



Services and Education
for Seniors

Senior Solutions

The Shepherd's Center of Charlotte

VOLUME 1, ISSUE 2

SEPTEMBER, 2007

INSIDE THIS ISSUE:

Message from the executive director

Do you need a Companion Aide?

Program Guide: Adventures in Learning

- General Session Info, pg. 3
- Morning class schedule, pg. 5
- Afternoon class schedule, pg. 6
- Registration Form, pg. 7

AARP defensive driving Class, pg. 8

Carl Brooks financial seminars, pg. 8

Travel, pgs. 9-10

Computer classes, pg. 11

New online Medicare services, pg. 12

Jigsaw puzzle exchange, pg. 8

Adventures
In
Learning

info begins
on page 3



Senior Choices Summit

Exploring Legal Issues for Older Adults

Tuesday, November 13, 2007,
9:30 – 11:30 a.m.

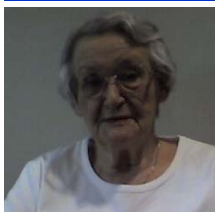
Pritchard Memorial Baptist Church
1117 South Blvd.
Charlotte, NC 28203

Sponsored by The Shepherd's Center of Charlotte, Inc.

Presentations will include: Living Trusts, Updating Your Will, How to Spot Document Fraud, Powers of Attorney, Reverse Mortgages

Pre-registration is required for this FREE event
Contact The Shepherd's Center of Charlotte, 704.365.1995 or
jwright@shepherdscharlotte.org to reserve your seat today!

Volunteer traditions!



This organization would not be what it is today without the continual help of the many dedicated volunteers.

Martha Mitchell, who will turn 90 in November, has been a volunteer with The Shepherd's Center for 21 years. She began volunteering as a driver for both medical and errand transportation, having heard about The Center's volunteer program through Adventures in Learning. She eventually took over the scheduling of the grocery/errand transportation program.

One of her favorite recollections is of a woman she had taken shopping. They had gone all over the place and were finally head-

ing home when the woman looked at her and said, "I wish I had a dozen Bojangles biscuits!" Well, there weren't that many Bojangles back then, but Martha managed to find one on Independence and her rider was able to get her biscuits.

Martha said when she first became acquainted with The Center, she thought, "This is the greatest thing!" And now that she's on the receiving end of our services, she appreciates The Center even more.

Martha doesn't drive anymore and relies on others to take her where she needs to go. But she doesn't worry, she "paid it forward" and will always have a ride provided by The Shepherd's Center of Charlotte.



From the executive director

As you can see from the front page, there is always something new and exciting going on at The Shepherd's Center of Charlotte.

We are very proud to be able to bring the Senior Choices Summit to you in November. This will be the first in a series of Summits, which will be presented at least twice a year.

As we finalize our presenters for the November Summit, plans are already underway for the Senior Choices Summit: Focusing on **Health** Issues for Older Adults, which will be held on March 11, 2008.

These Summits are **FREE** and open to anyone in the community who wishes to attend. There is limited seating, so please be sure to make your reservations early. These Summits are a good fit for The Center in that our primary mission is to help older adults stay in their homes for as long as possible. Educating you on how to negotiate the legal system when it comes to your wills, powers of attorney, living trusts, etc. will help you to avoid fraud and stay safe and secure in your familiar surroundings.

Switching gears, you will find our Program Guide in this issue of *Senior Solutions*. Please take a look at all the wonderful things we have planned for the coming months. Whether it's a class at Adventures in

Learning, a computer class or a trip somewhere exciting in the Southeast, we've got it on the schedule.

And we still offer unique services for those of you who need some help. From our Handyman Service to our Medical Transportation Service to our grocery and errand service, our senior volunteers are mobilized and ready to help when called upon.

You'll also find articles about our SHIP (Seniors Health Insurance Information Program), our Companion Aide Program, and much more.

In addition, we are always updating our Web site to reflect all the current services and programs at The Shepherd's Center. To access The Shepherd's Center Web site, go to www.shepherdscharlotte.org.

