

NEWSLETTER

OUR MISSION

The Shepherd's Center of Charlotte is a non-profit providing a network of support for seniors to increase social connection, expand access to critical resources, and combat the negative effects of isolation.

OUR GOALS

- Mobilize active older adults as volunteers
- Encourage learning and fellowship
- Enable older adults to be active and stay in their own homes as long as possible

OUR SERVICES

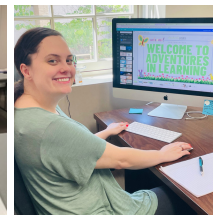
- Transportation- Providing rides to medical appointments and other essential transportation
- Senior Health Insurance Information Program (SHIIP)- Medicare assistance
- Tax Assistance - Free income tax preparation (simple form)
- Handy Helpers - Basic home repairs

OUR PROGRAMS

- Adventures in Learning (AIL) - Our 6-week sessions cover a wide variety of topics, including art, history, bridge, and health.
- Travel Adventures - Local outings to places of interest.
- GenBridge



MEMORIES



UPDATES FROM ALISSA

May was Older Americans Month with the theme of "Aging Unbound," which encouraged the opportunity to explore diverse aging experiences. Shepherd's Charlotte challenges you to continue this theme by embracing moments for change, seeking adventures and knowledge, engaging in your community, and forming new relationships. Our programs can provide you with these opportunities. Consider getting involved with Shepherd's Charlotte as a participant or a volunteer.

I cannot think of a better way to kick off summer than with a sold-out Chef Wars! We are overwhelmed with gratitude for the outpouring of support and excitement for the return of our annual fundraising event. Stay tuned for the results.

Special thanks are in order to CenterWell Senior Primary Care for their generous contribution to Shepherd's Charlotte. Their contribution will ensure that more older adults can benefit from our services. Lastly, we want to welcome our newest board member, Mark Tiberio. Mark has been a reliable volunteer with SCC for a year and has been a key player in revitalizing our Handy Helper Program. Mark's first-hand experience as a volunteer will prove invaluable to our operations' growth.



Questions about insurance?

Insurance can be confusing. One of our most important jobs is to help educate North Carolinians about insurance-related issues or Medicare issues so you can make informed decisions for yourself and your family. If you have questions about insurance, we can help. New to Medicare? Consider attending one of our New to Medicare Workshops. **Call our office to find a workshop happening near you!**

ADVENTURES IN LEARNING

SUMMER SESSION 2023

MONDAYS AUGUST 7TH - 28TH

EACH CLASS IS A 4 WEEK SERIES



Adventures in Learning (AIL) is a lifelong learning program focused on helping seniors continue to learn, discover, and grow in an atmosphere of friendship. Our sessions are led by volunteer class instructors who bring their special interests and backgrounds to enrich lives and keep minds strong and vibrant. If you are new to the program, we warmly welcome you and appreciate your interest! Still have questions, then call our office at (704) 365-1995.

DETAILS

- Location: St. John's Baptist Church (Broach Hall), 300 Hawthorne Lane, Charlotte, NC 28204. Parking is located off Hawthorne Lane, the 1st drive past the church. Signs will be posted directing you to the parking area as well as to the building entrance.
- Arrive anytime after 9:30 a.m. to pick up your name tag and enjoy fellowship with other participants.
- Classes will begin on the hour starting at 10:00 a.m. and run for 50 minutes with a 10-minute break between classes. You will have a choice between three different classes each hour.
- Registration deadline is Monday, July 31st. Advanced Registration is preferred. However, we will accommodate late registrations. The registration fee is \$35.00.

ADVENTURES IN DINING



At the end of each Monday session, we will explore some of Charlotte's excellent lunch opportunities. Sign up each Monday as you arrive, pick up directions, and meet us for a Dutch-treat lunch. Restaurants being considered are Mid-Town Tavern, Caswell Station, Rockin Roll Sushi, and The Diamond Restaurant.



Is dementia preventable?
 Sometimes, it is...by addressing
 science-backed risk factors.



Learn more at a FREE info session
 on September 8th or 15th

Register NOW

theivey.com/programs/brain-health-workshops

704-909-2070

The Ivey | 6030 Park South Drive | Charlotte NC 28210

You're Invited!

Lunch & Learn



Presented by **Beltone**[™]

Join us for a **Free** lunch and
 hearing health seminar!

If you or a loved one has been experiencing difficulty hearing,
 then this is a great opportunity to learn *how we can help*.

You'll learn the real facts and 10 common myths about
 hearing and hearing loss from our Hearing Professional,
Kate Enamorado, local authority on hearing health
 and the latest hearing aid technology.

