



shepherd's center OF GREENSBORO

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

302 W. Market Street, Rm 103
Greensboro, NC 27401
Phone: 336-378-0766
e-mail: info@shepctr.org
www.shepctr.org

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Spring Arbor of Greensboro
Starmount Presbyterian Church
West Market Street United Methodist Church

There is Beauty in All the Seasons...

If Autumn is your favorite time of year, you may be reminiscing about those back-to-school preparations, or the excitement of football, or the fun of jumping into piles of colorful leaves. But it's also a time to shed the old, find a new look, or express your life differently as yet another transition begins.

What's old can be refreshed, yet we struggle with terminology that both defines and celebrates "older adults" knowing that maturity is filled with a colorful history and experiences.

Your local Shepherd's Center is also older and ready to refresh. Did you notice the new logo? We hope you like it. We've noticed that an increasing number of Shepherd's Centers were revising their logos to better reflect the logo designed by Shepherd's Centers of America. SCA carefully designed a tree that represents life and growth...at every age. And the birds were designed to "represent caring and peace as people come together in a common spirituality." We like the meaning and the new, clean design for our Greensboro agency.

Linking us to the national focus on active aging also connects us to a collaboration of agencies striving to provide top quality lifelong learning and services, with an emphasis on volunteers determining the direction we take and leading other older adults toward a life of purposeful living...at every age.

So enjoy your bountiful autumn with gratitude for another season of change.

...And joy to be found
at all ages and stages

AUTUMN 2019

A Note from SCG's Executive Director

To everything there is a season... Whether it's read from the Book of Ecclesiastes in the Bible or hummed with "turn, turn, turn" from The Byrds in 1965, the words are great reminders of the changes, challenges and seasons of our lives. These have been the words, the melody, I find myself turning to most recently.

Over the past months, it seems that we have been to too many memorial services while saying goodbye to wonderful volunteers and participants. We feel the losses and must often remind ourselves that we have so much to be grateful for in knowing so many smart, lively, talented and generous people who enrich our lives through the Shepherd's Center.

You will read of a few of our honored volunteers, a few generous supporters and another few active participants...all fabulous people that we love. They remind us of how important SCG has been to active elders over the years and they shine a light on the path we develop to move us toward a new season.



SCG Programs & Services ... announcements

- Adventures in Learning is geared up for your Back-to-School session beginning October 3rd. With **17 topics**, new and returning instructors plus lunch-time Forum presentations, **LIFE-long learning fills your Thursdays with new ideas, great speakers and fun friends**. The fee for the session is \$45... a great deal for all we provide. Register today! (pages 8-11)
- ◇ If you are looking for trips/travel in this issue, there are no postings. We want you to know that all the remaining trips for 2019 have been FILLED! Our Ireland and Washington DC trips are full of active people. You may sign up to be on the wait-list for our Holiday Theatre trip (page 5). *Sign up early in 2020* when we post new trips in the Winter Issue.
- ♥ 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 6 of this newsletter, or call Vickie/Sandy at the office (336.378.0766). We need YOU.
- 📁 ShepNet Computer & Tech Center continues to offer timely topics and skill classes so you can stay tech-savvy. The rotating 2-month schedules are posted on the website at www.shepnetgreensboro.org.
- 📁 ShepNet volunteers are spending Friday afternoons, 1-3pm, at the ShepNet Labs, providing one-on-one assistance with tech questions or computer class reviews for prior or current ShepNet students. It's another reason to study with the ShepNet team!

A note from our Trustee President:

Spring, Summer, Fall, Winter - it doesn't seem to matter what the season, our mailboxes are stuffed with fundraising appeals of many kinds. The more generous we are the more envelopes we are likely to receive. And because we are Golden Agers, these letters now usually include suggestions for Estate Planning or Stock options donations etc. And this issue of our newsletter also outlines giving options, in light of the changing tax laws.

