



Services & Education  
for Seniors

# Senior Solutions

The Shepherd's Center of Charlotte's Quarterly Newsletter

VOLUME 2, ISSUE 4

AUGUST, 2008

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## A tribute to one of our founders

On June 23, 2008, Margaret "Danny" Oberdorfer Verner passed away after a short illness.

To say Danny Verner was instrumental in bringing The Shepherd's Center of Charlotte to the Queen City would be an understatement. Mrs. Verner's strengths were to take an idea and bring it to reality. She did so with The Shepherd's Center and other organizations throughout her lifetime. The Shepherd's Center of Charlotte was fortunate to have had her championing our cause from the moment of conception.

As a matter of fact, Danny Verner first met Dr. Elbert Cole (the originator of the concept of the Shepherd's Center) at a conference on aging at Montreat Conference Center. Once she became aware of the model, she was off and running and within a year, The Shepherd's Center of Charlotte was born.

We thank Danny for her vision and insight and for her dedication to what is now a thriving organization for Charlotte's seniors.

## Volunteer traditions!

This organization has always relied upon the generosity of volunteers, so we were proud to have been able to accommodate Shepherd's Center Companion Aide Director, Ardith Allen. She was called upon by the American Red Cross to serve as a volunteer nurse to the more than 650 volunteers responding to the Cedar Rapids, Iowa tornado and flood disaster in late June. The following is her account of her two-week experience.

*"In previous years, I worked on the "front lines," in the Client Services area, serving the people needing emergency funds for food, clothing and shelter. This trip I was stationed in Cedar Falls, on the campus of the University of Northern Iowa. Although this was 60 miles north of headquarters, it was the closest facility the American Red Cross could have to house the volunteers. It had been many, many years since most of us had lived in a dormitory with co-ed floors and bathrooms!*

*The volunteer-working-hours were 8:00 a.m. to 8:00 p.m. and the commute added at least an hour to each end of the day. My nurse-roommate and I shared the 24/7 responsibilities. She is normally*

*a night owl and frequently returned from the ER in the early morning hours. Early-bird me had to do rounds well before 6:00 a.m. to check on patients who wanted to return to work after being ill. We shared a car to transport anyone needing ER services and she spent three days in nearby Waterloo where a volunteer was recovering from a heart attack.*



*Head colds and gastrointestinal troubles were common ailments, exhaustion and irregular mealtimes caused problems as well. Diabetics and those with blood pressure diagnoses also needed occasional nursing care.*

*A good number of American Red Cross volunteers are retired and individuals and couples sometimes make disaster responses a part of their lives. I am indebted to my colleagues here at The Shepherd's Center for serving the needs of the Companion Aide Program in my absence."*

Adventures  
In  
Learning

Info begins  
on Page 3

## From the executive director



### Make a Bequest

When was the last time you checked your will? Did you remember The Shepherd's Center? Your bequest to The Shepherd's Center is a great way to keep your memory or the memory of a loved one alive. Please call 704.365.1995 for more information.

Can you believe we're looking ahead to the fall months already? This year has been flying by so fast it's hard to keep up.

I am very pleased to report that we had an excellent Summer Adventures in Learning (SAIL) program, which ran from July 14 through August 18. Our General Sessions were outstanding and our classes were quite popular. Thanks go out to the SAIL Committee members who have worked very hard to bring you this outstanding program.

I'd like to also thank all the wonderful people at Christ Episcopal Church. This was an excellent venue for our summer series and we're extremely grateful for Christ Church's hospitality.

Please don't forget that the fall season is the time for you to review your prescription drug plans. From November 15 through December 31 you can take a look at your drug plan to make sure you have the best one for you. The Shepherd's Center's Senior Health Insurance Information Program (S.H.I.I.P.) volunteers are available to help you out. Just call for an appointment, 704.365.1995. Please mark your calendar for November 15 and make your appointment early. Our counselors are available year-round, but appointments fill up fast during November and December, so make your plans early.

Thanks again for all your support! We have lots of exciting things happening in 2009 that we'll discuss further next time!

*Linda R. Pellerin*

## Companion Aide Program expands

The Shepherd's Center of Charlotte is proud to announce the expansion of our Companion Aide Program to include sitters. In many instances, families are needing assistance to help care for a loved one who is experiencing dementia or Alzheimer's disease. In those cases, sometimes they just need someone to be in the home to make sure the family member does not wander about unassisted.

The Shepherd's Center's Companion Aide Program is a referral service for in-home assistance to help those in need who want to continue to live independently.

The home health aides assist clients with activities of daily living; such as bathing, dressing, feeding, housekeeping and driving. Aides can be hired full time or for as little as four hours at a time.

