



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@shepctrq.org
Website: www.shepctrq.org

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COMMUNITY NEWSLETTER SPONSORS:

Pennybyrn at Maryfield
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Board of Trustees Introducing Ann Adams

Please join us in welcoming and supporting our incoming President of the SCG Trustees, Ann Adams.

Ann was born in San Diego, CA and graduated from Agnes Scott College in Decatur, GA, with degrees in Psychology and Education. With a passion for education, she has worked in that field for over 42 years. She and her family moved to Greensboro in 1981 where she worked at Greensboro Day School and First Presbyterian Church until her retirement last year.

Ann remembers being motivated by the writer of one of her child psychology texts who wrote that “the most joy producing experience for a child is learning something new about themselves.” So whether working with children or adults, Ann says she likes to look at and work with “the process”, the means by which we learn, discover, renew and reinvent – whether we are 6 or 86.

Ann has been on the board of Shepherd's Center of Greensboro since 2012 and looks forward to *sharing her passion for process and discovery as it translates into creating ways for our older adults to remain independent, active and engaged in living.*

Ann begins her term as President on October 1.



Aging in Place

Modifying Homes to be Livable & Safe

We are fortunate to live in a time when we have access to some of the best healthcare options that are allowing us to live longer, giving us more time to enjoy with family and friends. An AARP survey in 2010 reported that 90% of people 45+ want to remain in their current home and community for as long as possible. Many of us live in older houses which means we are faced with needing home modifications to improve safety and reduce the risk of accidental falls. Remodeling magazine reported that there are 10,000 baby boomers reaching the age of 65 every day and each year over a third of adults over the age of 65 are experiencing a fall that can lead to a hospital cost of up to \$10,000 per incident.

So what do you have to consider in your current home if your plan is to live there longer?

(Continued on page 3)

Fall 2015

A Note from SCG's Executive Director

How time flies when you're having fun...staying busy...being challenged! It's no wonder that spring and summer have flown by when we look at all the things happening at SCG.

*I finished writing the **NEW website** in June and we now have a site that provides all our information to you any time you have a question or idea. Please check it out at www.shepctrq.org, and if you send us a comment (on the contact tab) you will be entered into a door prize drawing.*

*The **relocation of the ShepNet Computer & Technology Center** had a number of delays, but we finished the move and the new labs look welcoming with bright, clear screens and a new shape in the layout to optimize visual learning. Ed Pring and his instructors are ready to start classes in September. We hope you love it and stay connected.*

*And, of course, Vickie has been busy organizing your trips and the **fall session of Adventures In Learning**. You can see the great agenda that makes it so difficult to choose just three sessions (pages 9-12).*

I love that Shepherd's Center stays focused on providing these opportunities; that our unique services contribute to your independence and keep adults engaged and active. So as we "fall" into autumn, remember that it's never too late to learn something new, to volunteer your time, and to celebrate the beauty of the season.



Leadership News

We are pleased to welcome four new members to our Board of Trustees for 2015-16:

Linda Danford - M.A. in Classical Languages & Literature from Yale, Latin instructor for high schools, and taught over 20 years of courses at UNCG. Linda shares many topics from her classics lectures with AIL students. She served on the board of the Wesley-Luther Campus Ministry and is active with Habitat for Humanity and her church.

Emily Johnston - Journalism degree from UNC-CH plus a law degree from Univ. of Georgia. With over 19 years of experience as a principal in a small accounting firm, she became one of our volunteers this year to assist with the VITA tax program. Emily is an active member of our host church, WMSUMC. She will bring her financial knowledge to us in the role of in-coming Treasurer of the Board.

Cliff Lowery - Doctorate in Education from UNCG plus a B.S. in Sociology from Wake Forest. His career at four area colleges centered around student affairs in higher education. Cliff returns to the board after a 3 year absence, ready to help us build connections through his work in the faith community and with statewide AARP contacts.

Bobbi Osguthorpe (Curtiss) - B.S. in Business & Education from Univ. of Florida plus a B.S. in Nursing from UNCG where she serves **on the Dean's Advisory Board and Nursing Alumni Association Board**. As the daughter of a US Diplomat, she lived in Africa and the Middle East and has nurtured her love of travel with visits to over 30 countries. Bobbi loves our AIL program and looks forward to sharing health knowledge and management skills with SCG.



