



Services and Education  
for Seniors

# Senior Solutions

The Shepherd's Center of Charlotte's Quarterly Newsletter

VOLUME 2, ISSUE 2

MARCH, 2008

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## Senior Choices Summits 2008

Three **Senior Choices Summits** have been planned for 2008. The first one was held on Tuesday, March 11 from 9:00-11:30 at Pritchard Memorial Baptist Church, 1117 South Blvd., Charlotte. The Summit focused on financial issues for the older adult and featured John Maron with the NC Secretary of State's office who talked about financial fraud; financial expert, Carl Brooks presented a program on Living Trusts; William Romeo, updated everyone on "Estate Taxes; What it will cost you to die" and Barbara Shear with First Charter Bank gave a presentation on "reverse mortgages."



**Dan Starks, Starks Training Institute and WCNC-NBC-6's Mr. "Don't be a Victim" was Master of Ceremony in March**

On August 19, the second Summit will focus on health and wellness issues for seniors. Speakers include Stacy Carter, with The Laurels and The Haven, who will do a presentation on "Brain Fitness"; we'll have a representative from the NC Senior Health Insurance Information Program (SHIIP) to update us on Medicare; Kristi Multhaup, an Associate Professor of Psychology at David-

son College who will talk about the "Myths of Aging", and Dan Gallagher with Ameriprise will discuss long-term care and new policies in effect.



On November 11, we'll be hosting the third Summit of 2008. Since this event is on Veteran's Day, some of the program will feature information for veterans. And, we'll be doing a tribute to veterans as part of the program. We'll have more information on this event as it becomes available.

The Summits are an excellent way to keep informed about topics of interest to seniors. This is a service provided to you by The Shepherd's Center as a way of introducing you to our many programs and services.

All of these events are **FREE**, but reservations are required due to limited seating. Please contact The Shepherd's Center office, 704.365.1995 or [info@shepherdscharlotte.org](mailto:info@shepherdscharlotte.org) to secure your seat today!

## Volunteer traditions!



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

**Cliff Shelkofsky** has been a volunteer at The Shepherd's Center of Charlotte for over 15 years. He has been involved with Adventures in Learning, Computer Classes, and Handyman Service. He serves as the Committee Chair for our Adventures in

Learning Program and you'll see him coordinating the popular Travel Talks class each session. His involvement with the computer class program extends to teaching classes and assisting seniors with their home computers. His expertise with the Handyman Service involved him with the renovation of the Brigid O. Norton Conference Room last summer. And most recently he's been helping a fellow senior clean up her house as she downsizes from one living space to another. Once again, volunteerism at its best!



## From the executive director

It's hard to believe it is time for yet another newsletter! It seems like I just sat down to do the last one.

It's **Raffle Time** again! We've changed things up a little this year. First and foremost, you'll find your raffle tickets in this newsletter! Secondly, please note the first place prizes, which are double in value of those last year. This is one of our only fundraisers, so please help support our programs and services.

Our Education Committee has been working hard to provide you with an exciting **Adventures in Learning** Spring Session. I'm sure you will agree when you turn to pages 5, 6 & 7. We're trying to keep the classes relevant and we appreciate all your suggestions. Don't forget! This year we're also having a **Summer Session**, which will be from July 14 to August 18. This will be a little different format, so be on the lookout for more information in the next *Senior Solutions*.

Our **Travel Committee** is made up of seven wonderful volunteers. They research the trips and make sure everything is in order. Please check out pages 8 & 9 to see our latest trip schedule. We have strived to keep the cost of these trips reasonable, although sometimes it is difficult with the cost of bus fuel on the rise.

Are you a novice when it comes to the computer? The Shepherd's Center is here to rescue you from your confusion. Our **Computer Classes**, taught by very patient and understanding volunteers, are designed specifically for the older adult. Taught at a slow, easy pace, these classes will have you e-mailing like a pro in no time. Details are on page 11.

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 R. Pellerin*

## Are you eligible for the tax rebate?

Taxes got you confused? The Shepherd's Center's **Free Tax Assistance Program** for low and moderate income seniors in Charlotte is again available through April 15, 2008. This program was started over 20 years ago and over the years has helped thousands of seniors.

