



Services and Education
for Seniors

Senior Solutions

The Shepherd's Center of Charlotte's Quarterly Newsletter
Volume 3, Issue 4 August, 2009

Medicare open enrollment begins Nov. 15!

Inside this issue:

Executive director message,
pg. 2

Time to re-link your VIC
card, pg. 2

Program Guide:

Adventures in Learning

- General Session, pg. 3
- General Info. , Pg. 4
- Registration Form, pg. 5
- Classes, pgs. 6 & 7

Travel Adventures,
pgs. 8-9

Seminars, pg. 10

Computer Classes, pg. 11

Senior Summits, pg. 12



The Shepherd's Center of Charlotte recognizes Lance, Inc. and International Minute Press as **Silver Level Sponsors.**

The time is quickly approaching for you to make a decision about your prescription drug coverage. For Medicare Part D — the federal program's prescription drug benefit — open enrollment begins on Nov. 15 and runs through Dec. 31. During this enrollment period, people with Medicare can sign up for a prescription drug plan (PDP) or switch their current Medicare Part D plan.

SHIIP, the Department of Insurance's Seniors' Health Insurance Information Program, is available to help you and other Medicare beneficiaries with the enrollment process or to answer any questions about the program. Trained SHIIP counselors are available to meet with you face-to-face at The Shepherd's Center, **704.365.1995** and the toll-free SHIIP hotline **1.800.443.9354** has trained communication specialists to answer your questions Monday—Friday, 8 a.m. to 5 p.m.

The following frequently asked questions have been designed to guide you through the process.

What is a Medicare Part D Prescription Drug Plan (PDP)? Medicare PDPs are insurance plans approved by Medicare and sold by private insurance companies that offer prescription drug coverage to people with Medicare. All people on Medicare are eligible to enroll into a Medicare PDP regardless of their income or assets. Medicare PDPs work like any other insurance products — they have premiums, co-payments, deductibles and

formularies (list of approved drugs that the plan will cover).

What if I cannot afford a Medicare PDP?

There is federal assistance available for people with Medicare who have limited income and resources. If you qualify, you can receive assistance with premiums, deductibles and prescription copayments. To apply for the **Low Income Subsidy (LIS) program** contact SHIIP for help, 1-800-443-9354. North Carolina residents may also apply for assistance through the Governor's NCRx program by calling 1-888-488-6279 or visiting www.ncrx.gov.

Medicare Workshop! Wednesday, Sept. 9, 10:00 a.m. Trinity Presbyterian Church

Let us help you find the right path as you navigate the Medicare Maze! This **FREE** workshop will be a general Q&A session led by a trained SHIIP (Seniors' Health Insurance Information Program) volunteers. Topics include:

- Part D open enrollment,
- "Medigap" vs. supplements
- Medicare Advantage plans
- LIS (Low Income Subsidy)
- NCRx and the "donut hole"



Please join us for this **FREE** workshop. Light refreshments will be provided. Please R.S.V.P., **704.365.1995**.

Volunteer Traditions!

The Shepherd's Center of Charlotte could not function without the help of our dedicated volunteers.

Carl Brooks with Carroll Financial is celebrating his 21st year as a volunteer with The Shepherd's Center. Each quarter, Carl presents two seminars with timely topics for seniors. The seminars are held at Providence Baptist Church on Randolph Rd. Please see page 10 for this fall's topics. In addition to the 21 years of service, Carl is also celebrating his 200th seminar with The Shepherd's Center.

Many of you have come to rely on Carl for his expertise in financial strategy. His knowledge of all things financial has helped to get you through this tough economic time. We like to think that Carl will be with us for another 20 years, but chances are he'll eventually retire himself and reap the benefits of his financial wisdom. Congratulations Carl for a job well done!



Once again, volunteerism at its best!

Creating A Lasting Legacy

By Carl A. Brooks, CFP®

As a young pilot, I learned that almost every airport in the world can be identified by a three-letter abbreviation. Your luggage may still have tags showing they have been to ABE, MCO or maybe even FFA. But what do they really mean?

The International Air Transport Association assigns the abbreviations to each airport. LGA represents LaGuardia airport in New York. Fliers to Dallas Fort Worth know the large airport as DFW. Those are obvious. Some are not.