SCG Board service year transitions at the end of September. We want to thank President Jim Armstrong for his deep and active involvement over the past year. He has been involved with negotiations, conferences, transitions, recognition events, and community meetings that benefit the people we serve. He will remain on the board as Past President. Jim is a brilliant person who continues to learn and to serve others.



Like our prior great leaders, Jim is, and will continue to be, a wonderful SCG representative in the community.

Hats off to Jim

Modifying Homes to be Livable & Safe (continued from page 1)

The first thing is to assess your home to determine if it can meet your current and future requirements based upon your individual needs. Some of the main items to consider in determining if your home is livable—

Does your home have:

- ♦ a step-free entrance into the home (could be a house on a slab, graded entrance or access ramp)
- ♦ a bedroom, full bath, and kitchen on the main level
- ♦ **wide doorways (36") and hallways (48")**
- ♦ lever door and faucet handles (at least on exterior and bathroom doors)
- ♦ accessible cabinets and shelves that are easy to reach
- ♦ a bathtub or shower with a non-slip bottom or floor
- ♦ blocking in the bathroom walls so grab bars can be added as needed
- ♦ well-lit hallways and stairways
- ♦ secure handrails on both sides of stairways

People sometimes also overlook two critical safety items:

- ♦ smoke detectors should be replaced every 10 years because they are not guaranteed to work beyond that period of time
- ♦ if you have any gas appliances such as a stove, dryer, water heater or furnace, you need to have a working carbon monoxide detector

Once you have decided what needs to be modified in your home, you then need to decide if you can do it yourself or hire a building contractor. Choosing a contractor can sometimes be difficult, but the National Association of Home Builders has made this easier by creating a training certification called "Certified Aging in Place Specialists."

Local builders can elect to go through this 3-day program which addresses the unique housing needs for persons 50+. There are currently 17 builders in Greensboro who have chosen to go through the program and they can be found at www.nahb under the national CAPS directory.

So how much might some of these accessibility modifications cost? Some of the most common changes made to homes are:

- **Grab Bars (24" to 48") ...up to \$50 plus labor**
- **Lever door handles ...up to \$35 per door plus labor**
- **ADA height toilets ... up to \$200 plus labor**
- **Access Ramps, using treated lumber and galvanized bolts ... \$85 per linear foot of ramp**
- **Access Ramps, using aluminum ... \$115/linear foot of ramp**

Full bathroom modifications can begin at \$5,000 +

(This cost information is provided by Community Housing Solutions, a local nonprofit organization serving low-income homeowners with repairs to their homes. Accessibility modification is a part of its programs, with 75% of repairs provided to older adults.)

Gene Brown

CHS Executive Director

Small changes in your home can make life changing differences for individuals desiring to live free and independent lives in the home they love.

* Gene will be our AIL Forum speaker on 10/21.

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.

Office Volunteers: Interest in working on computers to assist with data entry general office work, 9:30am-12:30 or 12:30-3:30, Monday - Friday. The 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.

Tax Assistance Volunteers: If you are available to volunteer as a tax preparer during Feb-April, please contact our office for information. We need your help to save seniors from paying large fees for simple returns. Training through IRS is flexible and able to be completed at home. Then you will be added to the schedule to help older adults with this vital, rewarding service.

Committee Volunteers: Help with planning and community support for our Resource Development, Annual Meeting and Special Event planning, Speakers Bureau and PR, or Congregational Sponsor Committees. Join us! Make the difference for SCG!

Your time = support to other seniors

Call 378-0766 to Volunteer!!

"There's no other place in Guilford County like this."

—Bobbie Brown, Pennybyrn resident and longtime resident of Greensboro

This beautiful community is close to Greensboro, and it will capture your heart.

"My knowledge as a long-term care insurance agent told me it would be foolish for a person at my point in life to consider a community that didn't offer a continuum of care," says Bobbie Brown. "Now that I'm here I also feel a sense of peace and calm, which I attribute to the wonderful people who live in this faith-based community."

While here, Bobbie maintains her connections to Greensboro. "It was my home for 21 years prior to moving here," says Bobbie, "and I can still spend as much time in Greensboro as I do here."

When asked what makes *Pennybyrn* so special, Bobbie cites the natural beauty, the well-coordinated décor, the outstanding wellness facilities and the offering of so many concerts and programs.