The Shepherd's Center staff is here for you from 9:00—5:00 each weekday. Please feel free to call if you have any questions or concerns or if you would like to register for a class or trip, 704.365.1995.

Linda Pellerin

Do you need a companion aide?



The Shepherd's Center of Charlotte is dedicated to helping older adults stay in their homes as long as possible through programs and services. One of our services is our Companion Aide Program, which serves as a referral service to families and individuals who wish to remain at home while recovering from surgery, illness or chronic health issues.

A dedicated volunteer committee, comprised of retired nurses, reviews applications from individuals who wish to work as companion aides. These individuals are added to our companion aide list only after they have met the program's strict standards.

When families and individuals need help in

the home, they may call The Shepherd's Center to request a companion aide. Several individuals will be chosen from our extensive list of aides and their names will be given to the person in need. Salary will be agreed upon by the employer and employee. The Center suggests the range of \$10 to \$15 per hour.

The Companion Aide Program is nearly 10 years old and has served hundreds of families over the years.

For more information or to request help in the home, please contact Companion Aide Director, Ardith Allen, 704.365.1995 or aallen@shepherdscharlotte.org.

Program guide

Adventures in Learning Mondays, October 1-November 12 General Session

(10:00 to 11:00 a.m.)

Connecting with Local History



October 1: Reminiscences of Family Life in Colonial Charlotte with "Mary Alexander"

Susan Fletcher Phillips, *Docent, Hezekiah Alexander Homesite*

October 8: First Gold

Sharon Robinson, *Site Manager*, and Norman Long, *Facilities Supervisor, Reed Gold Mine*

October 15: President James K. Polk State Historic Site: Birthplace and Childhood Home of Our Nation's 11th President

Dr. James Sasser, *Retired CPCC History Instructor*

October 22: Life at Latta: An Early 19th Century Living History Farm

Kristin Toler, *Executive Director, Historic Latta Plantation*

October 29: Historic Rosedale: An Antebellum (Early 19th Century) Federal-Style Home

Deborah Hunter, *Executive Director, Historic Rosedale*

November 5: Local Life in the 18th Century

Suzanne Simmons, *18th Century Lifeways Program Specialist, Schiele Museum, Gastonia, NC*

November 12: Landscape Architect John Nolen and the Design of Historic Myers Park

Dr. Tom Hanchett, *Historian, Levine Museum of the New*



Adventures in Learning

general information

Welcome!

Adventures in Learning is an intellectually stimulating experience in an atmosphere of friendship. If you are new to Adventures in Learning, we welcome you warmly and appreciate your interest.

How do I register?

Please complete the Adventures in Learning Registration Form on page 7 and return it to The Shepherd's Center by Tuesday, Sept. 25. To select classes, review course descriptions of morning classes on page 5 and afternoon classes on page 6. Please list a first and second choice on the registration form. We try to accommodate everyone's first choice, but if a class becomes full, we assign you to your second choice. Fees are listed on the registration form. Two registration forms are included so that you may also register a spouse or a friend. Please feel free to register even if you will need to miss a class or two during the series. Attendance at each class is not mandatory!

What do I do?

All students attend the General Session at 10:00 a.m. in the Fellowship Hall, followed by announcements and a short break. At 11:20 am, students head to classrooms for morning classes; lunch is served at 12:20 pm. Students attend afternoon classes at 1:20 pm, and the day concludes at 2:20 pm. Please return your nametag each week to the registration table where you can pick it up the following Monday.

What about lunch?

Prepared by the church chef, lunch is served every Monday in the Fellowship Hall, 12:20 pm – 1:20 pm (menu page 5). Lunch tickets must be purchased in advance. Tickets are purchased one of three ways: First, by following instructions on the registration form (page 7); second, by paying weekly at the registration table for the upcoming Monday; or third, 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 option.

Where do I go?