MCO may be in Orlando, but it's named for McCoy Air Force Base, which became the city's airport. Travelers to Allentown, Bethlehem or Easton, Pennsylvania know their airport code shares the first letter of each town: ABE. Chicago's ORD airport, named for Navy hero Butch O'Hare stands on the same site as the former small airport once known as Orchard Field.

The next time you travel, you can know the three-letter combinations reflect more than a city. They are a story - and a legacy to the city or local pioneers in that city. What will your legacy be? You may not have an airport named for you, but you can create a legacy that leaves your initials on the future with no less prominence.

We can help you shape your legacy. By including our mission in your will or trust, you can make a big difference with little cost. Let your dreams take flight and land in a brighter future.

From the executive director



We've just finished a successful summer Adventures in Learning Program which was hosted by Christ Episcopal Church on Providence Rd. Many thanks to the staff and members of Christ Church for their hospitality, support and participation.

So far it's been an interesting year for The Shepherd's Center. We continue to face the challenges of the poor economy, while trying to keep our programs and services at the high standards you've come to expect. On behalf of our Board of Directors, I'd like thank those of you who have shown your support through increased donations this year. This has come at a much-needed time. If you have not yet made a donation, we ask that you consider what this organization has meant to you in the past and what it would be like to be without the programs and services you've grown to love.

I am happy to report that we have secured another business to subsidize our lunch program at Adventures in Learning so we can continue to offer soup and salad for just \$5.00 per week. Willow Grove Retirement Community has generously agreed to fund this subsidy for you. If you participated in the summer Adventures in Learning, you benefited from the home-made cookies supplied by Willow Grove weeks 3-6.

Many thanks also to Southminster Retirement Community for providing The Shepherd's Center with a new computer lab. We've added some classes to round out our Fall schedule. You can check out the classes on page 11.



Thank you for your continued support. Since our next newsletter will be in January, please have a happy, safe holiday season!

Linda R. Pellerin

Time to re-link your VIC card

If it's August, then it must be time to re-link your Harris Teeter VIC card to The Shepherd's Center of Charlotte's code, **3267!**

The Together in Education Program sponsored by Harris Teeter helps to raise funds for schools and non-profit organizations like The Shepherd's Center. It's easy and it's FREE. Simply give the cashier our code, **3267** and your VIC card when you check out and your card will be linked for the entire school year. That's it! You only have to link your VIC card once each school year.

Once your card is linked, The Shepherd's Center will receive a percentage



of your Harris Teeter brand (Harris Teeter, Premier Selection, H.T. Traders, Harris Teeter Naturals, Your Pet, Hunter Farms, Highland Crest and More Value) purchases credited back to our account.

This program does not interfere with your VIC savings or cost you any money! Don't forget to link your VIC card to our account code **3267** next time you are shopping at Harris Teeter.

Bi-Lo's BoosterPlus Program



Another simple way to donate to The Shepherd's Center is with the boostersplus® Program at Bi-Lo. It's a simple way to donate. Every time you shop at BI-LO and use your **BONUSCARD®**, they will help support your designated organization by donating 1% of your total purchase.

The Shepherd's Center has BI-LO sheets with a barcode on them, linking your BONUSCARD to our account. Please stop by the Shepherd's Center office for a 2009-10 form or look for them at Adventures in Learning, our computer classes, seminars and other events.

Thank you in advance for your continued support.

Adventures in Learning program guide

General Session

Mondays, September 28 to November 2, 2009

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

Travel Treasures

This quarter we are unpacking a treasure chest of special presentations from our long-running and popular Travel Talks course. Sit back, and let the adventure come to you! No flight delays! No strange food! Our speakers bring their experiences to you with first-hand knowledge and spectacular photographs!

September 28



"The Travel Biz": *Travel Professional Fred Cooke, CTA, ACC*, will set the stage for our travel series by giving us a professional's perspective on the ever-changing travel industry. This will include the demographics of travel, how to buy travel, and the newest, most successful travel product, river cruises worldwide. All should appreciate Fred's insights and stories based on years of experience in the travel industry.