Of course, Bobbie and others have time for all of this thanks to *Pennybyrn's* maintenance-free lifestyle. "I thank the residents for my peace and calm," notes Bobbie, "but there is also an incredible staff who do everything possible to meet resident needs."



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.



Sponsored by the Sisters of the Poor Servants of the Mother of God

109 Penny Road • High Point, NC 27260

www.PennybyrnAtMaryfield.org

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

Shepherd's Center invites you to a very special shopping event:



Sunday evening, October 25, 2015

5:00-7:00 p.m.

at **Ten Thousand Villages**

Jefferson Village, off New Garden Road



TEN THOUSAND VILLAGES.

Get your holiday shopping started early, find great birthday presents, or even a fun piece of jewelry or décor for yourself. When you choose handmade gifts by fairly paid artisans in developing countries all over the world you are giving a truly unique item. AND you support SCG!

During our reserved time, **15% of the net sales during our shopping event will go to fund Shepherd's Center activities**, as well as helping people around the world feed their families and send their children to school. **It's a Win-Win** way to shop!

For information, call Sandy at Shepherd's Center 336-378-0766



Reserve your 2016 vacation with **SHEPHERD'S TRAVELERS**

New Orleans Getaway



April 11-15, 2016

For 5 DAYS/4-NIGHTS, we will tour:



the historic area including St. Louis Cathedral, the Presbytere and Pontalba, the French marketplace, and have beignets at Café Du Monde. A special evening class at New Orleans School of Cooking, jazz revue at Mayfield's Jazz Playhouse, a swamp cruise, Lake Pontchartrain, the mansions and colleges of the city, St. Louis Cemetery #3, the French Quarter, and an elegant dinner at the famous Court of Two Sisters.

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

Stay in comfort at the Royal Sonesta Hotel on Bourbon St. in the French Quarter

This is a great spring trip to experience the lovely city of New Orleans, its history and culture.

Early Bird rates until October 12: \$1,919.00 Double Occupancy
(\$2,319 for a single room)

Cost after 10/12: add \$100 to the listed prices

**Travel insurance is available and recommended

With group transportation, there is moderate walking required.



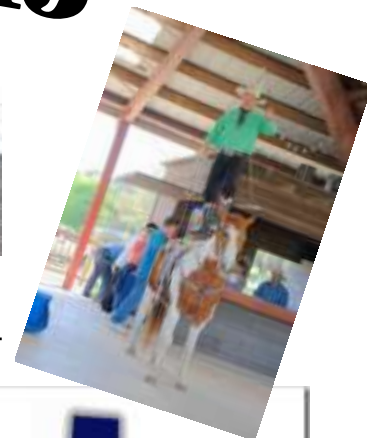
Our professional Collette tour group has designed a wonderful experience...you just need to step into the adventure with your friends from the Shepherd's Center!

For more information or registration for the **New Orleans** 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.

San Antonio 2015



Just ask us what a fun trip we had to Texas!



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

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WHEELS4HOPE.ORG

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Your donation will support Wheels4Hope's mission of providing affordable, reliable transportation to low-wage earning families who are referred to us by one of our Partner Agencies in the Triad.

Turning Donated Cars into Local Blessings

The Triad's Complete Guide for Seniors

- Housing
- Health Resources
- Moving & Downsizing
- Financial & Legal
- Aging in Place
- News and Information



Pick up your copy today!

at Harris Tester, Linn's Foods, Food Lion, real estate offices, senior centers, and rack locations throughout the Piedmont Triad.

RETIREMENT
resource guide

TheRetirementResourceGuide.com

A Publication of Southern Book Publications
Now in our 53rd year of publishing consumer and trade magazines

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, October 5 - Dec. 7**

**9:30am—1:30pm at Spring Arbor
5125 Michaux Road
\$7/wk. includes lunch**

Register with Judy Hull, 299-7189
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 games.**



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Computer classes for persons age 50+ are taught by Shepherd's Center peer volunteers. They are offered monthly in the **ShepNet Computer & Technology Center for Seniors** ... now located in space provided by Starmount Presbyterian Church, 3501 W. Market Street, Greensboro.



Most 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 \$40 for 6-8 sessions classes; \$20-25 for short courses.

