



Shepherd's Center News

Older adults helping older adults pursue independent and active lives of quality, enriched and supported by learning and service activities in caring fellowship.

302 W. Market Street
Room 103
Greensboro, NC 27401
Ph: 336-378-0766
Fax: 336-370-4772
E-mail:
shepctr@bellsouth.net
Website: www.shepctr.org
HOURS: Monday-Friday
9:30am-3:30pm

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Winter Issue - December '08

How Old Am I?

One evening a granddaughter was talking to her grandmother about current events. She asked what she thought about the shootings at schools, the computer age, and things in general. The grandmother replied... "Well let me think a minute... I was born before television, penicillin, polio shots, frozen foods, Xerox, contact lenses, Frisbees and the pill. There were no credit cards, laser beams or ball-point pens. We had not invented pantyhose, air conditioners, dishwashers, or clothes dryers. Our clothes were hung out to dry in the fresh air, and man hadn't yet walked on the moon.

Your grandfather and I got married first...and then lived together. Every family had a mother and a father. Girls wore dresses and knew how to cook and sew. Every boy over 14 had a rifle that his dad taught him how to use and respect, and they went hunting and fishing together. Until I was 25, I called every woman older than me "Ma'am". And every man older than me "Sir".

We were before computer-dating, dual careers, daycare centers, and group therapy. Serving our country was a privilege, and living here was a bigger privilege. Draft dodgers were people who closed their front doors when the evening breeze started. Having a meaningful relationship meant getting along with your cousins. We thought fast food was what people ate during Lent. Time-sharing meant time the family spent together in the evenings and weekends... not buying condominiums.

I don't remember any kid blowing his (or somebody else's) brains out listening to a song by Doris Day, Elvis Presley, The Drifters, or The Platters. We had 5 & 10 cent stores where you could actually buy things for 5 and 10 cents. Ice cream cones, phone calls, streetcar rides, and a Pepsi were a nickel. If you didn't want to splurge, you could spend your nickel on enough stamps to mail one letter and two postcards. You could buy a Chevy Coupe for \$600, but who could afford one? Too bad, because gas was 11 cents a gallon.

In my day, grass was mowed, coke was a cold drink, rock music was a lullaby, Aids were helpers in the Principals office, and software wasn't even a word. We were the last generation to actually believe that a lady needed a husband to have a baby. No wonder people call us "old and confused" ... there is a generation gap.

HOW OLD DO YOU THINK I AM?

(answer on page 9)

Submitted by Jim Weikel

A Letter from Jean Eason, President of the SCG Board of Trustees:

