



Services and Education  
for Seniors

# Senior Solutions

The Shepherd's Center of Charlotte's Quarterly Newsletter  
Volume 4, Issue 4  
Fall, 2010

## Medicare open enrollment begins Nov. 15!

### Inside this issue:

Executive director message,  
pg. 2

Time to re-link your VIC card  
& Bi-Lo Bonuscard, pg. 2

Get your sensitive  
documents shredded, pg. 2

In Memoriam, Shepherd's  
Centers of America  
Founder, pg. 2

### Program Guide:

#### Adventures in Learning

- General Session, pg. 3
- General Info., pg. 4
- Registration Form, pg. 5
- Morning Classes, pg. 6
- Afternoon Classes, pg. 7

Travel Adventures, pgs. 8-9

Seminars, pg. 10

Computer Classes, pg. 11

Technology Fair, pg. 12

The Shepherd's Center of  
Charlotte's *Senior Solutions*  
is printed by:



**Adventures  
In Learning  
info  
begins  
on page 3!**



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

The following frequently asked questions are 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. 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). All people with Medicare are eligible to enroll in a PDP, regardless of income or assets. However, unless you are new to Medicare or are entitled to a Special Enrollment Period, you must enroll during the Annual Election Period which is November 15 through December 31 for 2010. Options and features will vary from plan to plan such as drug lists with generic and brand name medications, drug prior approval requirements, and deductible and co-payment structures. You can only select one Medicare PDP.

### What if I cannot afford a Medicare PDP?

Federal assistance is 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 or call The Shepherd's Center of Charlotte, 704.365.1995. 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](http://www.ncrx.gov).

Please contact The Shepherd's Center of Charlotte, **704.365.1995** or [adasst1@shepherdscharlotte.org](mailto:adasst1@shepherdscharlotte.org) to make your appointment today!

## Volunteer Traditions!

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

**Virginia & John O'Connell** have been volunteer drivers for The Shepherd's Center of Charlotte for 23 years. Jenny began just after her retirement and volunteered John to the program after the couple were married 13 years ago. They volunteer their time as a couple and enjoy meeting new people as they take them to and from their medical appointments. John is always ready with a joke or two and likes to bring a smile to your face.

Jenny is the perfect sidekick and although she's heard the jokes before, she is always ready to laugh at the appropriate time.



Why do they take their time to bring seniors to their medical appointments? "Because," they say, "someday we may need the service ourselves."

Once again, volunteerism at its best!

## Time to Re-Link!



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 of Charlotte 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.



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 2010-11 form or look for them at Adventures in Learning, our computer classes, seminars and other events. Thank you in advance for your continued support.

## 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.

Now we're looking ahead to the Fall season. After the summer we've had, I'm sure milder temperatures will be more than welcome. As you've seen by the front page, we're approaching open enrollment for Medicare Part D Prescription Drug Plans. You'll want to make sure you set your appointment early to have your plan reviewed by one of our special Seniors' Health Insurance Information Program (SHIIP) counselors.

We have a great slate of classes set for you in our Adventures in Learning Program. The fol-

lowing six pages will outline all we have to offer. We'll be back at Pritchard Memorial Baptist Church at South and Caldwell. We are very grateful for the use of their facilities and look forward to a fun experience. Chef Tom Kok has lined up an excellent menu for us each week, so bring your appetite.

I'd like to welcome Conner Tax Advisory Group as our Fall Adventures in Learning lunch sponsor. Thanks to their generosity, the Adventures in Learning lunch is still offered to you for \$5.00 each week. Without this subsidy, we would have to charge \$7.50 for lunch each week.

I'd like to also direct your attention to page 10 of this newsletter. We have some new seminars for you to enjoy. Many of them are "Lunch & Learn" presentations, so please remember to R.S.V.P. to our office.

Thank you for your continued support. Since our next newsletter won't be until December, please have a very happy, Thanksgiving holiday!