When people choose to place SCG in their wills or as a beneficiary, we know they have seen value in our programs. They support our mission and want other people to have the benefits that change lives.

Shepherd's Center has been the grateful recipient of generous bequests and we are indeed very pleased to see our endowment growing in an uncertain economic climate. Without government funding, we seek to preserve gifts when we are able, to create long-term income.

The downside of this good fortune, however, is that some of you may think your individual and steady donations are no longer needed. I want you to KNOW that our Annual Fund Campaign is completely dependent on your participation; these gifts go directly toward supporting the operating budget. This may not sound very glamorous but operating funds are the wheels of the car. It's how we keep our fees low and affordable which in turn keeps our many classes and programs accessible to a large number of fixed income seniors. Help us keep those wheels moving!



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 holiday tree in the annual Well-Spring contest. We will remind you to stop in at WellSpring Retirement Community to **place your important votes for our tree, between Dec 5 - 17**. Each person may vote 3 times and you do not need to be a resident, just a supporter of SCG!

We will receive a donation from Well-Spring plus a chance to win an extra \$2000 for the top vote-getter!

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
336.378.0766



Hats off to Colonel Girard Johnson

SCG Board service year transitions at the end of September and we have one Trustee we would like to thank for serving two terms. **Girard Johnson (the Colonel)** has been involved in a variety of activities, meetings and events over the past six years. We currently have three wonderful trustees who were referred to SCG through Girard's connections in the community, so his leadership seat will be well cared for as we move into 2020.

Thank you for your service to the older adults in our community and for your faith-guided desire to be of service to others.

Leadership News

We are pleased to welcome three new members to our Board of Trustees for 2019:

Rev. Steve Allen - Pastor of Shiloh Baptist Church, with degrees from NCA&T, UNC-Chapel Hill School of Law, and Shaw University School of Divinity. Steve's resume also includes eight years as a Superior Court Judge, Pres. of Greensboro Public Library, VP of the NC Bar Association, officer of the Pulpit Forum, NAACP, plus a long list of local and statewide boards. While his experience is broad, he also notes that he and his wife have six children and three grandchildren.

Rev. Allen remembers learning about SCG when his pastor, Otis Hairston, helped to establish our agency 32 years ago. Now it's Steve's turn to serve and guide us to be of deeper service in the community.

Gladys DeVos - This New Jersey native & her husband moved across country to raise six children in Seattle. A job transfer to New Orleans was just the beginning of her many moves to foreign lands! She lived abroad for 30 years, including Australia, Norway, London and Germany. Her own careers included librarian and teaching English as a second language. When her husband retired, they needed to decide where to live so they chose Florence, Italy so that he could study art.

Gladys then moved to Greensboro where her daughter lives and has settled into a very active life, that includes our AIL. She is a delightful, passionate person who exemplifies the joys of active aging (living in a downtown loft and driving a mini-Cooper).

Daniel Finnegan - With a degree in Communications from James Madison University, Danny has held a variety of writing, production and management roles that brought him to Greensboro in 2016 to serve as Publisher/Editor of the N&R for 2 years. He brings leadership experience, financial oversight knowledge and marketing to our Board of Trustees. As a member of Rotary Club and New Garden Friends Meeting, we look forward to having him share his experience at multiple levels.

Please join us in welcoming them to Shepherd's Center and please share your ideas with them.

"Life's most persistent and urgent question is, What are you doing for others?" - Martin Luther King, Jr.

Memories :



To remember is to care, to share is to provide a path for future opportunities; both are elements of humanity at its best.

Estate Gifts and the long term trust

Kathryn Eskey was the first woman to receive her Doctor of Musical Arts degree at University of Michigan. She was also the Assistant Dean of Music at UNCG and a leading organist.

She loved teaching music classes at Adventures In Learning and when she stopped teaching in 2011 she continued to attend as a lifetime member up until 6 months before her passing.

