



Shepherd's Center News

Mission: *To help older adults pursue independent and active lives of purpose*

302 W. Market Street, Room 103
Greensboro, NC 27401
Phone: **336-378-0766**
E-mail: info@shepctr.org
Website: www.shepctr.org



Donald Owen Smith National Volunteer Leadership Award Honoree

Jim Weikel is one of the original founders of the Shepherd's Center of Greensboro in North Carolina. In 1986, he helped launch the exploratory task force of nine congregations to develop a Shepherd's Center to "to help older adults pursue independent and active lives of purpose." He has committed 26 years of active volunteer service to the Shepherd's Center mission. Today, at 90, Jim is an active Trustee Emeritus, involved with mentoring new board members, helping with special projects, and participating in plus supporting as many events as possible.



His commitment to the Shepherd's Center mission extends beyond Greensboro and includes service on the national board of trustees of Shepherd's Centers of America, advisor to developing centers, and chair of the first SCA national conference in 1994. Twenty years later, he participated in the 2014 national conference and encouraged other leaders at Shepherd's Center of Greensboro to attend "to get inspired about all we can do." During his service to local and national initiatives, Jim developed a friendship with both Elbert Cole, founder of Shepherd's Centers, and Donald Smith, for whom this national volunteer leadership award is named. It is fitting that he is the first recipient of this distinguished award.

Shepherd's Center of Greensboro values Jim as "a master at planting and growing seeds" that nourish the full range of seniors that are served. His volunteer service extends to the Adult Center for Enrichment, Creative Aging Network NC, Boy Scouts, Lions Club, Leadership Greensboro Seniors, Well•Spring community development, and the Senior Ministry at West Market UMC.

Jim is fearless in stating a thoughtful opinion or taking a discussion back to the mission of the organization. It's easy to see his charisma and feel his caring, open heart when you meet him. His unending commitment to service has left an indelible mark on so many older adults around the nation.

Congratulations to Jim!

The questions I'll want to ask myself when I'm ninety and looking back over my life are not...How much money did I make? How many titles did I receive? But rather...What did I stand for? Did I make a positive difference for others?

- Elizabeth Dole

CONGREGATIONAL SPONSORS:

- All Saints Episcopal Church
- Beth David Synagogue
- Christ United Methodist Church
- College Park Baptist Church
- College Place United Methodist Church
- Congregational United Church of Christ *
- Faith Presbyterian Church
- First Baptist Church *
- First Christian Church Disciples of Christ
- First Friends Meeting
- First Lutheran Church
- Grace United Methodist Church *
- Guilford College United Methodist Church
- Guilford Park Presbyterian Church
- Holy Trinity Episcopal Church *
- Irving Park United Methodist Church
- New Garden Friends Meeting
- Pleasant Garden Baptist Church
- Shiloh Baptist Church *
- Starmount Presbyterian Church
- St. Andrews Episcopal Church
- St. James Presbyterian Church
- St. John's Anglican Church (new)
- St. Matthews United Methodist Church
- St. Paul the Apostle Catholic Church
- St. Paul Presbyterian Church
- St. Pius the Tenth Catholic Church *
- Temple Emanuel *
- Trinity Church
- Unitarian Universalist Church
- West Market Street United Methodist Church*
- Westminster Presbyterian Church
- Westover Church

* founding congregations

ASSOCIATE SPONSORS:

- Greensboro Host Lion's Club
- Muir's Chapel United Methodist Church
- Sedgefield Women's Club

COMMUNITY NEWSLETTER SPONSORS:

- Pennybyrn at Maryfield
- Senior Asset Protection
- Spring Arbor of Greensboro
- Stifel, Nicolaus & Company
- Well•Spring
- Wheels 4 Hope

SCG Teaches Betty White to Surf!!

Technology has its good and bad elements, but being able to quickly find new information can be very compelling, even for someone like the wonderful **Betty White**. It's true!

(See page 4)

Winter 2014

A Note from SCG's Executive Director

Have you ever had a song that rotates in you mind at different times of the day? It stays with you in a haunting way. My current sound track is one of my mom singing "Counting Your Blessings" from the movie White Christmas. So today, in the midst of a busy holiday season and the crest of a new year, I count blessings of your support, the quality of our Trustee leadership, the volunteers who stay involved, and the great fortune to have Vickie as a co-worker in all we do for you. I know we are blessed to have Shepherd's Center in our community.

It is wonderful to find people everywhere I go who have a positive response to SCG. We plan to continue to live up to that reputation while we build some new programs and classes. Could we have imagined watching a room of seniors sitting with iPads and downloading apps? Or taking Tai Chi? Or jumping on a plane to San Antonio at age 80+?

