



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
Facebook: www.facebook.com/shepherds.gso



Be careful what you wish for,
but be unafraid to dream and do
BIG things at all stages of life.

This month we heard thoughts of:

- * *"just one more beautiful snowfall"*
- * *"we're thinking of downsizing and maybe a retirement community"*
- * *"my tax return is done and I'm ready to spring ahead"*
- * *"where is spring? I want to plant a garden!"*

The next 11 pages will give you ideas, opportunities and ways to help others...all through your Shepherd's Center.

Shepherd's Travelers

- ◆ *Now we have the time to travel !*
- ◆ *I heard there is a great glass art exhibit coming to NC.*

ShepNet Computer & Technology Center for Seniors

- ◆ *If only all my grandkids could teach me how to use this computer.*
- ◆ *How can I read the news I WANT on an iPad?*

Adventures In Learning

- ◆ *I wish I had paid better attention in history classes!*
- ◆ *It would be fun to try a YOGA class where seniors are comfortable.*
- ◆ *I need to get out & meet active people, have fun!*

Volunteer Services and Community Referrals

- ◆ *I want to volunteer doing something different, something meaningful, as a way to give back.*

SCG website is also filled with information, resources and details (www.shepctr.org) or call us at 336.378.0766.

- CONGREGATIONAL SPONSORS:**
- All Saints Episcopal Church
 - Beth David Synagogue
 - Christ United Methodist Church
 - College Park Baptist Church
 - College Place United Methodist Church
 - Community in Christ Presbyterian Church
 - Congregational United Church of Christ *
 - First Baptist Church *
 - First Christian Church Disciples of Christ
 - First Lutheran Church
 - First Presbyterian Church *
 - Grace United Methodist Church *
 - Guilford College United Methodist Church
 - Guilford Park Presbyterian Church
 - Irving Park United Methodist Church
 - Mt. Zion Baptist Church
 - New Garden Friends Meeting
 - Starmount Presbyterian Church
 - St. John's Anglican Church
 - St. Matthews United Methodist Church
 - St. Paul the Apostle Catholic Church
 - St. Paul Presbyterian Church
 - St. Pius the Tenth Catholic Church *
 - Temple Emanuel *
 - Unitarian Universalist Church
 - West Market Street United Methodist Church*
 - Westminster Presbyterian Church
- * founding congregations
- ASSOCIATE SPONSORS:**
- First Friends Meeting
- COMMUNITY SUPPORTERS:**
- Community Foundation of Greater Greensboro
 - Jean Griswold Foundation
 - L. Richardson Trust
 - Spring Arbor of Greensboro
 - Starmount Presbyterian Church
 - Triad Retirement Living Association
 - VF Jeanswear (Blue Bell Foundation)
 - West Market Street United Methodist Church

SPRING 2018

"Remember, as long as you are breathing it's never too late to start a new beginning."
- Anonymous

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 4-8 sessions classes; \$10-30 for shorter courses.



Classes offered vary each month, but may include:

- **UNDERSTANDING & USING WINDOWS 10**
Part 1 or 2 (4 sessions)
- **MANAGING YOUR COMPUTER SECURITY** (2 sessions)
- **WORD PROCESSING** (8 sessions)
- **FILES MANAGEMENT** (1 session)
- **GENEALOGY** (6 sessions)
- **APPLE IPHONE Basics** (3 sessions)
- **Apple iPad Basics** (3 sessions)
- **GOOGLE PHOTOS** (3 sessions)
- **INTERNET & E-MAIL MANAGEMENT** (4 sessions)
- **Using the ONE DRIVE Cloud** (2 sessions)
- **Coming soon: PASSWORD MANAGEMENT**
1-on-1 TECH Assistance Labs

For the fastest notification of news and class announcements, go to the ShepNet webpage and sign up for mailings at the bottom of the page... [click here](#)...you'll be the first to see new schedules.

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 business days prior to class start date!](#)

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 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!](#)

Office Volunteers

Interested in working on computers to assist with data entry or 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-12:30pm or 12:30pm-3:30pm, Monday - Friday.