The charities she chose for her estate gifts were focused on her love of music, education and animal protection. Her SCG gift is now part of our Routh Endowment, invested for future growth...exactly what Kathryn would love to know we have planned!

Our Adventures In Learning participants and friends:

MARGARET WAGONER
PAT MAGNUSON
JOHN ACHEY
MARION HEIMBERG
LILLIAN RAUCH



MARIAN SOLLEDER

Second President of SCG Trustees & lifelong supporter and attendee of Adventures in Learning

MAZIE BULLARD

Past Board member and lifelong attendee of AIL

TRUDY ATKINS

Past Board Member and advocate for active aging

ED PRING

ShepNet Coordinator, teacher & friend to our seniors for 19 years

RUTH HUGHES

Office volunteer bookkeeper for over 12 years and golf tournament coordinator

Estate Gifts and the long term trust

Peggy Ware also remembered SCG in her estate plan. She learned much about us while developing a friendship with our founder, Jim Weikel, over 20 years at Well Spring Retirement Community. She provided advice based on her executive background in public relations and was well aware of the importance of lifelong learning. Her generosity will enable SCG to plan new initiatives to meet the changing needs of our community's active seniors.

We would like to thank families who chose to list SCG as a memorial gift option. We are very grateful. For details, questions or a discussion of ideas, call *Sandy Doyle-Jones* @ 336-378-0766 or executivedirector@shepctr.org

Saving on Taxes by Charitable Giving

Donating portions of IRA/retirement funds:

During the process of scheduling a tax return appointment with one of our VITA volunteers, our client asked how they could plan for next year's required distribution from their IRA account. We reached out to one of our regular instructors for the Adventures In Learning finance/investment classes for accurate details. We received an excellent document that outlines all of the requirements for people who reach the age of 70 1/2 and are required to begin withdrawing funds.

The RMD (Required Minimum Distribution) are subject to ordinary income tax. However, there is an option to utilize and reduce the taxation of that income by donating funds directly to a charity. A Qualified Charitable Distribution from your IRA at age 70 1/2 or older, means a person may give up to \$100,000/yr to a charity ... tax-free, regardless of whether you itemize, and thus lower taxable and adjusted gross income. Your personal advisor may help you with distributing funds and how to report the gift.

SCG meets the charitable qualification guidelines. For details of RMD from IRAs, we have posted an article from one of our investment class instructors, Chad Barber. You may copy and paste this link to take you to Chad's full brochure: <http://www.shepctr.org/wp-content/uploads/2019/08/Understanding-RMDs.pdf>

Transferring appreciated stocks:

A charitable gift of securities may be a tax-wise decision for you while generously supporting Shepherd's Center. A gift of stocks/bonds/mutual funds owned for more than one year entitles you to a charitable deduction for the full market value at the time the gift is made. If the stock has appreciated, you may also avoid capital gains tax on the appreciation while writing off the value of the stock at the time of transfer to our nonprofit.

An example: 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 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...and programs for older adults can flourish with your gift.

Your broker has a short, simple form for you to complete; then they do the rest of the transfer process. The only information you need are these 5 things:

- The Shepherd's Center of Greensboro
302 West Market Street, Room 103,
Greensboro, NC 27401
- Our broker and their address: Charles Schwab,
3328 W. Friendly Ave, Suite 111, Greensboro, NC 27410
- Our brokerage account number: 1178-9391
- SCG's DTC number: 0164
- Our Tax ID number: 56-1591924

Details may be discussed with our Executive Director, Sandy Doyle-Jones, 336.378.0766.

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

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Come join the Shepherd's Travelers for a fun filled day of
Wohlfahrt Haus Christmas
"Christmas in the Park"
Tuesday, December 3, 2019
Cost: \$99.00 (Includes transportation and holiday feast)
Gratuity not included

Enjoy a delicious holiday feast before you are completely immersed in the Christmas season. Sit back, relax, and reminisce with some of your favorite Christmas carols, holiday music, dazzling dance numbers, and beautiful costumes! To complete the afternoon, be inspired by the greatest gift of all, the beautiful story of the nativity!