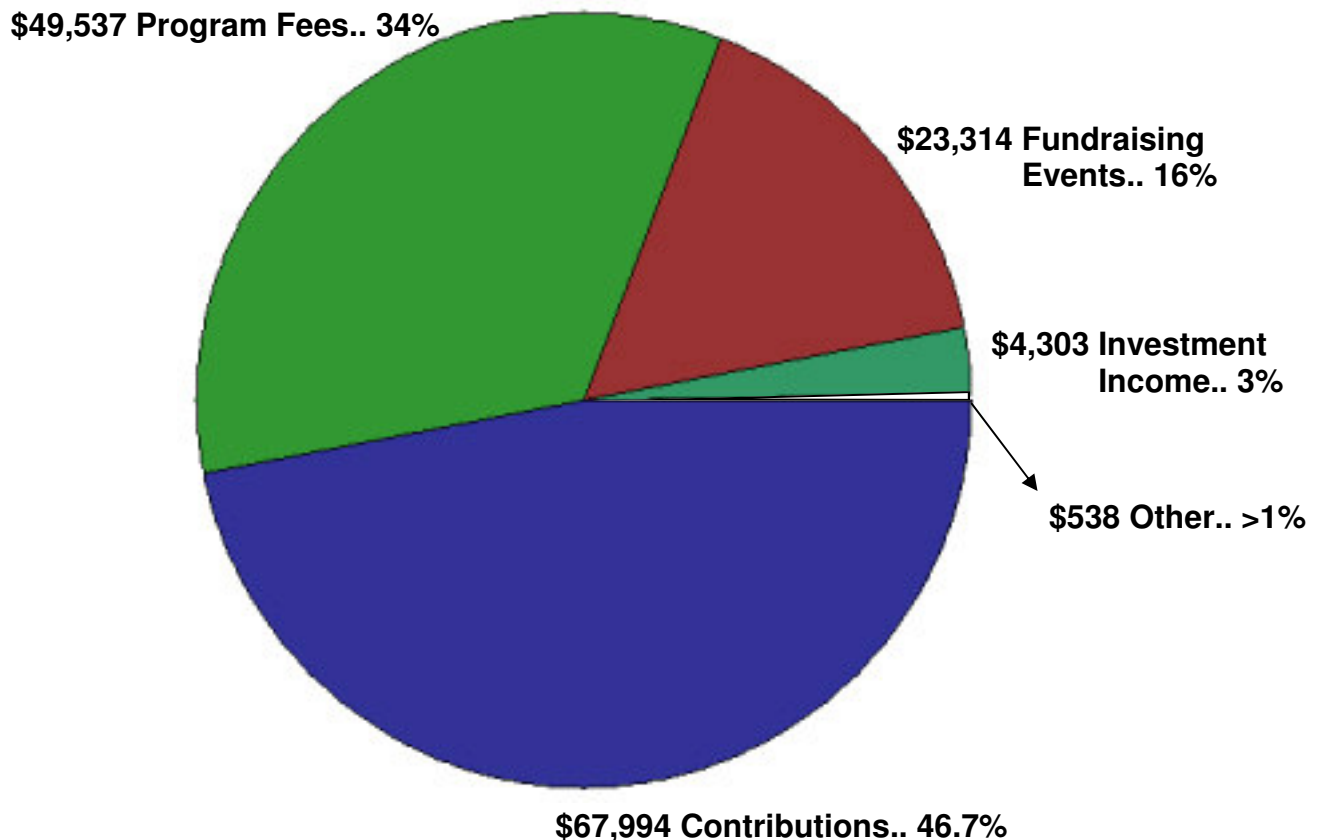
*The Shepherd's Center is a 21-year-old organization sponsored by 34 congregations in Greensboro. Our financial budget is modest, providing funds for part-time staff salaries and basic office expenses including printing and postage. **Our primary purpose is to organize and support retired men and women in using their time, skills and interests to help others remain independent and active in their older years.***

Perhaps you are one of those who have been volunteering and/or perhaps you have benefited from the generous activity of others. You are welcome in both capacities. And as you plan end of the year gifts, we hope you will consider a dollar donation to the Shepherd's Center to help this unique organization continue to serve you and others.

An envelope is enclosed within this newsletter mailing – please mail it back to us with your contribution. We pledge our faithful stewardship of all funds received and, in advance, we express the appreciation of hundreds of Shepherd's Center participants for this and all other assistance in the year ahead.

NOW ACCEPTING ONLINE DONATIONS AT www.shepctr.org CLICK ON "Donate"

2007 Income



Bequests, charitable trusts, gifts of stock or life insurance and other tax-saving planned gifts can be made to Shepherd's Center of Greensboro to support our mission of "older adults helping older adults". Please consult with your financial advisor to determine what's best for you. Call Lia Miller at 336-378-0766 or visit our website at www.shepctr.org and click on donate for more information.

Shepherd's Center Programs & Services

For more information call 336-378-0766.

Adventures in Learning-a six week series of life enrichment classes every winter, fall and spring. See blue insert.

CarePartners-in partnership with Adult Center for Enrichment, volunteers provide in-home respite, education and support for caregivers. For more information contact Anita Brock-Carter at (336) 274-3559.

DVD-VCR Tutor-receive assistance using your DVD or VCR.