Computer Instructors & Coaches

Share your interest and experience with seniors who use computers or iPhones to stay connected. Up-to-date classrooms are small with only 6 students. It's fun and you'll meet people who appreciate your time and ideas!

Share your interest and experience with seniors. **Your time = support to other seniors**

Call 378-0766 to Volunteer!!

COMMUNITY NEWS & EVENTS to consider:



SCG partners with the great team of local agencies and experts who present workshops designed to help us help a friend who may be approached with a scam, a case of abuse or fraud. Please consider attending their spring workshop:

**Thursday, May 10th from 9:30am to 11:30am
at the YWCA of Greensboro
1807 E. Wendover Avenue**

Breakfast will be provided.

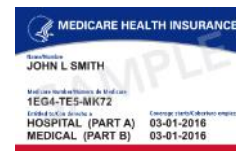
Call **336.273.3462** to register for this important event!

♦ **Social Security** will begin issuing new cards to all Medicare recipients, beginning 4/1 and continuing for a full year. New cards will NOT have your SS number printed on the card, "The biggest reason we're taking the SSN off of Medicare cards is to fight medical identity theft for people with Medicare...private health care and financial information."

Beginning in April 2018, cards will be mailed in phases by geographic location. The new Medicare Beneficiary Identifier (MBI) will be 11 characters in length, with only numbers and uppercase letters (no special characters).

*You can begin using the cards as soon as they are received.

For further details, visit www.cms.gov/Medicare/New-Medicare-Card/



Is it too early to think about a trip to Florida for the first week of December? Travelers Committee is planning a great 5-day trip to Amelia Island and St. Augustine. See page 9 for details and links to further info.



**Save the date...
December 3 - 7, 2018**

The Triad's Only Complete Guide for Seniors

- Travel & Leisure
- Retirement Living
- Health & Beauty
- Personal Wealth
- News and Information

Pick up your copy today!
at Harris Teeter, Food Lion, real estate offices, senior centers, and rack locations throughout the Piedmont Triad.

THE TRIAD RETIREMENT resource guide
TheRetirementResourceGuide.com
A Publication of Southern Trade Publications
Now in our 59th 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, May 7, June 4, July 2, Aug.6, etc.

9:30am—12noon followed by lunch
at Spring Arbor of Greensboro
5125 Michaux Road

\$7 fee includes lunch
Reservations are required for 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, we'll help you..

ADVENTURES IN LEARNING

April 5, 12, 19, 26 and May 3, 10, 2018
 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 **13 classes** from which you can create your own schedule. All variations are welcome.

The registration fee covers 1 or 2 or all 3 classes!

At midday, there is a quiet period of inspiration and meditation led by volunteers. After lunch, a Forum speaker 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 your own 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

BASKETBALL -Made in America, Export to the World: We will explore the creation of the game in Springfield, Massachusetts in the late 19th century and survey its evolution and growth over the past 126 years into one of the most popular team sports throughout the world. *Dr. Richard "Dick" Swanson, Instructor*

BUTTERFLIES: Through photos and discussions, learn to identify common butterflies in our backyards as well as nearby parks and vacation spots. *Dennis Burnette, Instructor*

MOVE TO IMPROVE WITH YOGA (Gentle/Beginner Level): This course is appropriate for students who want to learn the basics of yoga in a safe environment. Students should bring their own yoga mats and dress in comfortable clothing to allow free movement. **Class Limit 20** *Jennifer Dowler, Instructor*

QUILTING: "Spring Offset Log Cabin" Use three fabrics of your choice to create an offset log cabin design sewn on a muslin foundation (foundation piecing). A small cost for the printed foundation fabric. **2-hrs. Class Limit 12** *Janet Dietz, Instructor*

TECHNIQUES FOR YOUR HOME Topics covered will include container gardening, minor home repairs and home safety products. *Dan O'Sullivan and Home Depot Specialists*

ZENTANGLE AND SILK PAINTING: In this class you will explore the many ways that color can be applied to silk. You will also learn Zentangle, a stress reducing activity using a pen and ink to make note cards and a glass-dome pendant. **CLASS RESERVED FOR PARTICIPANTS WHO PREPAID FOR SUPPLIES!** **2-hrs. Class Limit 5** *Pam Spurrier, Instructor*



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

CIVIL WAR AND RECONSTRUCTION: This course will be taught from a different perspective from most courses on the Civil War. We will look at causes of the war, it's political aspects, significant events, and key persons in causes, conduct, and ending the war. We will also try to answer the question; "Did Reconstruction help or hurt the United States and the South?"