From our Haus to yours "MERRY CHRISTMAS"!

Reservation Deadline: October 18, 2019
Vickie Williamson @ 336-378-0766
You can also email Vickie at programmanager@shepctr.org

SCG needs VOLUNTEERS!

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, Mon- Fri.

Computer Coach & Instructor

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 7)

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.

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 rewarding, vital service

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 like you!



**Share your interest,
time & experience.**

**Your time = support to
other seniors**

**Call 378-0766
to Volunteer!!**



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

Jan. 7, Feb. 4, March 5, April 2, May 7, etc.

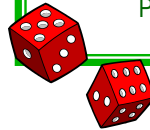
9:30am - 12 noon **at Spring Arbor**
5125 Michaux Road, Greensboro

\$3 fee includes breakfast yummies 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..



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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** ... 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 Fridays but not on weekends or evenings. Course fees range from \$15 - \$45 and are offered on a rotating schedule.



Classes offered vary each month, but may include:

- **UNDERSTANDING & USING WINDOWS 10**
Part 1 or 2 (4 sessions)
- **MANAGING COMPUTER SECURITY** (2 sessions)
- **Intro to MS WORD** (3 sessions)
- **FILES MANAGEMENT** (1 session)
- **GENEALOGY** (3 sessions)
- **APPLE iPHONE Basics** (3 sessions)
- **Apple iPAD Basics** (3 sessions)
- **GOOGLE PHOTOS** (2 sessions)
- **Getting the Most Out of GMAIL** (2 sessions)
- **EXCEL Spreadsheets** (2 sessions)
- **Using the ONE DRIVE Cloud** (3 sessions)
- **PASSWORD MANAGEMENT** (2 sessions)
- **ANDROID PHONE Basics** (2 sessions)
- **1-on-1 TECH Assistance Labs on Friday afternoons for past/current ShepNet students**

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, fill in data, 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 who have knowledge in the subjects listed AND we need coaches to help guide adult learners in the classes. Interested? Send a note to us at info@shepctr.org.

On 5/31, we learned that Ed Pring passed away. Ed was your teacher, your tech guru, your friend and our key coordinator for all aspects of ShepNet. He volunteered over a thousand hours every year for over 19 years, reaching into the community and loving his work with older adults.

While still in shock, the ShepNet volunteers gathered to plan how they would continue Ed's plans for ShepNet (current fall classes and Friday labs are fully presented on the SN website). And, during this transition period, I met with a few of Ed's closest friends who wanted to set up an endowment that could support SN well into the future, naming the fund after Ed. See page 14 for information or visit our website to see how you can be involved.

Ed's wife, Kay, his children, grandchildren and family have been in our prayers. May we have a time in the near future when we can share some of our stories with them. Our ShepNet program will continue to grow with your support...it's quite a wonderful legacy and a grand gift from a unique man.

— Sandy

ADVENTURES IN LEARNING

Thursdays: October 3, 10, 17, 24, 31 and November 7, 2019
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 **17 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

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

DOWN THE GARDEN PATH: NC State Extension Master Gardeners will present six entertaining and informative programs on popular topics-Fall is for Gardening, Containers for Curb Appeal, Spring Flowering Bulbs, Shade Gardens, Backyard Habitat, and Pruning. Bring your questions, it's a great time of year to talk gardening with friends!
Cooperative Extension Master Gardener Volunteers, Facilitators

ECONOMIC ISSUES IN THE 2020 PRESIDENTIAL ELECTION: This will be a discussion-based class on the economic aspects of the issues in the upcoming Presidential election. A different issue or set of issues will be discussed each week. These issues including health care; international trade policy, tariffs & sanctions; the economics of environmental issues including climate change; jobs, wages, monopoly power and the distribution of income; the economics of education & student loan debt; and taxation, government spending & monetary policies. You will be expected to read a group of brief articles from magazines, newspapers & internet sources such as Project Syndicate. Students will also be encouraged to bring their own articles to class discussions.