Faces of Aging-meets at 1:30pm every second Monday at Mt. United Pisgah Methodist Church. This is a film series and discussion group featuring positive images of aging. In earlier discussions the group decided that old age was 90 years and better. Future showings will be: *Oh God!*, *Rooster Cogburn*, and *Ladies in Lavender*. See page 5 for more information or contact coordinator, Dorothy Fansler, at (336) 668-3558.

Home Handyman-minor in-home repairs such as rewiring lamps and small appliances, door/window locks, toilet tanks, minor leaks, hang pictures, install/test smoke alarms.

OtherWISE-provide local travel opportunities quarterly through volunteer leadership.

SeniorNet-see page 4 for more information about this computer education program.

Shepherd's Travelers-provide travel opportunities, through volunteer leadership, in day trips and events regionally.

Shepherd's Wheels-non-medical transportation provided by volunteers for one appointment per week to the bank, grocery store, post office, beauty shop, etc. Requests must be made 3 to 7 business days in advance by calling the Shepherd's Center at (336) 378-0766. *Shepherd's Center of Greensboro is seeking additional drivers to meet the increased number of requests.*

Shepherd's Wheels Southeast- announcing an extension of the Shepherd's Wheels program to the Southeast area of Guilford County! Wheels Southeast, with its own coordinator and list of drivers, is supported and funded by Guilford County Transportation and will provide one non-medical ride (of approximately 2 hours) per week for SE Guilford's older adults. Please call the Shepherd's Center office, (336) 378-0766, for more information.

Tax Counselors-Service will begin the first week in February 2009. Call the Shepherd's Center office at (336) 378-0766 to schedule an appointment.

Triad Elderhostel Alumni-in partnership with Elderhostel, Inc. to provide quarterly educational opportunities for seniors age 55+ interested in or previously engaged in Elderhostel travel/study initiatives coordinated by local volunteers. For more information contact coordinator Carolyn Herda at cherda08@peoplepc.com or (336) 855-3251.

Greensboro SeniorNet computer classes for persons age 50+ are taught by Shepherd's Center volunteers. They are offered monthly in the SeniorNet Learning Center provided by Friends Homes at 925 New Garden Road. Classes meet twice weekly in the morning (9:00 – 11:30) or afternoon (1:30 – 4); no weekends or evenings.



www.greensboroseniornet.com

SeniorNet courses are open to persons age 50+. A course fee of \$35 is assessed at the time of enrollment in an available class, except that the basic beginner course (4 sessions only) is \$25.

If you want to take a course within the next four months, complete the waitlist form below. Please select no more than three topics. Note if you have time limitations (e.g., mornings only or MW only). Send to Shepherd's Center of Greensboro, 302 West Market Street, Room 103, Greensboro, NC 27401. You will be contacted by telephone when we reach your name. Do not send any money until you are enrolled.

Name(s) _____ Phone number _____

Address _____ Zipcode _____

Do you have a computer? ___ If so, what version of Windows do you use? ___XP ___Vista ___other

e-mail address if available _____

FOR BEGINNERS: Do you know how to use a mouse and can you type? _____

If **NO**: _____ Put my name on the list for **FUNDAMENTAL SKILLS** (4 sessions)

A 10-hour prep course for absolute beginners to develop skill with mouse and keyboard and to learn computer terminology before taking any other class. Extra keyboarding class is available for those who need such training before moving ahead (please check here ___ if needed).

If **YES**: _____ Put my name on the list for **INTRODUCTION TO COMPUTERS** (8 sessions)

A 20-hour course using Works 2005 to introduce word processing, spreadsheets, databases, file management, and a brief experience with the internet and email. Fundamental vocabulary, mouse and keyboard skills are required first. Versions for XP ___ and Vista ___.

