



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

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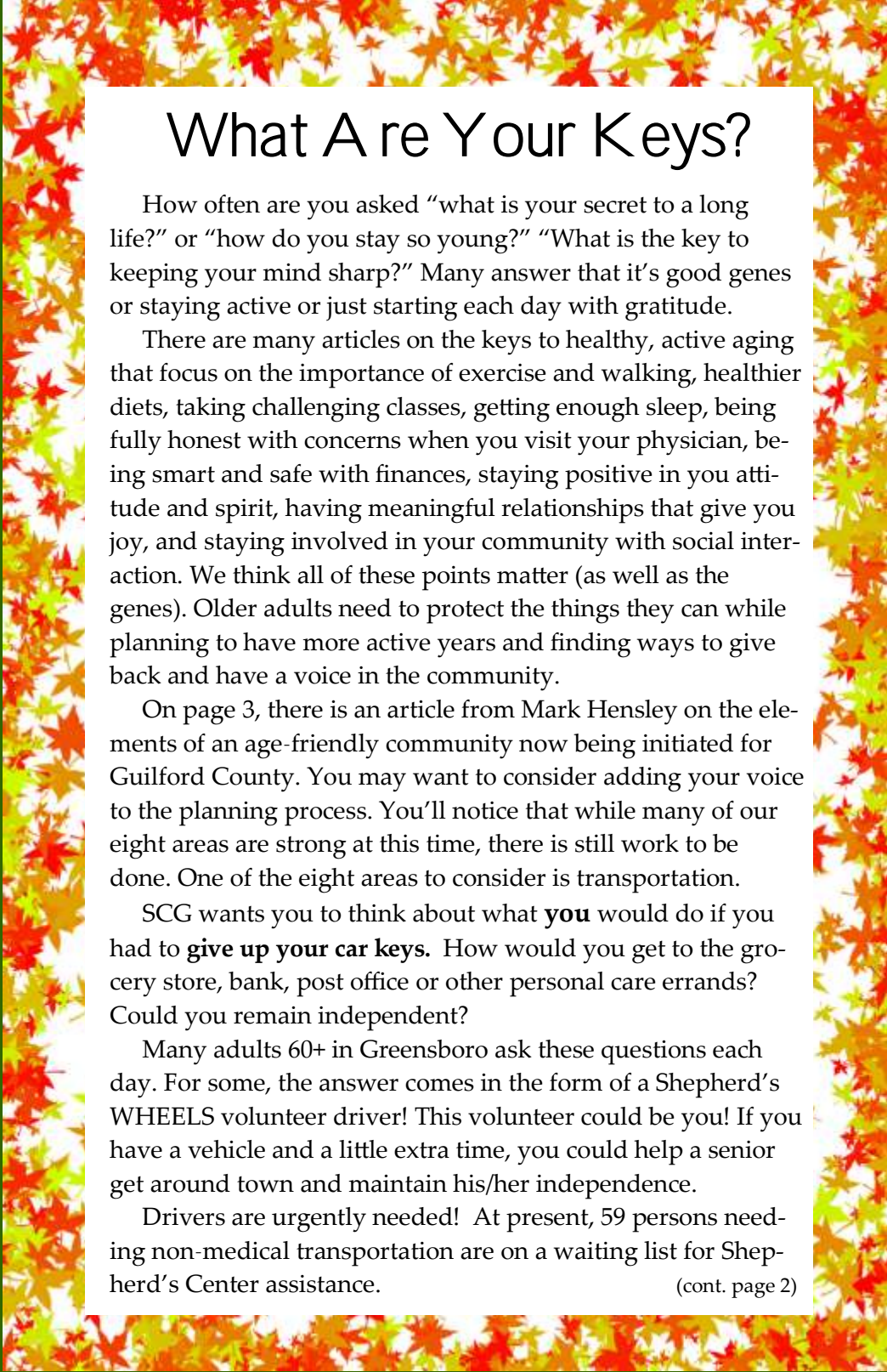
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- VF Jeanswear (Blue Bell Foundation)
- West Market Street United Methodist Church



What Are Your Keys?

How often are you asked “what is your secret to a long life?” or “how do you stay so young?” “What is the key to keeping your mind sharp?” Many answer that it’s good genes or staying active or just starting each day with gratitude.

There are many articles on the keys to healthy, active aging that focus on the importance of exercise and walking, healthier diets, taking challenging classes, getting enough sleep, being fully honest with concerns when you visit your physician, being smart and safe with finances, staying positive in you attitude and spirit, having meaningful relationships that give you joy, and staying involved in your community with social interaction. We think all of these points matter (as well as the genes). Older adults need to protect the things they can while planning to have more active years and finding ways to give back and have a voice in the community.