Dr. Michael Stoller, 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

SEEING IS DRAWING: This class is for beginners with a desire to create art. No experience, talent or artistic relatives necessary. A welcome home to the art of drawing. We will explore art techniques, art history and the wonderful world around us. A supply list will be mailed to each registrant. **2-hr. Class Limit-12**

Melanie Bassett, Instructor

THE METROPOLITAN OPERA COMES TO GREENSBORO: A discussion of the five operas that the MET will send via HD transmission to a Greensboro theater between October 2019 and January 2020. Included are *Madam Butterfly* and *Wozzeck*.

Dr. Richard Cox, Instructor



A picture from the past...the Autumn Belles!
 We want to remember Pat, the tall, joyful woman in the orange shirt.

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

BEGINNER'S UKULELE: 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 are 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 and bag, for sale at The Guitar Center or Moore Music.

Class Limit - 8 Catherine (C.H.) Holcombe, Instructor

DRAWING continues for a second class.....

MAKING FIDGET QUILTS: Learn how to assemble a fidget quilt (these are placemat size quilts made of different colorful tactile fabrics with small playful items attached). These quilts are very useful in calming the restless hands of Alzheimer and dementia patients. They have been helpful with autistic children and those with developmental problems. Sewing skills are helpful but not a must. Please bring your sewing shears and a sense of playfulness! Materials will be provided. **All quilts will be donated to nursing homes in the community.**

Class Limit - 8 Sandy McCarthy, Instructor

ONE CITY, ONE BOOK 2019: *Born a Crime* by Trevor Noah was voted this year's selection for Greensboro's One City, One Book. It is the memoir of the Comedy Central's current host of the *Daily Show*. His story is one of being born in South Africa to a Black African mother and White father, which was illegal under apartheid. There are several themes in the book which the course will look at before the class discusses the book. Books will be provided.

Class Limit - 25 Ronald Headen, Instructor

RESPONDING TO THE HOLOCAUST-THEN AND NOW: 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. It 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 include the history and consequences of antisemitism in Europe, rise of the Third Reich, The Nuremberg Laws, the "Final Solution", Jewish resistance and heroic rescue efforts by Christian supporters.

Rabbi Fred Guttman, Instructor

STORYTELLING 101: Experience the enchantment of live storytelling, exploring diverse kinds and impact in a supportive group. Through the sharing of personal stories and folktales, participants will learn key design aspects of story creation and practice dramatic skills for effective audience presentation. Emphasis will be on 1) POWER OF STORYTELLING, 2) FINDING and CREATING engaging stories, 3) LEARNING and 4) PERFORMING them in creative ways that engage audiences.

Dr. Charlotte Hamlin, Instructor

THE HISTORY OF IMPEACHMENT IN THE U.S.: Although only two presidents have been impeached, the impeachment clause applies to "Civil Officers" as well. We will not only study the circumstances surrounding the impeachment of the two presidents, we will look at conditions surrounding the "civil officers" which includes 15 federal judges.

Charles Newell, Instructor

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

INTERMEDIATE LEVEL UKULELE: This class is for persons who took the beginner's class in the fall of 2018 or who have musical knowledge (ukulele or guitar). We will learn more chords and different strums as well as a variety of songs. Bring a concert or soprano ukulele plus chords and music handouts from the previous class.

Class limited—12 Catherine (C.H.) Holcombe, 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, Facilitator

LET'S GET MOVING-Healthy Aging with Exercise: Join health and wellness experts from Cone Health as they share information about exercises to get you moving and help keep your mind and body healthy as you age. This series will include discussions and exercise demonstrations for a healthy heart, improving balance, fitting exercise into your busy day, aching joints, stress relief and chair exercises.