- | | |
|---|--|
| • WORD PROCESSING (8 sessions) | • PICASA PHOTO MANAGER or PHOTOSHOP (3 sessions)
**Managing Windows 7/8 is a prerequisite |
| • INTERNET & E-MAIL MANAGEMENT (6 sessions)
(Internet access required) | • ADVANCED PHOTOSHOP EDITING (8 sessions) |
| • MANAGING WINDOWS 7 (6 sessions) | • APPLE iPHONE Basics (3 sessions) |
| • MANAGING WINDOWS 8.1 (6 sessions) | • Apple iPAD Basics (3 sessions) |
| • GENEALOGY (6 sessions) | • ANDROID PHONE Basics (3 sessions)...coming soon |

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

Visit www.shepnetgreensboro.org for more information about ShepNet



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@shepctrng.org.

ADVENTURES IN LEARNING

October 1, 8, 15, 22, 29 and November 5, 2015
First Baptist Church 1000 W. Friendly Avenue

Welcome!

ADVENTURES IN LEARNING offers enrichment and fellowship opportunities for all Greensboro area men and women. There are 19 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

DOWN THE GARDEN PATH: Please join Cooperative Extension's Master Gardener Volunteers for six entertaining programs on popular horticulture topics: Low Maintenance Landscaping, Containers for Curb Appeal, Edible Landscapes, Shade Gardens, Backyard Habitat, and Pruning. Let's talk gardening with friends!

*Jeanne Aller & Cooperative Extension
Master Gardeners Volunteers, Facilitators*

CURRENT ISSUES IN THE U.S. AND WORLD ECONOMIES: We will discuss problems currently facing the U.S. and world economies, such as income inequality, environmental concerns and regulation, funding health care, education and infrastructure, plus job creation. Internationally, we will discuss problems facing the European Union as well as developing nations.

Mike Stoller, Instructor

LET'S PLAY MAH JONGG: If you ever wanted to learn to play Mah Jongg, now is the time. This class is designed for beginners and anyone who needs to brush up on their game. (There will be a \$10.00 charge per person if you do not have 2015 Mah Jongg card.) **2 hrs. - Class limit 15**

Paula Becker, Instructor

OF MOUNTAIN & MEN (AND WOMEN, TOO): In this class on mountains we will skip plate tectonics, volcanoes and earthquakes and focus on human settlement in some of the mountain regions of the world. Some of the areas will be in less well-known highland regions.

Dot Mason, Instructor

PSALMS: Join Rabbi Havivi for a close reading of some of the Bible's most beautiful and spiritual poetry. Why these expressions of joy, confidence, angst and fear endured as comfort for our souls for 3000 years.

Rabbi Eli Havivi, Instructor

QUILTING - FALL STACK-N-WHACK: Learn how to cut layers of fabric to create a kaleidoscope effect block. Piece the blocks together to make a table runner. Fabric kit cost - \$15/\$20. **2hrs. - Class limit 12**

Janet Dietz, Instructor

THE METROPOLITAN OPERA COMES TO GREENSBORO: A discussion of six of the operas that the Met will send via HD transmission to Greensboro Theaters during the 2015-2016 season. Included are *Il Trovatore* and *Turandot*.

Richard Cox, Instructor

WOODCARVING: Fundamentals for beginner and intermediate carvers will be discussed, demonstrated and practiced. Figures include a Santa, a pair of Pilgrims and a Scandinavian style figure. Blanks will be available for a nominal cost. **2-hrs. - Class limit 12**

George Jordan, Instructor



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

AFRICAN GOVERNMENTS AND POLITICS: A discussion on African governments and their politics. The goal is to build understanding of the relationships between Africa with the rest of the world.

Dr. Victor Archibong, Instructor

CALLIGRAPHY: Introduction to the italic style of calligraphy, "the art of beautiful writing." Learn to letter your own invitations, greeting cards, etc. \$5.00 for supplies required. **Class limit - 10**

Betsy Holder, Instructor

EXERCISE, MOVEMENT AWARENESS & GAMES: The ultimate goal of this workshop is to experience and learn more about your own movement capabilities, develop exercises for strength and flexibility, and work in cooperation with others creating our own games and dances. Wear comfortable clothes and rubber soled shoes.