On page 3, there is an article from Mark Hensley on the elements of an age-friendly community now being initiated for Guilford County. You may want to consider adding your voice to the planning process. You’ll notice that while many of our eight areas are strong at this time, there is still work to be done. One of the eight areas to consider is transportation.

SCG wants you to think about what **you** would do if you had to **give up your car keys**. How would you get to the grocery store, bank, post office or other personal care errands? Could you remain independent?

Many adults 60+ in Greensboro ask these questions each day. For some, the answer comes in the form of a Shepherd’s WHEELS volunteer driver! This volunteer could be you! If you have a vehicle and a little extra time, you could help a senior get around town and maintain his/her independence.

Drivers are urgently needed! At present, 59 persons needing non-medical transportation are on a waiting list for Shepherd’s Center assistance.

(cont. page 2)

AUTUMN 2018

A Note from SCG's Executive Director

You may notice that this newsletter is tagged as "AUTUMN 2018" in consideration of the big issues surrounding the word "fall" as we age! One of the key ways to stay vertical is to pay attention to where you are going, the ground beneath you and the world around you. Yes, pay attention & stay in focus.

I recently observed a physical therapist working with an older woman doing balance testing. It was amazing to see how well she balanced when on solid ground, but faltered on a soft surface and literally fell forward when she was asked to fold her arms on her chest and then close her eyes. As we get older, we need more light to see and to balance. Three friends/volunteers for SCG fell in recent months...why? A visitor turned off the night light in the hallway, another was walking on a cracked sidewalk in the evening, and the third was from getting up too quickly in the night and not give her blood pressure time to adjust.

The Area Agency on Aging is offering a course to help community volunteers become trainers for a fall prevention program (page 12). Please consider becoming a coach to help older adults prevent falls and thereby maintain their independence for as long as possible.

We want to stay in our homes as long as possible; sometimes that means making small adjustments to way we move and the way we think about staying active.



SCG Programs & Services ... announcements

- Adventures in Learning has a FALL selection with 18 topics, new and returning instructors plus lunch-time Forum presentations. **LIFE-long learning makes Thursdays fill with awe and fun friends.** Register today! (pages 8-11).
- ◇ A trip to the Fountain of Youth may be just what you need in December! Our **Travelers** are taking a bus trip to St. Augustine, Amelia Island and Jacksonville the first week in December...and there's still a seat for you. (page 6).
- ◆ **Travelers Abroad** will be going to **Ireland** for a week in October 2019...so plan ahead and make your reservations early to assure you don't miss this tour of **Irish Splendor** that loops around the Emerald Isle! (page 13).
- ♥ It's time to **VOLUNTEER** to keep SCG strong and important to our community. Consider sharing your time and talent a few hours a week...there are so many options for you. See our website, page 7 of this newsletter, or call Vickie/Sandy at the office (336.378.0766). We need YOU.
- 📧 ShepNet Computer & Tech Center has added **NEW classes to the fall sessions.** Password software can make life easier and safer and the new Android phone class is a response to your requests. The 2-month schedules are posted on the website at www.shepnetgreensboro.org.

(cont. from page 1)

Many WHEELS drivers coordinate their own errands with volunteer time; for example, they might grocery shop at the same time as their riders do. If you can share your time and have a desire to help older adults with non-medical transportation, consider becoming a driver for Shepherd's WHEELS.



(See page 7 for volunteer details.) You'll be a key friend to someone who needs your help.

Remember that people who interact regularly with others regularly stay younger longer. And volunteers live longer, happier and healthier lives. One of the keys to longevity is to stay connected to a cause or organization – or your neighbors!

Please keep Shepherd's Center as one of your keys to staying active and independent!

Thank you to Emily Johnston for her dedication to SCG, serving as a Trustee, as Treasurer for two years, and as a supporter of and advocate for an older adult ministry.

AN AGE-FRIENDLY COMMUNITY: GUILFORD HAS TAKEN THE CHALLENGE!

Every day in America, 10,000 people turn age 65. North Carolina is the 9th fastest growing state of persons age 60+. The U.S. Census Bureau estimates that nearly 23 percent of the state's population will be 60 and older by the year 2030, an increase of more than 26 percent from 2012.

With nearly a quarter of the state's residents expected to be age 60 or older by the year 2030, Guilford County recently took an important step to become a better place for people of all ages. In April, the County submitted their application for a World Health Organization's (WHO) status of "age-friendly" by joining the AARP Network of Age-Friendly Communities.