*Linda R. Pellerin*

## Get your sensitive documents shredded

Back by popular demand, we're happy to announce that the services of **PROSHRED®** have been secured for **Monday, October 4 from 9:00—11:00 at Pritchard Memorial Baptist Church.**

With more than 20 years of trusted mobile document shredding experience and rigorous

commitment to ISO 9001 quality standards, **PROSHRED®** has pioneered the most secure and effective system for the shredding of confidential documents and the destruction of sensitive material.

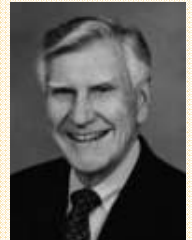
The Shepherd's Center of Charlotte thanks **PROSHRED®** for donating their services.

## In Memoriam, Shepherd's Centers' founder

Six Shepherd's Centers can be found in North Carolina and there are eight in South Carolina, bringing the total Shepherd's Centers in the Carolinas to 14! They are the local evidence of the vision of one man, Dr. Elbert Cole Jr., who died in Kansas City on April 28 at the age of 92.

While serving a church in Kansas City 35 years ago, Cole and a group of men were discussing how they could better serve the community. Inspired by that meeting, Cole founded the first Shepherd's Center, as an interfaith non-profit organization, whose stated mission was to help senior citizens live longer and more independent lives and whose motto was "**A New Vision of Aging.**" His approach was to use the knowledge

and experience of senior volunteers to enrich the communities where they lived by providing services and educational programs for other seniors.



Cole had great organizational skills, incredible stamina and an astonishing memory. He traveled thousands of miles across the United States initiating, nurturing and mentoring Shepherd's Centers throughout the country. Today, Shepherd's Centers of America (SCA) comprises more than 60 Shepherd's Centers in 16 states, with a network of 15,000 older adult volunteers

# Adventures in Learning program guide

## General Session

**Mondays, September 27 to November 1, 2010**

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

### Potpourri

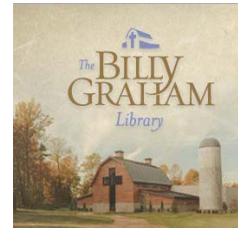
Sometimes it's best to not have a specific theme, but to provide you with the some of the best speakers Charlotte has to offer. We're sure you'll agree after seeing what we have lined up for you in the coming weeks.

#### September 27



**The Honorable Anthony Foxx**, Charlotte's first new **mayor** in 14 years, will join us to talk about his first year in office, addressing relevant political topics, such as economic development, the environment, public safety, housing, and transportation. Join us for this unique opportunity to meet our mayor.

#### October 4



The Billy Graham Library, recently reopened and better than ever, invites visitors to encounter highlights of Billy Graham's extraordinary life. A journey from the pastures and dirt roads of North Carolina to platforms and arenas in the world's greatest cities. **Wayne Atcheson, director of the Billy Graham Library**, will tell us more about the library, Billy Graham, and upcoming events.

#### October 11



**Kathleen Purvis, food editor of the *Charlotte Observer***, will share her wisdom and experience with us. We'll learn about hot topics in the culinary world, from the increasingly popular whole foods movement, to the art of selecting recipes and writing articles for the newspaper's food pages. Cookbooks, travel and food, grocery etiquette, and urban farmer markets are among the topics we might expect with a nod to what's relevant for the fall season.

#### October 18



**Religion in the American South**  
H. L. Mencken first called the South the "Bible Belt" back in the 1920s. How did our region gain that reputation? What aspects of the label continues to be accurate, and what trends may be reshaping the South for generations to come? **John W. Kuykendall is President and Thatcher professor of religion emeritus at Davidson College in Davidson, NC and an ordained minister in the Presbyterian Church (USA).**

#### October 25



**The Carolina Gold Rush**  
Charlotte has a rich past, and the discovery and mining of gold played a major role in the history of the Carolinas and the

development of Charlotte. **Mike Sullivan, former chair of the Mecklenburg County Historic Landmarks Commission**, has researched this part of our history for over a decade. His presentation covers more than two centuries of rags to riches!!