October 5



Traveling through Southern Africa: *Bob Dunegan, avid traveler and frequent contributor to our Travel Talks series*, will share photos of his 2007 trip to South Africa, Botswana, Zimbabwe, and Namibia. Highlights of his trip included the Namibe Desert, site of the highest sand dunes in the world; the famous Victoria Falls; and game drives where he saw elephants, impala, giraffes, and lions.

October 12



Square-Rigged Sailing Ships and Cape Horn: Adventure on the high seas is the order of the day as Bill Parish reveals the exceptional complexity of square-rigged sailing ships (as compared to modern sailing yachts). He will explain why the seas around Cape Horn are the most treacherous in the world and how the era of square-rigged sailing ships going around Cape Horn was the most dangerous and deadly period of sea-faring ever. **Bill Parish** *spent 24 years in the U.S. Coast Guard and retired in 1977 in grade of Commander. He was most recently around Cape Horn and in the Antarctic Peninsula on a cruise in December 2008/January 2009.*

October 19



Setting Sail on a Dream—Crossing the Atlantic on a Tall Ship: *Jim Cochran, retired Bell South/AT&T sales executive*, will share his experience as a working passenger on a tall ship that set sail in May 2006 across the Atlantic from Baltimore to Portsmouth, England. Jim will recount his adventure aboard the Dutch sailing vessel, *The Stad Amsterdam*, where he participated in different watches and other duties typically reserved for the regular crew.

October 26



Expedition to Alaska: *Maria and John Huson* will share photos, stories, and a video from their recent trip to Alaska with Lindblad Expeditions/National Geographic. From Juneau, the Husons embarked on a 60-passenger ship that traveled through southeast Alaska, including Glacier Bay National Park. The trip included opportunities to hike through Alaskan forests along the way. *Maria is a homemaker and volunteer as a Shepherd's Center computer instructor and husband John is a self-employed contractor, both of whom like to travel as often as their schedules allow.*

November 2



Excursion to Egypt: This week we are off to Egypt, hosted by **Judith Toman**, *a former college educator who loves to travel.* Judith's presentation will include stops at Cairo, Alexandria, and Luxor; a trip down the Nile by riverboat to Aswan; and a visit to monuments at Abu Simbel. A look at ancient as well as modern Egyptian life, complete with ancient tombs, temples, hieroglyphics, and artifacts, awaits us on this Egyptian expedition.

Lunch
12:20-1:20
\$5.00



Pritchard's Chef Tom Kok will delight you each day with his signature salad bar, a hearty soup or stew, bread or rolls, dessert, & a beverage, all for one fixed price:

\$5.00

Reservations for lunch are secured by making your payment.

Please Note:

Pritchard is no longer able to offer a separate, pay-as-you-go salad bar.

The Shepherd's Center of Charlotte welcomes
As our newest
Gold Level Sponsor.



We are able to offer you discounted pricing on your lunch due to Willow Grove's generous sponsorship.

Willow Grove Retirement Living is called "The Holiday Touch," but it is so much more than that. It is a sense of family, friendship and coming home that welcomes you.
10043 IDLEWILD ROAD
MATTHEWS, NC 28105
704.545.0009

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 to register—Registration is as easy as completing the Registration Form on page 5 and returning it to The Shepherd's Center by **Tuesday, September 22, 2009**. For your convenience, morning and afternoon classes are listed on pages 6 and 7. 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 \$35.00. Two registration forms are included to allow you to conveniently register a spouse, relative 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 attend your first class at 11:20. At 12:20 you're invited to lunch 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.

Where to go—Adventures in Learning is held at **Pritchard Memorial Baptist Church**, located at 1117 South Blvd. The church is in the South End 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, 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 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 LYNX railway system which runs right by Pritchard on South Blvd.

Notice—We do our best to ensure that all classes meet for all scheduled sessions. Occasionally a class needs to be cancelled due to instructor illness or another unforeseen circumstance. In this case, we invite you to visit another class for that particular day. In the event of cancellation of an entire day of classes due to weather conditions, we will attempt to make up that day on the Monday following the last regularly scheduled Monday, provided that space is available at Pritchard. **No refunds are available.**

Lunch Information—Lunch is served every Monday in the Fellowship Hall, 12:20 – 1:20 p.m. **Lunch tickets must be purchased in advance and are purchased in one of three ways:** By pre-paying (see registration form on page 5); 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 pre-paid, a red lunch ticket is placed inside your nametag at the registration table. Prepaid lunch tickets not claimed by 12:25 may be sold to someone else or used as a contribution to The Shepherd's Center. Bringing your own lunch is also an option.