Adventures in Learning meets at Pritchard Memorial Baptist Church, 1117 South Blvd. The church is located near downtown Charlotte behind the Dowd YMCA on Morehead St. and across the street from the tall pink building on South Blvd. The day begins at the Gathering Place, an entryway located just outside the Fellowship Hall. Here you will find the registration table, refreshments, nametags, lunch tickets, and volunteers ready to greet you and answer questions. The *Shepherd's Notebook*, available at the registration table, is a handout that provides classroom locations, the lunch menu, and other announcements.

How about transportation?

If you need transportation to Adventures in Learning, please call The Shepherd's Center at 704-365-1995. We try to match students needing a ride with participants living near them. Transportation is also available through CATS (Charlotte Area Transit) Special Transportation Service; forms are available at The Center.



In appreciation,
The Shepherd's
Center of
Charlotte
recognizes
Lance, Inc. as a
newsletter
sponsor.

Morning classes—11:20 a.m.—12:20 p.m.

(Please indicate a first and second choice on registration form-Page 6)

(Use this page as a worksheet)

- Bridge: Bidding in the 21st Century** – This class will be based on the ACBL Bridge Series. This course is appropriate for beginners and experienced players.
Instructor: Anne Allen, accredited teacher of the American Bridge Teachers Association, member of the Charlotte Bridge Club

- Costume Jewelry 101** – Bring in your own pieces for identification and discussion as we explore different styles, materials, designers, and makers of 20th Century American costume jewelry. Instructor will bring in pieces from her own collection as well as reference books for students to peruse. **Instructor: Pam Brownscombe, Costume Jewelry Collector**

- Knitting/Crocheting: Holiday Gifts That You Can Knit or Crochet—** Choose from many patterns: Christmas ornaments, blankets, tote bags, scarves, belts, purses and many others. You will view samples, choose your pattern, and make your supply list in the first class. Basic knitting and crocheting will also be taught to beginners. **Instructor: H. Lynn Barry, Bachelor of Creative Arts in Visual Arts, UNC Charlotte, free-lance artist**

- Line Dancing** - This is a fun and lively way to spend an hour. Newcomers and students who have previously taken the course are welcome. Dress comfortably and enjoy two-stepping – no partner required.
Instructor: Barbara Kennedy, former performer with the Amity Line Dancers

- Money Management During the Retirement Years** – Learn about designing an investment portfolio that produces income, handling issues of long term care, allocating assets for long-term retirement income, maximizing Social Security, and much more. A specific calendar of topics and dates will be distributed at the first class. **Instructor: Kelly G. Burke, RIAA, Integrated Financial Services, Charlotte**

- The Music of Walt Disney's Fantasia (1940) and Fantasia 2000** - We will explore classical music selected for these two concert films, featuring works by Beethoven, Tchaikovsky, Stravinsky, Gershwin, and others. We will listen to the music and then view the animation created to go with it.
Instructor: Paula Wise, Bachelor's in Music Education, UNC Chapel Hill

- Poetry: Some Female Poets I Have Known and Their Poems** – Poets will include Margaret Atwood, Marge Piercy, and Gwendolyn Brooks.
Instructor: Julian Mason, Ph.D., Chapel Hill, ret. UNC Charlotte English professor

- Travel Talks** – Take yourself on a tour without a travel penny spent; our speakers bring their adventures to you! Visit the Nile, Greece and its islands, New Zealand, Australia, and the Land Bridge of the Americas. In the U.S.A, cruise the Mississippi and beyond, and explore some of North Carolina's special gardens. A calendar of specific topics, speakers, and dates will be distributed on the first day of class. **Course Coordinator: Cliff Shelkofsky**

- Yoga** – Yoga offers something for everyone! Yoga postures (exercises) stretch and strengthen the entire body. Movement is coordinated with breath for a meditative experience. 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 to 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**

Lunch
12:20-1:20
\$6.50

Chef Tom Kok will delight you with delicious lunch fare. Please see page 4 for lunch reservation information.

Oct. 1: Oven roasted chicken breast, mushroom sauce, rice & vegetables.

Oct. 8: Baked flounder filet, hollandaise sauce, scalloped potatoes, vegetables.

Oct. 15: Linguine meat balls, Parmesan sauce, vegetables.

Oct. 22: Meatloaf & gravy, mashed potatoes, vegetables.