"The statistics are staggering...in the next 20 years, the number of persons age 80 and older are estimated to increase by over 90%" - Ellen Whitlock, Executive Director of Senior Resources of Guilford. After area conferences and discussions at the Guilford Senior Services Roundtable, Whitlock approached the Guilford County Commissioners requesting they consider joining the network as an emerging Age-Friendly Community. At their April meeting, the Commissioners unanimously agreed.

By joining the AARP Network, Guilford County declared its commitment to a continual cycle of improvements in the eight domains the WHO has identified as influencing the health and quality of life of older adults which include:

1. Outdoor spaces and buildings
2. Transportation
3. Housing
4. Social participation
5. Respect and social inclusion
6. Civic participation and employment
7. Communication and information
8. Community support and health services

The AARP Network of Age-Friendly Communities helps participating communities become great places for all ages by adopting such features as safe, walkable streets, better housing and transportation options, access to key community-based services, and opportunities for residents to fully participate in activities. "Age-Friendly means that what's beneficial for a differently-abled person is also good for a mom with a stroller. Accommodating all aspects of our community for ALL citizens is important, regardless of age" said Dr. Cathy Sevier, Guilford County resident and AARP Volunteer.

Guilford County now joins neighboring Forsyth as well as Buncombe, Mecklenburg, Orange and Wake Counties plus the Town of Matthews as areas working on "age-

friendly" designation. All of these areas hope to remain vibrant and growing as North Carolina's population both increases and ages.

According to Gene Brown, Executive Director of the Greensboro Housing Hub, "Well-designed, livable communities promote health and sustain economic growth, and they make for happier, healthier residents - of all ages."

Now that the designation has been secured, what's next? The Guilford Age-Friendly initiative model is based on collaboration. A broad group of stakeholders will now come together from non-profit organizations, businesses, government agencies, community partners, and age-50+ residents to work together to assess needs of the community and to identify both short and long-term priorities.

If you would like to join the planning teams, please contact Mark Hensley at AARP (email mhensley@aarp.org or 919.798.9424) or Sandy Doyle-Jones at your Shepherd's Center (336.378.0766). Let's join our voices to continue building a greater community.



Mark Hensley is the Associate State Director for Community Outreach & Advocacy Triad Region with AARP North Carolina. Prior to joining the AARP team in 2018, he was the Dementia Services Coordinator for the NC Department of Health and Human Services, Division of Aging and Adult Services. Mark has over 20 years of experience with home and community-based services for older adults, state policy and legislation development, compliance monitoring, program development and grants administration.

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: Oct. 1, Nov. 5, Dec. 3, Jan. 7, etc.

9:30am—12noon at **Spring Arbor**
5125 Michaux Road, Greensboro

\$3 fee includes breakfast yummys
while you play and chat.

Reservations are recommended.

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..

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** ... located in space provided by Star-mount 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)
- USING Win 10 CORTANA & EDGE (2 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 (2 sessions)
- INTERNET & E-MAIL MANAGEMENT (4 sessions)
- Using the ONE DRIVE Cloud (2 sessions)
- PASSWORD MANAGEMENT (2 sessions)
- ANDROID PHONE Basics (2 sessions)
- **Coming soon:** ADVANCED PHOTO EDITING
1-on-1 TECH Assistance Labs

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

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.

ALL registrations must be done on-line and paid with credit card 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!

Need help with registration? Call the Shepherd's Center at 336.378.0766



We need additional volunteer instructors and coaches who have knowledge in the subjects listed AND have an interest in coaching adult learners. Interested? Send a note to us at info@shepctrig.org.

HOT TECH TIP: *Why are there bumps on the F and J keyboard keys?*

The small bumps or ridges found on the F and J keys on a computer keyboard are to help users correctly position their left and right hands without having to look at the keyboard. For example, without looking at your hands, you can feel the correct position of your left index finger on the F and the right index finger on the J by feeling the small bumps on the keys. Once your hands are on the home row key position, you should be able to locate the remainder of the keys on the keyboard and type with less errors.

Tip: The number 5 on keyboards with a numeric keypad also has a bump to help position your hand on the key pad.

-via Ed Pring, ShepNet Coordinator

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



**Sunday afternoon, October 28, 2018
1:00-5:00 p.m.**

at **Ten Thousand Villages**

1564-A Highwoods Blvd (in Jefferson Village, off New Garden Road)



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!

If you choose to shop on 10/27 or 10/29, please tell them you are shopping for Shepherd's Center. **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



SCG believes it is never too late to learn or improve a skill.

Our Adventures In Learning class on writing poetry, *Express Yourself*, generated FOUR award winning poets this year.