Adventures in Learning registration form

Please mail the registration form and your check to **The Shepherd's Center of Charlotte, 3115 Providence Rd., Charlotte, NC 28211** by **Tuesday, September 22**. Checks are payable to **The Shepherd's Center of Charlotte**. After September 22, please register on the first day of class (September 28) or hand-deliver your registration and check to The Shepherd's Center by **Thursday, September 24**.

Fall 2009 Adventures in Learning Today's Date: _____

Have you attended Adventures in Learning before? _____ Phone: _____

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

Address _____ City _____ State _____ Zip _____

E-mail _____

Registration Fees:

Tuition: \$35.00 in advance for all 6 weeks, or \$38.00 at the door \$ _____

Pre-paid lunch: \$5.00 per week (\$30.00 for all 6 weeks or check specific dates below) \$ _____

9/28 10/5 10/12 10/19 10/26 11/2

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

Total amount enclosed: \$ _____

Courses requested:

Morning Course: _____ 2nd Choice: _____

Afternoon Course: _____ 2nd Choice: _____

Fall 2009 Adventures in Learning Today's Date: _____

Have you attended Adventures in Learning before? _____ Phone: _____

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

Address _____ City _____ State _____ Zip _____

E-mail _____

Registration Fees:

Tuition: \$35.00 in advance for all 6 weeks, or \$38.00 at the door \$ _____

Pre-paid lunch: \$5.00 per week (\$30.00 for all 6 weeks or check specific dates below) \$ _____

9/28 10/5 10/12 10/19 10/26 11/2

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 2009 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/
<input type="checkbox"/> Grocery Transportation	<input type="checkbox"/> Computer Instruction	<input type="checkbox"/> Tax Assistance	SHIIP

♥ *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 **Winter 2010** series.

My topic would be: _____

Morning Classes—11:20 a.m.—12:20 p.m.

(Please indicate a first and second choice on the registration form-Page 5)

Crafts/Recreation/Exercise/Health

Knitting/Crocheting: The holidays will be here before you know it, so we will be working on those handmade items that family and friends love to receive: Purses, blankets, hats & mittens, Christmas ornaments, scarves, and anything else we can dream up. 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**

Line Dancing: We're glad to announce that line dancing is back – a fun, lively way to spend an hour and get your juices flowing. Barbara Kennedy, our instructor, welcomes newcomers and students who have previously taken the course. Dress comfortably and enjoy two-stepping with no partner required. **Instructor: Barbara Kennedy, former performer with the Amity Line Dancers**

Yoga for Every Body: 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 as this class is limited to 24 students. **Instructor: Mary Lou Buck, B. S. Physical Education, certified 500-hour professional level Kripalu Yoga teacher, former owner of Yoga for Life in Dilworth.**

Fine Arts/Humanities

Rediscovering and Recovering Our Lost Spirituality: - This interactive time is for any and every person from the simply curious to the frustrated, even burned out and hopeless, who want to know more about and/or re-experience their spiritual connections. Now is your chance for personal rediscovery and renewal of your basic roots. Expect nice surprises. **Instructor: Alexander (Sandy) McGeachy, D.Min., retired Presbyterian minister after 50 years exploring these areas, asking your questions.**

History/Social Sciences/Travel

Charlotte-Mecklenburg History: We welcome the return of **Dr. Jim Sasser, retired CPCC history instructor**, who will teach a course that focuses upon the Catawba Indians, who played a major role in the history of this area. We will look at settlement, politics, key personalities, and turning point highlights in local history.

Literature

Poetry: Dr. Julian Mason, long-time Adventures in Learning instructor and retired English professor at UNC Chapel Hill, will lead us in a discussion of poetry. This course will focus on the poets of World War II, the 19th Century American poet Walt Whitman, and the 21st Century poet and critic Alicia Ostriker.