FOR ADVANCED STUDENTS:

The following courses require positive answers to these questions:

_____ *Do you own or have access to an online personal computer (not a Mac) for practice?*

_____ *Do you have the basic skills and experience outlined in our Introduction course?*

My answers are yes to the above two questions, so please put my name on the following waitlist(s):

_____ **INTERNET EXPLORATION AND E-MAIL** (8 sessions) *Internet Explorer basics, searching the web, organizing your browser, internet communications, cybersecurity.*

_____ **WINDOWS MANAGEMENT** (8 sessions) *How to best use and maintain your operating system (XP___ and Vista___ versions) Students must have these skills before taking the following classes.*

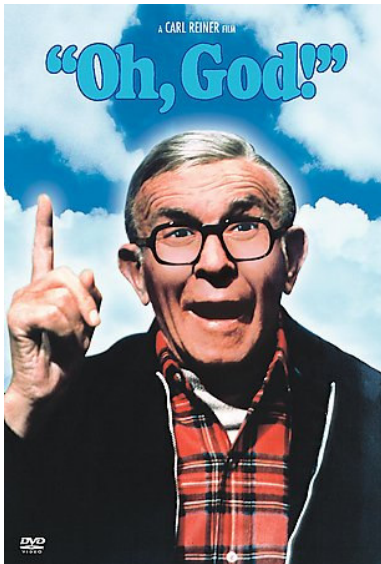
_____ **WORD PROCESSING** (8 sessions) *A full course on text preparation using MS Word 2002 or 2007.*

_____ **DIGITAL PHOTO IMAGING** (8 sessions) *Use Adobe PhotoShop Elements 6 to edit pictures.*

For more detailed information about classes, inquiries about home tutoring for housebound seniors, assistive technology for users with motor or visual limitation, or to volunteer to help with this Shepherd's Center program, contact SeniorNet Coordinator Jean Eason at 299-0993.

FACES OF AGING Film Discussions

Our search for positive images and values of “old-old” age will continue with monthly film discussions organized by Dorothy Fansler. In 2009, we will continue to meet on the second Monday afternoon each month at Mr. Pisgah United Methodist Church, 2600 Pisgah Church Road (at Battleground) in the Laws Parks classroom. Enter at the door marked “office”. There is NO registration required – just join us.



1:30 – 4:00 p.m. Monday – January 12th

Selected movies will be viewed and discussed by any and all who choose to attend. Movies under consideration:

Oh God! starring George Burns, Donald Pleasence, Ralph Bellamy, Teri Garr, Paul Sorvino, Barry Sullivan, John Denver, and Dinah Shore

Rooster Cogburn starring John Wayne and Katharine Hepburn

Ladies in Lavender starring Judi Dench, Maggie Smith, Daniel Bruhl, and Miriam Margolyes

All suggestions are welcomed!



We Want to Hear from YOU!

“It means so much that we have someone looking after our “senior citizens”. I recently found out that you have persons to help us with repairs around the house. I called and was real happy with the results. The person who came did a wonderful job of fixing my two doors. I truly thank you...”

-Mildred Burgess

“...Being a single senior citizen on a low fixed-income, I sincerely appreciate being able to have these jobs [by Home Handyman/woman] done. These gentlemen were very professional, patient and polite and did excellent work, and I thank them and the Center.”

-Judy Bell

“I am so grateful to you. It is tough on so many of us with the economy the way it is now. I’m on a disability pension and I cannot afford all the health care needed... I’m seventy two and each year gets tougher. I used to do volunteer work and it’s very rewarding and I wish I were able to do it now. I also feel badly to ask for help as do many. May God Bless All of You. When I called for a ride to the store today, I mentioned Mr. Horace Copeland. He and so many others like him I’m sure have a special place reserved for them in the next life.”

-Elizabeth Smith

SHARING GIFTS OF THE HEART

Volunteer Information Form

Shepherd's Center of Greensboro exists only because persons age sixty and over volunteer their time and resources so that they and all older adults may pursue meaningful and independent lives. If you would enjoy being a volunteer, please tell us about yourself by completing this form. THANK YOU !