#### November 1



We'll celebrate Veteran's Day early by learning about the vision of **The Armed Forces Museum & Archives of the Carolinas (AFMAC)**, which will be built in Mint Hill adjacent to the Korean War Memorial now under construction. **Sanford P. England, Jr.**, a former U.S. Army Artillery Officer, and an AFMAC officer, will tell us the story behind this \$2.2 million building project. The museum plans to house extensive collections of artifacts and memorabilia, and provide innovative programs and educational outreach.

Lunch  
12:20-1:20  
\$5.00



The Shepherd's Center of Charlotte welcomes the following businesses as our Fall Adventures in Learning Sponsors:

Natasha Demaio  
**Bayada Nurses**  
704.971.4600  
[Nfairchild-demaio@bayada.com](mailto:Nfairchild-demaio@bayada.com)

Jennifer Montero  
**Carmel Place**  
704.307.5023  
[Jennifer@holidaytouch.com](mailto:Jennifer@holidaytouch.com)

Susan Hamlin  
**Crdentia**  
980.235.2760  
[shamlin@crdentia.com](mailto:shamlin@crdentia.com)

Adele Mahan  
**Fresh Start Transitions**  
704.307.1112  
[adelem@freshstarttransitions.com](mailto:adelem@freshstarttransitions.com)

Phillip Cooley  
Craig Doyan  
**Homewatch Caregivers**  
704.503.4660  
[cdoyan@homewatchcaregivers.com](mailto:cdoyan@homewatchcaregivers.com)

Ashley Gang  
**Summit Place at South Park**  
704.525.5508  
[agang@bellpartnersinc.com](mailto:agang@bellpartnersinc.com)

Ty Cain  
**Willow Grove Retirement Community**  
704.545.0009  
[Ty.cain@holidaytouch.com](mailto:Ty.cain@holidaytouch.com)

## 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 21, 2010**. 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 entrance 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.

**Notice**—We do our best to ensure that all classes meet for all scheduled sessions. Occasionally a class needs to be cancelled due to an 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—\$5.00** 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 next 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 may be sold to someone else or used as a contribution to The Shepherd's Center. Bringing your own lunch is also an option.



CONNER TAX ADVISORY GROUP, LLC  
TAXES, INSURANCE AND RETIREMENT PLANNING

The Shepherd's Center of Charlotte welcomes **Conner Tax Advisory Group** as our Fall **Lunch Sponsor**. **Conner Tax Advisory Group** has offices in Charlotte as well as Gastonia, NC. **704.869.8102**, 704.865.3103 (fax) - [jimmy.poag@connertax.com](mailto:jimmy.poag@connertax.com).

# 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 21**. Checks are payable to **The Shepherd's Center of Charlotte**. After September 21, please register on the first day of class (September 27) or hand-deliver your registration and check to The Shepherd's Center by **Thursday, September 23**.

**Fall 2010 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) \$ \_\_\_\_\_

9/27  10/4  10/11  10/18  10/25  11/1

**Contribution toward printing and mailing the Fall Newsletter:** \$ \_\_\_\_\_

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

**Courses requested:**

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

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

**Fall 2010 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) \$ \_\_\_\_\_

9/27  10/4  10/11  10/18  10/25  11/1

**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 2010 Volunteer Response Form**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Congregation: \_\_\_\_\_

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

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

♥ *Shepherd's Center Programs:*  Yes, I am interested in volunteering for one or more of the following programs:

Medical Transportation  Handyman  Office Assistance  Medicare/SHIIP

Grocery Transportation  Computer Instruction  Tax Assistance

♥ *Adventures in Learning:*  Yes, I am willing to say an interfaith blessing at lunch during this session.