Charles Newell, Instructor

EXPRESS YOURSELF! Is designed for individuals with an interest in writing poetry. It is open to all levels of experience, from beginners whose focus is on developing their skills, to those seeking to increase their mastery of the writing process. As an integral part of this journey, you will present your own work as well as have the opportunity to read and analyze selected contemporary poems.

Class Limit to 12 *Martha Golensky, Instructor*

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, Facilitator

PAINTING- continues for a second class

QUILTING - continues for a second class

UNDERSTANDING INVESTMENTS, TAXES AND LEGACY/ESTATES: Make learning and understanding financial planning fun and easy. We will tailor the classes to our audience's needs by educating on many different topics.

Chad Barber and Keith Hiatt, Facilitators

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

FRANZ KAFKA'S SHORT FICTION: This course will focus on several short writings by Franz Kafka, including *Metamorphosis* (perhaps his most well-known). There will be a detailed reading of the texts with a look at various types of interpretation, particularly with regards to the ideas of Sigmund Freud.

Dr. Lori Bushell, Instructor

MEMORY IMPROVEMENT: Participants will learn ways a healthy memory works including patterns and influences of memory changes; and healthful approaches to good memories. You will also learn strategies for memory improvement.

Dr. Cheryl Greenberg, Instructor

WHAT DOES JUDAISM SAY ABOUT CONTEMPORARY ISSUES? 4,000 years of tradition, writings and teaching must have some connections to many hot topics of our times. Each week we will explore the world of Jewish ethics, examining modern day issues such as immigration, environment, organ donation, ethical wills and other topics you can help to select. Be prepared for lively looks at ancient and modern sources, as well as animated class conversations.

Rabbi Andy Koren, Instructor

Spring

Forum Luncheon Speakers

April 5

Express Yourself
National Poetry Month

April 12

Patrick Jones
All the Buzz about Bees

April 19

Anna Fesmire
Criminal Justice System

April 26

New Horizons Bands
Greensboro/Winston-Salem

May 3

Ralph Cauthen
Friendship Force of Central NC

May 10

Dabney Sanders
Downtown Greenway



Who's Who?

ADVENTURES IN LEARNING PLANNING COMMITTEE

Betty Allen
Steven Danford
Brooks Graham

Margaret Griffin
Michael Maynard
Barbara Johnson

Patricia Pearson
Phyllis Shavitz
Francis Young

Winter Instructors:

Dennis Burnette is a retired professor, a serious amateur nature photographer, and a nature educator with a special interest in teaching adults. He has served as president and in other elected offices in several nature groups. He frequently presents programs and leads field trips for garden clubs, scouts, church groups, and nature organizations.

Hannalore "Lori" Bushnell, Ph.D. from Cornell University and taught in the German Department at UNCG and Guilford College. After rereading Kafka, it led her back to German literature, particularly the 19th-20th century from around Vienna.

Chad Barber has been in the securities industry for more than 13 years. He is a Financial Advisor and Accredited Asset Management Specialist. He graduated from UNCG with a BS in Marketing and Finance in 1998.

Janet Dietz has been doing all forms of quilting for over 35 years. She is a member of the Triad Quilters.

Jennifer Dowler (RYT 2000) has been practicing yoga since 1973 and is a registered yoga teacher with the Yoga Alliance. Her training is Iyengar influenced, meaning she focuses on alignment & safe practices when teaching yoga asanas/poses.

Martha Golensky A retired professor of social work, she relocated to Greensboro in 2007. Her poetry appeared in literary journals, anthologies, general-purpose magazines, and online. Her first poetry collection, *Pride of Place*, was recently published.