Afternoon Classes—1:20 p.m.—2:20 p.m.

(Please indicate a first and second choice on the registration form-Page 5)

Crafts/Recreation/Exercise/Health

Art Class-Open Studio: If you're interested in learning more about drawing, painting with acrylics or more, this is the class for you. This will be a class where you can learn at your own speed in the medium you so choose. Learn how lines, shapes and shading can turn your art from amateurish to classic. Please sign up early—this class will only hold 20 students! **Instructor: Nancy Faires, Art Instructor, East Mecklenburg High School (retired).**

Chess: A game for all ages that develops memory and improves concentration. The class will be primarily for people who have *some* background with chess (perhaps you know the basic moves, but that's about it). This course will take you to the next level, teaching you how to play well. We will meet for one hour, with an additional hour available (until 3:20 p.m.) for uninstructed play for anyone who wants to stay. (Although the primary level of instruction will be for those with some previous chess experience, novices are welcome as this will be a great opportunity to see what chess is all about.) **Instructor: Gary Newsom, US Chess Federation Certified Coach**

Ladies' Fashion and Beauty: We are pleased to offer a course coordinated by **Nordstrom's**. Each week an associate from Nordstrom's will present us with the latest info on topics related to fashion and beauty: (9/28) fashion accessories; (10/5) lingerie and undergarments; (10/12) Estee Lauder; (10/19) shoes; (10/26) women's active and casual clothes; (11/2) Clinique.

History/Social Sciences/Travel

A Clash of Two Empires: The 16th century was a time of tremendous upheaval in Europe. The Renaissance and Humanism were in full swing, the Reformation got under way, and Christendom faced the threat of annihilation by the aggressive Muslim empire of the Ottoman Turks. We will examine the rise of the Turks, the history of the Holy Roman Empire and the results of this momentous clash.

Instructor: Luther Wade, Ph.D., professor emeritus of speech and theater, Southeastern University

Creative Writing/Literature

Creative Writing: This experiential class explores inspiring ways to retrieve memories, bringing people, places and events to life on the page in whatever form is most natural for you – journal, memoir, fiction or poetry. You will learn techniques for “priming the pump,” all sorts of great ways to get words flowing. The focus will be on “saying it first, polishing it up later.” This course is appropriate for anyone from beginner to professional. An easy-writing pen and spiral notebook are required in class. **Limit 15.** Class extends to 2:40 p.m. for all who can stay. **Instructor: Mary Crews, A. B., English, Queens University, published writer of nonfiction and poetry**

Local Literary Lights: Come and experience a potpourri of local literati – authors, a librarian, a bookstore owner, and a cartoonist – as they share their creations and those of others: **(10/5) Sam Shapiro**, librarian at Public Library of Charlotte Mecklenburg County, will give us a sneak peek at the library's fall Alfred Hitchcock film festival and discuss Hitchcock's work; **(10/12) Margaret Bigger**, local author, will discuss two books she wrote about experiences soldiers and others had during World War II. The people featured in the book are from the Charlotte area, some involved with the Shepherd's Center; **(10/19) Marcus Hamilton**, cartoonist for the nationally syndicated comic strip, *Dennis the Menace*, will talk about getting ideas for and the process of drawing this popular and long-running cartoon; **(10/26) Sally Brewster**, owner of Park Road Books, will share a list of good books to read for the fall; **(11/2) Frances McClain**, author of a book on music therapy, will tell us about her book.

Travel Adventures Information

Register Early! Our trips fill quickly. Please complete the Travel Registration Form and submit a separate check made payable to The Shepherd's Center for each trip. Costs are priced per person. Mail to **The Shepherd's Center of Charlotte, 3115 Providence Rd., Charlotte, NC 28211.**

Travel Adventures Policy: At the time of registration, day trips are paid in full and overnight trip deposits of \$100 per person are due.

Trip Refunds: We will always do whatever we can to refund your money if you are unable to go on a trip. Please be aware that we make very little profit for The Center from trips, so we are not able to make refunds for theater tickets, meals, etc., which have already been purchased. If you must cancel your participation in a trip, please call the office as quickly as possible to let us know. We will review our records and determine how much of your trip payment can be refunded. If there is a waiting list for a trip, and we can find someone who would like to go in your place, then we will probably be able to refund nearly the full amount. Each trip may be different.