Let's continue to pursue an active life, to live up to our mission and the ideals that Jim Weikel and our founders set forth for SCG. And, as 2014 ends, thank you to all our supporters for whom we are deeply grateful.

Please stay healthy and warm this winter, count your blessings and if you'd like to meet me for a coffee or cocoa, just call.




SCG Board of Trustees

- The Board has begun planning goals for 2015 plus revising the long-term strategies for SCG continuity.
- The Board of Trustees has a couple seats available with focus on financial/accounting experience, sales/support background, web management skills. Call Sandy to start the dialog!
- Re-launching committees with seats for volunteers not currently serving on the board—Resource Development, Annual Meeting and Special Event planning, Speakers Bureau and PR, or Congregational Sponsor Committees. Join us! Make the difference for SCG!

SCG Programs & Services ... announcements

- ◆ Adventures in Learning has a great fall line-up with many in-depth classes to choose from plus new Forum speakers (pages 8-11)
- ◆ Travelers, near and far! Our first trip will take place in March when 20+ fly to San Antonio. The next day trip will be to your favorite, Wohlfahrt Haus dinner theatre to see "Under the Boardwalk." (page 5) FYI: The Travel committee is researching another Dinner Theatre tour for fall and a two night trip to Charleston in Nov or Dec....stay tuned for details)
- ◆ Is a new computer with Windows 8.1 or a new iPad or iPhone on your wish list? When it arrives, check out the classes that can help you learn to really use this technology at ShepNet. (page 7) Classes resume in Jan-Feb.
- ◆ Our office will be very busy from Feb-April with the expansion of the Tax Prep program. We are excited to serve seniors with this great service, so share this service with your friends. (page 4)

Words of Thanks

A few notes to you from our participants:

- ♥ I love learning, so when I retired I got into computers and began teaching at ShepNet. After 5 years, serious health issues inhibited my ability to volunteer. Then I had to stop driving and needed your services. I depended on SCG for shopping...and the volunteers were like friends. I love them for all they do for me. God bless you all.

- Lambert

- ♥ Thank you—you have made a difference in our lives! My mom at 84 has dementia and has refused to participate in nearly everything we have tried to engage her in for the last 3 years...until now! Adventure in Learning and the "singing for fun" class has changed her desire to participate. She loves it and self-initiates singing around the house. It's a great way to start the day for all of us!

- with gratitude, Kim B

- ♥ I have enjoyed my time working with the people at Shepherd's Center. I like the uplifting feeling that perhaps I have contributed to such a worthy organization. We senior citizens of Greensboro are so fortunate to have access to the many helpful things provided by our local SC.

- Betty

** As we go to press, we sadly learned that our friendly rider and past volunteer, Lambert, has passed away. We miss his kind calls and are so glad we were involved in his life.*

VOLUNTEERS needed!

DRIVERS for Shepherd's WHEELS

Imagine trying to maintain your independence yet not having the ability to drive. **Our riders (60+) need your help** to take them to the grocery store, bank, post office and other personal care errands. Rides are within the city limits, limited to a max of 2 hours, between 9-4 on weekdays, and flexible to suit your schedule. Supplemental insurance and partial reimbursement for mileage is available through our RSVP link. **This critical service needs drivers as soon as possible!**

HANDY HANDS

Volunteers provide help with basic, indoor home repairs that enable older adults to maintain their home and stay independent. Repairs may include replacing bulbs/filters, basic plumbing issues, installing curtain rods, hanging pictures, checking smoke alarms, etc.

Art Director/Graphic Designer

Assist with marketing materials, brochures and promotional ads. Flexible time and the option to work on projects from your home/office.

Office Volunteers

Interest in working on computers to assist with data entry general office work. OV's are the first voice you hear when you call SCG and are the key people who connect older adults to services in the community. Current shifts are 9:30am-12:30 or 12:30-3:30, Monday through Friday.

Caring Friends

with Adult Center for Enrichment

If you prefer to work one-on-one with seniors who need your help and personal attention, we have a collaboration with ACE for Adult Day Care in respite settings (there are 4 locations in local churches). Help with games, activities, lunch and snack prep, field trips, and friendship. Your special talents or interests could be an added bonus for older fragile adults.

Your time = support to other seniors

Call 378-0766 to Volunteer!!

The Healthiest Client I Have Seen Today

One afternoon I received a visit from a nurse practitioner sent by the insurance carrier that writes my Medicare Advantage plan. She followed a protocol on her laptop and asked many questions about my medical history and lifestyle and performed a few simple medical examinations. When she finished she assured me that I was the healthiest client she had visited that day!

