



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.

22nd Annual Celebration

October 5th at Starmount Presbyterian Church

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



Featured speaker Rev. Dr. Arnetta Beverly has had many firsts in her life. In July 2008, she joined St. Matthews United Methodist Church as the first female pastor in the church's 143 year history. Her strong belief in community connections is evident in the signifi-



cant outreach she encourages through the church members. "There are wonderful values that were once held dear by communities that somehow got lost... My belief is we need to reclaim these values," says Arnetta.

St. Matthews works with many community organizations and recently became a sponsor for Shepherd's Center. "I used to think 64 was old. Now I find that's not true. We all have a purpose and we each have gifts within us that sometimes come clear with age," she smiles.

Arnetta was born in Greensboro in 1946 and grew up in Lexington, NC. She attended Winston-Salem State University School of Nursing before moving to New York City in 1964. In 1968, she graduated from the American Academy-McAllister Institute of Funeral Service and was a licensed funeral director and embalmer. She also served as a member of the 30th Precinct Investigations Unit of the New York Police Department.

Returning to North Carolina in 1976, she was employed by the Davidson County Sheriff's Department and attained the rank of sergeant in the Civil Division and line patrol.

In 1984, she received an Associates in Arts Degree from Davidson County Community College and in 1986 received the Bachelor of Arts Degree from Shaw University in Raleigh. That same year she was appointed the first female pastor of Chestnut Grove UMC in Davidson County and Piney Grove UMC in Davie County where she served until 1992.

Dr. Beverly became the first African American to be elected to Lexington City Council in 1987 and was re-elected in 1989. She served until resigning to take a pastoral appointment at St. John UMC in Eden and Chapel Hill UMC in Reidsville, both in the northeast District of the Western NC Conference. She received her Master of Divinity from Duke University Divinity School in 1992.

The first African American female on the Western NC Conference, she served as Director of Nurturing and Ethnic Ministries from 1998 to 2001. She received her Doctor of Ministry Degree from Drew University in Madison, NJ in 1999. In July 2001 she became the first African American female appointed

→
Cont.

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Fall Issue - August '09

→ *Cont.* to the Cabinet and served as the Northeast District Superintendent until 2007. In July 2007, she became Director of Connectinal Ministries in the Western Carolina Conference and Southeast Jurisdiction of the UMC, again making history as the first African American female in this position before returning to her birthplace of Greensboro. "It's been 10 years since I've been involved in the life of a local church. This is the most wonderful experience for me at this time in my life," Arnetta smiles.

In response to her extensive accomplishments Arnetta says, "*Can't* is not in my vocabulary. I do what I commit to doing, even if I don't know how when I make the commitment."



22nd Annual Celebration

Monday, October 5th

Time 11:30am

Cost \$10

Starmount Presbyterian Church

3501 W. Market St.

Greensboro, NC 27403

Registration Procedures

Note: Pre-registration is required

- Fill out the registration form below, and mail along with your payment to Shepherd's Center of Greensboro, 302 West Market Street, Room 103, Greensboro, NC 27401. Make checks payable to **Shepherd's Center of Greensboro**.
- Cost includes program and lunch.
- Registrations must be received by **3pm Thursday, Oct. 1st**.
- Make a copy of this registration form for your records.
- Groups may mail individual forms together. Make copies of form as needed.
- **Registration fees are non-refundable.**

(Please Type or Print Clearly):

Name _____

Mailing Address _____

City, State, Zip _____

Telephone _____ E-mail _____

Special Needs _____

Emergency contact: (Name & Phone Number) _____

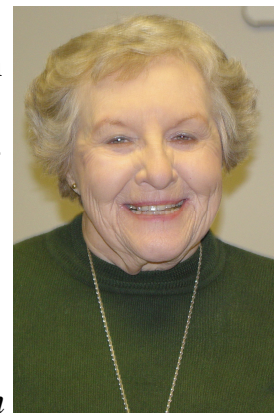
Church or Synagogue _____

Opinions of past writing classes...