♥ *Adventures in Learning:*  Yes, I am interested in teaching a course for the **Winter 2011** 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)

### Business/Finance

**Finance for the Golden Years:** Kelly Burke, RIAA, *Integrated Financial Strategies*, returns this Fall to tell you about managing your money during these challenging times. His course topics will be presented with retirees in mind and will include: (9/27) **Exploring Financial Myths:** *The basics of financial planning.* (10/4) **Pulse of the Market:** *Learn about current market conditions and the upcoming challenges that we face.* (10/11) **Retirement 101.** (10/18) **Making the Decision About Long Term Care.** (10/25) **Leaving a Legacy:** *What everyone should know about estate planning and how to avoid unnecessary taxes.* (11/1) **Lifetime Income:** *Strategies to prevent outliving your money.*

**Instructor:** Kelly Burke, RIAA, *Integrated Financial Strategies*

### Health & Exercise/Recreation & Leisure

**Knitting/Crocheting:** The temperatures are still warm, but before you know it they will be dropping and cool weather will be here. We will be making our traditional cold-weather items like scarves, blankets and wraps, but this season we will be adding some new items. We will be experimenting with jewelry-making and, yes, the items can either be knitted or crocheted. We will make bracelets, necklaces and rings, and some items will be felted like the purses we have made in the past. Remember, as always, you can bring in projects you are working on and share them with the group. In the first class we will look over patterns and make a supply list for the project you would like to make. New and returning students are welcome!

**Instructor:** H. Lynn Barry, Bachelor of Creative Arts in Visual Arts, UNC Charlotte, free-lance artist

**Line Dancing:** Join us for line dancing, a fun and lively way to spend an hour! Long-time instructor Barbara Kennedy 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

**Travel Talks:** Sit back, relax, and enjoy the photos and stories of our guest travelers, who will share their travel adventures with you. This quarter we will be traveling to Russia and Southeast Asia (Cambodia). In addition, we'll take a world cruise. A schedule will be distributed on the first day of class.

**Cliff Shelkofsky, Coordinator**

**Yoga:** Yoga stretches, strengthens and relaxes your body, improves balance, quiets your mind, and keeps you moving in a gentle way. From our students: "Yoga, using meditation, breathing and stretching, is as important and nourishing in its functions in life as food is for the body." We come to yoga for "relaxation, breathing, stretching, mind-body connection, and lower back relief." All levels of experience are welcome. Dress comfortably. Bring a yoga mat and a thick blanket—no perfume, please.

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

### History/Social Sciences/Travel

**American Civil War, (cont.):** Dr. Jim Sasser, retired CPCC history instructor, will continue his series on the American Civil war with a focus upon the causes, key personalities, battles and North Carolina in the war. This course is open to new and returning students.

### Literature/Humanities

**Poetry:** This quarter we'll study the poems of Eleanor Ross Taylor, a remarkable contemporary American poet, and we will get acquainted with the work of the new poet laureate of the U.S., William Merwin. If time allows, we'll conclude with some poems by e. e. cummings.

**Instructor:** Julian Mason, Ph.D., UNC Chapel Hill (now in his 12th 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 5)

### Crafts/Recreation/Leisure

**Women's Fashion & Beauty:** Fashion is "back in fashion" at Adventures in Learning this fall as we bring you a series of classes presented by representatives from Macy's of SouthPark. Each week will feature a different fashion or beauty-related topic, such as ladies' apparel, shoes, accessories, jewelry, etc. A detailed schedule of dates and topics will be distributed in class on the first day.

**Instructors: Representatives from Macy's of SouthPark**

**Watercolor:** We are glad to announce the return of watercolor to our fall line-up. This class will stress the joy of painting, for beginners and for painters of all levels. Students are responsible for supplying the materials. A supply list will be provided prior to the first class meeting. Please register early – this class fills fast! Limit: 20 students, course extends until 3:20 p.m. to allow time for painting.

**Instructors: Members of the Charlotte Art League**

### Literature/Humanities

**Creative Writing:** Wanting to write but not sure where to start? Are you an experienced writer who is stuck or blocked or just needs encouragement, company? Long-time A in L instructor Mary Crews offers a variety of enjoyable ways to coax memories, ideas and insight onto the page, generating expression in any form. This approach works for all levels – jump-starting the beginning or infrequent writer and carrying the experienced writer further and deeper. Sharing written work is voluntary and is not critiqued in class. Please bring an 8 1/2 x 11 spiral notebook and an easy-writing pen (not pencils) to class. Note: This class runs an extra twenty minutes. Class Limit: 12

**Instructor: Mary Crews, A. B., English, Queens University, published writer of nonfiction and poetry**

**Short Stories:** You will be lead in a discussion of popular and classical short stories by such authors as D.H. Lawrence, Maeve Binchy, Louise Erdrich, Tillie Olson and Ernest Hemingway. Copies of the stories and a detailed schedule will be given out in class.