Disability Policy: If you have a disability that limits your independence, you must be accompanied by a companion. **Wheelchairs are not permitted.** All trip participants are expected to carry information about 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.

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

Travel Adventures Registration Form

Please send a separate check for each trip.

Name: _____ E-Mail: _____

Address: _____ Phone: _____

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

- | | | |
|--------------------------|---|---------|
| <input type="checkbox"/> | 9/17/09: Grove Park Inn, Thomas Wolfe Memorial, Asheville, NC | \$89.00 |
| <input type="checkbox"/> | 10/9/09: Shelton Vineyards & Mt. Airy (Mayberry) Festival, Mt. Airy, NC | \$79.00 |
| <input type="checkbox"/> | 11/12/09: "Christmas in New York", Wohlfahrt Dinner Theatre, Wytheville, VA | \$89.00 |
| <input type="checkbox"/> | 12/3/09: Belmont Abbey & Stowe Botanical Gardens, Belmont, NC | \$48.00 |

Return to: The Shepherd's Center of Charlotte, 3115 Providence Rd., Charlotte, NC 28211

Travel Adventures

Asheville, NC, Thursday, Sept. 17, 2009

We are on the road again for a fall getaway to Asheville, NC. We will depart Charlotte bright and early headed for the historical **Grove Park Inn Resort & Spa**. Built from granite boulders hewn from Sunset Mountain, the Grove Park Inn opened in 1913. It has become one of the South's most famous and venerable resorts. Time to soak in the splendor of this resort and its surroundings as we are treated to a delicious luncheon. Next stop is the **Thomas Wolfe Memorial**, where the historic boarding house has been a memorial to Wolfe since 1949. Depicted as "Dixieland" in Wolfe's novel, "Look Homeward, Angel", the boarding house was home to the author for 10 years and was his inspiration for the novel. Nestled among the pines and dogwoods of the Blue Ridge Parkway sits the famous **Folk Art Center**, which is our next stop. It showcases the finest in traditional & contemporary craft of the Southern Appalachians. Our final destination is the **Asheville Farmers Market** before returning to Charlotte. Bus leaves Charlotte at 8:00 a.m. and returns about 7:30 p.m. **Price \$89.00.**

Price \$89.00



**Southern Highland
Folk Art Center**

Shelton Vineyards & Mt. Airy, Friday, Oct. 9, 2009

On a beautiful fall day we'll leave Charlotte at 8:30 a.m. and travel two hours north to Dobson, NC to visit **Shelton Vineyards**, founded in the heart of the Yadkin Valley in 1999. This is one of the largest vineyards on the East Coast producing over 50,000 cases of wine annually. We'll tour the winery and have a tasting featuring five Shelton wines. Each visitor will receive a complimentary Shelton Vineyards wine glass. The tasting will be followed by a special lunch prepared by Chef Paul in the winery's Harvest Grill. After lunch, we'll travel 11 miles to **Mt. Airy** to enjoy a celebration of the **43rd Autumn Leaves Festival**. The festival showcases their rich musical heritage performed by local musicians, unique arts & crafts of more than 160 craftsmen demonstrating skills passed down through the generations, and "food for the soul". It's a walker's paradise with visual delights and mouth-watering treats at every stop. Bus departs at 8:30 a.m. and returns about 6:30 p.m. **Price \$79.00.**

Price \$79.00



"Christmas in New York", Thursday, Nov. 12, 2009

As we travel to Wytheville, VA, prepare for a festive holiday season at the popular **Wohlfahrt Haus Dinner Theater**. Your bus will leave Trinity Presbyterian Church at 8:30 a.m. The Wohlfahrt Haus family will present an original revue entitled "**Christmas in New York**" featuring holiday songs and dance favorites from traditional to contemporary. Enjoy a scrumptious four-course luncheon as you are entertained by the Wohlfahrt family. Plan on being home by 7:30 p.m. **Price \$89.00.**

