



Services and Education
for Seniors

Senior Solutions

The Shepherd's Center of Charlotte Newsletter

SHEPHERD'S
CENTER PRO-
GRAMS/
SERVICES:

Adventures in
Learning

Computer Classes

Travel Program

Companion Aide

Handyman Service

Medical Transpor-
tation

Tax Assistance

Medicare Assis-
tance

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JULY, 2007

New newsletter launches

Welcome to The Shepherd's Center of Charlotte's new newsletter. Don't worry, this is **not** a replacement for the newsletter you normally receive three times a year. This is an addition.

As the new Executive Director of The Shepherd's Center of Charlotte, I want you to keep up with all the wonderful things happening at The Center. In order to do that, we need to correspond with you more than three times a year. So, this newsletter was designed with you in mind. Please take a moment to skim through the publication.

We hope you'll find articles that speak to you. Articles that make you think and articles that inform you. Since



Executive Director,
Linda R. Pellerin

this is **your** newsletter, if you would like us to focus on a special topic, please let us know.

As you turn the pages, you'll see an update on our Computer Classes at Southminster

Retirement Community, a tease on the trips we have planned for 2008, some information concerning our Adventures in Learning session coming up in October and some additional things we feel might be of interest to you.

You'll be glad to know that our Spring Raffle was a huge success with over \$10,000 generated for The Center. Our big winners were Pricilla Griffin who won the first prize of \$500 in cash; and our second prize of a fresh-water pearl necklace from Perry's of South Park went to Ellie Roberts. Congratulations to our winners and many thanks for all your support!

Eligibility age lowered!

The Shepherd's Center of Charlotte is **lowering the eligibility age for program and service participants from 65 to 55** to better serve the older adults in the community.

In reviewing The Center's procedures in an effort to improve programs and services, one of the things that kept coming to the forefront was the age restriction of 65. As the Baby Boomers continue to "age into" retirement, Social Secu-

rity and Medicare, The Shepherd's Center needs to be ready to address the issues of major concern. If older adults are offered programs and services at an earlier age, they may be better prepared when specific needs arise.

A recent release by the National Institute of Health reports, "*Americans in their early to mid-50s today report poorer health, more pain and more trouble doing everyday physical*

tasks than their older peers reported at the same age in years past, a recent analysis has shown." If this is indeed the case, then the services and programs of The Shepherd's Center of Charlotte will be needed more than ever. Executive Director Linda R. Pellerin states, "*Lowering the eligibility age to 55 will allow The Center to expand our reach to thousands more older adults in the Charlotte community.*"



What's new at Adventures in Learning?

The Adventures in Learning Program is one of our oldest programs. We are currently finalizing the classes and general sessions which will be offered for our Fall Session. As always, your choices will be plentiful and interesting.

Please look for our new Program Guide, which will be published in mid-August. This Guide will have all the classes listed as well as any other information you will

need to help you decide your learning journey this Fall.

Please note that there will be a slight price increase in the Fall Session. Due to the rising costs of operating The Shepherd's Center, we have been forced to raise the price of Adventures in Learning to \$24 per session. This is a modest \$2.00 increase and we hope it will not over-burden those of you on fixed incomes.

The excellent teaching standards remain the same as well as noteworthy program content and topical presentations at the General Sessions.

For a preview of the Fall Session classes and to pre-register, please visit The Shepherd's Center Web site, www.shepherdscharlotte.org or call 704.365.1995.

"A Conference Room is a Conference Room, but when it's built by volunteers with loving care, it's a gathering place full of hope!"

Dedication of new Conference Room

After 27 years of hard work and dedication, Brigid O. Norton turned in her Executive Director badge and headed home for some rest and relaxation. At her retirement reception on March 31, it was announced that a conference room being built by The Shepherd's Center would be named for the long-time Center leader.

We're happy to say that after two months of hard work by our Handyman crew, the room is now complete and we were able to hold a dedication ceremony on June 21, 2007. On hand were Shepherd's Center Board members, staff, friends and Brigid.