The Shepherd's Center's Companion Aide Committee screens all home health aides before they are approved for referral. There is no charge for referrals, and the client is the employer. Home health aides typically charge between \$10 - \$15 per hour for daytime services. Applications are now being accepted for sitters. For more information, please call 704.365.1995.

## Fire & Fall Prevention Program

Tuesday, October 21, 2008  
2:00 p.m. - 3:00 p.m.

This FREE program is sponsored by the Charlotte Fire Department's Public Education Division

Trinity Presbyterian Church  
3115 Providence Rd.  
704.365.1995 to register for this FREE event



# Adventures in Learning General Information

Lunch  
12:20-1:20  
\$7.50



*Chef Tom Kok will delight you with delicious lunch fare. Please see below, right for lunch reservation information.*

**Sept. 29:** Pasta w/ meat sauce, mixed vegetables.

**Oct. 6:** Baked flounder, Hollandaise sauce, scalloped potatoes, vegetable.

**Oct. 13:** Meatloaf w/ gravy, mashed potatoes, vegetable.

**Oct. 20:** Chicken breast w/mushroom sauce, rice and vegetable.

**Oct. 27:** Porkloin with gravy, oven-roasted red potatoes, vegetable.

**Nov. 3:** Penne pasta with chicken and mushrooms, cream sauce, vegetable.

**Please note:** Meals include salad, rolls, dessert and beverage. Fruit is available for dessert with each lunch. Desserts and beverages also available "a la carte."

Welcome to the fall session of **Adventures in Learning**, an intellectually stimulating experience in an atmosphere of friendship. Thank you for your interest in this exciting program.

**How to register**-Registration is as easy as completing the registration form on page 7 and returning it to The Shepherd's Center by **Tuesday, Sept. 23**. It will be helpful if you list a first and second choice in case your first choice class cannot be accommodated. The fee for the six-week session is a **low \$24.00!** Two registration forms are included to allow you to conveniently register a spouse or friend. Can't make it to class every Monday? Not to worry - attendance is **not** mandatory.

**Where to go**-Adventures in Learning is held at Pritchard Memorial Baptist Church, which is located at 1117 South Blvd. The church is in the Uptown area directly behind the Dowd YMCA on Morehead St. To access the parking lots, from South Blvd. or Morehead St., turn on Caldwell St. and the parking lots will be on either side of Caldwell.

**Please do not park in designated "Teacher Parking Only" spots marked with bright yellow signs.**

After parking, look for The Gathering Place, which is the entryway to the Fellowship Hall. There will be a registration table with volunteers to greet you and answer questions. Please be sure to pick up your copy of **The Shepherd's Notebook**, which will advise you on classroom locations, the lunch menu and other last minute announcements.

**What to do**-Once you check in at the registration table, grab your nametag and head into the Fellowship Hall for refreshments and the General Session, which begins at 10:00. Announcements and a short break follow the General Session, and then you head to your first class at 11:20. Lunch is at 12:20 in the Fellowship Hall, followed by the afternoon class at 1:20. Your day will conclude at 2:20. Please remember to return your nametag to convenient boxes each week so it will be on hand for you the following week.

**Transportation Assistance**-If you need transportation to Adventures in Learning, please call The Shepherd's Center, 704.365.1995. We will try to match you with another student living near you. Transportation is also available through CATS (Charlotte Area Transit) Special Transportation Service. Forms are available at The Shepherd's Center.

**Save the Date!**-Thanks to the generosity of Shred-It, we are happy to be able to provide you with this **free** shredding service again this session. Please mark your calendars for **Monday, October 20 from 9-11 a.m.** This service is **FREE** to seniors, so save up your sensitive papers and have them shredded that day.

**Lunch Information**-Lunch is served every Monday in the Fellowship Hall, 12:20 pm - 1:20 pm (menu to the left). **Lunch tickets must be purchased in advance and are purchased in one of three ways:** By pre-paying (see registration form on page 7); by paying weekly at the registration table for the upcoming Monday; or by calling The Shepherd's Center at 704.365.1995 by Wednesday at noon for the upcoming Monday. For those who have prepaid, a red lunch ticket is placed inside your nametag at the registration table. Prepaid lunch tickets not claimed by 12:25 pm may be sold to someone else or used as a contribution to The Shepherd's Center. Bringing your own lunch is also an acceptable option.