**Instructor: Tom Powell, retired instructor, Central Piedmont Community College**

**\*NEW COURSE OFFERING\* Spiritual Places** will be an interactive spiritual travelogue to get to know personally some of the places you have only heard about, such as humans' first burial sites, the caves of Lascaux , Stonehenge, Chaco Canyon, Indian Mounds in America, including North Carolina, and more. We hope to learn what place these "places" play in their (our) human "spiritual" journey.

**Instructor: Sandy McGeachy, D. Min., retired Presbyterian minister.**

### Nature/Science

**\*NEW COURSE OFFERING\* Native Trees of North Carolina:** Bill Logan, who taught our Gems and Minerals course last winter, will offer fun facts and a practical guide to the field identification of our most important native trees, including some of the more rare ones. We will review some of the tips and tricks to identification and interpretation of our natural forests. Also, we will give a nod to NC Forest Types, Forest Ecology, and Succession. Expect pretty pictures and lots of practical info. Due to time constraints and expertise, we will not be able to discuss nursery cultivars or foreign decorative landscape trees, unless there are specific questions.

**Instructor: Dr. Bill Logan, retired physician, amateur naturalist, and member of the Board of Advisors, UNCC Botanical Gardens**

### In Appreciation

The Shepherd's Center of Charlotte thanks the A in L Education Committee for determining the courses and instructors for this session of Adventures in Learning. Members of the A in L Education Committee are: Chairman, Cliff Shelkofsky, Rose Graham, Bob Brown, Helen Nachenberg, Marian Morrison, Gene Stewart and Anna D'Ippolito as Registrar. We also thank all the instructors who have volunteered their time over the years to make this program one of Charlotte's premier educational series designed just for seniors.

# Travel Adventures Information

**Treat a Friend to a Trip!** What better way to celebrate a friendship or special occasion than by taking a friend on a trip? A special card will be printed for your friend. Please call The Shepherd's Center for more information, 704.365.1995.

**Register Early! Our trips fill quickly.** Please complete the Travel Registration Form and submit a separate check for each trip made payable to The Shepherd's Center of Charlotte. Costs are priced per person. Mailing address is listed at the bottom of the registration form.

**Travel Adventures Policy:** At the time of registration, trips are to be paid in full.

**Cancellations:** Cancellations may be made up to 45 days before the trip date. Any cancellation after the 45-day grace period is nonrefundable unless the spot is filled from the wait list. This policy is due to the deposits that have to be paid by The Center to our venues. Please note that extreme medical emergencies will be taken into consideration.

**Activity Level:** Some Shepherd's Center trips require frequent walking and stepping on and off the bus. If you have physical limitations to your independence, you must be accompanied by a companion, but please call The Shepherd's Center for clarification. **Sorry, but we cannot accommodate wheelchairs or walkers!** 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.

**Please note:** The Shepherd's Center of Charlotte reserves the right to change venues, restaurants, plays, etc. if necessary.

## Travel Adventures Registration Form

Please send a separate check for each trip.