In anticipation of the Fall Adventures in Learning program coming up in October and after having heard of one or two remarks about someone younger than 50 years of age instructing the last writing class, it seems an appropriate time to address my past experiences in being exposed to the two different series of writing lessons. The first one in the winter was taught by an established Senior Author and the second in the spring by two UNC-G Journalism Students. In comparing these two, the first was of writing memoirs and the author walked us through her years of struggles and experiences demonstrating a need for descriptions and to steer away from repetition. Her love of writing draws one into the story and then uses terms to help you envision the area and people she introduces. In turn our spring weeks started with more spontaneity. We were given prompts with allotted time frames and/or a word or group of words to write brief timed descriptions. We also invented a character and did a serial story on it. Both sessions spoke to us of using words and descriptions to stimulate our memory and recall. I personally gained a love for both approaches and felt it was most invigorating to flirt with the exposure of intergenerational ideas and insight; in addition, to grow from the stability and success of the author and her knowledge and publications.

To feel more comfortable in exposing my ideas openly in this Newsletter, I approached my classmates (8 out of 12) from the most recent classes as to their feelings of this and was given a unanimous approval rating. Several had also attended the first class and loved the difference we encountered. In the words of one, namely Peggy Christenbury, who was asked for comment, she writes "Andrew and Chris, UNC-G Grad Students, took a group of ladies who were being hesitant to write fiction and challenged each of us to think outside the box. By giving us lists of words and a limited time to write, we found untapped creativity that sparked a desire to explore other avenues of writing. Their youth and enthusiasm infused us all to continue meeting and writing throughout the summer. I personally feel the Write On Greensboro class meshes so well with Sandra Redding's Memoirs Writing; for it is in learning different styles from a variety of teachers that we truly find our own unique voice."

In summary, I personally hope I never age into not being broadened and heightened by younger ideas and feel that I would have been deprived had this class not been in existence due to no instructors or cancelled due to the age factor. An added plus to this class was the experience these two young men gained from all of us, for I felt they seemed a little overwhelmed in the beginning. Their education had to be broadened after listening to the memories of our various seasoned lives--a win-win for us all.



Written by Renie Ledwell-Jefferson

HELP WANTED

Shepherd's Center was created to provide opportunities for retired men and women to help each other. Their goal is to remain active and caring as well as cared for. Most likely you are one of those who have benefited in some manner from the gifts given by others, and perhaps you are also one of those who know the personal benefit of being active and caring.

Your Trustees and Sponsor Representatives have spent considerable time this summer in suggesting ways to expand the opportunities designed by volunteers for the benefit of our older adult community. Board committees have now identified a number of potential new education/enrichment activities and services to help maintain quality of life for you and others.

I will appoint a dozen or so small task forces (3-5 persons) to research each of these ideas and make recommendations to the Board of Trustees before the end of this year. And I'm hoping that fifty or more persons reading this will see an idea they are willing to help explore (involving a few hours of work this fall).

After you review these options,
please give me a call at 299-0993 to discuss your own interests and participation.

- _____ Expanded OtherWISE program -- weekly enrichment and fellowship in addition to Adventures in Learning, SeniorNet, and Shepherd's Travelers (e.g., local outings, films, table games, craft demonstrations, speakers??)
- _____ Shepherd's Men's Breakfast group (weekly)
- _____ Wheelchairs at public libraries
- _____ Personal Shoppers (on behalf of a shut-in)
- _____ Annual weekend focus project (such as SpringThing, collection for Barnabas, ?)
- _____ Weekly arts and crafts activities
- _____ Driver review workshop
- _____ Parish Nurse consultation workshop
- _____ ElderStories (reminiscence by shut-ins)
- _____ BoomerVisions (New Directions after Retirement)
- _____ New fundraiser events and ideas
- _____ Census of elderly shut-ins (over age 75 or 85)--with congregations & other community organizations; to include immigrant community)

Thanks --

Jean Eason, President, Board of Trustees

FACES OF AGING

In September, we will view **MRS. PALFRY AT THE CLAREMONT** starring Joan Plowright and Rupert Friend.