Oct. 29: Roasted pork loin, gravy, oven roasted potatoes, vegetables.

Nov. 5: Crab meat stuffed flounder, tarragon sauce, rice & vegetables.

Nov. 12: Oven roasted turkey breast, sweet potatoes, green beans and all the trimmings.

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



www.holidaytouch.com

Carmel Place
5512 Carmel Rd.
Charlotte, NC
28226
704.541.8012

**The Shepherd's
 Center
 of
 Charlotte
 wishes to thank
 Carmel Place
 for providing
 coffee, tea and
 cocoa prior to the
 Adventures in
 Learning General
 Sessions**



Afternoon classes—1:20 p.m –2:20 p.m.

(Please indicate a first and second choice on registration form-Page 6)
 (Use this page as a worksheet)

- Bridge Play** – Old and new friends will be ready to shuffle you into an afternoon of playing Bridge. Our **instructor, Mary Nell Ranson**, will be able to give assistance and suggest strategies during the games.

- Creative Writing Fun: "Photographic Memory"** – Using old photographs as catalysts, beginning and experienced writers alike will enhance memory and writing skills along with imagination, insight, and powers of observation in the present. At least one new approach will be explored each week. For the first class, please bring a spiral notebook, pen, and a snapshot (not a studio portrait), of a younger you and at least one more person and/or an interesting background. (Hint: This is about much more than telling what you already know!) **Class limit: 15 students** (This course will extend an extra 20 to 25 minutes.) **Instructor: Mary Crews, A. B., English, Queens College**

- Geography: The Land of the South** – Whether you are a native Southerner or a "transplant," this is an opportunity to learn more about your region of residence! The course will examine the "Land of the South" from a geographical perspective, looking at the people who have inhabited the South as well as the major land regions – the lowland and the upland – plains, peninsulas, plateaus, and piedmonts! The course will draw extensively from the book, *The Land of the South*, co-authored by the instructor. **Instructor: Al Stuart, Ph. D., Professor Emeritus of Geography, UNC Charlotte and co-editor of *The North Carolina Atlas: Portrait for a New Century* (UNC Press, 2000)**

- Religion/History: The Splintering of Western Christendom** – This course will offer a look at the Reformation, 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. The struggle between the old and new societal forces had roots going back centuries before it exploded in the early 16th century, leading to a series of devastating wars and the reordering of society in both the Old and New Worlds. **Instructor: Luther Wade, Ph. D., Professor Emeritus of Speech and Theatre, Southeastern Louisiana University**

- Short Stories** – We will explore the themes, characters, and storylines of a variety of short stories, including "The Rocking Horse Winner" by D. H. Lawrence; "Miriam" by Truman Capote; "A Clean, Well-Lighted Place," by Ernest Hemingway; "A Curtain of Green" by Eudora Welty, and "The Train for Rhodesia" by Nadine Gordimer. A complete list of the short stories will be given on the first day of class. Copies of the stories will be supplied by the instructor. **Instructor: Tom Powell, Retired English instructor, Central Piedmont Community College**

- Watercolor Painting** – This course will run for two hours (1:20 – 3:30 p.m.) to allow time for instructor demonstration and an opportunity for students to practice their skills. Instructor's method is the "dry brush style," but students are not required to use this method. Please come prepared with supplies at the first class session. Upon registering, you will be sent a supply list. **Register early! Limit: 20 students. Instructor: Jewel Baldwin (Ms. Baldwin's picture, Solitude in Mexico was the 2004 winner at the Watercolor Society of North Carolina.)**

Adventures in Learning registration form

Please mail the registration form and your check to **The Shepherd's Center, P.O. Box 6052, Charlotte, NC 28207** by **Tuesday, September 25**. Checks are payable to *The Shepherd's Center of Charlotte*. After September 25, please register on the first day of class (October 1) or hand-deliver your registration and check to The Center by **Thursday, September 27**.