# Adventures in Learning Program Guide

**General Session**  
**Mondays, Sept. 29 - Nov. 3**  
**(10:00 a.m. - 11:00 a.m.)**

## Charlotte's Next Big Thing

**Sept. 29:** **Will Plentl, Department of Aviation Director, Charlotte Douglas International Airport** will confirm that there's more on the horizon than just airplanes! Charlotte Douglas International is a strong, vibrant and growing gateway to the world - a premier airport of choice for many. From the multiple concourses and concessions to airfares and airlines, Will Plentl will regale you with what is new and upcoming at the airport.



**Oct. 6:** Let's rephrase a classic nursery rhyme and ask ourselves this question: "Charlotte, Charlotte, how does your city grow?" **Tom Flynn, Economic Development Director with the City of Charlotte** is just the man to give you an answer. Tom has been responsible for many economic development projects that have pushed Charlotte to the top in terms of economic growth. He is responsible for the city's efforts concerning small business development, business retention and expansion, redevelopment, and workforce expansion. You won't want to miss this program where Tom will give you an update on where Charlotte is heading next!

**Oct. 13:** **Doug Smith, business columnist, The Charlotte Observer.** Doug's column, "The Next Big Thing," is the inspiration for this fall's Adventures in Learning General Session series. Doug will give you the inside scoop on what he has learned during his two years as business and development columnist (as well as during his 40 years of experience with *The Charlotte Observer* organization). You can ask him how he goes about finding "the next big thing" ideas for his column, and perhaps he will share his latest breaking story. A Charlotte native, Doug has a unique sense of local history that he brings to real estate and development reporting.



**Oct. 20:** With the N.C. Board of Governors' endorsement this past March of a \$450 million plan to expand the UNC School of Medicine, plans are now underway for Charlotte's first medical school, which will be on the campus of Carolinas Medical Center (CMC). **Dr. James McDeavitt, Senior Vice President, Education & Research, Carolinas Healthcare System,** will tell you about the challenges involved in establishing a new medical school, from finding physical space, to enlisting the help of private physicians to provide training opportunities and teaching expertise.

**Oct. 27:** **Winston Kelley, NASCAR Hall of Fame Executive Director** will tell you about Charlotte's state-of-the-art NASCAR Hall of Fame, which has been proclaimed as Charlotte's "crown jewel" and "The very best Hall of Fame themed entertainment experience in the world." Now under construction and scheduled for completion in early 2010, the facility will honor NASCAR icons and create an enduring tribute to the drivers, crew members, team owners and others in the sport of stock car racing.



**Nov. 3:** The Carolina Thread Trail is a regional network of greenways and trails that will reach 15 counties and 2.3 million southern citizens. It will link people, places, cities, towns and attractions. **Colleen Frenzel, Carolina Thread Trail Project Coordinator with the Catawba Lands Conservancy,** will share with you the story behind the trail, as well as plans for its development.

## Classes - 11:20 a.m. - 12:20 p.m.

Please indicate your first and second choice on the registration form - page 7

### Crafts/Recreation/Exercise/Health

**Ikebana (or the Art of Japanese Flower Arranging)** - Japanese flower arrangement is based on the line of twigs and/or leaves, filled in with a small number of blooms. **Instructor Dora Lee Brown** received her certificate to teach in the Ikenobo School while living in Japan. She will demonstrate the Moribana style in a low, flat container and the Nageire style in a tall, cylindrical container. In addition, in this "hands on" workshop, each student will create one arrangement during each class. Students are asked to bring a flat container, such as a pie pan, and flower clippers. For purchase of the flowers that you will work with, \$5.00 should be included with the registration form (in addition to the regular tuition).

**Line Dancing** - This is a fun, lively way to spend an hour and get your juices flowing. Barbara Kennedy is back with us and welcomes newcomers and students who have previously taken the course. Dress comfortably and enjoy two-stepping with no partner required. **Please note that this class will run from 11:20 to 12:10. Instructor: Barbara Kennedy, Former performer with the Amity Line Dancers**

**Yoga for Every Body** - Yoga postures (exercises) stretch and strengthen the entire body. Movement is coordinated with breath for a meditative experience. This course is appropriate for participants of all ages. Participants are taught basic concepts for beginners, but all levels of experience are welcome. Dress comfortably. Bring (1) a firm yoga mat or a thick blanket; (2) a blanket (not a beach towel) to fold to sit on and use as a prop when needed. No perfume, please. **Register early! Limit -24 students.**

**Instructor: Mary Lou Buck, B.S. Physical Education, certified 500-hour professional level Kripalu Yoga Teacher, owner of Yoga for Life in Dilworth.**

### Creative Writing/Literature

**Poetry** - With the focus on several poets who have received special recognition for their poems, including Lucille Clifton, Mona Van Duyn, Claudia Emerson, Philip Larkin (English), and Kay Ryan, our new poet Laureate. **Instructor: Dr. Julian Mason, Ph.D., UNC Chapel Hill (now in his 10th year teaching at Adventures in Learning).**

### Fine Arts/Humanities

**Arts & Ideas: The Renaissance** - The course of western civilization has been shaped and nurtured by the art, literature, music, science, and politics of the Renaissance. This period of cultural and scientific exploration included the great works of art by Leonardo da Vinci and Michelangelo, the literature of Machiavelli, enduring architecture, and the growth of both sacred and secular music. All will be explored in detail with visual, written and musical examples.