NAME: _____ **TODAY'S DATE:** _____

ADDRESS: _____ **ZIP** _____

TELEPHONE: _____ **EMAIL:** _____

BIRTHDATE: _____ **CONGREGATION:** _____
(optional)

How many hours can you give in volunteer services? Daily ____ Weekly ____ Monthly ____

Please check the areas which interest you.

Committee Participation:

- Annual Celebration
- Life Enrichment Programs
- Computer Learning Center
- Service Activities
- Golf Tournament
- Sponsors' Council
- Fundraising Events
- Trips

Adventures in Learning:

- Class Instructor/Convener and Topic: _____
- Coordinators
- Registration Table
- Lunch Tickets
- Table Setup

Other Opportunities:

- CarePartners
- Newsletter (typing or mailing)
- Computer data entry
- Office Helper
- Drivers for Shepherd's Wheels
- Photographer
- Home Handyman
- Speakers Bureau
- Hospitality—Food and Beverage
- Other (please list) _____

If you have moved.....

Please fill out the top section of this page with your new address and check the box below. Mail to Shepherd's Center, 302 West Market Street, Room 103, Greensboro, NC 27401.

New address above

Sponsoring Congregations Older Adult Ministries

CONGREGATION	PROGRAMS	TIME/DATE	CONTACT
Beth David Synagogue	Vatikim-light lunch provided	Tues 11:45-1:00	Naomi Kaplan 294-0007
Centenary United Methodist Church	Friendship Club—bridge, lunch and program; trips	2nd Tues monthly 10:00am	Betty Chambers 288-6323
Christ United Methodist Church	Prime Timers, dinner \$6 Daytimers-55+, lunch \$5 Bridge Visitation to shut-ins, Travel, Events	3rd Tues monthly 5:30pm 4th Tues monthly 12:00pm 3rd Mon 2pm	Reservations call 299-1571 Anne Dooley 299-1571, ext306
College Park Baptist Church	Forever 39—covered dish lunch	Last Friday monthly	D. Thompson 299-4800
College Place United Methodist Church	Bereavement Meal, Special Events Visitation, shut-ins Trips		Carol Campbell 299-3690 Fay Hunsucker 282-2969 Ann Mills 292-2219
Faith Presbyterian Church	Chair Exercise Senior Play Day	10:15 Tuesdays 12:00pm Thursdays	292-5704
First Christian Church Disciples of Christ	The Vintage Bunch-lunch & entertainment Senior SS class; Caring Friends	2nd Wed 11:30am	Reservations 273-4725
First Presbyterian Church	Friendship Day— program/lunch Exercise, devotional, bridge, bingo, crafts Program is free. Lunch \$5.	Thursdays 10:00-12:00pm	Russell Sherrill 478-4706 r.sherrill@firstpresgos.org
Guilford College United Methodist Church	65+; Senior Prom; Luncheon with program; day trips	Sept-May, 4th Wed	Gay Fischer 292-7832
Holy Trinity Episcopal	TWIGS-weekly Bible Study	Wed 4:00pm	272-6149
Mt. Pisgah United Methodist Church	JOY—Just Older Youth XYZ's	55+ travel quarterly and other activities 55+ 3rd Sat 6:00pm	Ed Allred 288-3321
St. John's United Methodist Church	Prime Timers lunch and fellowship	2nd Tuesday monthly	299-3866
Starmount Presbyterian Church	Care Circle; Stephen Ministry; Church Visitors	Call for times	299-8131
Temple Emanuel	Friendship Circle	1st & 3rd Thurs 12:00pm lunch & program	Leah Strulson 292-7899
West Market Street United Methodist Church	Older Adult Ministry Council Time Out –trips & events Friendship Club Sewing Group Knitting Group Walking Club Home Bible Study Singing for nursing homes Heritage Sunday & Lunch Worship/Communion-homebound	Mondays monthly Wednesdays 10am Fall & Lent 4th Sun April	Charles & Mary Belle Gilbert 288-4664 Bill Ellison 275-4587
Westminster Presbyterian Church	JOY Group Lunch in Fellowship Hall	4th Tues 12:00pm	Suzanne Andia 299-3785

Did you miss your congregation on this list? Please submit your information by calling 378-0766.