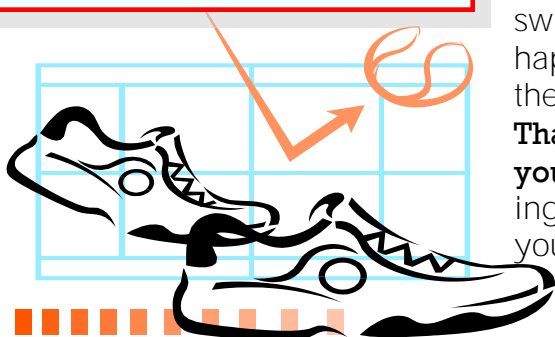
I thought about that later and pondered why I, at the time a seventy-seven year old female, was her healthiest patient that day. Was it good genes? Good diet? Good health care through the years? These are all undoubtedly important factors, but there is one question that apparently was not on the laptop protocol but should have been...there was no question about exercise.

I could have given her a lengthy answer that would have included yoga, Pilates, gym machines, ballroom dancing, and, most importantly, walking and hiking. For seniors, walking is probably the best exercise we can do. It provides a cardio workout that helps keep the blood pressure and heart rate down, it helps maintain flexible joints, and it contributes to maintenance of balance. Additionally, it helps with our emotional/psychological balance. In years past, when I was dealing with the illnesses of my husband and my aging parents as well as the day to day stresses of teenage children and a demanding job, I was convinced that walking helped me maintain my sanity. Walking or hiking can be done with a friend or two along, but for me it is usually done alone, providing an opportunity for meditation and enjoying nature as well as a chance to respond to other walkers whom I meet along the way. Have you walked on the new trails and greenways in downtown Greensboro?

We unquestionably need to keep exercise along with diet and regular check-ups on our list of wellness activities. So get out and walk, ride a bike, go bowling, swim, or try taking a dance class. It is hard not to be happy when you are moving to a waltz or executing the cha-cha...with friends or a close partner.

That way, when your doctor says "you need to move" you'll know she's not talking about packing and selling your house, but exercising in a way that keeps your heart beating to a healthy rhythm of life!

- Dorothy Mason



Tax Prep Counselors

Ready...Willing...Able...to help you prepare your

2014 Income Tax Returns

This year's tax volunteers are getting ready to study the latest rules and regulations that apply to all filings. So you need to start collecting your data and receipts. This year we begin on



February 2—April 8th

Mondays, Tuesdays, Wednesdays only

11:30am, 12:45, or 2:00 pm by appointment

Federal and NC State returns



We will begin accepting requests for appointments after January 20th.

Call 336-378-0766, Monday-Fridays, 9:30 am- 3:30 pm, to request an appointment.

On the day of your appointment, please remember to bring your forms for 2014, as well as a copy of your 2013 tax return, W-2's, a list of deductible expenses, a photo ID and other relevant income documents. **

New in 2015:
SCG will offer a "Drop-Off" service to seniors who chose to bring ALL their tax documents to the office, then come back within seven days to review the return for approval.

The services take place at West Market Street United Methodist Church (enter the church from the entrance on John Wesley Way/Commerce Street, elevator to Level 1, check in at Room 103.

There is no charge for this service but donations are greatly appreciated!

Project is part of the VITA (Volunteers in Tax Assistance) program of the IRS. Please note that there is a maximum limit of \$53,000 in annual income to qualify for this service.

SCG Teaches [BETTY WHITE to Surf!! \(cont.\)](#)

The Pew Research Center reported that 6 in 10 seniors use the internet (3.5 in 10 just 5 years ago) and 46% of seniors with computers use Facebook (not Twitter). While 77% of seniors are cell phone owners, only 18% have moved to the smartphone option...but that too is growing. Use of tablets or ereaders is now up to 27% with the ability to control font size and level of lighting a great asset.

Our ShepNet computer training has added iphone and ipad classes to their menu so that seniors who own the technology can use it to its fullest.

When Betty White, SCG office volunteer with a celebrity name, decided to try to learn more about the internet, we were happy to help put her online. She found a great apple **cobbler recipe and some new sites that are "so different and interesting."**

When you call SCG, all our volunteers will warmly answer your questions, but you just may be speaking to our most famous volunteer...while **she's surfing!**



Table Games



Love to play cards?
Interested in the challenge of
a new board game? Enjoy laughs & fellowship?

Then please join us for Table Games!

First Monday of the month

Mondays, February 2 - May 4

9:30am—2:00pm at Friends Homes West
6100 W. Friendly Ave.
\$8/wk. includes lunch

Register with Karlyn Shankland, 294-8436
on the Thursday prior to the
Monday session.

P.S. You don't need to be a pro; our group leaders will share the rules and guide you through the various

If you are ready to boost your tech skills, check out the ShepNet Senior Computer classes (page 7).



Singing, dancing, oldies and just plain fun!