**Instructor: Peter Browne, B.A./Fine Arts concentration, Syracuse University**

**Bad Boys and Bad Girls of the Bible** - This course will offer a careful look at some of the characters in the Bible whose records were not all shiny, but whose lives need to be examined in their own times, based on study books by Barbara J. Essex. You will have the opportunity to examine yourself in the light of your own journey of faith.

**Instructor: Jocelyn Hill, Retired Christian Educator, Presbyterian Church USA (PCUSA)**

**Music Appreciation - Paula Wise, BA Music Education, UNC Chapel Hill, returns to present Brahms' "A German Requiem,"** sung in English and featuring the Mormon Tabernacle Choir. Brahms himself chose verses from the Old and New Testaments for his text. Composed at the time of the Civil War, this work has become a concert masterpiece. Its glowing music and expressions of faith give comfort and inspiration to the listener.

### History/Social Sciences/Travel

**Travel Talks** - Let adventure come to you. No flight delays! No strange food! Our speakers bring their travel experiences to you with first-hand knowledge. This session you'll be visiting New Zealand and Australia; Italy, including Rome; Venice and Lake Como; Croatia, Montenegro and Slovenia; the Lake District of Italy; and the Adirondack wilderness.

**Coordinator: Cliff Shelkofsky**

## Classes - 1:20 p.m. - 2:20 p.m.

Please indicate your first and second choice on the registration form - page 7

### Crafts/Recreation/Exercise/Health

**Game Room** - Back by popular demand, the game room is a way for you to bring your favorite games to share with others. Whether its Bridge, Scrabble, Monopoly or one of the newer games, the game room will give you the opportunity to gather with other players. Card tables will be available for anyone interested in playing Bridge or any other games. This course is not facilitated and will not have a specific agenda - you will simply be provided with an available space in which to relax and enjoy the fellowship of other "Adventurers" in Learning.

**Get Fit - Physically, Mentally and Emotionally!** We are pleased to present another course coordinated by the Senior Resources Coalition. This group has worked hard to put together a top-notch slate of doctors, therapists and counselors who can help you make the most of your health in your retirement years. Topics will include **Keeping you safe on your feet (9/29)**; **Preventive care for senior adults (10/6)**; **Maintain your brain (10/13)**; **Understanding Alzheimer's Disease and other related dementia (10/20)**; **A journey to self-discovery for all ages (10/27)**; and **Emotional health and wellness: Making the most of your day (11/3)**.

**Coordinator:** The Senior Resources Coalition

**Make Your Own Chrismons** - Looking for a way to add special meaning to this holiday season? Join Sherril and Hu Harrill, who will teach you to make your own Chrismon ornaments. You may have seen these beautiful gold and white ornaments in churches during the holidays, usually on Christmas (or Chrismon) trees. The word **Chrismon** is derived from the two words, **Christ + monogram**. The course will begin with a brief overview of the history and meaning of Chrismons and provide a display of various types and styles of the ornaments. Participants will make five ornaments during the course. Instructors can provide a kit for \$8.00 (maximum cost) or participants can purchase their own pearls and wire, using a supply list given by the instructors.

**Limit:** 20 students

**Instructors:** Sherril and Hu Harrill

**Watercolor** - We are proud to welcome the return of Chuck Calhoun, who will emphasize design, color and light as he teaches this watercolor class. His art reflects a love of nature and attention to detail. This is a class for the beginner and painters of all levels. As a watercolor student, you will be expected to supply your own materials. Please register early! This class fills up fast! **Class limit:** 20 students.

**Instructor:** Chuch Calhoun, past president of the Guild of Charlotte Artists and local acclaimed artist

### Creative Writing/Literature

**Creative Writing Fun** - Maybe now is the time to get your memories down on paper. If you're not sure how to write down the things you want to say, this may be the course you've been looking for. Much loved and longtime creative writing instructor, Mary Crews, returns to offer you techniques and ideas to help you get the creative juices flowing. For each class, please bring a spiral notebook and pen. New and returning students are welcome. **Class limit:** 15 students (This course will extend an extra 20 to 25 minutes).