Tax Assistance

Beginning the first week of February 2009, the reliable, expert income tax counselors of Shepherd's Center, under Clay Hall's capable leadership, will be assisting people with their 2008 Income Tax Returns. To schedule an appointment please call the Shepherd's Center office at 378-0766. This assistance will be offered by appointment only, Monday through Wednesday in Room 102 of West Market Street United Methodist Church (enter the church from the entrance on Commerce Street).

On the day of your appointment, please remember to bring your forms for 2008, as well as a copy of your 2007 tax return, W-2's, a list of deductible expenses, and other relevant income documents.

There is no charge for this service; however, Shepherd's Center does accept and appreciate any donations.

Trying to find a gift ...

for the person who has everything?



Consider a gift certificate for Shepherd's Center activities.

- For: \$20.00 -one person can attend an Adventures in Learning session
 \$36.00 -one person can have six lunches at Adventures in Learning (\$6.00 each)
 \$50.00 (approximately) -one person can take a Shepherd's Travelers trip

A gift certificate in any other amount can be used for other activities as the recipient chooses.

Although gift certificates may be given at any time during the year, special holiday gift cards have been designed with images from the Fall 2008 Adventures in Learning Watercolor Class.

Crumbs from the Table of LIFE

Inspiration and perspiration are related by more than rhyme.

If you don't know what to do, it's harder to do it.

One thing I always love about my birthday... being around for it.

Age should be a license, not a limitation.

The best opportunities in life come at the worst possible times.

People who never get carried away... should be.

To lead a full, rich life money helps. To lead a merely rich life money ruins.

The undriven don't get there.

Optimism for the young is natural, for the old it's a necessity.

Thank You For Your Gifts!

Annual Fund Contributions

Aug. 1 - Nov. 15, 2008

Frances Bullock
 Alan & Sally Cone
 Mr. & Mrs. W.S. Cross
 Edward K. Crothers, Jr.
 John Forbis
 Virginia H. Forrest
 Douglas Galyon
 Marilyn & Edward Gideon Jr.
 Thorpe Jones
 Seymour & Carol Levin
*(Levin Foundation,
 In honor of Joe Kent)*
 Albert S. Lineberry
 John Macrae
 John McDonald
 Florence Melvin
 Mr. & Mrs. Everette Mills, III
 Mr. & Mrs. Richard B.
 O'Neal
 Artemis Thames

Individual Contributions

Aug. 1 - Nov. 15, 2008

John Achey
 Doris Anderson
 Daniel R. Bowman
 Doris Byerly
 Florence Bynum
 Ann Cameron
 Jean Caudle
 Margaret Coltrane
 Horace Copeland

Adella Cumbie
 Dora Mae Darnley
 Robert N. Davis
 Richard Decoste
 Ruth Doggett
 Mary Ellen Earp
 Dorothy Fansler
 A. C. Forrester
 Nita Gaines
 Joan Gantz
 Carolyn Garlington
 Ethel Headen
 Maxine Heath
 Dan & Boots Hinkle
 Myra Holt
 Lois Hunt
 Rita Satloff Jacobs
 Renie Jefferson
 Annette & Wade Jenkins
 G. B. Jordan
 Stuart & Naomi Kaplan
 Sophie Ladniuk
 Margery Lane
 Claudel Lassiter
 Eleanor Layton
 Lucy Leary
 Carolyn Lewis
 Judy Lockhart
 Suzanne Malloy
 Muriel Martinek
 M. Ellen McFadyen
 Alice Misselbeck
 Doug & Barbara Moore
 Isabelle B. O'Neal
 Wilhelmina Parker
 Jennie Pelligra
 Frank Pequigney
 Margie Pope
 Todd D. Poston
 Clementine Pupillo
 Gloria Radney
 Robert Ramos