Thursday, June 4, 2015

Wohlfahrt Haus Dinner Theatre

Wytheville, VA

Show: "Under the Boardwalk"

Cost: \$85.00 (includes transportation, lunch & gratuity)

We're taking you to the mountains for an afternoon of beach music!!

Reserve your seat now for a wonderful luncheon and Broadway Hit. "Under the Boardwalk" is filled with Carolina Beach music, a beloved trademark of the Southeastern seaboard. This show will start your summer and have you dancing in the aisles!

"IT'S SHAGTASTIC."

Depart from First Lutheran Church at 9:30 am.

Parking at 3600 W. Friendly Avenue

REGISTRATION DEADLINE FRIDAY, MAY 15, 2015



Please complete a form for each person traveling. Submit with payment to reserve your space.

Name _____ Phone _____

Address _____ City _____ Zip _____

Email _____ Congregation _____

Emergency Contact _____ Phone _____ Relationship _____

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

March 22-26, 2015

Reserve your 2015 vacation with **SHEPHERD'S TRAVELERS**



a **San Antonio Getaway**

For 5 DAYS/4 NIGHTS, we will tour:

Mission San Jose, the Alamo, Mayan Dude Ranch, South Texas Heritage Center, LBJ Ranch, Fredericksburg, Sandy Oaks Olive Orchard, Stonewall, El Mercado marketplace, and take a Paseo del Rio Cruise



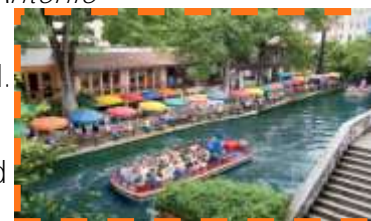
The package includes all of these tours, 7 meals, hotel, airfare and connections from Greensboro.

Stay in comfort at the Drury Plaza Hotel on the Riverwalk in central San Antonio

This is a great early spring trip to experience the lovely city of San Antonio, its history and culture. With group transportation, there is moderate walking required.

\$1,859.00 Double Occupancy \$2,159 for a single room

A few seats are still available. **Travel insurance is available and recommended



Our professional Collette tour group has designed a wonderful experience... you just need to take on the adventure with your friends from the Shepherd's Center!

For more information or registration for the **San Antonio** trip, contact Vickie Williamson at Shepherd's Center 336.378.0766 or email: programmanager@shepctrq.org. She will provide a full brochure and all registration forms.

Shepherd's Center Welcomes Our Newest Congregational Sponsor: St. John's Anglican Church

Several years ago, members of St. John's Anglican Church, a Mission Parish of the Anglican Province of America, moved their worship gathering from a member's home to share space with the Lutheran Church of the Resurrection. When the Lutheran Church put their property on the market, the 30+ members of St. John's Anglican Church gathered their resources and purchased what is now their church home at 6720 W. Friendly Avenue.

This mission is one of just over a dozen Anglican churches in the state with worshippers coming from throughout the Triad area. St. John's is a church centered on the 1928 Book of Common Prayer. The congregation also gathers at each service for the spiritual renewal found in fellowship with others along with a sense of peace through times of meditation and Biblical enlightenment. Other activities include the choir, Anglican Church Women and various outreach services in the community including serving as a sponsor church for Shepherd's Center of Greensboro. Now that the members have an established home, they welcome others in the area to visit and call St. John's their church home. Information is available on www.stjohnsgso.org.

Shepherd's Center is pleased to welcome all older adults from St. John's to join in the activities and services we provide and share the many stories of enrichment within their church family.

- Alice Burkholder, Member, SCG Trustee and Sponsor Liaison

Be a Driving Force this Holiday Season. DONATE A CAR... CHANGE LIVES.

IT'S EASY.

We'll pick up your car.

We'll do all the paperwork.

And You'll Get a Great Tax Advantage.

Wheels4Hope is a nonprofit, faith based car donation program whose mission is to provide affordable reliable transportation to low-wage families and individuals who are referred to us by one of our Agency Partners.

Other ways you can be a Driving Force:

- Make a financial gift
- Volunteer your time
- Tell a friend about Wheels4Hope

Call 336-355-9130





Computer classes (using a Windows operating system) for persons age 50+ are taught by Shepherd's Center peer volunteers. They are offered monthly in the ShepNet Computer Center for Seniors at Friends Homes Guilford, 1st floor of the Hinshaw Building, 925A New Garden Road, Greensboro.

Classes meet twice weekly (Monday/Wednesday or Tuesday/Thursday) in the morning (9:00 – 11:30) or afternoon (1:30 – 4:00); some related activities are scheduled on Friday mornings but not on weekends or evenings. Course fees are \$35-40 for 6-8 sessions classes; \$15-20 for short courses.