Joan Tillotson, Instructor

EXPRESS YOURSELF! Have you ever felt there was a poem inside just waiting to emerge? Have you tried your hand at poetry but been dissatisfied with the results? This course will help you take that first step or continue on your journey through analysis of contemporary poems, discussion, and writing exercises. **Class limit 10**

Martha Golensky, Instructor

MAH JONGG - continues for the second class.

SENIOR LAW SCHOOL: Elderlaw stands at the intersection of estate planning, health care, retirement finances and issues of aging. Do you have the right Will and Trust, and is your Power of Attorney "powerful" enough? If you or your spouse needs care, what types of care are available, how do you get good care and how will you pay for it? What about Medicaid and VA benefits? How can you protect yourself and your loved ones from falling victim to all-too-common senior scams?

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 or sung for years. Start your day with a song, and it will surely end on a happy note."

Eleanor Procton, Instructor

QUILTNG - continues for the second class.

WOODCARVING - continues for the second class.

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

A WALK ON THE WILD SIDE: Take a jaunt through the Animal Kingdom to see how some of the Earth's biggest, smallest, wildest and mildest animals find their mates, raise their offspring, and make their way in the world.

Jayne Owen Parker, Facilitator

KNITTING: This class is for beginners and anyone who needs help. Needles and yarn will be provided for beginners; experienced knitters will need to bring their own supplies. **Class limit 10**

Margaret Young, Instructor

LIFESTYLE CHANGES TO KEEP OLDER ADULTS HEALTHY: This course will cover how making personal changes regarding daily physical activity, nutrition, stress reduction, tobacco/alcohol use and environmental safety can interact to greatly enhance older adult health.

****CLASS WILL START AT 1:45 - 2:45**

William "Bill" Karper, Instructor

ONE CITY ONE BOOK: Celebrate the Greensboro Public Library's One City One Book with discussions and activities. This year's featured book is *A WALK IN THE WOODS* by Bill Bryson. The author returns to America after living in England and decides to reconnect with his mother country by hiking the Appalachian Trail. The book is his story of this journey.

Ronald Headen, Facilitator

THE NINETEENTH-CENTURY FRENCH NOVEL: A study of three novels, Stendhal's *The Red and the Black*, Balzac's *Father Goriot*, and Flaubert's *Madame Bovary*, in their historical and literary context.

Dr. Kathleen Koestler, Instructor



Just in case the weather surprises us:

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:

Jeanne Aller & Extension Master Gardeners Volunteers are trained by NCSU faculty and staff, and assist them in providing research-based information about gardening and environmental stewardship to individuals and communities.

Victor Archibong, Ph.D. is a Professor and Department Chair of Political Science and Legal Administration at Greensboro College.

Paula Becker has been teaching and playing Mah Jongg for over 30 years.

Richard Cox is a retired Professor of Music from UNCG, where he conducted 15 opera performances. He was also responsible for the chorus preparation for a number of productions by the Greensboro Opera company.

Janet Dietz has been doing all forms of quilting for more than 25 years. She is a member of The Triad Quilters and The Piedmont Quilter's Guild.

Martha Golensky is a published poet and currently Vice President of the Writers' Group of the Triad. She relocated to Greensboro in 2007 after retiring, and is now working on her first poetry collection.

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

Ronald Headen works for the Greensboro Public Library. He serves as an adult media selector, adult programmer, book club advisor, and book selector for the organization. He has been with the library for 43 years and been involved with One City One Book since it started in 2002.

Betsy Holder has enjoyed calligraphy as a hobby for many years and is happy to share what she has learned.

George Jordan is an experienced wood carver.

William B. Karper is an Associate Professor at UNCG Department of Kinesiology, School of Health and Human Sciences.

Kathleen Koestler, Ph.D. is a retired Associate Professor Romance Languages, French Symbolist Poetry, and the French novel at UNCG.

Jayne Owen Parker, Ph.D. is the Director of Conservation Education at N.C. Zoological Society.

Dot Mason has a background that includes graduate degrees in geography and thirty-five years of university teaching.

Eleanor Procton has led "Music for Pleasure" at Friends Home Guilford for several years. She began the class in 1978, worked in Special Services and later served as the department director. When she retired, she continued teaching and takes great pleasure sharing songs with her friends.

Mike Stoller is Professor Emeritus of Economics at the State University of New York at Plattsburgh. He also worked as a forensic economist and expert witness.