To get the tax rebate stimulus checks, low income seniors must file a 2007 tax return. Generally, you have to have more than \$3,000 in income to qualify to file. However, even if you **do not** have any earned income, you can still qualify for a stimulus tax-rebate check if your Social Security benefits, VA benefits, and/or railroad retirement benefits equal at least \$3,000 annually.

**To qualify, you must file a 2007 tax return on IRS forms 1040 or 1040A with the IRS**, even if your income is normally low enough that you are not required to file. In most cases, payments will range from \$300 to \$600.

In 2008 The Shepherd's Center is offering tax filing assistance three days a week to help you prepare and file Federal and State income tax returns. Our traditional paper filing, led by John Travell and our group of experienced volunteers, is available on Fridays from 9:30—3:00 p.m. at Myers Park Baptist Church..

For those who desire electronic filing assistance, we will also be making appointments for AARP Tax Aide e-filing from 1:00-3:00 p.m. on Tuesdays and 9:30-11:30 a.m. on Wednesdays at Myers Park Baptist Church.

All volunteers have taken the IRS Tax Counseling for the Elderly test. We are currently still setting appointments. The tax season runs to mid-April.

Please call **704.365.1995** to set up your appointment. And, remember to bring all necessary information, a copy of last year's return, and your 1040 or 1040A if you have not been filing so you can collect the tax rebate stimulus check.



# Program guide

## Adventures in Learning Mondays, April 14 – May 19 General Session (10:00 to 11:00 a.m.)

### Thinking About Tomorrow!



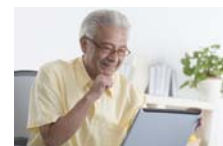
**April 14: Transportation!** Charlotte celebrated the start-up of the new LYNX light rail system last November. Charlotte Area Transit System (CATS) Public Information Specialist Judy Dellert-O'Keef will be on hand to tell us what's on track for our public transportation system.

**April 21: Space Travel!** Thanks to NASA and the extraordinary astronauts, the US has been to the moon, launched the space shuttle program and built a space station. Now what? Judy Walker is the Director the NC NASA Education Resource Center at UNC Charlotte. She will talk about what's on the horizon for our space program.



**April 28: Energy Use!** As we suffer through the worst drought in recent history, it's natural to wonder what we can do to conserve our energy and help the environment. Tom Pettit, Director of Regional Communications and Public Affairs for Duke Energy's U.S. Franchised Electric & Gas Operations will bring us up to date on current, pressing issues that will help to clear the air.

**May 5: Computers & Technology!** Computers have gone from huge mainframes to tiny hand-held marvels. Peter Browne, a consultant in computer protection and former head of information security for several corporations, will discuss what things to look for in the cyber world in the coming years—such as robots, automated personal assistants, implanted computer chips and more.



**May 12: Libraries and Information Management!** Remember when you looked up books in the card files at the Library? Now the information is stored in a database on the computer. What's next? Charles Brown, Director of Libraries for the Public Library of Charlotte and Mecklenburg County, will discuss how libraries are changing with the times as we embark on a new era.

**May 19: Nutrition and Our Health!** Should you be eating organic? What do you need to do to stay healthy? Mark Hoesten, registered dietician and nutritionist with the Presbyterian Center for Preventive Cardiology, will talk about what's ahead for us in the field of nutrition and health, including whole foods, foreign imports and food safety.



# Adventures in Learning

## general information

**Lunch**  
**12:20-1:20**  
**\$6.50**



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

**Apr. 14:** Meatloaf, gravy, mashed potatoes, veggies.

**Apr. 21:** Penne pasta with chicken & creamy mushroom sauce, veggies.

**Apr. 28:** Filet of Flounder topped with hollandaise sauce, scalloped potatoes, veggies.

**May 5:** Meat lasagna, veggies.

**May 12:** Pork loin with gravy, roasted potatoes, veggies.

**May 19:** BBQ chicken, baked beans, veggies.

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

### 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 to register**—Registration is as easy as completing the Registration Form on page 7 and returning it to The Shepherd's Center by **Tuesday, April 8**. For your convenience, morning and afternoon classes are listed on page five and six. 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.

**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. At 12:20 you're invited to lunch (bring your own or buy there) 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 each week to convenient boxes, so it will be on hand for you the following week.