- WORD PROCESSING (8 sessions)
- INTERNET & E-MAIL MANAGEMENT (6 sessions)
(Internet access required)
- MANAGING WINDOWS 7 (6 sessions)
- MANAGING WINDOWS 8.1 (6 sessions)
- GENEALOGY (6 sessions)
- PICASA PHOTO MANAGER (3 sessions)
**Managing Windows 7/8 is a prerequisite
- ADVANCED PHOTO EDITING using Photoshop Elements (8 sessions)
- APPLE iPHONE Basics (3 sessions)
- Apple iPAD Basics (3 sessions)

A current schedule and on-line registration is available for all classes at shepnetgreensboro.org

ALL registrations must be done on-line and paid through PayPal.

Go to the ShepNet page, choose your class and then click on "Pay using PayPal."

Registration is non-refundable 7 days prior to class start date!

For people who are just learning to use computers and want the BASIC explanations and assistance:

BASIC COMPUTER SKILLS (3 sessions) or INTRODUCTION TO WINDOWS 7 or 8.1 (6 sessions)

The only exceptions to online registration are for these classes. To register for these 2 classes, complete and mail the information form below. For questions please call Evelyn at 292-4926.

Name _____

Email (if available) _____ Phone number _____

Address _____ Zip Code _____

Course Basic Computer Skills or Introduction to Windows

When your form is received, your name will be added to a waitlist. You will be contacted by phone when the class is offered. *(Do not send money with this form.)* **Mail to:**

Shepherd's Center of Greensboro, 302 W. Market St., Room 103, Greensboro, NC 27401

(Note: regular access to a PC computer – perhaps at a library—is required for all courses)

For more information about classes or to volunteer for this program, contact Coordinator Larry Johnston

at (336) 525-1728 or ljohnston129@gmail.com



ShepNet is seeking additional volunteer instructors who have knowledge in the subjects listed AND have an interest in coaching adult learners. Interested? Send a note to us at info@shepctr.org.

ADVENTURES IN LEARNING

January 15, 22, 29 and February 5, 12, 19, 2015
Christ United Methodist Church 410 N. Holden Road

Welcome!

ADVENTURES IN LEARNING offers enrichment and fellowship opportunities for all Greensboro area men and women. There are **15** classes from which you can create your own schedule. All variations are welcome. At midday, there is a quiet period of inspiration and meditation led by volunteers. After lunch, a Forum and announcements of general interest, along with social and fellowship activities, make midday a special time.

Prepaid Lunch, at a **cost of \$8.00**, is served in the Fellowship Hall beginning around noon. Or, bring a sack lunch and join any table.

IMPORTANT NOTE: All lunch reservations must be "PREPAID" by 3:00 p.m. the Monday prior to each Thursday session. Therefore, if you must cancel, call by that time each week. Shepherd's Center is responsible for paying a minimum amount based on the number of lunches reserved, even if fewer lunches are served. If you prepay for lunch and fail to cancel by Monday at 3:00 p.m., there will be no refund.

9:30-10:30 a.m. Classes

BIRDS AND BIRD WATCHING: This is "Birding 101" for people who would like to know more about these beautiful and fascinating creatures. It also will be of interest to folks who already have some experience with a bird watching hobby. Using photographs of birds in nature, each class will focus on different aspects of enjoying them with such topics as the basics of birds, attracting birds to our yards and gardens, and identifying the common birds around us. **Class limited 10**

Dennis Burnette, Instructor

JUDAISM 101: Discussion of the basic practices, history and beliefs of the Jewish religion.

Rabbi Eli Havivi, Instructor

BEGINNER'S KNITTING: This class will teach you the basics of knitting and for those who can knit you will learn fancy ribbon knitted scarves. Beginners should bring size 8 needles. For the fancy ribbon scarves, bring size 10 wooden needles. Yarn will be supplied by instructor.

Class limit 10 *Margaret Young, Instructor*

STRESS FREE QUILTING: Sew accurate blocks on your very first try! Learn quick piecing techniques, sew large chunks of fabric together, then slice off sections to create pre-sewn units. Learn the basics to create a quick pieced version of just about any quilt block you see. \$15.00 for supplies. **CLASS STARTS AT 9:45 AM**

2-hr. class limited to 12

Paula Becker, Instructor

WOODCARVING: an experienced woodcarver will offer guidance on styles of knives, sharpening, and woodcarving for the beginner to advanced carver. At the end of the class, students should expect to take home a finished carving. Blanks will be available for a small fee.

2-hrs. - Class limit 12

Charles Murph, Instructor

10:45-11:45 a.m. Classes

DAILY LIFE IN ANCIENT ROME: In this course we will explore the daily lives of ancient Romans, their family life, legal and social structures, religion, education, health and material comforts. We will have an opportunity to fill in some of the gaps that were left when two of the classes on Ancient Women were cancelled for inclement weather. This course will not duplicate that course but expand on it.