Many thanks to Ed Brimo, Bob Caraway, Paul Gubert,

Art Nelson, Bill Pellerin, Cliff Shelkofsky, and Joe Williamson.



Joe Williamson & Brigid Norton



How do you spend your free time?

If you're retired and finding it difficult to fill some of your days, you might want to consider volunteering with The Shepherd's Center. The Center offers numerous opportunities for you to volunteer, including helping with Adventures in Learning; answering the telephone and helping with clerical

work in the office; driving individuals to medical appointments, the grocery store or beauty shop; helping with tax returns during tax season; helping with our Medicare Assistance Program (training is provided); fixing things around the homes of seniors with our Handyman Program; serving

on the Center's various committees and much more.

If you want to give back to the community in a simple, but effective way, call The Shepherd's Center office today, 704.365.1995.

Gifts-in-Kind can make all the difference



As you look around your home, if you're like many of us you'll see things you no longer need. It could be a piece of furniture, an old computer, printer, monitor; a carpet or rug, a lamp or just about anything.

Kind people donate items to The Shepherd's Center frequently.

We appreciate the gifts and the donors are credited with a gift-in-kind for their efforts.

Our recently dedicated conference room proudly sports cabinets and a refrigerator that were donated to The Center by someone who was remodeling her kitchen.

When Executive Director Linda R. Pellerin moved into her office in the undercroft of Trinity Presbyterian Church, she thought the space would be warm and wel-

coming with a carpet on the tile floor. Within a couple of weeks, a beautiful oriental carpet was donated. The donor said his wife just didn't like the colors.

If you have something you'd like to donate, contact us at The Shepherd's Center, 704.365.1995 or

lrpellerin@shepherdscharlotte.org.



Harris Teeter VIC Card donation

Since its inception in 1998, the Harris Teeter Together in Education Program has raised over 9.4 million dollars for schools and organizations. We are proud that The Shepherd's Center of Charlotte is eligible to participate in this program. If you have not already done so, please take your Harris Teeter VIC card to your local store and sign up for this program. You may also sign up online by visiting

www.harristeeter.com and clicking on Together in Education.

The Shepherd's Center TIE number is **3267**. When you link your card to this number, The Shepherd's Center will get a donation from Harris Teeter according to what you spend and capture on your VIC card.

If you've already been participating, please remember to link to our number again

by August 1, 2007.

For your convenience The Shepherd's Center can take care of this for you by linking your VIC card to The Center online at www.harristeeter.com. Simply contact us at 704.365.1995 or e-mail

plampel@shepherdscharlotte.org.

Bi-Lo Bonuscard program!

The Shepherd's Center of Charlotte has also been approved to participate in the Bi-Lo booster-plus program. The Center earns money when you shop at Bi-Lo and use your Bonuscard! One percent of your purchases will be given back to our organization. If you do not have a Bonuscard, you can sign up for one FREE at

the Customer Service Counter of any Bi-Lo location.

Once you have your Bonuscard, just give one of the enrollment forms (see next column) to the cashier next time you shop. You only need to bring an enrollment form to the store one time. This enrolls you until the end of the program year. Please note—you

must re-enroll each August!





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Digital Imaging Class

Yes, the Digital Photo Managing and Editing Class is finally ready. The class is set for the week of September 24-28. September 28, Friday will be a day for review and practice. The price for this class is \$50.00. They will be held at Southminster Retirement Community in the Computer Lab.

This class is intended for those of you who plan to purchase a digital camera or already have one, but need some additional guidance.

If you'd like to register for class, please contact The Center, 704.365.1995 or apply online at www.shepherdscharlotte.org.

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Travel Program expanding in 2008

The Shepherd's Center of Charlotte is expanding the Travel Program for 2008. We plan to continue with our popular trips, but will also be scheduling trips we have not offered in the past as well as trips we haven't offered in a few years.

We're excited about the new schedule and will have locations



outlined for you on our Web site, www.shepherdscharlotte.org just as soon as we have everything confirmed.

For now, the Web posting will show the month and the destination, but not the date. Please feel free to sign up anyway by contacting The Center, 704.365.1995 or plampel@shepherdscharlotte.org.