Joan Tillotson taught physical education, modern dance, aerobics and adult exercise classes throughout her professional life. Her interests also include movement, music and travel.

Dennis Toman, JD, CELA founded The Elder Law Firm because he believed that local families need a trustworthy guide for the second half of life and the elder care journey. In addition to being certified as an elder law and estate planning specialist, Dennis is a frequent speaker on elder law topics for the public and for other professionals.

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.



Thank you for sharing the joy of learning!

Forum Luncheon Speakers

Page 11

October 1
Southern Clogging
Company Cloggers

October 15
Sarah Cheney
Shepherd's Centers of America

October 29
Lia Miller
CAN-NC

October 8
Ned Cline
Greensboro, NC

October 22
Gene Brown
Community Housing Solutions

November 5
Marcia Vanard
Hospice & Palliative Care

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 deeply appreciative of the members of First Baptist Church and Christ UMC for sharing their facilities with us.

REGISTRATION FORM: **FALL 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.

☐ Economics
☐ Gardening
☐ Judaism
☐ Mah Jongg
☐ Metropolitan Opera
☐ Of Mountain & Men
☐ Quilting
☐ Woodcarving

10:45 - 11:45 a.m.

☐ African Governments & Politics
☐ Calligraphy
☐ Express Yourself
☐ Exercise, Movement, etc.
☐ Mah Jongg cont.
☐ Senior Law School
☐ Sing For Fun
☐ Quilting cont.
☐ Woodcarving cont.

1:30 - 2:30 p.m.

☐ 19th Century French Novel
☐ A Walk on the Wild Side
☐ Knitting
☐ Lifestyle Changes for Health
☐ One City One Book
(A Walk In The Woods)

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

(ALL REGISTRATIONS received after September 28, 2015 will be \$50.00 per person)

Lunch Reservation, October 1 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 September 25, 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!

Mid-February 2015 through July 2015

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Mid-February 2015 through July 2015

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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 and all the extras! First Baptist and Christ United Methodist Churches for providing facilities and services for Adventures in Learning. Starmount Presbyterian Church for welcoming ShepNet computer training with space for two computer classrooms plus open seminar space to keep older adults tech savvy. Spring Arbor, Trinity Church, First Lutheran for their meeting rooms and spaces that enable us to invite community seniors to programs and events.

THANK YOU



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

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.

COMMUNITY NEWS & EVENTS to consider:

- * One City One Book is a great opportunity to share ideas around a topical book, and this year's selection is *A Walk In the Woods*, by Bill Bryson. There are many discussion groups around the city; check the Greensboro Public Library site for details, book loan or locations. (Or plan to come to AIL for our ONOB discussion—see page 9)
- * The National Folk Festival is a fabulous weekend of events that celebrates the roots and richness of American Culture. Music, dance, arts, pottery, and great food. Greensboro is fortunate to have the national focus here and we hope you plan to attend or volunteer. September 11-13, with free admission and shuttle transports (two Park 'n Ride sites to be announced soon) to ease the parking confusion. www.nationalfolkfestival.com
- * WellSpring & UNCG are offering a discussion series on making important housing decisions, with a series of programs **"Should I Stay or Should I Go."** Aging in Place options, financial preparedness, continuing care issues, staying active and social, and tours of WellSpring will be part of the weekly discussions. The series begins 9/17 on consecutive Thursdays through 11/5, 10am-noon, fee of \$35. For further information and registration, visit www.servecenter.org.
- * The window of time when we can change our Medicare supplements is taking place in October. SCG and Blue Moon Benefits Group will hold an "information only" session for you to explore changes or options. See box on this page for dates and sites. No charge.

It may seem early to think about the holidays, BUT, we need to let you know that Shepherd's Center will be entering a beautiful Christmas tree in the annual WellSpring contest. We will remind you to stop in at WellSpring Retirement Community to **place your important votes for our tree, between Dec 1-16.** Each person may vote 3 times and you do not need to be a resident, just a supporter of SCG!

Are you good at decorating a beautiful tree? We need your help and ideas of how to have the tree represent SCG senior programs. Call Sandy at the office.