Linda Danford, Instructor

CONTEMPORARY POETRY: Reading, Writing, Discussion. We will examine contemporary poetry, with emphasis on accessibility. Instructor will draw on works of Eavan Boland, Philip Schultz and others, as well as his own work. Class members may read and discuss their poems in a collegial atmosphere. New materials have been added, so this class is appropriate for those who have taken it before, as well as those who have not.

Bob Demaree, Instructor

10:45-11:45 a.m. Classes-cont.

DISCOVER WHO YOU ARE AND WHAT YOU WISH TO WRITE: Various types of prose writing, including essays, feature articles, short stories and memoirs will be described and discussed. The instructor will help you discover your own writing inclinations and style. You will learn to create compelling characters and interesting settings. Those who wish to do so may do so may share their writing exercises with the class. We will laugh and learn. *Sandra Redding, Instructor*

THE SENIOR LAW SCHOOL: Critical legal, health and financial concerns that seniors face will be addressed. Learn how to plan for long-term care if needed while protecting yourself, your family, the healthy spouse, your home and your savings. Topics include "The Elder Care Journey and Longevity Planning" and "What is a Trust?" *Dennis Toman, Facilitator*

SING FOR FUN: SINGING MORE OLDIES BUT GOODIES AND SOME NEW TUNES!
Come relive some memories by singing songs you will remember but haven't heard for years. "Start your day with a song, and it will surely end on a happy note."



Eleanor Procton, Instructor

QUILTING - continues for a second class.



WOODCARVING - continues for the second class.



1:30-2:30 p.m. Classes

BEGINNER'S PLAYWRITING: This creative writing class will use a sequence of assigned projects to help participants develop basic skills as a Playwright. Students are expected to do homework and share it with their classmates in a trusting atmosphere.

Class limited 4 - 12

Moses Goldberg, Instructor

GENEALOGY: The class will consist of instructions on how to research your family tree, using the various State and County resources and the internet.

Tim Spradling, Instructor

THE EVOLUTION OF GREENSBORO FROM VILLAGE TO CITY: The course will trace the development of Greensboro from its founding in 1808 through its transformation to a modern city. A variety of people and events will be highlighted as economics, education, cultural and social history, and human rights are examined. Participants are encouraged to submit questions or issues to be addressed.

Gayle Fripp, Instructor

THE MIDDLE EAST AND THE US: WHERE ARE WE NOW?: Three years have passed since the "Arab Spring." How do those tumultuous events look now? What are the major sources of conflict today (including ISIS)? What is the role of religion in society? What is the future the nation-state? What will happen if Iran becomes a nuclear power? What are the implications for interested bystanders (Turkey, Israel the US)?

Ann Saab, Instructor

WANT TO BE A STORYTELLER?: Intended for people seeking to learn storytelling techniques for individual or group sharing, enjoying or listening to personal stories and folktales. Workshop will concentrate on 1)Where to FIND engaging stories, 2)How to LEARN them and 3) How to PERFORM them in creative ways that entertain audiences of all ages.

Charlotte "Webspinner" Hamlin, Instructor

* Please remember that all Shepherd's Center activities are cancelled when Guilford County Schools are closed *
* for inclement weather. If the schools are delayed, Shepherd's Center will operate on our regular schedule. *
* Watch WFMY Channel 2 for closing information. *

Who's Who?

ADVENTURES IN LEARNING PLANNING COMMITTEE

Dick Swanson, Chair

Jim Allen

Jane Chandra

Brooks Graham

Margaret Griffin

Jothi Kumar

Phyllis Shavitz

Marian Solleder

Jean Tillman

Jim Weikel

FALL Instructors:

Paula Becker has been quilting over 10 years and is retired from Jewish Family Services.

Dennis Burnette is a retired Professor, a serious amateur nature photographer and environmental educator. He has served as president and in other elected offices in several bird clubs, including our local Pearson Audubon chapter, Piedmont Bird Club and Carolina Bird Club.

Linda Danford is retired from the faculty of UNCG Classical Studies department where she was a lecturer for 22 years. Her favorite courses to teach were Mythology and Women in Antiquity.

Bob Demaree is the author of three book-length collections of poems, including *After Labor Day* (2014). His poems have appeared in over 150 periodicals. He retired from Greensboro Day School in 2001 after 42 years in independent education.

Gayle Fripp is a local historian who worked for 25 years at the Greensboro Historical Museum as curator of education and assistant director. She is the author of several books on Greensboro and has served as the Guilford County Historian since 1993.