**Instructor:** Mary Crews, A.B., English, Queens University

**Short Stories** - In this class, you'll explore classical and popular short stories by such authors as Kate Chopin, Maeve Binchy, P.G. Wodehouse and Ray Bradbury. A complete list and schedule will be provided by the instructor the first day of class.

**Instructor:** Tom Powell, English instructor, (Retired) Central Piedmont Community College

### Fine Arts/Humanities

**The Splintering of Christendom, Part III** - Luther Wade is back to take a look at the Reformation, which is one of the most widely and profoundly influential movements in the history of Western civilization - affecting not only religion, but politics, economics, and society at all levels. This is a continuing course, but new students are always welcome.

**Instructor:** Luther Wade, Ph.D., Professor Emeritus of Speech and Theatre, Southeastern

# Fall Adventures in Learning registration form

Please mail the registration form and your check to **The Shepherd's Center of Charlotte, P.O. Box 6052, Charlotte, NC 28207** by **Tuesday, September 23**. Checks are payable to **The Shepherd's Center of Charlotte**. After September 23, please register on the first day of class (September 29) or hand-deliver your registration to The Center by **Thursday, September 25**.

**2008 Fall Adventures in Learning** Today's Date \_\_\_\_\_  
 Have you attended Adventures in Learning before? \_\_\_\_\_ Phone: \_\_\_\_\_  
Congregation: \_\_\_\_\_  
 Name \_\_\_\_\_ (Preferred name on nametag) \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 E-Mail \_\_\_\_\_  
**Registration Fees:**  
 Tuition: \$24.00 in advance for all 6 weeks, or \$26.00 at the door \$ \_\_\_\_\_  
 Pre-paid lunch: \$7.50 per week (\$45.00 for all 6 weeks or check specific dates below) \$ \_\_\_\_\_  
                   9/29   10/6   10/13   10/20   10/27   11/3  
 Contribution toward printing and mailing the Fall newsletter: \$ \_\_\_\_\_  
**Total Amount Enclosed:** \$ \_\_\_\_\_  
**Courses Requested:**  
 Morning Course: \_\_\_\_\_ 2nd Choice: \_\_\_\_\_  
 Afternoon Course: \_\_\_\_\_ 2nd Choice: \_\_\_\_\_

**2008 Fall Adventures in Learning** Today's Date \_\_\_\_\_  
 Have you attended Adventures in Learning before? \_\_\_\_\_ Phone: \_\_\_\_\_  
Congregation: \_\_\_\_\_  
 Name \_\_\_\_\_ (Preferred name on nametag) \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 E-Mail \_\_\_\_\_  
**Registration Fees:**  
 Tuition: \$24.00 in advance for all 6 weeks, or \$26.00 at the door \$ \_\_\_\_\_  
 Pre-paid lunch: \$7.50 per week (\$45.00 for all 6 weeks or check specific dates below) \$ \_\_\_\_\_  
                   9/29   10/6   10/13   10/20   10/27   11/3  
 Contribution toward printing and mailing the Fall newsletter: \$ \_\_\_\_\_  
**Total Amount Enclosed:** \$ \_\_\_\_\_  
**Courses Requested:**  
 Morning Course: \_\_\_\_\_ 2nd Choice: \_\_\_\_\_  
 Afternoon Course: \_\_\_\_\_ 2nd Choice: \_\_\_\_\_

**The Shepherd's Center of Charlotte, Inc.** **Fall 2008 Volunteer Response Form**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Congregation: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 E-mail: \_\_\_\_\_

*Shepherd's Center Programs:* Yes, I am interested in volunteering for one or more of the following programs:  
Medical Transportation      Handyman      Office Assistance      Medicare/SHIIP  
Grocery Transportation      Computer Instruction      Tax Assistance

*Adventures in Learning:* Yes, I am willing to say an interfaith blessing at lunch during this session.  
*Adventures in Learning:* Yes, I am interested in teaching a course for a future session.  
 My topic would be: \_\_\_\_\_

# Travel Adventures Information

**Please register early! Our trips fill very quickly.** Please complete the Travel Registration Form (below) and submit a separate check for each trip. Checks are payable to *The Shepherd's Center of Charlotte*. Please mail the registration form and check(s) to **The Shepherd's Center of Charlotte, P.O. Box 6052, Charlotte, NC 28207**. Trip costs are priced per person.

**Parking:** All trips depart from Trinity Presbyterian Church, 3115 Providence Rd. Travelers are welcome to park in the church parking lot for the duration of each trip.