The Burlington Writers Club sponsors an annual contest for writers living in Alamance, Caswell, Chatham, Durham, Guilford, Orange, Randolph and Rockingham Counties. 2018 marks the 62nd year this club has been in existence. The contest categories include both prose and poetry.

Three students from Martha Golensky's poetry class won honors:

Sherry Kelly, 1st Place in Children's Poetry
Karen Filipski, 2nd Place in both Light Verse and Children's Poetry

Dot Mason, Honorable Mention in general Poetry
Martha Golensky, 1st Place in Light Verse

Congratulations to our creative poets and we hope more of you will take future classes that *Express Yourself*!

Hats off to our POETS



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

Deposit of \$150.00 to hold your seat ... Final payment by Sept. 26, 2018

Travel Insurance available and recommended at just \$35/dbl or \$45/sgl occupancy when you make your reservation.

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

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 _____

Roommate (if traveling in a double) _____

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

**New trips for 2019 will be posted to our website as details are confirmed.
The WINTER edition of this newsletter will announce those day excursions, over-
night trips plus the annual holiday trip. STAY TUNED and plan to travel with us!**

Her smile still lights up a room.

We see the wonderful qualities that make your loved one special.

SPRING ARBOR
Alzheimer's & Memory Care
Cottage Care

Call or come by today for your tour:
336.252.4617
www.SpringArborLiving.com
AN ELIJAH COMMUNITY

3125 MICHAUX RD • GREENSBORO, NC 27410

SCG VOLUNTEERS needed!

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! (See page 4)

Board Trustees

The gift of leadership and ideas that will drive our programs toward the future are essential to our agency's success. We are also seeking persons with accounting knowledge to serve as Treasurer, persons with marketing/sales interests to help spread the word about our work with the community, and computer savvy individuals to further our internet/web/media presence.

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 on weekdays, and **flexible to suit your schedule**. **This critical service needs drivers as soon as possible!**

Sponsored by the Jean Griswold Foundation

VITA TAX Preparers

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. Counselors are scheduled for a few hours each week to help older adults with this vital, rewarding service.

Share your interest and experience with seniors.

Your time = support to other seniors

Call 378-0766 to Volunteer!!

ADVENTURES IN LEARNING

Thursdays, October 4, 11, 18, 25, November 1 and 8, 2018
First Baptist Church, 1000 W. Friendly Avenue, Greensboro

Welcome!

ADVENTURES IN LEARNING offers enrichment and fellowship opportunities for all Greensboro area men and women. There are **18 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 \$9.00**, 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

"APPRECIATING NATURE": There is much in the natural world to interest, inform, inspire and entertain us. Using photographs of beautiful things and places, we will focus on learning about, appreciating and enjoying the different aspects of nature all around ... wildflowers, butterflies, birds, dragonflies and even weather.

Dennis Burnette, Instructor

"GARDENS GALORE": The NC State Extension Master Gardener Volunteers of Guilford County will present six entertaining programs on popular horticulture topics. Perennials with Pizzazz, Small Space Container Gardens, Flowering Trees and Shrubs, Winter Interest Gardens, Culinary Herbs, and Houseplants. Bring your questions - fall is a great time to talk gardening with friends!

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

"IN THE NEWS": In this class we will discuss current news stories appearing in major newspapers around the country. Emphasis is placed on considering the stories from different viewpoints. Links to the stories will be e-mailed a few days before each class. Listeners and talkers are equally welcomed.

John Spurrier, Instructor

"ISSUES IN BIOETHICS": In this course we will examine five issues current in bioethical discussions. We will discuss them from Jewish, Christian and secular perspectives (to the extent that these differ). Texts will be provided and discussions heartily encouraged. Subjects to be discussed: Stem cell research and cloning, abortion, euthanasia, and sharing scarce medial resources.

Rabbi Phil Cohen, Instructor

"METROPOLITAN OPERA COMES TO GREENSBORO!": A discussion of six operas that the Met will send via HD transmission to Greensboro theater during the 2018-2019 season. Included are *Aida* and *Samson and Delilah*.

Richard Cox, 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.

Jennifer Dowler, Instructor

"QUILTING - Falling Leaves": Use pretty fall batik fat quarters to make leaves, then fuse or sew to a background square to create an asymmetric wall hanging approximately 17"x 36". Can also be made into a table runner.

Kit \$20.00 2-hrs. Class Limit 12

Janet Dietz, Instructor



Thank you for sharing the joy of learning!

10:45-11:45 a.m. Classes***"THE INTERPRETATION OF FAIRY TALES - Using Freud's Psychoanalytical Model of Human Personality"***:

This involves the exploration of traditional fairy tales, understanding why these stories have survived the millennia, and how children relate to and benefit from them.