Moses Goldberg, Ph.D. was the founder and Director of Asolo Touring Theatre for seven years. He was the Producing Director of STAGE ONE, The Louisville Children's Theatre. He has directed over 100 plays including *Peter Pan* and *Ben Franklin's Apprentice*. He has written over 30 plays, including *The Wind In The Willows*, *Hansel and Gretel*, and *Aladdin*.

Charlotte Hamlin, Ph.D. has been a professional storyteller since 2001 and presents programs and storytelling workshops for adults and youth across the southeast region featuring personal stories and folk tales from around the world. Former president of the Triad Storytelling Exchange and secretary of the NC Storytelling Guild.

Rabbi Eli Havivi is Rabbi at Beth David Synagogue in Greensboro.

Charles Murph is an experienced woodcarver.

Eleanor Procton has led "Music for Pleasure" at Friends Home Guilford. She began the class in 1978, worked in Special Services and later served as the department director. When she retired, they would not let her stop teaching and she continues to take great pleasure being with her friends. Now she adds the pleasure of singing with us at AIL!

Sandra Redding has published two nonfiction books, a memoir and historical novel, *Naomi Wise: A Cautionary Tale*. She has written for several magazines and newspapers including the Atlanta Journal-Constitution and Greensboro's News and Record. Currently she writes a literary column which appears monthly in O'Henry, Pinestraw and Salt magazines. Since earning an M.F.A. in Creative Writing at UNCG, she has taught writing courses for several community colleges, organizations and clubs.

Ann Saab has been a member of the UNCG Department of History since 1965, now teaches Middle Eastern History for the MALS program.

Tim Spradling is retired from being a Franchise Owner and now volunteers with ShepNet and SCORE. He has been researching his family tree and helping others do the same on and off for over 40 years in the state archives and on the internet.

Dennis Toman, JD, CELA is the founder and owner of the Elder Law Firm in Greensboro serving the Triad. He is a certified Elder Law Attorney by the National Elder Law Foundation and Board Certified as a Specialist in Estate Planning, Probate and Elder Law. He is the first lawyer in NC to hold these dual specialties.

Margaret Young was born in Scotland and has been knitting since childhood. She belongs to two knitting groups in Greensboro. Married with three children and six grandchildren, she knits a variety of items.

Forum Luncheon Speakers

January 15
Westminster Presbyterian
Worship Band

January 29
Brian Lampkin
Scuppernong Books

February 12
Senior Class
Dennis Eaton, Director

January 22
Dr. Bill Karper
UNCG Dept. of Kinesiology

February 5
Congressman Howard Coble
Congress in Retirement

February 19
Jim Melvin
J. Bryan Foundation & Greensboro

Thank You!

Thanks to all the excellent Instructors, Forum Speakers and Inspirational Speakers for volunteering their time, knowledge and expertise to make another successful session of "ADVENTURES." Each winter, spring and fall, it is our privilege to be the guest of one of our sponsoring congregations and we are appreciative of the members of First Baptist Church and Christ UMC for sharing their facilities with us. We look forward to returning for yet another ADVENTURE!

REGISTRATION FORM: WINTER 2015 Adventures in Learning

Name (s) _____ Phone _____

Address _____ Zip _____

Church/Synagogue _____ Email: _____

Emergency Contact _____ Phone _____ Relationship _____

Please use initials if registering more than one person:

9:30 - 10:30 a.m.

- Birds & Bird Watching
- Judaism 101
- Beginner's Knitting
- Quilting
- Woodcarving

10:45 - 11:45 a.m.

- Ancient Rome
- Contemporary Poetry
- Discover Who You Are
- Senior Law School
- Sing for Fun
- Quilting cont.
- Woodcarving cont.

1:30 - 2:30 p.m.

- Beginner's Playwriting
- Genealogy
- Evolution of Greensboro
- The Middle East
- Storytelling

Non-Refundable Registration fee, Winter 2015 TERM \$40.00 per person \$ _____

(ALL REGISTRATIONS received after January 8, 2015 will be \$50.00 per person)

Lunch Reservation, January 15th only - \$8.00 or \$ _____

All six luncheons - \$48.00 \$ _____

Contribution to Shepherd's Center (Optional) \$ _____

Or volunteer your time TOTAL \$ _____

Is this your first time attending Adventures in Learning? Yes No

MAIL NO LATER THAN January 8, 2015 (\$10.00 Late charge will be assessed after this date!)

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



Thank You For Your Gifts!

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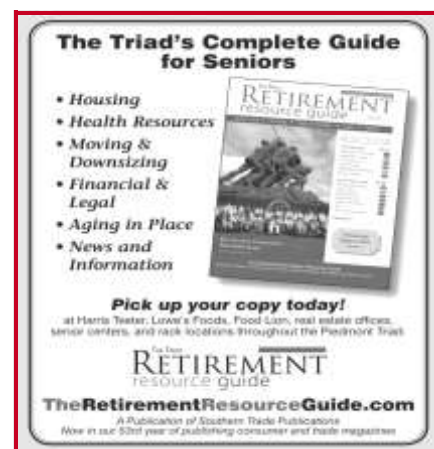
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August through November 2014

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SCG is fortunate to have in-kind support from our community & individual donors. We honor these items, spaces, and other non-financial gifts:

West Market Street United Methodist Church for our office space, meeting spaces, and all the extras!