Fall 2007 Adventures in Learning

Have you attended Adventures in Learning before? _____ Today's Date: _____

Name _____ (Preferred name on nametag) _____ Phone: _____

Address _____ City _____ State _____ Zip _____ Congregation: _____

E-mail _____

Registration Fees:

Tuition: \$24.00 in advance for all 7 weeks, or \$26.00 at the door \$ _____

Pre-paid lunch: \$6.50 per week (\$45.50 for all 7 weeks or check specific dates below)
 10/1 10/8 10/15 10/22 10/29 11/5 11/12 \$ _____

Contribution toward printing and mailing the Fall Newsletter: \$ _____

Total amount enclosed: \$ _____

Courses requested:

Morning Course: _____ 2nd Choice: _____

Afternoon Course: _____ 2nd Choice: _____

Fall 2007 Adventures in Learning

Have you attended Adventures in Learning before? _____ Today's Date: _____

Name _____ (Preferred name on nametag) _____ Phone: _____

Address _____ City _____ State _____ Zip _____ Congregation: _____

E-mail _____

Registration Fees:

Tuition: \$24.00 in advance for all 7 weeks, or \$26.00 at the door \$ _____

Pre-paid lunch: \$6.50 per week (\$45.50 for all 7 weeks or check specific dates below)
 10/1 10/8 10/15 10/22 10/29 11/5 11/12 \$ _____

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 2007 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 the **Fall 2007** series.

♥ *Adventures in Learning:* Yes, I am interested in teaching a course for the **Winter 2007** series.

If "Yes," my topic would be: _____



Attention puzzle lovers

Thanks to the donation of a generous puzzle lover, The Shepherd's Center of Charlotte has 10 puzzles, which are available to anyone interested in a puzzle exchange. The Puzzle Exchange will be kept at The Shepherd's Center Office for as long as we have the space.

If you would like to oversee this new service, please contact The Shepherd's Center, 704.365.1995.

Notice:

Books from the public library will again be available for check-out at Adventures in Learning. Thanks to Carl Pritchard for organizing this service.

AARP defensive driving class

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.

AARP Driver Safety

Taught by Officer Howard Setzer

Tuesday October 9 and Thursday October 11

9:30 a.m. — 2:00 p.m.

(30 minutes for lunch—please bring your own)

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. The state of NC 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

Carl Brooks free financial seminar series

**Wednesday, Sept. 19, 2007
10-11 a.m.**

"What If...?" Lessons From the Dearly Departed

- Simplifying your financial affairs
- Preparing for incapacity – yours or your spouse
- Reducing the estate distribution headaches and cost

**Wednesday, Oct. 24, 2007
10-11 a.m.**

Year-End Tax Planning Review

- Estimated taxes
- Capital gains
- IRA required minimum distributions
- Qualified charitable IRA rollovers

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

Service programs need volunteers

The Shepherd's Center of Charlotte's services are the backbone of the organization. **Medical** and **grocery transportation** and the **handyman service** are the services that help older adults remain in their home as long as possible. When driving is no longer an option for an older adult, these services help to maintain independence. We are in need of more drivers for the

transportation services and more handy-men to make minor repairs for seniors.

If you are interested in helping in these areas, please contact The Center, 704.365.1995 or complete the volunteer response form on page 7. When and how often you volunteer your time is entirely up to you. Thank you in advance for your continued support.

Travel program

The Shepherd's Center of Charlotte's Travel Program is one of our most popular. Besides our already scheduled trips for September 27 to **Wolfsahrt Haus Dinner Theater** in Wytheville, VA and the overnight trip to **Helen, GA** on October 24-25, we've scheduled two **new** trips for this year.



November 11: Davidson Community Players "Driving Miss Daisy" - Including Brunch at "Soiree" in historic downtown Mooresville. Depart Trinity at 11:30 a.m. Trip cost is \$65.

November 28-29: Flat Rock Playhouse/Grove Park Inn—Join us for a holiday season trip designed to get you in the mood for the festivities to come. This trip includes a stay at The Hampton Inn in Hendersonville, a delectable buffet supper at The Highland Lake Inn in Flat Rock, tickets to the comedy *A Tuna Christmas*, and a ride the next day to Asheville for lunch at the Grove Park Inn and a viewing of the winners of the National Gingerbread Contest. Price is \$230/person (double) and \$280/person (single). A few seats are still available.