Lori Bushell, Instructor

"ECONOMIC ISSUES in the 2018 ELECTION": We will explore the economic issues related to health care, education, job creation, wages, the environment, taxation, government spending, monopoly power, immigration and the social safety net. Discussions will be based on brief readings assigned from handouts and publications available on the internet, such as the *New York Times*, *The Economist* and *Project Syndicate*.

Michael Stoller, Instructor

"U.S. CONSTITUTIONAL HISTORY - Its Origins, Creation and Growth": This six part course will focus on the origins, content, and continued growth of the Constitution to the present. We will trace its beginning in English common law, Roman coded law, and the Enlightenment of the 18th Century. From that point we will see how the new nation of the United States evolved from revolutionary fervor to a written constitution reflecting the influence of Enlightenment theory and English common law. We will then trace the Constitution's growth through significant court cases and amendments.

Charles Newell, Instructor

"TWO CLASSICS OF LITERARY AMERICAN REALISM AND NATURALISM - Henry James's The Portrait of A Lady and Stephen Crane's The Red Badge of Courage": An examination of the novels and conflicting interpretations. Lecture and discussion. The recommended novels, can be ordered from Barnes and Noble, are The Portrait of A Lady, Penguin Classics, Philip Horne Introduction ISBN 978-0141-44126-9 and The Red Badge of Courage, Bantam Classic, Alfred Kazin Introduction, ISBN 978-0553-21011-4. **NOTE: Please read the novels before you read the introductions.**

Don Darnell, Instructor

QUILTING - continues for a second class

"THE NAZI HOLOCAUST (SHOAH) - Roots, History and Response": This course is designed as an introduction to the modern historical events known as "The Holocaust", or in Hebrew, "The Shoah," and will analyze those events in the context of the cultural heritage of Western Civilization. The course will examine significant ideas and developments which led to the deliberate, systematic extermination of European Jewry as well as recent theory that seeks to explain its impact upon modern society. Topics will include the history and consequences of anti-Semitism in Europe, the rise of the Third Reich, the Nuremberg Laws, the "Final Solution", Jewish resistance and heroic rescue efforts by Christian supporters.

Rabbi Fred Guttman, Instructor

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

"BEGINNER'S UKULELE": In this class you will learn 3 basic chords to play dozens of songs. The ukulele is the easiest instrument to learn with only 4 strings (in your first lesson you will be playing a song!). There will be 3 ukuleles for loan to students. If you have your own instrument, be sure it is a **soprano or concert** size uke. Optional equipment: a tuner & bag, for sale at The Guitar center or Moore Music.

Class limited 3 unless you have your own instrument.

Cathie Holcombe, Instructor

"GUSTAV FAUBERT'S MADAME BOVARY":

A study of the novel, its antecedents and its reception. Students need to buy the Francis Steegmuller translation (Vintage Classics), available online at Amazon for a nominal cost.

Kathleen Koestler, Instructor

"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.

Margaret Young, Instructor

"MEMORY IMPROVEMENT CONTINUED": Participants will learn additional 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.

Cheryl Greenberg, Instructor

"THE MIDDLE AGES - Fact and Fiction": In this class we will examine some common stereotypes about the often disparaged Middle or "Dark" Ages and touch on the topics of science, religion, medicine (The Plague), and architecture (The Gothic Cathedrals), among others. What is current historical opinion on these topics? Join us while we explore.

Linda Danford, Instructor

"THE RELIGIOUS TAPESTRY OF GREENSBORO": We will meet at a variety of locations representing the religious tapestry of Greensboro to explore the impact of a variety of expressions of religious life upon the life, history and institutions of our city. These visits will allow us to see, visit and hear firsthand from a variety of religious leaders. Come explore with us why our faith community is so important to our future as a city moving forward!

Reverend Frank Dew, Instructor

Who's Who?

ADVENTURES IN LEARNING PLANNING COMMITTEE

Betty Allen
Steven Danford
Brooks Graham

Margaret Griffin
Barbara Johnson
Michael Maynard

Patricia Pearson
Phyllis Shavitz
Francis Young



Fall Instructors:

Jeanne Aller & Extension Master Gardener 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.

Dennis Burnette, M.P.A. 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 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" Bushell, Ph.D. 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.

Phil Cohen is a Reform rabbi, holds a Ph.D. in Jewish thought from Brandeis University, and a Master of Fine Arts degree from Spalding University.

Richard Cox, Ph.D. 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.

Linda Danford, M.A. is a Latin teacher who retired in 2011 from the faculty of the UNCG Classical Studies Department where she was a lecturer for 22 years. Her favorite courses to teach were in the area of Roman Civilization and Culture. In recent years she has become active as a member of the Shepherd's Center Board and will serve as Trustee President beginning October 2018.