Possible features coming up are:
THE KINGFISHER starring Wendy Hiller and Rex Harrison
LADIES IN LAVENDER with Maggie Smith and Judy Dench
ROOSTER COGBURN starring Katharine Hepburn and John Wayne

Join us at Mt. Pisgah UMC the 2nd Monday of each month at 1:30pm. All are welcome!

THOSE WHO SEE

To those who see
 bare branches -
 and know they hold the buds of spring

To those who see
 stars falling in the heavens -
 and know the constellations will remain forever

To those who see
 long lines of geese fade far beyond -
 and know they will come back again to nest

To those who see
 With wonder in their hearts - - and know
 What glories there can be -
 for **THOSE WHO SEE...**



Roanoke - October 13th

Lunch at the historic Roanoke Hotel and walk to the Art Museum of Western Virginia or shops nearby.
Cost - \$50 (includes lunch, tax & gratuities, museum admission, bus fare)

Located in Center in the Square, next to the Historic Farmer's Market, visitors to the Art Museum will discover visually-stunning exhibitions, creative programs, and an engaging interactive center for all ages. The Art Museum features a permanent collection of nineteenth and twentieth century American art, decorative arts, and works by Southern artists and presents exhibitions of both regional and national significance.

✂ *Depart from First Lutheran Church parking lot at 9am, return 5:30pm.*

Please complete a form for each person traveling and submit with full payment of \$50 to reserve your space for the Roanoke trip. (Registration deadline is Sept. 30)

Name _____ **Phone** _____

Address _____ **Zip** _____

Emergency Contact _____ **Phone** _____ **Relationship** _____

Congregation _____

Please make check payable to Shepherd's Center and mail to 302 West Market Street, Room 103, Greensboro, NC 27401.



OtherWISE

Visit the NC Zoo on Nov. 12th
Via the PART bus departing at 8:55am
from the Greensboro Depot (Slip 16)

Return at 4:55pm. Seniors 60+ bus fare \$2. Seniors 62+ zoo admission \$8.



Name(s) _____ Phone _____

Address _____ Zip _____

Emergency Contact _____ Phone _____

Relationship _____

Please make check payable to Shepherd's Center and mail to 302 West Market Street, Room 103, Greensboro, NC 27401. Please note "zoo trip" on your check.

Registration deadline: November 3rd.



Pinehurst - December 10th

Visit Southern Supreme Fruitcake Factory in Bear Creek, NC.
Enjoy a lunch buffet and shop at the Carolina Hotel in Pinehurst.

Cost - \$50 (includes lunch, tax & gratuities, bus fare)

Step back in time, when elegance defined grand hotels. Stately columns. Attendants taking care of your every need. And an entrance made for drama. Built in 1901, the Carolina Hotel is a National Historic Landmark.

From its humble roots, Southern Supreme has grown to its present size as an internationally known mail-order gourmet food company. Drop in to share a slice of fruitcake and coffee!



Depart from First Lutheran Church parking lot at 9am, return 4:30pm

Please complete a form for each person traveling and submit with full payment of \$50 to reserve your space for the Roanoke trip. (Registration deadline is Nov. 25)

Name _____ Phone _____

Address _____ Zip _____

Emergency Contact _____ Phone _____ Relationship _____

Congregation _____

Please make check payable to Shepherd's Center and mail to 302 West Market Street, Room 103, Greensboro, NC 27401.

Sponsoring Congregations Older Adult Ministries

CONGREGATION	PROGRAMS	TIME/DATE	CONTACT
Beth David Synagogue	Vatikim-light lunch provided	Tues 11:45-1:00	Beth Socol 294-0007
Centenary UMC	Friendship Club—bridge, lunch and program; trips	2nd Tues monthly 10:00am	Betty Chambers 288-6323
Christ UMC	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 UMC	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 Lutheran Church	FACEOUT - Lunch & Program Chair Yoga Homebound Communion Second Half of Life workshops	Tuesdays 11am Tuesdays 10am As Scheduled	June Simpson 315-9270 Doris Hansen 545-7568 Ellenor Shepherd 299-1398 Ray O'Neal 282-0633
First Presbyterian Church	Friendship Day— program/lunch Exercise, devotional, bridge, bingo, crafts Program is free. Lunch \$6.	Thursdays 10:00-12:00pm	Russell Sherrill 478-4706 r.sherrill@firstpresgos.org
Guilford College UMC	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 UMC	JOY—Just Older Youth 55+ travel and other activities XYZ's 55+	quarterly 3rd Sat 6:00pm	Ed Allred 288-3321
St. John's UMC	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 UMC	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