December 11: Newberry Playhouse *Christmas from Dublin* - Lunch in historic Newberry followed by a matinee at the Newberry Playhouse featuring "The Three Irish Tenors". Cost is \$89.

In 2008

Dates, pricing and other details will be published in the next *Senior Solutions* and on our Web site.

<p>January 17 Experience Charlotte—Uptown Charlotte at its best. Fourth Ward's surviving 19th Century homes, ImaginOn, Bobcats Arena, and Charlotte Plaza's 27th floor looking toward Charlotte's ever-changing cityscape, and Holy Trinity Greek Orthodox Cathedral. Highlighted with lunch at Sonoma, you won't want to miss this trip. Cost \$67</p>	<p>February 6 Billy Graham Library- with a delightful gourmet lunch at The Art Institute of Charlotte. Cost \$46</p>	<p>March 5 Lowe's Motor Speedway Tour and Northlake Mall. Lunch is at the Speedway Club! Cost \$65</p>
<p>June: Flat Rock Playhouse</p>	<p>April: Raleigh Overnight trip with a visit to the Duke Gardens.</p>	<p>May: Wilmington This three-day trip will take in all the wonders of the coast</p>
<p>September: Carolinian Train trip to Selma, NC Enjoy the train ride, unique shops and the antique stores</p>	<p>July: Brevard</p>	<p>August: Blowing Rock</p>
<p>October: Shelton Vineyards Lunch at Harvest Grill</p>	<p>November 18-20: Historic Williamsburg, VA Tour</p>	<p>December: Myrtle Beach overnight trip</p>

Note: 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.

Register Early: Please send in your travel registration forms and deposits promptly. Your deposit ensures your reservation.

Travel Information



Register Early! Please complete the Travel Registration Form and submit a separate check for each trip. Checks are payable to *The Shepherd's Center of Charlotte*. Please mail registration form and check(s) to ***The Shepherd's Center, 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.

Cancellation Policy: Administrative costs are associated with all trip registrations. If you need to cancel your registration before the deadline, The Shepherd's Center returns your registration fee minus a \$10 handling charge. If you cancel your registration after the deadline, The Shepherd's Center withholds \$10 plus any unrecoverable expenses up to 100% of the trip price. If the spot is filled from the wait list, the cancellation fee will be \$10 only. If a trip is cancelled due to low registration, your check will be returned without penalty.

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. If you have a disability that limits your independence, you must be accompanied by a companion.

Roommates: For overnight trips, please include your roommate's name on the registration form. Also include addresses and phone numbers for each traveler in order to receive confirmation notices. 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 Registration Form

Please send a separate check for each trip. All trip deposits are \$25.

Name: _____ E-mail: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____ Congregation: _____

Roommate: _____ Phone: _____



Nov. 11 Davidson Community Players/Driving Miss Daisy \$65.00

If you have made a deposit, your final payment of **\$40.00** is due **Oct. 11**.

Nov. 28-29 Flat Rock Playhouse/A Tuna Christmas \$230.00

If you have made a deposit, your final payment of **\$205.00** is due **Nov. 7**.

Dec. 11 Newberry Playhouse/Christmas from Dublin \$89.00

If you have made a deposit, your final payment of **\$64.00** is due **Nov. 11**.

Jan. 17 Experience Charlotte \$67.00

If you have made a deposit, your final payment of **\$42.00** is due **Dec. 17**.

Feb. 6 Billy Graham Library/Lunch at Art Institute \$46.00

If you have made a deposit, your final payment of **\$21.00** is due **Jan. 6**.

Mar. 5 Lowe's Motor Speedway \$65.00

If you have made a deposit, your final payment of **\$40.00** is due **Feb. 5**.

Computer classes

Short courses are offered throughout the year. The following classes are currently scheduled and are open to those who complete **Introduction to Computers** (see below) or who have comparable skill levels. Please call The Shepherd's Center office to register, 704.365.1995 or e-mail, jwright@shepherdscharlotte.org. All classes are held at The Computer Lab at Southminster Retirement Community, 8919 Park Rd.