Don Darnell, Ph.D. is Professor Emeritus of English at University of North Carolina Greensboro.

Frank Dew is a graduate of Wake Forest University & Duke Divinity School, retired Pastor of New Creation Community Presbyterian Church and retired Chaplain at Greensboro Urban Ministry.

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.

Cheryl Greenberg, Ed.D. 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.

Fred Guttman, M.H.L., M.Ed., D.Div. has served as the senior rabbi of Temple Emanuel since 1995. He lived in Israel and served as the rabbi and principal of Alexander Muss High School. In 2009, he was awarded the prestigious NCCJ Brotherhood/Sisterhood Citation Award. In 2012, he was recognized as one of the "50 Voices for Justice" by the union for Reform Judaism." In 2014, he was recognized by The Forward Magazine as one of "America's Most Inspiring Rabbis." He has led 18 March of the Living (MOTL) trips to Poland and Israel.

Cathie Holcombe is a retired English teacher and native of Greensboro, now pursuing her passion for music. Since childhood she has tried piano, guitar, psaltery, harmonica and marimba in Honduras, where she taught English for a year. She leads a Peace and Love Ukestra at New Garden Friends and hosts a Rosa Parks Singalong every year on February 4th.

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

Charles Newell, M.A. has been teaching U.S. History & Constitutional History for 37 years, most recently at the American Hebrew Academy.

John Spurrier, Ph.D. is a Distinguished Professor Emeritus of Statistics at the University of South Carolina. While at USC, he has received numerous awards for teaching and research. He has had a lifelong interest in current events and is a political independent. Since retirement, he has written three comedy books.

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

Margaret Young was born in Scotland and has been knitting since childhood. She belongs to two knitting groups in Greensboro.

Forum Luncheon Speakers

October 4
Mike Sakellaridis
Renaissance Community Co-op

October 18
Mary Ann Busch
Center for New North Carolinians

November 1
To Be Announced

October 11
Henri Fourrier
Greensboro Visitors &
Convention Bureau

October 25
Gayle Fripp
Author & Historian

November 8
Dennis Eaton & The Senior Class
Vocal Performance

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: **Fall 2018** Adventures in Learning

Name (s) _____ Phone _____

Address _____ Zip _____

Church/Synagogue/Mosque _____ Email: _____

Emergency Contact _____ Phone _____ Relationship _____

Please use initials if registering more than one person:

9:30 - 10:30 a.m.

- Appreciating Nature
- Gardens Galore
- In the News
- Issues in Bioethics
- MET Opera
- Move with Yoga
- Quilting

10:45 - 11:45 a.m.

- Interpretation of Fairy Tales
- Economic Issues
- U.S. Constitutional History
- Two Classic Novels
- The Nazi Holocaust
- Quilting cont.

1:30 - 2:30 p.m.

- Beginner's Ukulele
- Knitting
- Madame Bovary*
- Memory Improvement Cont.
- The Middle Ages
- Religious Tapestry

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

(ALL REGISTRATIONS received after September 27th will be \$50.00 per person)

Lunch Reservation, October 4th only - \$9.00 **please note the church's change in cost* \$ _____

OR All six luncheons - \$54.00 \$ _____

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 27TH (\$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

Any questions, please contact the office at 336-378-0766



COMMUNITY NEWS & EVENTS to consider:

Mark Your Calendars:

♥ **The Shepherd's Center of Kernersville** will hold their **19th Annual Book Sale and Bake Sale** on

Thur., October 18: 1:00 – 7:00 pm

Fri., October 19: 9:00 am – 7:00 pm

Sat., October 20: 8:00 am – 12:00 pm

at 130 E. Mountain Street, Kernersville

Plan to shop with them knowing that all proceeds support their Senior Center.

If you have books to donate in August, call 336-992-3180 for information and directions.

♥**SAVE the DATE in 2019...February 1st, Friday evening 7:30pm. Trio Valtorna** will perform. **Music For A Great Space** has selected SCG to be the focus of the evening's performance at Christ United Methodist Church. Season or single tickets are available and more details will be included in the winter newsletter.

<http://musicforagreatspace.org/season>



◆ **Research Study at UNCG needs volunteers:**

We are interested in understanding the effects of exercise on mentally challenging tasks. In order to participate you must be between the ages of 65-80 years old, right-handed and willing to participate in testing on three separate days about 1-2 weeks apart. People that have heart, lung, or metabolic diseases such as heart disease, asthma or diabetes are not able to participate. Further, if you have any implanted medical devices or magnetic dental work, you also can not participate. Finally, you must be able to physically ride a stationary bike, so no major injuries limiting your range of motion.