Dr. Cheryl Greenberg, Ed.D. has a doctorate in educational gerontology and memory changes in older adults. She taught and worked as an administrator of educational programs at UNCG, several private schools and public schools in three states.

Keith Hiatt is a CPA and partner with the firm Breslow, Starling, Frost, Warner, Boger & Hiatt, PLLC. He has 30+ years of experience in corporate and individual taxation. Both his BA and MA degrees in Accountancy are from Brigham Young University.

Andy Koren is a graduate of Tufts University and was ordained at Hebrew Union College. He is the Assistant Rabbi and Director of Religious Education at Temple Emanuel in Greensboro.

Charles Newell received his BA and MA in history. He has been teaching U.S. History & Constitutional History for 37 years, most recently at the American Hebrew Academy.

Eleanor Procton 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. Now she adds the pleasure of singing with us at AIL!

Pam Spurrier is a certified *One Stroke instructor* and has been painting since 2000. She is a member of the Society of Decorative Painters International.

Dr. Richard "Dick" Swanson enjoyed a 43 year career of administration and teaching in higher education, specializing in sport history. He is the co-author of two books on the subject of sport and exercise in America, as well as numerous published articles and book chapters. He retired from UNCG in 2007 after 27 years, serving 12 years as Dean of the School of Health & Human Performance.

Home Depot- Brassfield Road: Manager Dan O'Sullivan and Specialists from various departments will share their diverse knowledge.

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
or visit their website for
announcements.

Registration for your Adventures In Learning

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!

The FULL SCG Newsletter (with extra trips, programs and information for supporters) will NOT be mailed but will be e-mailed and posted to the website by March 15.

www.shepctr.org 336.378.0766



REGISTRATION FORM: **SPRING** 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.

- Basketball
- Butterflies
- Quilting
- Silk Painting
- Techniques for Your Home
- Yoga

10:45 - 11:45 a.m.

- Civil War
- Express Yourself
- Financial Investments
- Quilting cont.
- Silk Painting cont.
- Sing for Fun

1:30 - 2:30 p.m.

- Franz Kafka's Short Stories
- Memory Improvement
- What Does Judaism Say About?



Non-Refundable Registration fee, Spring 2018 TERM \$40.00 per person \$ _____

Lunch Reservation, April 5th only - \$8.00 or \$ _____

All six luncheons - \$48.00 \$ _____

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

Can you volunteer your time _____ TOTAL \$ _____

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

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





Travel with us to Asheville The Biltmore Estate

JUNE 12 - 14, 2018

Cost: \$349.00 Double Occupancy
(includes transportation, hotel, tours & 4 meals)

For 3 Days/2 Nights we will tour:
Thomas Wolfe Memorial State Historic Site

Biltmore Estate **including the Chihuly Glass Gardens Exhibit**
Guided tour of Downtown Asheville & St. Lawrence Basilica

Deposit \$75.00 by March 21 - Final payment May 8, 2018
Travel Insurance available and recommended *Departing from First Lutheran Church at 8:00 am*

REGISTRATION DEADLINE: FRIDAY, APRIL 29, 2016



NOTE: SPECIAL EXHIBITION during our visit includes the phenomenal glassworks of Dale Chihuly. This American artist is bringing his work to Biltmore for the first garden exhibition in NC and it will be the Biltmore's first art placed in the historic gardens. If you've never seen Chihuly glass in person...you will be amazed and delighted! -note from Sandy

Take a day trip to a beautiful winery and enjoy the art & style of Bob Timberlake Tuesday, April 10, 2018



Childress Vineyards and Bob Timberlake Museum

We are off to the Childress Vineyards, one of North Carolina's prominent wineries, for a spectacular private lunch, guided tour and wine tasting. After lunch, we'll see the art and

home furnishing designs at the Bob Timberlake Museum

Cost for the full day trip is \$93.00

Includes comfort bus, vineyard lunch, wine tasting and admission fees.