**Travel Adventures Policy:** Administrative costs are associated with all trip registrations. **Day trips** are to be **paid in full** at the time of registration. If you need to cancel your reservation 45 days or more before the trip, The Shepherd's Center will return your payment less a \$25 charge and any unrecoverable expenses. If a trip is cancelled by The Shepherd's Center due to low registration, your payment will be returned without penalty. **Overnight trips** require a **\$100 deposit** per person. Final payment for the trip is due 45 days before the date of the trip. If you cancel 45 days or more before the trip, The Shepherd's Center will return your deposit less a \$50 charge and any unrecoverable expenses. If you have to cancel any trip whether day or overnight, within 45 days, **the registration fee is non-refundable** unless the spot is filled from the wait list. For all trips, extreme medical emergencies will be taken into consideration. All trip participants are responsible for their own safety and are expected to carry information of medical conditions, medications and insurance providers. The Shepherd's Center of Charlotte is **not responsible** for individuals who may become ill or injured while participating in Travel Adventures.

**Disability Policy:** For the safety of all travelers, **wheelchairs are not permitted** on Shepherd's Center trips. Trips may require extensive walking, at times on uneven terrain, due to planned and unplanned circumstances. Additionally, if you have a disability that limits your independence, you must be accompanied by a companion.

**Roommates:** The Shepherd's Center assists those seeking a roommate, but finding a match is not guaranteed. If roommates register together and one roommate cancels, the other traveler assumes the single room rate unless a new roommate is found.

## Travel Adventures Registration Form

Please send a separate check for each trip

Name: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Congregation: \_\_\_\_\_

- |                          |  |      |
|--------------------------|--|------|
| <input type="checkbox"/> | 10/16/08 - Newberry Opera House, "Church Basement Ladies",<br>Newberry, SC - Please register by Sept. 5                            | \$89 |
| <input type="checkbox"/> | 11/12/08 - Wohlfahrt Haus Dinner Theater, "An American Christmas"<br>Wytheville, VA - Please register by October 1                 | \$89 |
| <input type="checkbox"/> | 3/26/09 - Turner to Cezanne, Columbia, SC  | \$89 |
| <input type="checkbox"/> | 4/22/09 - Reynolda House, Winston-Salem, NC  | \$89 |
| <input type="checkbox"/> | 7/26/09 - Folkmoot Festival, Lake Junaluska, NC (a \$35/person deposit is due by<br>January 20 to reserve rooms at Lake Junaluska) |      |

# Travel Adventures

## Newberry Opera House, Newberry, SC

Thursday, October 16, 2008



The charming town of Newberry was founded in 1789 and is the location of our fall excursion. We will travel there by bus, which leaves at 9:00 a.m. from Trinity Presbyterian Church. Lunch will be served at your favorite Steven W's Bistro followed by a stroll through Newberry's quaint Historic District. The Opera House is your final destination where you will be entertained by "The Church Basement Ladies." You will be fascinated by the characters portrayed as these women prepare food and discuss and debate life's general issues. Meet everyone from the senior matriarch to the bride-to-be learning to put everything in order. You should be back in Charlotte by 7:30 p.m. **Price \$89 LIMITED SEATING STILL AVAILABLE!**



## Wohlfahrt Haus Dinner Theater, Wytheville, VA

Wednesday, November 12, 2008

Prepare for a festive holiday season at the popular Wohlfahrt Haus Dinner Theater as we travel to Wytheville, VA. Your bus will leave Trinity Presbyterian Church at 8:30 a.m. The Wohlfahrt Haus family will present an original review entitled *An*

*American Christmas* featuring holiday favorites from around the world from traditional to contemporary. This performance is sure to get you in a holiday mood. Plan on being home by 7:30 p.m.

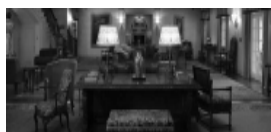
**Price \$89 LIMITED SEATING STILL AVAILABLE!**

## Looking ahead to 2009!



## Columbia, SC, Thursday, March 26, 2009

View the fabulous art of **Turner to Cezanne** with masterpieces from the Davies Collection, National Museum Wales. The Columbia Museum of Art in South Carolina is the opening venue for this touring exhibit of art never seen before in the U.S. Docents will guide your tour. There will be additional free time in the museum. Also included will be the **Governor's Mansion and State House** and gardens with time to enjoy lunch. **Price \$89**