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

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

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

- |                          |  |                                    |
|--------------------------|--|------------------------------------|
| <input type="checkbox"/> | September 16/17: Pigeon Forge, TN  | \$199.00 double<br>\$230.00 single |
| <input type="checkbox"/> | October 7: Blowing Rock, NC & The Blue Ridge Parkway (Wait List)         | \$79.00                            |
| <input type="checkbox"/> | November 17: Wohlfahrt Haus Dinner Theatre, Wytheville, VA               | \$89.00                            |
| <input type="checkbox"/> | December 9: Belmont Abbey College & Stowe Botanical Gardens, Belmont, NC | \$52.00                            |

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

# Travel Adventures

## **Smoky Mountains & Pigeon Forge, TN**

**Thurs. Sept 16 – Friday, Sept. 17**

September is a perfect time to join us for this two day **getaway** to visit the Smoky Mountains of Eastern Tennessee. After checking into the lovely Fairfield Inn, we are off to be entertained by the Smith Family in their Dinner Theater. Voted the “Best Show” and “Best Entertainer” for the past five years, the Smith Family is all about sharing with the audience their love of life below the Mason Dixon line. After resting comfortably and enjoying breakfast we will visit The Old Mill along the banks of The Little Pigeon River. In the early 1800’s this water-powered gristmill became one of the main hubs of activity in this small mountain community. Today, the Old Mill is listed on the National Register of Historic Places. Next stop is The Apple Barn Cider Mill. This working apple farm with a general store, winery and restaurants is our lunch destination. Trip price includes hotel, dinner theater, lunch at the Apple Barn and bus expenses. Bus leaves at 8:30 a.m. and returns about 7:30 p.m.



**\$199 Double**  
**\$230 Single**

## **Historic Blowing Rock, NC and the Blue Ridge Parkway**

**Thursday, October 7 (Wait List)**

We’re off to bask in the beauty of the Blue Ridge Parkway. Our first stop is quaint Blowing Rock which sits astride the Eastern Continental Divide at a cool 4,000 foot elevation. Artsy Blowing Rock is filled with shops, art galleries and boutiques as well as the park for those seeking some fresh mountain air. Lunch is a destination in itself at *The Inn at Ragged Gardens*. This early 1900’s manor offers an enchanting hideaway in the heart of the historic village. Fall foliage should be at its peak as we travel on the picturesque Blue Ridge Parkway. Our leisurely drive on the Parkway meanders to Moses Cone Manor. Moses and Bertha Cone built their home at the turn of the 20th century. Here, visitors may enjoy a marriage of spectacular views, Georgian Revival architecture and stunning handmade crafts from Southern Appalachian crafts people. Depart Charlotte 8:30 a.m. and return about 6:00 p.m.



**Price \$79.00**

## **Christmas in the Mountains**

**Wohlfahrt Haus Dinner Theater**

**Wednesday, November 17**

Deck the halls and trim the tree and let Wohlfahrt Haus do the rest to get you and yours into the holiday spirit. This spectacular production features your favorite Christmas songs both old and new. Dazzling costumes and fantastic choreography help to spread the Christmas cheer. Join us for this special day as we experience the magic of Christmas in the Mountains. A four-course theater luncheon is included in the price. Bus leaves Charlotte at 8:30 a.m. and returns about 7:30 p.m.



**Price \$89**

## **Belmont Abbey & Daniel Stowe Botanical Gardens,**

**Thursday, December 9**

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, guided by Abbey Theatre Director, Simon Donoghue, will include the Basilica and the Haid Theatre, both 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 for their annual holiday lighting of the gardens and grounds. 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 \$52.00**

# Seminars



CONNOR TAX ADVISORY GROUP, LLC  
TAXES, INSURANCE AND RETIREMENT PLANNING

**Lunch and Learn  
EDUCATIONAL SERIES**  
11:00AM - 12:30PM

Trinity Presbyterian Church  
3115 Providence Road  
Charlotte, NC 28211  
**Room 113**

**Tuesday, September 7th**

**UNDERSTANDING ANNUITIES** - Learn why these are often recommended as safe alternatives to CD's and the stock market.

**Tuesday, October 12th**

**ROTH IRA CONVERSION** - Learn about the recent legislation that allows you to spread out your tax liability over two years if you act THIS YEAR.

**Tuesday, November 2nd**

**LONG-TERM CARE PLANNING** - Understanding the myths and realities behind this sometimes complicated discussion. Also, learn about asset-based long-term care strategies.