Cone Health Professionals

LIZZIE BORDEN-Separating Truth & Fiction: Abby Borden & Andrew Borden were murdered 90 minutes apart in their home in Fall River, MA in August 1892. Daughter Lizzie Borden was accused, but did she do it? This course will evaluate the case evidence and lead to our own conclusion about who committed these infamous murders.

Tom Brawner, Instructor

MAKING RETIREMENT BRILLIANT!: We are going to show you how to feel great about your retirement, protect what you've built, and understanding the investment world.

Chad Barber & Keith Hiatt, Facilitators

**"Life is a Learning Process,
Learning is a Life-long Process.
You can't separate them."**

- Vivienne Forrester

Who's Who?

ADVENTURES IN LEARNING PLANNING COMMITTEE

Betty Allen
Steven Danford
Brooks Graham

Margaret Griffin
Barbara Johnson
Michael Maynard

Phyllis Shavitz
Jean Tillman
Francis Young



AUTUMN's 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.

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

Melanie Bassett is an art teacher who has also enjoyed being an administrator, conservator and Art curator.

Tom Brawner is a former attorney, teacher, and non-profit director. He is a long-time true crime enthusiast.

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 presents programs and leads field trips for garden clubs, scouts, church groups, and nature organizations.

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.

Jennifer Dowler, (RYT 200) has been practicing yoga since 1973 and is a registered teacher with the Yoga Alliance. Her training is Iyengar influenced, with a focus on alignment & safe practices when teaching yoga asanas/poses.

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.

Charlotte Hamlin, Ph.D. retired from Guilford College and has been a professional storyteller 17 years. She has been a leader in the NC Storytelling Guild and the Triad Storytelling Exchange for many years and presents storytelling programs for audiences of all ages. A training consultant and educator, she brings multicultural stories from her travel and life experience to workshops for diverse organizations.

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

Keith Hiatt is a CPA and Partner with the firm Breslow, Starling, Frost, Warner, Boger & Hiatt, PLLC.

Catherine "CH" Holcombe is a retired English teacher who is now pursuing her passion for music. She leads a Peace and Love Ukestra at New Garden Friends and hosts a Rosa Parks Singalong every year in February.

Sandy McCarthy is a mother, grandmother, teacher, quilter, military wife, traveler, garden lover and reader now living a retired life at Pennybyrn. She started a Fidget Quilt group at Pennybyrn and at last count the group had donated over 275 fidgets to area nursing homes, schools and individuals. She creates quilts to be auctioned for Alzheimer's research.

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

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.

Cone Health Professionals: Joni Garrett, BS, ACSM CPT, Health & Fitness Specialist, Kendall McKinney, BS, CPT, Health & Fitness Specialist, Megan Norriss, MS, RYT 200, ACSM,EP-C, Wellness Manager, Shannon Sandifer, MPH, CHES, Wellness Coordinator

NC Cooperative Extension Master Gardner Volunteers: Tom Gale, Shirley Keel, Charlotte Patterson, Nancy Seay, JoAnn Shaw, Chet Wasik, Faye Wilhite, Karen Williams

Thank you to the phenomenal AIL instructors who volunteer to teach, to share their skills and time with our participants. Volunteers have made AIL a success for 32 years!

Forum Luncheon Speakers

October 3

Jon Roethling
Reynolda Gardens

October 17

Jessica Whitman
2020 Medicare

October 31

Max Carter
Tales from New Garden Friends Graveyard

October 10

Barbara Clawson
Experiences on U.S.-Mexican Border

October 24

Linda Pritchett
Get Smart Retirement

November 7

Sticht Center on Aging & Rehab
Geriatrics focused healthcare



REGISTRATION FORM: **AUTUMN 2019** **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.

- Birding 101
- Down the Garden Path
- Economic Issues
- MET Opera
- Seeing is Drawing
- Yoga

10:45 - 11:45 a.m.