## Winston-Salem, NC, Wednesday, April 22, 2009

Relive the Jazz Era as we visit the **Reynolda House and Museum of Art** in the restored 1917 mansion of tobacco baron R.J. Reynolds and wife, Katharine. This historic home will charm you with a collection of American Art masterpieces ranging from the colonial period to the present, vintage clothing, original furnishings and family memorabilia. Next stop, the **Reynolds Gardens** of Wake Forest University with time to explore the formal gardens and greenhouse. After enjoying lunch, you're off to visit historic **Bethabara Park** for an imaginative journey to the Carolina backcountry where the first NC Moravians settled. Costumed guides will lead you through a 1788 furnished church, and you will tour a reconstructed village. Departing Charlotte at 8:30 a.m., you'll return by 6:00 p.m. **Price \$89**

## Lake Junaluska, NC, Sunday, July 26 - Monday July 27, 2009

Mark your calendars as we return to experience the popular Folkmoot, USA production at the Stuart Auditorium. Check in to the comfortable Terrace Hotel at Lake Junaluska and relax in the peaceful beauty that surrounds you. A delightful lunch at the famed Grove Park Inn and a visit to the Asheville Farmers Market are sure to please everyone before your return to Charlotte. More details will be in the next *Senior Solutions* newsletter.

**A \$35 per person deposit is due by January 20 to reserve rooms at Lake Junaluska.**



## AARP defensive driving class



### AARP Driver Safety

Taught by Officer Howard Setzer

**Tuesday, October 28 and Thursday, October 30**  
9:30 a.m. —2:00 p.m.

(30 minutes for lunch—please bring your own)

Back by popular demand and in cooperation with AARP, The Shepherd's Center of Charlotte is again offering a **Driver Safety class**. Designed for Baby Boomers and up (50 and over), the class helps drivers refine existing skills and develop safe, defensive driving techniques.

Participants should plan on attending **both** days. The total cost is \$10 and payment is due the first day of class. **Please make checks payable to AARP.**

Upon completion of the course, you will receive a certificate from AARP. You must attend both sessions in their entirety to receive your certificate. **Note:** North Carolina currently does **not** require auto insurance companies to offer a discount for completing the course. Please check with your insurance agent to see if your insurance company offers a voluntary discount.

**To register for this class, 704.365.1995 or keckert@shepherdscharlotte.org.**

## FREE seminars for the fall season

### Financial Seminars

Carl A. Brooks, C.F.P.

Wednesday, October 15 from 10-11 a.m.

**Social Security:**

**Where is it now? Where is it going?**

Review benefit basics

Quantify the problem

Under Study: Ways to reform Social Security

Wednesday, November 5, from 10-11 a.m.

**Investment implications of the  
2008 elections**

Income Taxes, Capital Gains, Dividends, Estate Taxes

Industry's winners and losers

Foreign trade implications

Seminars are held at Providence Baptist Church. To reserve your seat, please contact The Shepherd's Center, 704.365.1995 or e-mail keckert@shepherdscharlotte.org.

### Lunch & Learn with Lynn DuPont

We are happy to be able to offer another informative "Lunch & Learn" sponsored by Lynn DuPont, Broker/Realtor with Weichert, Realtors/Rebhan Associates. This seminar will be held at Trinity Presbyterian Church.

Light refreshments will be served.

**October 8, from 11:00 a.m. - 1:00 p.m.**

### Landscaping for beauty and functionality

Call 704.365.1995 to reserve your seat today!

### "Meet Your Computer" Seminar

**BACK BY POPULAR DEMAND!**

**Friday, Sept. 12, 2008 from 9:00 a.m. to 12:00 noon**

Computer Lab, Southminster Retirement Community

8919 Park Rd., Charlotte, NC

Please see Page 11 for directions

**704.365.1995 to register for this FREE event - seating is limited!**

This is a **FREE** seminar designed to show you the wonderful things you can accomplish with a personal computer. For those of you who are frightened at the prospect of buying a computer, this seminar will help you to decide if you're ready for that big step.

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**Cliff Shelkofsky**, your qualified presenter, will cover day-to-day uses of computers such as letter writing, e-mail, banking, bill paying, photo management, calendars and much more. Only 12 seats available!  
**Call for your reservation today, 704.365.1995!**

Volume 2, Issue 4

# Computer classes

**Introduction to Computers:** Do you understand your computer? Do you feel like you're the only one who doesn't know how a mouse works? This eight-week hands-on class is for you. It's specifically for beginners at a very basic level. The Introduction to computers class is intended to help seniors understand the computer and how to use it. All students are beginners or have very little knowledge of computers. Taught slowly by senior instructors, these classes allow students a better understanding of the material. **Please note:** Classes are taught on personal computers and **not Apple/MacIntosh** computers. The class fee is **\$50** and includes a comprehensive manual.