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. 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 and Keyboarding Workshop is \$10.



www.greensboroseniornet.com

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 e-mail. 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** (7 sessions) *Internet Explorer basics, searching the web, organizing your browser, internet communications, cybersecurity.*

_____ **WINDOWS MANAGEMENT** (7 sessions) *How to best use and maintain your operating system (XP ___ and Vista ___ versions)*

Students must have Windows Management skills before taking the following classes.

_____ **WORD PROCESSING** (8 sessions) *Text preparation using MS Word2002) ___ 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.

Thank You For Your Gifts!

Annual Fund Contributions

May 15 - Aug. 20

Jim & Betty Betts
John Broome
Herman & Barbara Cone
Nancy & Andy Courts
Paula Downer
Nancy Glenz
Eileen Goff
Nancy & Bernie Gutterman
Thomas Harmon, Jr.
Faye Hunsucker
Jim Metcalfe
Norma Nudelman
Fernand & Joann Schlaeppi
Phyllis Shavitz
Reyna Simon
Velma Speight-Buford
Thomas Ward
Carol & Thomas Wood
Earle & Lynette Wrenn

Individual Contributions

May 15 - Aug. 20

Katharine Bohrer
Audrey Bradt
Paul Brady
Martha Brewer
Sonia Callejas
Miriam Campbell
Jerry Campbell
Horace Copeland
Virginia Cornet
Thelma Greeson
Nader Hamidpour
Mary Harvey
Nina Haynie
Sharon Kern
Marion King
Mary Lou Merrell

Lois Oaks
Robert Ramos
Maria Rios
Elizabeth Rose
Phyllis Shavitz
Loretta Slaughter
Jack & Mavin Steele
Bonnie & Dick Thomas

In Memory Of:

May 15 - Aug. 20

Ruby Badgett Gregg

Mose and Doris Kiser

Norma Smith

Emily Boswell

Judy Beaver

Mary Westbrook

Jean Eason

In Honor Of:

May 15 - Aug. 20

Thomas Haizlip

Jennie Pelligra

Office Co-coordinators Tina

Bell Midgett & Jack Upton

Lia Miller

Floyd Nesbitt

Mildred Foushee

Eleanor James

Bessie Jones

Lillie Swan

Bob Newton

Barbara Walters

Charles and Mary Routh

Russell Atkinson

Charlotte Diehl

Charlie Routh

Miss Maude Middleton

Ruby Worley

Routh Challenge

Endowment

May 15 - Aug. 20

Tina Adams
Ken Anderson
Doris W. Armenaki (*in honor
of Charles & Mary Routh*)
Vernon & Dea Aune
Ursula J. Bandera
Roy & Doris Barbee
Nancy & John Baughman
Grady & Judy Beaver, Jr.
Otto Benfey
Mente & Joan Benjamin
Edward & Marilyn Benson
C.G. Bigham
Bob & Marie Bilbro (*in honor
of Charles Routh*)
Katherine Bohrer
Gayle W. Bowers
Paul Brackbill
Martha Brewer
S. David Brodsky
Julian S. Bullock
Walter Burch
Alice Burnell
Jerry & Miriam Campbell
Blanche L. Carter
Frederick & Elizabeth Carter
N. David Carter
Norma Chilton
Jean Cimler
Diana D. Clark
Patricia Cochran
Ann M. Coggin
Bill Craft
Mary & Ben Craven
Barbara Cummings
Delois Curtis
Ann B. Davis
Mary Lou Davis
Louise T. Deshaies
Frances H. Ducker
Faye & Bill Ellison
Gay A. Fischer
Grace Flannagen
Ruth Fulp