- Beginner's Ukulele
- Drawing cont. . .
- Fidget Quilts
- History of Impeachment
- Holocaust-Then & Now
- One City, One Book
- Storytelling 101

1:30 - 2:30 p.m.

- Intermediate Ukulele
- Knitting
- Let's Get Moving
- Lizzie Borden
- Making Retirement Brilliant

Non-Refundable Registration fee, AUTUMN 2019 TERM \$45.00 per person \$ _____

(ALL REGISTRATIONS received after September 30th will be \$55.00 per person)

Lunch Reservation, Oct. 3rd only - \$9.00 \$ _____

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

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



2019 Express Yourself Class Hits New Highs

- Martha Golensky, Instructor

The purpose of this AIL class is two-fold: For those new to poetry writing, to develop the technical and creative skills necessary to produce poems, and for those with prior experience, to increase their level of skill and expand the range of their work.

The spring semester introduced three poetic forms that originated centuries ago but have become popular once again in contemporary work. In each case, repetition is a key component.

Here are two examples of the outstanding work produced by the students in this class:



Mind Museum

It's an aging mind and
it moves slowly but
of its own accord

it leans into dim rooms, leans
a bit over velvet ropes, ropes
swinging slightly on brass stanchions

the mind arranges itself the way a
Victorian parlor, a colonial kitchen hearth,
or a canopied bedroom is arranged

the mind sees the shoebox diorama
it breathes library paste and
knows the solid heft of an infant

lifted hot from his crib.
The chronology is
not important

but when it's time, where
are the car keys, the car
your name

- Barb Newbauer

The Protagonist Exits

How?
Cancer

When?
Soon

Where?
Finally, something
she can control.
A playwright, she
revamps the script
to spare her audience
the ticking clock,
the soap opera finish.

With a twist of the plot,
she transforms her story
from melodrama to adventure,
moving herself
to a city with jazz in the air.
There, she faces
a quiet exit offstage,
her denouement.

- Karen Filipski

* **Reminder:** Shepherd's Center classes/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.



ANNUAL GIVING CHALLENGE

This year's Annual Giving campaign is crucial to programs and services of SCG. Your end-of-year gift enables us to plan ahead for a year of full program offerings and top quality services.

Remember that 100% of 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 keep fees affordable for seniors who strive to age-in-place and live active lives.

Please consider a gift to the 2019 Annual Fund, as we will be posting the full year of donors, by levels of giving, in the spring newsletter.

With gratitude,
Shepherd's Center of Greensboro



Annual Giving Levels:

Shepherds	\$500+
Sustainers	\$250-499
Advocates	\$100-249
Partners	\$50-99
Friends	\$1-49

Giving for the full year will be totaled at calendar year-end.

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.

Campaign Update: As of mid-August, as we go to press, the Annual Giving Campaign is at 59% of the goal for 2019. Your gifts are crucial if we are to maintain full programs and services for active-agers.

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/mailling address with your gift.
 Gift given in honor of in memory of _____

◆ Gifts may also be made through our website at www.shepctrq.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

When a Volunteer Impacts a Service

One's gifts of time and talent are rarely shared with full intention, consistency and generosity. But "rare" is a fair word to describe our ShepNet Coordinator, Ed Pring.



"He was an inspiration in his leadership & service"

While his death in late May shocked all who knew him, we plan to continue to honor his volunteer work, his commitment to helping older adults keep up with technology, and his belief that no one is too old to learn and enjoy new skills.

"Over the past 10 years, his ShepNet classes got me through so many computer issues and I can stay more involved."

Ed shared his time in the classrooms, planning programs, working with a team of volunteer teachers and coaches, and presenting facts and tips to many community groups. Every week of every year, for 19 years!

"I held him in high regard for all the time and effort he put into Shepherd's Center. I took a number of classes with Ed and he was so kind and patient while being knowledgeable."