Mrs. Robert Ramos
 Sandra Redding
 A. Lee Royal
 Evalyn R. Ryan
 Phyllis Shavitz
 Elizabeth Smith
 Marian Solleder
 Annie Springs
 Myra & David Stand
 Mavin & Jack Steele
 Dr. Michael A. Stoller
 Margaret Wagoner
 Joyce Weiskopf
 Grey Wood
 Norm Wren

In Memory Of:

Aug. 15-Nov. 15, 2008

Ada Jane Washington (Routh Challenge)

Dianne Kathryn
 Mr. & Mrs. Frank R. Gessner
 Stuart & Naomi Kaplan
 Sara & David Mandalinich
 Joe Kent
 George & Kitty Robison
 Graham & Shirley Darden
 Margery T. Sienkiewicz
 Rose McConnell
 George & Kitty Robison

Peggy Ridgway (Routh Challenge)

Lois J. Robison
 Donald C. Jones
 Gail R. Kaliebe
 Al Jeby
 Tony Tripp
 Ken Ciffo

Joe Shereda
 Lisa Ilardi
 Despina & Lawrence
 Sullivan
 John & Karin Belle-Isle
 Fran Bowman
 John Dunbar & Karin
 Belle-Isle

Beverly Jean Berry
B. Lee Fentress, Jr.
Eleanor S. Friday
Nathaniel P. Hayes, Jr.
Henry Ingram
Martha Bright Maddox
Walter & Elizabeth Ray
James T. Roach
Camille Schiffman
Warren S. Search, Jr.
Robert P. Williams
Katherine R. Williams
 George & Kitty Robison

In Honor Of:
Aug. 15-Nov. 15, 2008

George Anne Awe
 Christel Bullock

Fred Cromartie
 Belle & Harold Faust
 Judith C. Bell

Bob Ingram
 Margie Pope

Joe Kent
 Seymour & Carol Levin
 Sue Marsh
 Diana Clark

Phil Koch
 Eleanor Layton

**Phil & Anne Koch in honor
 of their 50th Wedding
 Anniversary**
 Bill & Anne Crooks, Jr.

Ernest Lee
 Judith C. Bell

Charlie & Mary Routh
 Louise Jones
 Marggie Samuel

Charlie Routh
 Willard & Evon Dean
 Charles Nielsen
 Mary Anna Scales
 Georgia Sprinkle
 J.P. Williams

Jim Weikel
 Conrad Jones
 Merle C. Frazier

Routh Challenge
Endowment
Aug. 15 - Nov. 15, 2008

Doris W. Armenaki
 Margaret W. Brooks
 Carol H. Campbell
 K. Norman & Ruth T. Coble
 Faye & Bill Ellison
 Sherri R. Forrester
 Margaret E. Griffin
 Mandy G. Lotz
 B. David Meyers
 Lia Miller
*(In honor of Charlie
 Routh)*
 Blake L. Morrison

Betty & Joe Mullin
 W.D. Poole
 Rita M. Reilly
 Kitty & George Robison
 William C. & Winnie F.
 Smith
 Georgia Sprinkle
 Well Spring Retirement
 Community

*Contributions received
 after November 15 will
 appear in the Spring 2009
 issue of the newsletter.*

Shepherd's Center of Greensboro
302 West Market Street, Room 103
Greensboro, NC 27401

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DATES TO REMEMBER:

Sponsor's Council Friday, December 12

Board Meeting Friday, January 2

Faces of Aging Monday, January 12

Adventures in Learning begins. Thursday, January 15

Office Closed:

Winter Holiday Wednesday, December 24 - Friday, December 26

New Year's Day Thursday, January 1

Martin Luther King, Jr. Holiday. . . . Monday, January 19

*Older adults helping older adults pursue independent and active lives of quality,
enriched and supported by learning and service activities in caring fellowship.*