Joan Gardner
 Charles & Mary Belle Gilbert
 Marjorie J. Gittinger
 Thelma A. Greeson
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 Dr. Richard Harding III
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 William D. Maness
 Muriel Martinek
 Betty Masters
 Ann May
 Barbara McLoughlin
 Jim & Susan Melvin
 Tom & Judith Mincher
 Alice Misselbeck
 Nancy Purcell
 Leslie Negus
 Betty Jean Page
 Jane B. Pearce
 Harry Pike
 Buddy & Katherine Poole
 Grace Poore
 Donna & Don Pulitzer
 John S. Reep
 Sandra Richardson
 Suzanne Robbins
 Marion P. Ross
 Harry & Jean Rowden

John & Kay Sanders
 Mary Anna Scales
 Margaret Y. Scott
 Nancy Sherrill
 Homer Sink
 Colin Snyder
 Lillian Sowers
 Ernest & Jean Spangler
 E.W. Stanley
 Richard Stillings, Sr.
 Lyn M. Strickland
 Betty Terrill
 Emmett Tucker
 Anneliese Vaeth
 Gordon Washington
 Len & Judy White
 W. Fred Williams
 Jim Wilkinson
 Carolyn Witman
 Grey Wood

Lake Woods
 David Worland
 Francis D. Young

Contributions received after August 20 will appear in the Winter issue of the newsletter.

**The Routh Challenge
 progress report...**

We are delighted to report that over **\$79,000** has been pledged by individuals, trustees and past trustees toward the **\$100,000 Routh Challenge Endowment.**

As most of you know, long-time Shepherd's Center participants Charlie and Mary Routh have challenged Shepherd's Center of Greensboro to match their gift of \$100,000 by raising the same amount by December 31, 2009. "It's such a good program for the older people. We wanted to create an endowment to help with income for long-range operating costs," says Charlie.

Gifts to the Endowment Fund will support the Shepherd's Center's mission of "older adults helping older adults pursue independent and active lives of quality" as an extension of our sponsors' older adult ministries through education, enrichment and service.

We have just a few short months to raise the final \$21,000 required to match their gift of \$100,000 and meet the Challenge.

Visit our website at www.shepctr.org to learn more about our services and to make a contribution online. If you would like more information or want to make suggestions please call Lia Miller, Executive Director, at 336-378-0766.

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

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Congregational United
Church of Christ
Faith Presbyterian Church
First Baptist Church
First Christian Church
Disciples of Christ
First Friends Meeting
First Lutheran Church
First Presbyterian Church
Friendly Avenue Baptist Church
Grace UMC
Guilford College UMC
Guilford Park
Presbyterian Church
Holy Trinity Episcopal Church
Irving Park UMC
Mt. Pisgah UMC
Muir's Chapel UMC
New Garden Friends Meeting

Presbyterian Church
of the Covenant
Providence Baptist Church
Shiloh Baptist Church
Starmount Presbyterian Church
St. Andrews Episcopal Church
St. James Presbyterian Church
St. John's UMC
St. Matthews UMC
St. Paul Presbyterian Church
St. Pius the Tenth
Catholic Church
Temple Emanuel
Trinity Church
Unitarian Universalist Church
West Market Street UMC
Westminster Presbyterian Church
Westover Church

ASSOCIATE SPONSORS:

Crescent Rotary Club
Gate City Kiwanis Club
Greensboro Lions Club
Julian Lions Club
Pilot Club of Greensboro

DATES TO REMEMBER:

Office Closed Monday, Sept. 7 for Labor Day

Board Meeting Friday, Sept. 11

Sponsor's Council Friday, Sept. 11

Adventures begins Thursday, Oct. 1

Board Meeting Friday, Oct. 2

Annual Celebration Monday, Oct. 5

Faces of Aging Monday, Oct. 5

Board Meeting Friday, Nov. 6

Please consider honoring Shepherd's Center by including SCG as a beneficiary of your will or life insurance policy. For more information visit www.shepctr.org and click on "Donate" or call Lia Miller at 336-378-0766.