—Missouri Synod)

Dining with Diabetes—presented by K-State Research and Extension

This class is designed especially for people with type 2 diabetes and the program will help you learn the skills needed to promote good health. LOCATION: Keeler Women's Center, 2220 Central Avenue #214 DATE: Wednesdays, June 14, 21, 28 and July 5 from 12:30 to 2pm call 913-299-9300 to register.



Need to contact the Shepherd's Center?
Office phone: 913-281-8908
Melissa Bynum,
Executive Director
melissab@sckck.org
www.sckck.org
www.facebook.com/shepherdscenterkck

Building a community that connects, values, engages and celebrates older adults.
The Vision of Shepherd's Center of Kansas City, KS

An interfaith, multicultural, nonprofit organization that promotes & supports successful aging.
The Mission of Shepherd's Center of Kansas City, KS



NEW LOCATION!

NEW DATES!

Annual Used Book and Bric-a-Brac sale benefitting the Shepherd's Center of Kansas City, Kansas (an interfaith organization helping older adults in Kansas City, Kansas)

BARGAINS GALORE!!

8am to 5pm

Friday and Saturday

May 12 and 13, 2017

Turner Baptist Church

701 S. 55th St., Kansas City, Kansas

Donations will be accepted at the church beginning at 8am on Thursday, May 11. No clothing or magazines will be accepted. Call 913-281-8908 with questions or to schedule donation pick-up. Donations are tax deductible.

PS: We need volunteer help to organize and run the sale! Can you give us an hour or two on Thursday to set up, or Friday and Saturday of the sale? Call Melissa at the Shepherd's Center office, 913-281-8908 to sign up for a shift!



ALSO NEW THIS YEAR - BREAKFAST WILL BE SERVED ON SATURDAY MORNING

Join the members of Turner Baptist Church for breakfast at the sale! Church members will serve a breakfast casserole selection with a drink for only \$5 from 8am to 10am. Proceeds will benefit Turner Baptist Church programs.

ADVENTURES IN LEARNING INFORMATION ON PAGE 2!

ADVENTURES IN LEARNING

FRIDAY, MAY 19, 2017

EVERYONE WELCOME!



A free program of the Shepherd's Center held on the third Friday of every month at Grace Lutheran, 3333 Wood Avenue, KC Ks

ADVENTURES IN LEARNING, Friday, May 19, 2017

9:00a.m. - 9:45 a.m. Health Screenings & Fellowship

Medical assistants from the Univ. of Ks. Hospital will be available for blood pressure and blood sugar

10 a.m. to 11 a.m.:

Issues: Chief Terry Zeigler, Kansas City, Kansas Police Dept.
Travelogue: Ed Shutt will present Arlington National Cemetery

11 a.m. to noon:

Words of Inspiration: Rev. Stella Ruiz will present "Remembrance and Memorials"

History: Ed Shutt will present America and Wyandotte County in World War I

NOON: Lunch (\$5) Menu : Hamburgers, chips, baked beans, cookies

Provided by Wilson's Pizza and Sponsored by University of Ks. Hospital

Presiding: Woodyne Mann

Invocation: Rev. Cynthia Smart, Mason Memorial

Program: World War I Museum, presented by Terry Noland (commemorating the WWI Centennial)

CALL THE OFFICE TO RSVP 913-281-8908



ISABEL IRENE ROWE LEWIS (1929- 2017)

We will miss our dear friend Isabel Irene Rowe Lewis, who passed away in April. Irene and her husband Herb have always been so generous and supportive of all that we do here at the Shepherd's Center of KCK. Irene had a love of quilting and spent many years participating in our quilting class. She stepped forward to help our dedicated quilters continue to meet and quilt together, after the passing of our longtime quilting instructor, Geraldine Strader. Irene and Herb were present for almost everything we do here at Shepherd's Center, actively participating in Adventures in Learning, creative classes and of course helping and supporting at every fundraiser. Our prayers go out to Irene's family and to Herb, her amazing and caring husband and partner.

It's another Shepherd's Center

Prize Extravaganza

We have included here 6 drawing tickets and an opportunity for you to enter our drawing for these fantastic prizes. All you have to do is fill in your name and phone number, plus send along a (requested) donation of \$5 for 6 drawing tickets. (Yes, 6 for only \$5!) We will draw for these prizes this Fall, and we will notify winners by telephone. No purchase necessary to enter drawing, but donation is requested. Here's are a few items you could win:

Handmade quilt by Designer Quilting by Sylvia (Shepherd's Center board member Sylvia Kenner) - value \$400 (priceless, actually)

\$50 WalMart gift card

\$25 Amigos Cantina and Grill gift card

MORE TO COME!



Next Chapter Kansas City Informational/Networking Forum

Date: Tuesday, May 23, 2017

Time: 6 to 7:30 p.m.

Place: West Wyandotte Library Auditorium, 1737 N. 82nd Street, KCKS

Presenter: Deb Campbell, Founder and Executive

Director of Arts & AGEing KC

Description: Join us to learn about Arts & Ageing KC. Deb will also speak about the Creative Aging Movement, which focuses on the benefits of meaningful engagement with arts across the life span.

To register, please email karenh@sckck.org

Our 2017 Prize Drawing Extravaganza

To benefit the Shepherd's Center of Kansas City, Ks

Name: _____

Phone: _____

Prizes will be drawn in Fall, 2017

Winners will be notified by phone



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