He also stepped outside of our classrooms to help many people. He became involved with Robert Keck who needed specialized computer technology to communicate...and Ed was there



to help. In 2011, a new computer was donated to Robert by one of our volunteers and a new friendship was forged. Robert has post polio since 1998 and uses his thumbs on a

special tool that enables him to communicate. Ed worked with Robert to keep him up and running for about 15 years.

"So glad the current teachers will continue his work"

Ed liked to keep things simple, to not make details more important than results. He could also repair anything in the computer labs, and we all knew about his well-stocked workshop at home. But he had that "rare" ability to mix tech + people + humor, with true caring for others.

"We will remember and miss Ed every time we step into the ShepNet Computer labs."

Establishment of a new Endowment:

Two of Ed's friends, who met Ed while taking ShepNet classes, had a deep and important relationship over the years and decided to establish a fund that would ensure that Ed's volunteer work and dedication would be remembered for many years. They had experienced the value of having an opportunity to learn more about technology and wanted to assure others that ShepNet could stay on top of the tech trends and continue to provide unique lifelong learning programs for older adults.

In August 2019, they initiated the **Ed Pring ShepNet Endowment** for the purpose of providing future funds for ShepNet's capital needs. Shepherd's Center placed the endowment fund with the Community Foundation of Greater Greensboro. While the Endowment retains donations in the investment account, each year an allocation may be distributed if capital is needed, while retaining/investing the core contributions of contributors.

We invite you to add your contribution to the Ed Pring ShepNet Endowment to ensure long-term support of top quality computer and technology training designed for older adults. You may choose to donate through the PayPal button on the SCG website (<http://www.shepctrq.org/giving/ed-pring-shepnet-endowment/>) but please add a note that you prefer to have your gift retained in the "Ed Pring ShepNet Endowment" in the note section. You may also choose to mail your donation directly to the SCG office.

A gift today builds a future for training and technical enhancements for older adults.

Gifts Received in Memory of Ed Pring:

Dan & Susan Acker	Jerry & Mary Eagle	Catherine Mintz
Tootsie Adderholdt	Sherri Forrester	Katherine Orrell
Tom & Gayle Balliet	Bill Fraser	Charlotte Peck
Wynn Baum	Kenneth Garner	Robert Pierce
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Sandra Bright	Charles & Norma Goldman	Buddy & Katherine Poole
Ned Bryan	Gramercy Park Women's Club	Dr. & Mrs. Thomas Price
M/M Jerry Campbell	Margaret Griffin	Hans & Ellen Roethling
Floyd & Sallie Carmichael	Kathy Holder	Hal Judd Rollins
Helen Cecil	Burl Hull	Mary Fran Schickedantz
Suresh & Jane Chandra	Gordon & Carolyn Hurley	Thomas & Karen Sehna
Kay Coley	Joubran Joubran, II	Bill & Priscilla Shoemaker
Webster & Betsy Collett	John & Trudy Krege	Eleanor Sifford
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Sandy Doyle-Jones	Ellie Leonard	Charles & Patsy Stamey
	Evelyn Lukeman	Carol Van Tine
	Martha Marshall	Joanne Williams
	Hal McPleter	

Thank You For Your 2019 Gifts!

March 23 through August 19, 2019

Individual Giving

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 Kimberly Bailey
 Nancy Bausman
 Gertrude Beal
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 ShepNet Volunteers
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302 West Market Street, Room 103
Greensboro, NC 27401

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AUTUMN 2019 Calendar

Board Meetings	October 15, December 17
Adventures in Learning	Oct. 3 - Nov. 7, 2019 @ First Baptist Church
Shepherd's Travelers	Sept. 13 - 17 to Washington DC Museums October 15 - 22 — IRELAND Tour Dec. 3, Wohlfahrt Haus Holiday Theatre
ShepNet	Sept. 27, Volunteer Team Meeting
Table Games	Oct. 7, Nov. 4, Dec. 2, etc 9:30-noon
Office Closed	Sept. 2, Nov. 28 & 29, Dec. 24-26, Jan. 1