Participation will include monitoring of your heart rate at rest and during exercise, moderate intensity exercise and rest on a stationary bike, blood draws and completion of mentally challenging tasks in our lab and in the fMRI scanner.

If you are interested in participating and would like more information about the study, please call Lexy (a Ph.D. Candidate in Sport & Exercise Psychology) at 919-802-2725 or email her at abslutsk@uncg.edu.

•**The Area Agency On Aging** is providing training for volunteers to become certified instructors of **A Matter of Balance...designed to reduce the fear of falling, improve balance and activity levels for older adults.** Coaches can work in pairs to teach workshops in the community. Training is September 26 & 27, 9am-4pm in Kernersville; fee is \$30. Call MaryLou White at 336.904.0300 for details.

Senior Living Guide Is Everywhere. *Are you?*

To advertise call Jennifer Jones 336-883-2718 or email at jennifer@seniorlivingguide.com

SLG helps seniors locate resources.

Senior LIVING guide™

www.seniorlivingguide.com

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



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.

SCG Affiliations:



Travelers
A broad

Irish Splendor

October 15—22, 2019

Experience a true taste of the unique lands and people of Ireland on a trip that combines fabulous accommodations, stunning scenery and incredible cuisine. Make a return to times past when you join us on an unforgettable tour of the amazing “Emerald Isle.”

Cost: \$2899 Double Occupancy \$3299 Single \$2869 Triple

Your tour package features: transportation between Greensboro and airport, round trip air fare from Raleigh, air taxes/fees, motor coach transportation, accommodations, hotel luggage handling, along with 2 dinners + 6 breakfasts, sightseeing and admission charges, most gratuities, plus one **local guide** assigned to our group during the time in Ireland.

The trip takes a grand loop around the isle with this itinerary:

Oct 15 - 16, 2019: Overnight Flight - arrive in **Kingscourt, Ireland** and open the tour on the **regal grounds of Cabra Castle**...a welcome dinner and spend the night in this castle!

Oct 17, 2019: **Kingscourt - Tullamore/Kilbeggan - Cliffs of Moher - Ennis**

Start your day with a cross-country journey to Irish whiskey territory, the ancient towns of **Tullamore and Kilbeggan**, with a tour and tasting at a historic distillery. Then it's on to the stunning 700-foot-high **Cliffs of Moher** for awe-inspiring views of the mighty Atlantic and the Aran Islands. End your day in the charming **town of Ennis**. Enjoy the ambience of your historic hotel, cozy up to its roaring peat fire, and feel the warmth of Irish hospitality.

Oct 18, 2019: **Ennis - Killarney**

Today, **experience the customs and daily life of a traditional Irish family** and enjoy homemade scones and tea during a memorable visit to the **Molanna Dairy Farm**. Continue on to **Killarney**, your home for the next two nights.

Oct 19, 2019: **Killarney - Dingle Peninsula - Killarney**

The day starts as we follow what is perhaps Ireland's most majestic coastal route – stunning **Dingle Peninsula**. Stop at the **Gap of Dunloe** where you can shop for traditional Irish goods handcrafted by local artisans. Travel to the town of Dingle and then **drive the beautiful Sleat Head** road, where some of the country's most spectacular landscapes are found.

Oct 20, 2019: **Killarney - Dublin**

A day in Ireland's breathtaking countryside with a visit to the historic **Blarney Castle**, where you have the opportunity to kiss the famous Blarney Stone (bestowing the gift of eloquence). Next, travel to the town of Cashel for views of the historic **Rock of Cashel**, the reputed location where St. Patrick preached and converted the King of Munster. End your day in Dublin.

Oct 21, 2019: **Dublin**

Enjoy a sightseeing tour of **Dublin, the “Fair City.”** Take in O'Connell Street, Grafton Street and the city's magnificent rows of stately Georgian town homes. Then, enjoy some leisure time to independently explore the cultural offerings of delightful Dublin. On the last evening, tour **Christ Church Cathedral** and toast the end of an incredible journey with canapes and cocktails in the cathedral's crypt.

Oct 22, 2019: **Dublin**

It's time to fly home and say “**slán go hÉirinn**” after an amazing week in this beautiful country.



“You don't want to miss this trip!”

Deposit of \$500 to hold your seat ... Final payment by August 16, 2019

Travel Insurance available and recommended at just \$315/person when you make your reservation.

For details, questions or a full trip brochure call *Vickie Williamson @ 336-378-0766* or email her at programmanager@shepctrq.org

Thank You For Your Gifts!