First Baptist and Christ United Methodist Churches for providing facilities and services for the senior educational Adventures in Learning programs.

Friends Homes Guilford for ShepNet's two computer classrooms and all the extras that are involved.

Trinity Church, Starmount Presbyterian, Grace UMC, First Lutheran, and Friends Homes West for their meeting rooms and spaces that enable us to invite community seniors to programs and events.

Thank you for your support.

Shepherd's Center is a non-profit, appreciative of your tax-deductible contributions

ANNUAL FUND Donations

As we near the end of 2014, we are mindful of the hundreds of individuals, groups and congregations that support the work and mission of the Shepherd's Center. Their gifts combine with program fees to make it possible for us to serve such a large number of older adults in our community. We celebrate the tremendous number of seniors who are active, resilient and have a full life well into their 80s and 90s. And we are often touched by the stories told by the people to whom we provide services of support; people like Anne:

"I delivered meals to seniors for many years, until my husband passed away and my macular degeneration forced me to give up my license. Now I depend on Shepherd's Center to get me to the grocery store and bank, so I can stay in my home...and the volunteer drivers are SO kind. I'm so very grateful that you're here!"

When you consider your year-end contributions, or if you plan to start the year as a supporter of SCG, please know that we appreciate and need your support. Thank you for standing with us in working toward our goals of helping people stay active, vital, able to age in place and stay connected in our community.

I believe the Shepherd's Center is an important resource for older adults.
My support of the ANNUAL FUND is enclosed.

- \$500
- \$250
- \$100
- \$50
- \$_____ other

Name _____ Phone _____

Address _____ City _____ Zip _____

Email _____ Amount of enclosed gift \$ _____

**You may choose to give in honor or in memory of someone special. Please add a note with your gift.



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

SCG is a nonprofit 501(c)3. Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 919-807-2214. The license is not an endorsement by the State.

The habit of giving only enhances the desire to give. -Walt Whitman



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“This beautiful, caring place makes me happy I stayed in High Point.”

—Bill Horney, Pennybyrn resident

Live in familiar surroundings amidst beauty, opportunity and caring support.

“I was born and raised in High Point, and I’ve lived here for my whole life,” says Bill Horney. “I ran and grew my business here and my two sons still live here.”

Since coming to *Pennybyrn* Bill marvels at the lack of unwanted responsibility. “I gave up taxes and furnaces breaking down,” he says, “in exchange for a few short, pleasant steps to the dining room or the Pub, where we can dine with retired surgeons, teachers and business people. We have scheduled trips, a reassuring continuum of care and freedom that lets me keep up with my volunteer work. The fact that my friend Sister Lucy sets such a tone of caring is why I chose *Pennybyrn*. And I’m a Methodist!”

Since living at *Pennybyrn*, Bill has remarried. “Daphne swims 25 laps three times a week in the beautiful, indoor heated pool,” says Bill, “sharing it with many of the active, fit people who live here.” In addition to the pool, Bill cites the natural beauty, with immaculately kept grounds and winding paths.

“This is a lovely way of life,” Bill notes, “in a very beautiful place.”



Call **336-821-4050** to receive the popular *Planning Guide for Seniors* or details about one of our Discover Pennybyrn events.

Where retirement living takes on a whole new spirit.



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Located less than a mile from downtown Jamestown and only 10 minutes from Greensboro. All faiths welcome.

Reminder: Shepherd’s Center activities are cancelled when Guilford County Schools are closed for inclement weather.
 If the schools are delayed, Shepherd’s Center will operate on our regular schedule.
Watch WFMY Channel 2 for closing information.
 (Emails may also be sent to our list when we have early notice of closings.)



See all the latest news and photos from the Shepherds Center—Find us on **FACEBOOK:** www.facebook.com/shepherds.gso

Affiliations:



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302 West Market Street, Room 103
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WINTER Calendar

<i>Board Meetings</i>	Dec. 16, Jan.20, Feb.17, Mar.17
<i>Shepherd's Travelers</i>	Dec. 2-3—New Bern Holiday Lights Mar.22-26 - San Antonio Tour
<i>Adventures in Learning</i>	January 15— Feb. 19
<i>Table Games</i>	Feb.2, Mar.2, Apr.6 etc.
<i>Office Closed</i>	Dec. 24-26, Jan.1 & 19