<p><i>Microsoft Excel</i> September 10, 12 & 14 9:00—12:00 noon</p>	<p>In this 9-hour, 3-session course, students will create several varied Excel spreadsheets and learn basic skills including building simple formulas and manipulating data. The \$50 fee includes the manual.</p>
<p><i>Microsoft Word</i> September 17, 19 & 21 9:00—12:00 noon</p>	<p>This 9-hour, 3-session course is designed to build word-processing skills such as letter writing and forms. The fee is \$50 and a manual is included.</p>
<div style="display: flex; align-items: center;"> <p><i>Digital Photo Management</i> September 18, 20, 24 & 25 9:00—12:00 noon</p> </div>	<p>In this 12-hour, 4-session course, students will learn how to manage and edit digital photos, from loading the pictures into the computer to editing and sharing. The manual is included in the \$50 fee. This class is full, but call to be put on the waiting list for the next class which will be scheduled soon!</p>
<p><i>Internet & E-mail</i> September 24, 25 & 26 AND December 3, 4 & 6 1:00—4:00 p.m.</p>	<p>This is a 9-hour, 3-session course, where students learn basic skills on how to navigate the Internet and how to send and receive e-mail. The manual is included in the \$50 fee.</p>

Fall Introduction to Computers classes

This is an eight-week hands-on class for beginners covering Windows, word processing, spreadsheet, Internet and E-mail. The class fee is \$75 and includes a manual.

To register, please complete the form below and mail it with your check for \$75 to The Shepherd's Center of Charlotte. Please mark a box below for any session you are able to attend, using 1, 2 and 3 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. Don't plan on being in a particular class until you are notified.

- Mondays, starting October 1 (1:00-4:00 p.m.)
 Wednesdays, starting October 3 (9:00-12:00 noon)
 Tuesdays, starting October 2 (9:00-12:00 noon)
 Thursdays, starting October 4 (9:00-12:00 noon)
 I have a computer at home
 I do **not** have a computer at home

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.

Cost: \$75 **Location:** Southminster Retirement Community, 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.



The Shepherds Center of Charlotte
P.O. Box 6052
Charlotte, NC 28207
704.365.1995
704.365.1955 (fax)

Offices: Trinity Presbyterian Church
3115 Providence Rd., Charlotte, NC 28211

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

Staff:

Linda R. Pellerin, Executive Director
lpellerin@shepherdscharlotte.org
Karen Eckert, Program Director
keckert@shepherdscharlotte.org
Pam Lampel, Director of Office Services
plampel@shepherdscharlotte.org
Ardith Allen, Director of Companion Aide
aallen@shepherdscharlotte.org
Jean Wright, Program Assistant
jwright@shepherdscharlotte.org

704.365.1995
www.shepherdscharlotte.org

The Shepherd's Center of Charlotte
P.O. Box 6052
Charlotte, NC 28207

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New online Medicare service begins



SHIIP, the Dept. of Insurance's Seniors' Health Insurance Information Program, encourages you to be proactive with your health care. One way is to know your personal Medicare information. The Centers for Medicare and Medicaid Services (CMS) is providing a secure online service that allows you to access your

information 24 hours a day, seven days a week.

Visit the new online service, **www.MyMedicare.gov** and click on "Need to Register" in the middle of the page. Enter your Medicare number and complete the required information. Within two weeks Medicare will mail you a password, or if you provide an e-mail address when registering, your password will be e-mailed to you.

Using **MyMedicare.gov** allows you to track your Medicare claims, get a copy of your Medicare Summary Notice (MSN) and find out which preventative services Medicare will cover for you. Questions? Call MyMedicare's technical support hotline 1.877.607.9663 for help. SHIIP can also help; call 1.800.443.9354.

SHIIP counselors are available at The Shepherd's Center to help you with any Medicare questions. For an appointment, please call 704.365.1995 and ask for Karen Eckert.