**Tuesday, December 7th**

**FINAL EXPENSE PLANNING & MEDICARE SUPPLEMENTS** - New ideas to consider.



David L. Conner has over 23 years of experience in financial & estate planning. Mr. Conner has helped thousands of individuals and their families plan for a successful and worry-free retirement.

The Senior Resource Alliance of Greater Charlotte Presents

**Lunch & Learn, 12:00-2:00 p.m.**  
**Willow Grove Retirement**  
**10043 Idlewild Rd.**  
**Matthews, NC 28105**

**Tuesday, September 21, 2010**

**Featuring:**

**Martha Lentz**, Geriatric Care manager  
**Personal Health Care Solutions**

- Geriatric Care Manager-Is this right for me?
  - Signs of Alzheimer's
- Medical Bills, EOBs: How Much Do I Owe?
- Care in the Home vs. Assisted Living.

**Chris Munson-Dover Mortgage**

- Reverse Mortgages
- Senior housing options and ways to finance

**Janet Taranto**

**Taranto Insurance Services**

- Long Term Care - Facts to know
- Income Streams to ensure your future

**Brian Carney, SILVER CROSS**

- Home Risk Assessment
- Costs and Funding - What does it cost to adapt a home to make it accessible?
- Solutions - What are the latest trends in home modification, assistance and access solutions?

**Integrated  
Financial Strategies**  
**Kelly Burke**



**10-11:00 a.m.**

**Myers Park Methodist  
Church**

**1501 Queens Rd., Charlotte, NC**

**Thursday, October 14**

**Is your retirement at risk?**

**Thursday, November 11**

**Stay Calm: Surviving market  
downturns and thinking beyond!**

**Thursday, December 9**

**Lifetime Income: Strategies to  
prevent outliving your money.**



**Lunch & Learn**  
**Wednesday, October 20**

**11:00-12:30**

**(lunch 12:30-1:30)**

**Carmel Place  
Independent Living  
5512 Carmel Rd.  
Charlotte, NC**



**Savvy Social Security  
Planning:**

**What Baby Boomers  
need to know!**

**Presented by**

**Bill Romeo**

**American Prosperity Group,  
Retirement & Estate Planning  
Specialist**

**Sponsored by:**

**Carmel Place, Carepoint, Inc., &  
American Prosperity Group**



**Lunch & Learn**

**Tuesday, August 31 from 11:00 a.m.-12:30 p.m.**  
**Trinity Presbyterian Church—Room 113**

Living with

**Chronic Obstructive Pulmonary Disease?**  
(COPD)

If you are living with COPD or emphysema from smoking, learn more about your disease and possible choices which may impact your quality of life through our research study.

For more information join us Tuesday, August 31, 11:00-12:30 at Trinity Presbyterian Church, 3115 Providence Rd. Charlotte, NC 28211 - Room 113 (or the Fellowship Hall if RSVP's are over 18)

**Call 704.365.1995 to RSVP**

To reserve your seat for any of these seminars, please contact The Shepherd's Center of Charlotte  
**704.365.1995** or e-mail [adasst1@shepherdscharlotte.org](mailto:adasst1@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 twice weekly for four-week sessions**

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

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

**704.365.1995, [adasst1@shepherdscharlotte.org](mailto:adasst1@shepherdscharlotte.org) or [www.shepherdscharlotte.org](http://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.**