REGISTRATION DEADLINE: Friday, March 16, 2018

Depart from First Lutheran Church at 9:30 am. 3600 W. Friendly Avenue

*This is a lovely spring trip with scenery, fellowship, fun and art (of the vine and the canvas).
Ride along with us!*



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

Childress Winery & BT Museum
April 10 \$93

Asheville - Biltmore Estate (Chihuly glass)
Full registration \$349
OR
Deposit only \$75

Name _____ Phone _____

Address _____ City _____ Zip _____

Email _____ Congregation _____

Emergency Contact _____ Phone _____ Relationship _____

Return this registration form with your check.

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



TIME FOR SUN AND FUN!

LET'S HEAD SOUTH ON DECEMBER 3 - 7, 2018

Cost: \$475.00 Double Occupancy (add \$120 for single)

This Tour Includes:

- Motorcoach transportation 4 nights lodging 8 meals (4 breakfasts and 4 dinners)
- Diamond Tours® Dinner Party with Entertainment Historic Fernandina Beach
- Guided Tours of Amelia Island and St. Augustine Visit to historic Kingsley Plantation
- Visit to the Fountain of Youth The Clara White Mission Museum
- Cruise on the St. John River

Deposit of \$75.00 due by July 30 to hold your seat ... Final payment by Sept. 26, 2018

Travel Insurance available and recommended *Departing from First Lutheran Church at 8:00 am*

For details, visit our travel partner at <http://www.grouptrips.com/ShepherdsCenter/1367359>

Vickie Williamson @ (336) 378-0766

You can also email me at programmanager@shepctr.org

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locate resources.

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www.seniorlivingguide.com

✓ In Print
✓ On the World Wide Web
✓ In the Hands of Social Workers
& Case Managers

SCG would like to THANK our wonderful team of
Volunteers In Tax Assistance:

*Jerry Eagle Lourdes Elder
Cathy Bergstrom Harold Knight
Rita Reilly*

By sharing 10-weeks of their time and skills, they help
over 120 seniors file accurate tax returns in a safe,
senior-friendly environment.
These are exemplary volunteers who go far above what
could be expected!

Thank You For Your Gifts!

December 2017 through February 2018

Annual Fund

Ken Acker
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Gramercy Park Women's Club
 Forest Oaks Community Assoc.



Thank You ... continuing

December 2017 through February 2018 (cont)

Gifts in Memory of:

Joan Anderson
Earl Anderson

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R.B. Arthur, Jr.

Theodore & Eleanor Baillet
Barbara Moran

Carson Bain
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Gifts in Honor of:

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Steve & Linda Danford
Jane Levy

Children/Grandchildren
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Hoke Huss
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Jennie Oncea
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Grant

Jean Griswold Foundation

In-Kind Donations

Sally Wilson
Judith Davie Wright

&

*A special THANK YOU to the
hundreds of VOLUNTEERS who
give style and strength
to all we do!*



A charitable gift to the Shepherd's Center is a gift to thousands of older adults who are striving to stay independent, active and living a purposeful life. Please consider adding your contribution to support our unique programs and services.

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

336.378.0766

Visit our website at www.shepctr.org

An important closing note:

When you think of Shepherd's Center, we want you to find the resources you need for yourself and your loved ones...resources for education, a chance for fellowship or travel (even as a single person), and a source for giving-back to others. It's what we've done for our community for 30 years as a small agency designed for you, powered by you, to **make aging an opportunity not a burden!**

Please consider supporting SCG 2018; **what we do benefits thousands of older adults in our local community.**

I believe the Shepherd's Center is an important resource for active older adults.
My support of the **30th ANNIVERSARY 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.

Gift given in honor of in memory of _____

◆ You may also choose to specify gift reserve funds: Weikel SCG Initiatives Fund Routh Endowment Fund

◆ Gifts may also be made through our website at www.shepctr.org/giving/

◆ I want to transfer stocks as my annual gift.

**Please call Sandy if you would like to discuss a specific fund @ 336.378.0766*

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.

Thank you for standing with us in working toward our goals of helping people stay active, vital, and connected in our community. We appreciate your support.

Board of Trustees

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Linda Danford - *President Elect*

Mozell Weston - *Treasurer*

Dick Swanson - *Secretary*

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