**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.

**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 an 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.

**Transportation Assistance**—If you need transportation to Adventures in Learning, please call The Shepherd's Center at 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 Center. You may also want to consider the new LYNKS railway system which runs right by Pritchard on South Blvd.

## Morning classes—11:20 a.m.—12:20 p.m.

(Please indicate a first and second choice on the registration form-Page 7)

### ARTS/CRAFTS

**Knitting/Crocheting**—Springtime is here, so we will be knitting and crocheting items for spring: light-weight throws, spring-colored purses, bright colored shawls, and many other items. Choose from patterns provided or bring your own to share with the class. 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**

### HEALTH/EXERCISE

**Tai Chi**—Tai Chi means “moving harmony.” It is a series of slow, gentle movements designed to promote circulation, flexibility and relaxation. With zero impact to your heel and spine, Tai Chi also enhances balance and promotes stress relief. A Christian spiritual devotional is included in each class. Please wear flat-bottomed shoes and comfortable, loose-fitting clothing (preferably a white top with black pants, which will help create a more serene atmosphere). **Instructor: William Wong, long-time practitioner & instructor of Tai Chi.**

**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**

### HISTORY/RELIGION

**How the Bible Came to Be**—Have you ever wondered about the origins of the Bible? From oral history to modern translations, this course will explore how the Bible was written. **Instructor: Earle D. Roberts, Presbyterian Minister (Ret.), former instructor in Bible at Queens University**

### HUMANITIES

**Arts and Ideas**—This course will explore the confluence of music, art, literature, science, and the politics of several periods in history (the Renaissance, for example) and show how the different disciplines influence one another. The course will draw heavily on the book, *Arts and Ideas*, by the widely-respected scholar, Dr. William Fleming, who was a teacher and mentor to the course's instructor (purchase of the book not required). **Instructor: Peter Browne, B. A./Fine Arts concentration, Syracuse University**

**Travel Talks**—Who says you have to spend money to see the world? Pull up a chair and get comfortable. Our speakers bring their adventures to you with insight and humor! This session we'll be visiting London and Ireland; Italy (Venice and Florence); the Heart of Europe and the National Parks in the good ole USA. A calendar of specific topics, speakers, and dates will be distributed on the first day of class.

**Course Coordinator: Cliff Shelkofsky**

### LITERATURE/WRITING

**Poetry**—As always, this course is designed to challenge you to delve deeper into the meaning of poetry and the thought process of the poets. This session will focus on poets e.e. cummings, Elizabeth Bishop, Rita Dove, and Ezra Pound – which will provide an interesting variety of poetry and concerns.

**Instructor: Julian Mason, Ph.D., UNC Chapel Hill (now in his 10th year teaching at Adventures in Learning).**

## Afternoon classes—1:20 p.m –2:20 p.m.

(Please indicate a first and second choice on the registration form-Page 7)

### ARTS/CRAFTS

**Calligraphy Workshop**— Instructor Robert McKellar was prevented from completing the Winter 2008 course because of illness. In his absence, experienced student Ardith Allen, will assist you with your techniques using Mr. McKellar's graphics. New students are welcome. On the first day of class, please bring lined paper and a wide-tip pen. A Shaefer pen set can be purchased at the Michael's Arts & Crafts Center on South Blvd. Please join us and take advantage of this excellent opportunity for lots of practice! **Class limit: 20 students.**

**Facilitator: Ardith E. Allen, R.N. and Adventures in Learning committee member**

**Watercolor Painting** – We welcome new instructor Chuck Calhoun. His emphasis is on design, color and light. His art reflects a love of nature and attention to detail. This is a class for the beginner and painters of all levels. Students supply their own materials. Register early! **(Class meets 1:20-3:20 p.m.) Class limit: 20 students!**

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

### HISTORY/RELIGION

**The Splintering of Christendom, Part II** - 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. Although this is a continuation of a previous course, new students are welcome!