<p><b>Introduction to Computers—\$50.00</b> This is a 4-week (twice a week) hands-on class for beginners covering Microsoft Windows, word processing, spreadsheet, Internet and E-mail.</p>	<p><input type="checkbox"/> <b>Sep 14-Oct 7, Tue &amp; Thu 9:00-noon (4 weeks)</b>  <input type="checkbox"/> <b>Sep 14-Oct 7, Tue &amp; Thu 1:00-4:00 (4 weeks)</b>  <input type="checkbox"/> <b>Oct 26-Nov 18, Tue &amp; Thu 9:00-noon (4 weeks)</b>  <input type="checkbox"/> <b>Oct 26-Nov 18, Tue &amp; Thu 1:00-4:00 (4 weeks)</b></p>
<p><b>Please note: You must have taken the Introduction to Computers class or have comparable skills in order to take the following classes. These classes are 9 hours—3 half days unless stated otherwise.</b></p>	
<p><b>E-Bay—\$25:</b> Learn what all the fuss is about. How to navigate, buy &amp; sell on this popular Web site.</p>	<p><input type="checkbox"/> <b>Sep 20, 22 &amp; 24, Mon Wed &amp; Fri (9:00-noon)</b>  <input type="checkbox"/> <b>Nov 1, 3 &amp; 5, Mon Wed &amp; Fri (9:00-noon)</b></p>
<p><b>Social Networking—\$25:</b> Facebook, Twitter, LinkedIn—Web sites that can benefit you!</p>	<p><input type="checkbox"/> <b>Oct 4, 6 &amp; 8, Mon Wed &amp; Fri (9:00-noon)</b>  <input type="checkbox"/> <b>Nov 8, 10 &amp; 12, Mon Wed &amp; Fri (9:00-noon)</b></p>
<p><b>Digital Image Management &amp; Editing—\$25</b> Learn how to manage and edit digital photos, from loading the pictures into the computer to editing and sharing.</p>	<p><input type="checkbox"/> <b>Oct 11, 12 &amp; 14, Mon Tue &amp; Thu (9:00-noon)</b>  <input type="checkbox"/> <b>Nov 15, 17 &amp; 19, Mon Wed &amp; Fri (9:00-noon)</b></p>
<p><b>Internet/Email—\$25:</b> Students learn basic skills: How to navigate the Internet and how to send and receive e-mail.</p>	<p><input type="checkbox"/> <b>Dec 6, 7 &amp; 9, Mon Tue &amp; Thu (1:00-4:00)</b></p>
<p><b>File Management—\$10—3 hrs:</b> You thought file management was just for paper files? Think again!</p>	<p><input type="checkbox"/> <b>Oct 13, Wed (9:00-noon)</b></p>
<p><b>Open Forum—\$10—3 hrs:</b> Tips for speeding up slow computers, backing up files, password techniques, how to burn a CD, and more. Your questions are answered!</p>	<p><input type="checkbox"/> <b>Oct 20, Wed (9:00-noon)</b></p>
<p><b>Protect Your Computer—\$25:</b> Keep your computer safe with this class on security.</p>	<p><input type="checkbox"/> <b>Sep 13, 15 &amp; 17, Mon Wed &amp; Fri (9:00-noon)</b>  <input type="checkbox"/> <b>Oct 18, 19 &amp; 21, Mon Tue &amp; Thu (9:00-noon)</b></p>
<p><b>Microsoft Word—\$25:</b> Designed to build word-processing skills such as letter-writing, forms, reports, etc.</p>	<p><input type="checkbox"/> <b>Sep 27, 29 &amp; Oct 1, Mon Wed &amp; Fri (9:00-noon)</b></p>
<p><b>Microsoft Excel—\$25:</b> Create spreadsheets and learn basic skills including building simple formulas.</p>	<p><input type="checkbox"/> <b>Oct 25, 27 &amp; 29, Mon Wed &amp; Fri (9:00-noon)</b></p>



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

## The Shepherd's Center of Charlotte Presents

### Technology Fair



#### Special Presentations by:

**Michael McGee, CPCC**  
Division Director,  
Information Technology

**Bruce Long, UNC-Charlotte**  
Software & Information  
Systems

A perfect time to get a peek at  
the latest in  
electronics & convenience!

**Wednesday, October 6, 2010**

**Southminster  
Retirement Community  
8919 Park Rd.**

**Charlotte, NC 28209  
9:00 a.m.—1:00 p.m.**

This event is FREE, but reservations are encouraged  
704.365.1995 or [adasst1@shepherdscharlotte.org](mailto:adasst1@shepherdscharlotte.org)

*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  
Pam Lampel  
Director of Office Services  
Karen Eckert  
Program Director  
Bonnie Copeland  
Administrative Assistant  
Linda Griffith  
Administrative Assistant

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