**Short courses** are also offered. The following classes are currently scheduled and are open to those who complete **Introduction to Computers** or who have comparable skill levels. **All short classes are \$25. These classes fill up fast.** Manuals are included with all classes, which are held at Southminster Retirement Community, (see below for directions). All short courses are 3 hours/day for three days. The short courses offered this semester are:

**Digital Photo Management & Editing:** In this course, you will learn how to manage and edit digital photos, from loading the pictures into the computer to editing and sharing. This class does **NOT** teach you how to use your digital camera.

**Microsoft Word:** This course is designed to build word-processing skills such as letter writing and forms.

**Microsoft Excel:** In this course, you will create several varied Excel spreadsheets and learn basic skills including building simple formulas and manipulating data.

**Internet/E-mail:** This is a course where you learn basic skills on how to navigate the Internet and how to send and receive email.

Southminster Retirement Community is located at 8919 Park Rd., **Directions and Parking:** **South** on Park Rd., **left** at light at Smithfield Church Rd., **right** into driveway of Quail Hollow Presbyterian Church, **left** around church, park in the back along the fence then take yellow steps down to Southminster and follow the signs. Instructors will meet you in the dining area before your first class.

## Registration Form

To register, please complete this form and mail it with your check to The Shepherd's Center of Charlotte. For the **Intro class**, please mark a box below for any session you are able to attend, using 1, 2, 3 and 4 in priority order. If seats are at a premium, the student with the earliest registration will receive priority. Assignments and confirmations will be made shortly before the classes begin. You will be notified.

### Introduction to Computers: \$50.00

- |   |                             |
|---|-----------------------------|
| <input type="checkbox"/> Mondays, starting Sept. 29             | 1 p.m. to 4 p.m. (8 weeks)  |
| <input type="checkbox"/> Tuesdays, starting Sept. 30            | 9 a.m. to 12 noon (8 weeks) |
| <input type="checkbox"/> Wednesdays, starting Oct. 1            | 1 p.m. to 4 p.m. (8 weeks)  |
| <input type="checkbox"/> Mondays & Thursdays, starting Sept. 29 | 9 a.m. to 12 noon (4 weeks) |

### Short Courses: \$25.00

- |  |                            |
|--|----------------------------|
| <input type="checkbox"/> Digital Photo: Wed., Oct. 1, 8 & 15                     | 9 a.m. to 12 noon (3 days) |
| <input type="checkbox"/> Digital Photo: Wed., Thurs., Fri., Nov. 5, 6 & 7        | 9 a.m. to 12 noon (3 days) |
| <input type="checkbox"/> Microsoft Word: Wed., Thurs., Fri., Sept. 17, 18, & 19  | 9 a.m. to 12 noon (3 days) |
| <input type="checkbox"/> Microsoft Excel: Wed., Thurs., Fri., Sept. 24, 25, & 26 | 9 a.m. to 12 noon (3 days) |
| <input type="checkbox"/> Internet/E-mail: Wed., Thurs., Fri., Sept. 17, 18 & 19  | 1 p.m. to 4 p.m. (3 days)  |

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Congregation \_\_\_\_\_

Please make checks payable to **The Shepherd's Center of Charlotte**, P.O. Box 6052, Charlotte, NC 28207.

The Shepherd's Center of Charlotte  
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Charlotte, NC 28207

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## Senior Choices Summit

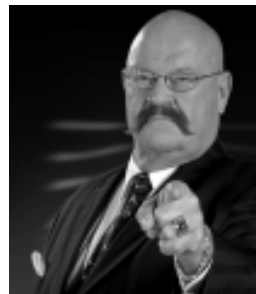
### A Tribute to Veterans

Tuesday, November 11, 2008  
9:00 - 11:30 a.m.

Pritchard Memorial Baptist Church  
1117 South Blvd., Charlotte, NC 28203

### Featuring Dan Starks,

WCNC-TV's "Don't Be a Victim" expert



Also:

### Veterans' Benefits Update, with

### Senior Resource Coalition representatives:

Joseph Rapely, USAF (Ret.), Veteran Services Specialist  
Cheryl Buchanan, Veteran Services Specialist  
Erin Warchol, Atria Merrywood  
Sarah Privette, Atria Merrywood

**We will also have a color guard and special recognition of all veterans**

This is a **FREE** event, but reservations are encouraged due to limited seating.  
Please contact The Shepherd's Center of Charlotte, 704.365.1995,  
[jwright@shepherdscharlotte.org](mailto:jwright@shepherdscharlotte.org)  
to reserve your seat today!

*Senior Solutions* is a FREE publication produced by The Shepherd's Center of Charlotte. Contributions to cover printing expenses are welcome.

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[www.shepherdscharlotte.org](http://www.shepherdscharlotte.org)

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