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

### HUMANITIES

**Beatles & Beatlemania**—You lived through it, but did you understand it? The British invasion during the 1960's was a phenomenon equal to that of Frank Sinatra and Elvis Presley of previous generations. Sit back and take a trip down memory lane as you listen to the music of the Beatles and explore why they were so popular and how their songs have shaped music of today. **Instructor: Dr. John Harding, Doctorate in Musical Arts, University of Miami;**

**member of the Charlotte Jazz Orchestra**

### LITERATURE/WRITING

**Creative Writing Fun**—Having trouble getting your words down on paper? Not sure how to say the things you feel? Much loved and longtime creative writing instructor, Mary Crews, returns this quarter to offer you techniques and ideas to help you with your creative writing. 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 College**

**Short Stories** – Explore a variety of classical and popular short stories through reading and discussion. A complete list 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**

### RECREATION

**Social Bridge for Beginners Only (continued)** - This course, started in the Winter 2008 quarter, will continue in the Spring 2008 quarter and is open only to those who participated in the Winter class. **Prerequisite: Social Bridge for Beginners Only. (This course will meet from 1:20—3:20 p.m.) Class Limit: 12 students.**

**Instructor: Anna D'Ippolito, Bridge teacher**



The Shepherd's Center of Charlotte  
wishes to thank

**The Laurels & The Haven**

[www.seniorlivingnow.com](http://www.seniorlivingnow.com)

for providing coffee, tea and cocoa prior to the  
Adventures in Learning General Session.

# 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, April 8**. Checks are payable to *The Shepherd's Center of Charlotte*. After April 8, please register on the first day of class (April 14) or hand-deliver your registration and check to The Center by **Thursday, April 10**.

**Spring 2008 Adventures in Learning**

Have you attended Adventures in Learning before? \_\_\_\_\_

Today's Date: \_\_\_\_\_

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: \$6.50 per week (\$39.00 for all 6 weeks or check specific dates below)

4/14  4/21  4/28  5/5  5/12  5/19 \$ \_\_\_\_\_

Contribution toward printing and mailing the Spring Newsletter: \$ \_\_\_\_\_

**Total amount enclosed:** \$ \_\_\_\_\_

Courses requested:

Morning Course: \_\_\_\_\_ 2nd Choice: \_\_\_\_\_

Afternoon Course: \_\_\_\_\_ 2nd Choice: \_\_\_\_\_

**Spring 2008 Adventures in Learning**

Have you attended Adventures in Learning before? \_\_\_\_\_

Today's Date: \_\_\_\_\_

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

Congregation: \_\_\_\_\_

Name \_\_\_\_\_ (Preferred name on nametag) \_\_\_\_\_

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

E-mail \_\_\_\_\_

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Contribution toward printing and mailing the Spring Newsletter: \$ \_\_\_\_\_

**Total amount enclosed:** \$ \_\_\_\_\_

Courses requested:

Morning Course: \_\_\_\_\_ 2nd Choice: \_\_\_\_\_

Afternoon Course: \_\_\_\_\_ 2nd Choice: \_\_\_\_\_

**The Shepherd's Center of Charlotte, Inc.**

**Spring 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:

- |   |   |  |   |
|---|---|--|---|
| <input type="checkbox"/> Medical Transportation | <input type="checkbox"/> Handyman             | <input type="checkbox"/> Office Assistance | <input type="checkbox"/> Medicare/SHIIP |
| <input type="checkbox"/> Grocery Transportation | <input type="checkbox"/> Computer Instruction | <input type="checkbox"/> 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 the **Summer 2008** series.

My topic would be: \_\_\_\_\_

# Travel Adventures Information

**Register Early! Our trips fill quickly.** 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.



## Please Note

**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 registration 45 days or more before the trip, The Shepherd's Center will return your registration fee less a \$25 charge and any unrecoverable expenses. If a trip is cancelled by The Shepherd's Center due to low registration, your registration fee 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 registration fee 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 nonrefundable unless the spot is filled from the waitlist. For all trips, extreme medical emergencies will be taken into consideration. In addition, The Shepherd's Center of Charlotte is not responsible for individuals who may become ill or injured while participating in Travel Adventures. All trip participants are responsible for their own safety and are expected to carry information of medical conditions, medications and insurance providers.