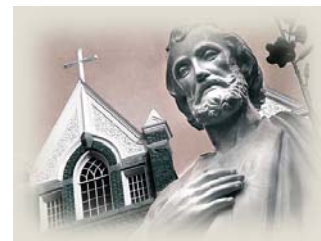
Price \$89



Belmont Abbey & Daniel Stowe Botanical Gardens, Thurs., Dec. 3, 2009

Join us for a special tour of Belmont Abbey. The Abbey was founded in 1876 on a beautiful 700-acre campus just west of Charlotte. The monastic community prays and works according to the order of Saint Benedict. Our tour will include the 1st floor of the Monastery, Lourdes Grotto and the Basilica all of which were built by the Monks. We'll conclude our visit with dinner on campus in the Student Commons. Next we're off to the Daniel Stowe Botanical Garden, one of the jewels in the Queen City's crown. Twinkling lights throughout the garden will delight the eyes, and special music will make the gardens a magical place. Bus departs at 2:30 pm and returns about 8:30 pm. **Price \$48.00.**

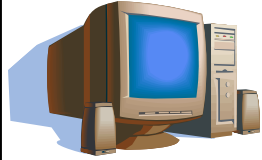
Price \$48.00



Seminars

Meet your computer!

**Friday, September 11 &
Friday, September 18**



Designed to show you the wonderful things you can accomplish with a personal computer.

Topics include: **Day-to-day uses of computers, E-mail, Banking,** and much more.

Held at **Southminster Retirement Community
8919 Park Rd.**

Hours: **9:00 a.m.—12:00 noon.**

Fee: \$5.00

Taught by Cliff Shelkofsky, IBM retiree

Call 704.365.1995 to sign up

Kelly Burke and Steve Abels

Integrated Financial Strategies

Thursday, October 8, 10-11:00 a.m.

**Searching for
Retirement Income:
How to make the most
out of your nest egg.**



**Myers Park
United Methodist Church
1501 Queens Rd.**

Call 704.365.1995 to register

Carl A. Brooks, C.F.P.

**Carroll Financial
10-11:15 a.m. Providence Baptist Church**

Wednesday, September 23

Paying for Assisted Living – VA Aid and Attendance

Veterans and surviving spouses need to know about this program!

- What is the Veteran's Administration Aid & Attendance
- How are benefits determined and how much is available
- Who is eligible

**Wednesday, October 21
New Roth Conversion Rules &
2009 Required Minimum Distributions**

Just one of the tax law changes for 2010, but you don't have to wait.

- New Rules beginning in 2010
- Tax planning opportunities for 2009
- When does it make sense to convert

**Wednesday, December 2
Tax Law Changes**

If Congress has passed income and estate tax legislation by the Thanksgiving recess, we'll be here to explain it.

AARP defensive driving class



**Taught by
Officer Howard Setzer**

**Tuesday, October 20
9:30 a.m. —2:00 p.m.
(30 minutes for lunch—please bring your own)
Trinity Presbyterian Church
3115 Providence Rd.**

Designed for Baby Boomers and up (50 and over), the class helps drivers refine existing skills and develop safe, defensive driving techniques.

Cost is \$12 for AARP members and \$14 for non-members—payment is due the day of class.

Please make checks payable to AARP.

Upon completion, you will receive a certificate from AARP. You must attend the session in its 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, 704.365.1995 or
Keckert@shepherdscharlotte.org.**

To reserve your seat for any of these seminars, please contact The Shepherd's Center, **704.365.1995** or e-mail plampel@shepherdscharlotte.org.

Computer Classes

All computer classes held at Southminster Retirement Community, 8919 Park Rd., Charlotte, NC

The Shepherd's Center of Charlotte has been offering computer classes to the community for over 10 years. In order to fulfill an increasing demand for computer training by the community at large, we now offer this course to any adult. The following is a listing of the classes currently available. To register, please either contact The Shepherd's Center of Charlotte, 704.365.1995 or complete this page and mail it to **The Shepherd's Center of Charlotte, 3115 Providence Rd., Charlotte, NC 28211** along with your check made out to **The Shepherd's Center of Charlotte**. **Directions to Southminster will be given to you by your instructor when he/she calls to confirm your class. Comprehensive manuals are included in all classes.**

Please note that the Introductory classes are offered either twice weekly for four-week sessions or once a week for eight week sessions.