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

BLUE MOON BENEFITS GROUP

You're Invited! Medicare 101 Educational Workshop

Whether you're about to turn 65 or already receive Medicare Benefits, you'll learn from our simple explanations of what you need to know to get the most out of Medicare

Christ United Methodist Church

410 N. Holden Road, Greensboro NC 27401

October 12th @ 11:00 AM

Blue Moon Benefits Group

2209 Eastchester Dr. Suite 101 High Point, NC 27265

October 12th @ 6:00 PM

In Collaboration with Shepherd's Center of Greensboro!

If either of these dates and times are inconvenient for you, we have a recurring workshop that is available for you

Where?

Spring Tree Office Park
2209 Eastchester Drive Suite 101
High Point, NC 27265

When?

First Wednesday of each month
11:00 AM
Third Thursday of each month
6:00 PM

Space is limited so call today to reserve your seat!

John Wilkie, Licensed Insurance Specialist

336-821-2993 / jhwilkie@bluemoonbenefits.com

****Individual Appointments Available Upon Request****

ANNUAL FUND CAMPAIGN

It's time for another season, another change...in the weather? or in our lives? We think of the seasons as one of the blessings of living in this community, but many times we forget to be grateful for other stages as our years unfold. We've watched you change from the 60s to the 90s, from drivers to riders, and from brunettes to silvers. And Shepherd's Center respects and celebrates all of the seasons of your life!

"We present a paradigm where meaningful aging is part of the social fabric of America. We believe aging is not about lost youth but new opportunities. One of our strengths is our clear, steadfast vision to ensure older adults are connected, contributing citizens in our communities...with a lot of living still to do."
- Sarah Chaney, SCA Network News

We know that active older adults see age as:

Aging in Place Aging with Grace Healthy Aging Aging in Style Aging?...not me!

And we are here to be of service to you with education, activities, travel, advocacy, service and volunteer involvement. With just two part-time staff and 265 volunteers, no federal/state/local government funding, and a **budget kept very minimal ...** we need the support of the people we serve and our congregational sponsors to maintain the quality and variety of programs that active seniors want and deserve.

When you consider your Annual Fund contribution, 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.

"Your center is the best find for senior citizens." "I'm so very grateful that you're here!" "SCG really knows us."

I believe the Shepherd's Center is an important resource for active older adults.

My support of the 2015 ANNUAL FUND is enclosed.

☐ \$1000 ☐ \$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.
- ♦ Gifts may also be made through our website at www.shepctrq.org/giving/

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



PLANNED GIVING OPPORTUNITIES

Jessica Anderson, writing in Kiplinger's Personal Finance, offers an innovative way to help your favorite non-profit while reducing your federal and state taxes.

If you have an assets in stocks, bonds or mutual funds that have appreciated and that you are thinking of selling, they would make a wonderful gift for the Shepherd's Center. Giving an appreciated asset directly to SCG gives you a dual tax benefit. You avoid paying taxes on the capital gains, and you can write off the full value – not the amount you paid – as a donation when you itemize your taxes as long as you owned the asset for more than a year.

Here's how it works: you have a stock worth \$5,000 that you bought for \$2,000. If you sell the stock you have to pay capital gains taxes of between 15 – 20% on the \$3,000 gain. However, if you gift the stock to SCG, you get a charitable deduction for the full \$5,000 value, not what you paid for the asset. If you are in the top tax bracket you save about \$1,900 on federal taxes alone while avoiding the \$450 - \$600 capital gains tax.

Your tax savings would actually be greater than what you paid for the asset.

Please call Sandy at the SCG office to discuss how easy it is to do a stock transfer and join the Legacy Circle of donors. It can be a Win-Win for both of us!

<http://www.shepctrq.org/ways-to-support-scg/>

- Earle Bower, SCG Trustee

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

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FALL Calendar

<i>Board Meetings</i>	Sept. 15, Oct. 20, Nov.17, Dec. 15
<i>Shepherd's Travelers</i>	Dec. 1-3—Charleston Holiday Tour
<i>Adventures in Learning</i>	Oct. 1—Nov. 6
<i>Table Games</i>	Oct. 5, Nov. 2, Dec. 7
<i>Medicare Seminar</i>	Oct. 12—11:00am at Christ UMC
<i>Ten Thousand Villages</i>	Oct. 25, Sunday 5—7:00pm Fund Raising Shopping event
<i>Office Closed</i>	Sept. 7, Nov. 26-27, Dec.24-25