**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"/> | <b>Apr. 16 &amp; 17—Sarah P. Duke Gardens &amp; Raleigh Experience</b><br>Space is still available—Final payment is due now! | <b>\$195 double</b><br><b>\$235 single</b> |
| <input type="checkbox"/> | <b>May 20, 21, &amp; 22—Cape Fear Waterfront Excursion</b><br>\$100 deposit per person with final payment <b>April 4</b>     | <b>\$395 double</b><br><b>\$495 single</b> |
| <input type="checkbox"/> | <b>June 25—Flat Rock Playhouse</b>   | <b>\$97</b>                                |

## Travel Adventures

### **Sarah P. Duke Gardens & Raleigh, NC Wed. & Thurs., April 16 & 17**

Join us for a Spring get-a-way to the Raleigh/Durham area. The first stop will be the Duke Chapel on the beautiful campus of Duke University. After enjoying a private tour of the Chapel, you may choose to listen to the magical music of the Flentrop organ before your lunch break. Lunch will be on your own at the Duke University Dining Hall. Next, we have plenty of time to enjoy the 55-acre Sarah P. Duke Gardens, which really put on a show in April with a colorful riot of seasonal flowering plants and shrubbery. Late in the afternoon, you'll check into the Best Western Cary Inn & Suites which includes a welcome reception. Dinner will be 1/2 mile down the road at Jack Astor's Grill and Bar with a choice of delicious entrees and decadent desserts. On Thursday, you'll be off to tour the NC State Capitol Building followed by a visit to the NC Museum of History. Next take a five-minute walk down Edenton St. to visit Haywood Hall, the stately home of John Haywood who served as NC State Treasurer for 40 years. He was also Raleigh's first mayor. Docents will lead you through this magnificent home and then you'll visit Eliza Haywood's Garden named after John's wife Eliza, who was an enthusiastic gardener. Lunch will be at Caffé Luna with a three-course meal and time to relax. If time permits, you'll visit the fabled Raleigh Farmer's Market before heading back to Charlotte. The bus leaves Charlotte (Trinity Presbyterian Church) at 8:30 a.m. on April 16, and returns the next day by 6:30 p.m. Space is still available! Call the Shepherd's Center office to secure your spot!



**Price \$195 (double), \$235 (single).**



### **Cape Fear Waterfront Excursion Tues., Wed. & Thurs., May 20, 21, & 22**

Enjoy a two-night, three-day tour of the scenic Cape Fear area. Your visit will start with a private trolley tour of Wilmington with an option of some exploration on foot! Then it's time to check into your hotel, rest and prepare to board the Henrietta Riverboat for a Murder Mystery Dinner Cruise. The next morning you'll visit two islands. First you'll travel by ferry to charming Southport for strolling, shopping and lunch at P.J.'s. In the evening, travel to Wrightsville Beach for a waterfront dinner at the Bluewater Grill. The following day, you'll tour the Bellamy Mansion Museum of History and Design Arts where the group will be greeted by a private guide. After the tour, you will enjoy the charming area of Market and Water St., stroll along the Riverwalk and explore the Cotton Factory and Chandler's Wharf. You'll be able to make your own choice for lunch before boarding the bus for home. The bus leaves Trinity Presbyterian Church on Tuesday, May 20 at 8:00 a.m. and returns on the 22nd at around 7:00 p.m.

**Price \$395 (double), \$495 (single).**

### **Flat Rock Playhouse, Flat Rock, NC Wednesday, June 25**

This season the Flat Rock Playhouse has outdone itself with a June presentation of *Meet Me in St. Louis*. This adaptation of the 1944 film starring Judy Garland tells the story of a turn-of-the-century family in suburban, mid-western St. Louis of 1903, who live in a stylish Edwardian home at 5135 Kensington Avenue. The city, and the well-to-do Smith family (with four beautiful daughters), is on the verge of hosting (and celebrating) the arrival of the spectacular 1904 World's Fair. However, the family's head of the house is beckoned to New York due to a job promotion—an uprooting move that threatens to indelibly change the lives of the family members forever. This is sure to be a musical delight. This trip will fill up fast, so please get your reservation in early! This trip begins at 9:00 a.m. with the bus leaving Trinity Presbyterian Church. You will be treated to lunch at the Highland Lake Inn, a matinee and be back in Charlotte by 7:00 p.m. **Price \$97**



## AARP defensive driving class

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.