Name _____ Phone _____ Email _____

Address _____ City _____ State _____ Zip _____ Amount Enc. \$ _____

704.365.1995 or www.shepherdscharlotte.org

**Please indicate your preferences by checking the boxes below and mailing in with your check.
Please write a separate check for each class.**

Introduction to Computers

This is either a 4-week (2 times a week) or 8-week (1 time a week) hands-on class for beginners covering Microsoft Windows, word processing, spreadsheet, Internet and E-mail. The **class fee is \$50.**

A—Sep 29-Oct 22, Tues & Thurs (4 wks) 1-4

B—Sep 29—Nov 18, Wed (8 wks) 9-12

Microsoft Word—9 hrs, 3 sessions

Designed to build word-processing skills such as letter-writing and forms. **\$25 fee.** You must have taken the **Introduction to Computers** class or have comparable skills.

Sep 28, 29 & Oct 1, Mon Tues & Thurs 9-12

Microsoft Excel—9 hrs, 3 sessions

Create several varied Excel spreadsheets and learn basic skills including building simple formulas and manipulating data. **\$25 fee.** You must have taken the **Introduction to Computers** class or have comparable skills.

Oct 19, 20, & 22, Mon Tues & Thurs 9-12

Internet/Email—9 hrs, 3 sessions

Students learn basic skills: How to navigate the Internet and how to send and receive e-mail. **\$25 fee.** You must have taken the **Introduction to Computers** class or have comparable skills.

Oct 26, 27 & 29, Mon Tues & Thurs 1-4

Digital Image Management & Editing 9 hrs, 3 sessions

Learn how to manage and edit digital photos, from loading the pictures into the computer to editing and sharing. **\$25 fee.** You must have taken the **Introduction to Computers** class or have comparable skills.

Nov 30, Dec 1 & 3, Mon Tues & Thurs 9-12

E-Bay—9 hrs, 3 sessions

Learn what all the fuss is about. How to navigate, buy & sell on this popular Web site. **\$25 fee.** You must have taken the **Introduction to Computers** class or have comparable skills.

Nov 16, 17 & 19, Mon Tues & Thurs 9-12

Computer/Internet Security 9 hrs, 3 sessions

Keep your computer safe with this class on security. **\$25 fee.** You must have taken the **Introduction to Computers** class or have comparable skills.

Dec 7, 8 & 10, Mon Tues & Thurs 9-12



The Shepherd's Center of Charlotte
Trinity Presbyterian Church
3115 Providence Rd.
Charlotte, NC 28211

Non-Profit Organization
U.S. Postage Paid
Permit Number 3758
Charlotte, NC

Senior Summits

The Shepherd's Center of Charlotte presents

September Senior Summit

Navigating Senior Resources

Wednesday, September 16, 2009
Pritchard Memorial Baptist Church,

Fellowship Hall
1117 South Blvd.,
Charlotte, NC 28203

9:30 a.m.—12:30 p.m.

Topics include:

Senior Housing—
Which is best for you?
Understanding your
Medical Options!
Removing confusion from
Elder Law.
Retirement & Estate
Planning Tips

November Senior Summit

Demystifying Medicare/ Medicaid

Wednesday, November 18, 2009

Friendship Missionary Baptist
Church, 3400 Beatties Ford Rd.
Charlotte, NC 28216

9:30 a.m.—12:30 p.m.

Topics include:

Medicare Part D
How to avoid Medicare Fraud
Social Security and Medicare
Your Veteran's Benefits
and Medicare

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

Staff:

Linda R. Pellerin
Executive Director
Karen Eckert
Program Director
Pam Lampel
Director of Office Services
Jean Wright
Marketing & Sales
Lillian Frank
Administrative Assistant
Mary Walsh
Administrative Assistant

www.shepherdscharlotte.org

The Shepherds Center
of Charlotte, Inc.
Trinity Presbyterian Church
3115 Providence Rd.
Charlotte, NC 28211
704.365.1995
704.365.1955 (fax)

These events are FREE, but reservations are encouraged
704.365.1995 or plampel@shepherdscharlotte.org