Annual Giving

John & Virginia Achey
 Ann & Trip Adams
 Christine Adams
 Jim & Betty Allen
 Valentine Allen
 Prospero & Dorothy Angiolino
 Joann Barnes
 Nancy Bausman
 Gertrude Beal
 Eileen Beals
 Mary Beavers
 Peter & Catherine Bergstrom
 Pete Bieber
 BB Bird
 Jeanie & Charles Biscoe
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 Nancy Cox
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Peggy D'Avella
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 Huguene & Bill Frank
 W. Erwin Fuller
 Kenneth Garner
 Jo & Royce Garrett
 Phillip & Joe Gelzer
 Nancy Glenz
 Seena Granowsky
 Griswold Home Care
 Jack Harrington
 Ann Harwell

March 1, 2018 through August 13, 2018

Hoke Huss
 Barbara Johnson
 David Johnson &
 Gail Wolfe-Johnson
 Mildred Jones
 Shirley Jones
 Sherry Kelly
 Linda Kershner
 Clayton & Mary Key
 John Kime
 Anne & Phil Koch
 Curtis & Terry Lashley
 Bolling Lowrey
 Angela Martin
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 Brenda Williams
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 Jean Young

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 George & Kitty Robison
 Bill Fitzgerald
 Patricia Fitzgerald
 Bill Fortson
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 Naomi Kaplan
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 SCG - Sandy & Vickie
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 SCG Volunteers
 Judith Wingo
 Marian Solleder
 Dick & Lita Swanson

(continued on page 15)

Additional gifts were received for Donor Restricted Funds:

Routh Endowment Fund

Barbara Walters Brooks

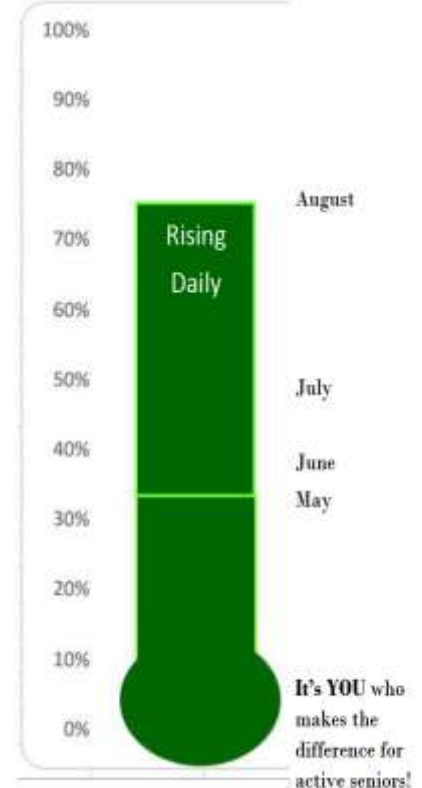
In Honor of
Mary Routh
by Mark Wheeler

In Memory of
Mary Lee Powell
by Charlie & Mary Routh



GOAL of \$31,000

Annual Giving 2018



Weikel SCG Initiatives Fund

Libby & Bob Haynes
Jo Hull
Charles Ward

ANNUAL GIVING CHALLENGE

This year's Annual Giving campaign is crucial to programs and services of SCG. With a goal of raising \$31,000 from our participants, friends and supporters of senior services, we need YOU to enable us to reach that goal during our 31st year of service. The request was earlier this year since we did not want to have your mailbox filled in December.

100% of annual contributions are used to provide local programs and services that meet our mission for independent seniors. With no government funding, only two part-time staff and a *cut-to-the bones* small budget for operations, we need your support to continue Shepherd's Center programs and keep fees affordable.

Please consider a gift to the 2018 Annual Fund, knowing that your support is vital for local activities that help thousands of seniors to age in place and stay connected in our community.

With gratitude,

Shepherd's Center of Greensboro

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

\$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/ mailing address with your gift.

Gift given in honor of in memory of _____

◆ 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 or a transfer of stocks @ 336.378.0766*

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



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

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AUTUMN 2018 Calendar

Board Meetings Sept. 18, Oct. 16, Nov. 20, Dec. 18
Shepherd's Travelers Dec. 3 - 7, St. Augustine & Amelia Island Florida
October 15 - 22, 2019 — IRELAND Tour
Adventures in Learning October 4 - November 8
Table Games Oct. 1, Nov. 5, Dec. 3, Jan. 7
Special Event Oct. 28, 1-5, Special Shopping event at
Ten Thousand Villages to benefit SCG
Office Closed Nov. 22 & 23, Dec. 25, 26 & 27, Jan. 1
Mark your Calendar: February 1, 2019 @ 7:30pm, Music For a Great
Space... Trio Valtorna, to benefit SCG