**AARP Driver Safety**  
Taught by Officer Howard Setzer

**Tuesday, May 6 and Thursday, May 8**  
**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](mailto:keckert@shepherdscharlotte.org)**

## Spring FREE financial planning series

**Carl A. Brooks, C.F.P.**  
**Wednesday, April 16, 2008**  
**10-11 a.m.**

### **Distributing Your Estate Effectively**

- Get what you have to who you want, when, more easily.
- Simplify by using trusts, JTWR0S, and transfers on death registrations.
- Important strategies for an uncertain estate tax future.

**Carl A. Brooks, C.F.P.**  
**Wednesday, May 14, 2008**  
**10-11 a.m.**

### **8 Investment Themes for '08**

- Review of 2007 and themes for 2008.
- Current market update.
- Where to from here?

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](mailto:keckert@shepherdscharlotte.org).**

## FREE "Meet your computer" Seminar

We are very happy to offer this FREE seminar, which is designed to show you all the wonderful things you can accomplish with a personal computer. This is the perfect seminar for those of you who are still trying to decide whether you need a computer. The instructor will cover day to day uses of computers such as letter writing, e-mail, banking, bill paying, photo management, calendars, and much more.

**Friday, April 11, 2008 9:00 a.m.—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!**

## Introduction to computers class

This is an eight-week hands-on class for beginners covering Microsoft 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 and 2 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 April 14—1:00-4:00 p.m.

**Wednesdays**, starting April 16—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.

## Computer short courses

Short courses are offered throughout the year. The following classes are currently scheduled and are open to those who complete **Introduction to Computers** or who have comparable skill levels. Please call The Shepherd's Center office to register, **704.365.1995** or e-mail, [jwright@shepherdscharlotte.org](mailto:jwright@shepherdscharlotte.org). Manuals are included with all classes, which are held at Southminster Retirement Community, 8919 Park Rd. **All classes are \$50. These classes fill up fast. Please call to be put on the waiting for the class of your choice listed below or to be scheduled soon.**

### Digital Photo Management & Editing

March 18, 20 & 21

April 15, 17, & 18

May 6, 8 & 9

May 20, 22, 23

In this 9-hour, 3-session course, you will learn how to manage and edit digital photos, from loading the pictures into the computer to editing and sharing.

### Microsoft Word

May 13, 15 & 16

This 9-hour, 3-session course is designed to build word-processing skills such as letter writing and forms.

### Microsoft Excel

April 7, 8 & 9

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.

### Internet/Email

April 22, 24 & 25

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

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## Volunteers at work

The Shepherd's Center of Charlotte's motto is "by seniors—for seniors" and we are able to offer the many programs and services available to you because of our extensive volunteer base. To give you an idea of how important volunteers are, here is a list of volunteer activity since last April:

**Adventures in Learning:**

30 volunteer teachers with 288 hours of instruction, 8 committee members.

**Companion Aide:** 14 volunteers

**Computer Classes:**

20 volunteers with 329 hours of instruction.

**Defensive Driving:** 1 volunteer instructor.

**Financial Planning:** 1 volunteer instructor.

**Grocery shopping transportation:** 13 volunteer drivers.

**Handyman Service:** 4 volunteers with over 61 jobs completed.

**Hot Meal Delivery (Friendship Trays):** 21 volunteers with over 5,000 meals delivered.

**Medical Transportation:** 36 volunteers.

**Office Assistance:** 28 volunteers.

**Tax Filing Assistance:** 17 volunteers.

**Travel Program:** 8 volunteers.

**Senior Health Insurance**

**Information Program (SHIIP):** 6 volunteers.

If you would like to assist The Shepherd's Center by becoming a volunteer, please call 704.365.1995 or email [info@shepherdscharlotte.org](mailto:info@shepherdscharlotte.org).

*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  
[lrpellerin@shepherdscharlotte.org](mailto:lrpellerin@shepherdscharlotte.org)

Karen Eckert, Program Director  
[keckert@shepherdscharlotte.org](mailto:keckert@shepherdscharlotte.org)

Pam Lampel, Director of Office Services  
[plampel@shepherdscharlotte.org](mailto:plampel@shepherdscharlotte.org)

Ardith Allen, Director of Companion Aide  
[aallen@shepherdscharlotte.org](mailto:aallen@shepherdscharlotte.org)

Jean Wright, Program Assistant  
[jwright@shepherdscharlotte.org](mailto:jwright@shepherdscharlotte.org)

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

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