**Thursday,
 July 20th**

12:00 noon to 2:00 pm

**Shepherd's
 Center
 of Charlotte**

Space is limited to the **first 30 people**

**Contact the
 Shepherd Center
 to RSVP by July 13th!**

(704) 365-1995

Kate Enamorado
 Hearing Professional



STAFF

Alissa Celek
 Executive Director

Bethany Ridgeway
 Office Manager

Liza Tindall
 Program Coordinator

BOARD OF DIRECTORS

Rich McKnight
Chair
 PricewaterhouseCoopers,
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 Intelligent Building

Dean Harwood
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 Lifestyle Management LLC

Mark Tiberio
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Marvin Oden
 Comptroller of the
 Currency, Retired

Tracy McGinnis
 Vice President of Philanthropy and
 Strategic Initiatives, Southminster

Vonn Kinloch
 Communications/Media
 Advisor, Wells Fargo

ADVENTURES IN LEARNING SPONSORS

In honor of Chef Wars, we acknowledge the talented chefs who will compete on June 22nd. Please pick up one of their brochures to learn more about what they have to offer!



CHEF
RON
BROWN



CHEF
MIKE
BRANTLEY



CHEF
THOMAS
KERNS



CHEF
VIRGINIA
WRIGHT



CHEF
SHAWN
MACDONALD



CHEF
CYNTHIA
SCHICK



CHEF
JAKE
RUMFELT



STAY TUNED TO FIND OUT THE WINNER!

Shepherd's Charlotte's Sponsorship Program is a simple way for your business to support SCC while promoting your services to the senior community.

Call today to schedule an appointment to learn more about these opportunities!

REGISTRATION FORM

Adventures in Learning
Mondays
August 7th - 28th

Register online at www.shepherdscharlotte.org/AIL
or call (704) 365 -1995
or by mail:

The Shepherd's Center of Charlotte
300 Hawthorne Lane, Charlotte, NC 28204

Name _____
Preferred name for name tag _____
Address _____
City/State/Zip Code _____
Preferred Phone # _____
Email Address _____
Birthday _____

Course Request Participant 1

10:00AM _____
11:00AM _____

Course Request Participant 2

Name _____
Preferred name for name tag _____
10:00AM _____
11:00AM _____

REGISTER



PAYMENT FORM

Payment

REGISTRATION FEE: \$35.00 PER PERSON	\$ _____
DONATION	\$ _____
TOTAL AMOUNT ENCLOSED	\$ _____

Check (make payable to The Shepherd's Center of Charlotte)

Credit Card

Credit Card Number _____

Expiration Date _____

Security Code _____

Zip Code _____

Signature _____



Please consider linking your Harris Teeter VIC card to **3267** The Shepherd's Center of Charlotte.

GET INVOLVED!

To volunteer or participate please contact us at 704-365-1995
or check out our website at www.ShepherdsCharlotte.org

ADVENTURES IN LEARNING

SUMMER SESSION 2023

MONDAYS AUGUST 7TH - 28TH

EACH CLASS IS A 4 WEEK SERIES



Classes - 10:00 am - 10:50 am

Current Events: In case you haven't noticed, there is a lot going on in the world today. Join other ALL members for a casual discussion about current events – from happenings in Charlotte to around the globe. No particular viewpoint is required, just an open mind, curiosity, and a friendly spirit. Classmates may join the conversation or just listen in. News articles, studies, and illustrations from multiple sources will be the basis for discussion. **Instructor: Joe Spencer**

Legacy Stories - A Personal History of Values: As senior citizens, we are encouraged to leave behind a legacy of values for future generations. What are those values, and how did they become a part of us? This class is designed to help us identify that legacy and those hopes and dreams we have for our children, grandchildren, friend groups, work groups, etc. Each class will provide a writing practice with instruction, an assignment that will enhance your growing skills, and an opportunity to share. Your insights can be both serious and humorous. **Instructor: Carol Weidler**

Archaeology: What is it? How did it start? What sites are most famous? Who contributed to this field of study? What does the future look like? We will deal mostly with European sites. **Instructor: Marion Moir**

Classes - 11:00 am - 11:50 am

Morning Tea Time!: Would you like to experience a morning tea with friends? Learn more about the history, cultures, and etiquette for tea as you taste and explore Black, Oolong, Green, White, Rooibos, and Herbal teas from around the world. We will discuss some of your favorite teas and share stories and experiences that make tea parties so much fun! **Instructor: Bethany Ridgeway & Guest Speakers**

Global Warming: Global warming is the long-term increase in the planet's overall temperature. The warming trend has been going on for a long time, but its pace has dramatically increased in the last hundred years due primarily to the burning of fossil fuels. As the human population has increased, so has the volume of fossil fuels burned. This burning causes an enhanced "greenhouse effect" of the Earth's atmosphere which poses a severe long-term threat to the Earth's climate. We will discuss the causes and possible remedies of this threat, emphasizing the science and minimizing the political ramifications. **Instructor: Dr. Bill Logan**

Marse: Loosely based on the book by De Kirkpatrick, this workshop explores the dynamics of human psychological defense mechanisms which have operated to justify enslavement, Jim Crow, discrimination, and economic injustice, which have brought us to the country we now have. Participants will receive descriptions of commonly used defense mechanisms. Then, participants will be assigned to take on a defense mechanism to demonstrate its use with a partner or partners. Class will then have a conversation about its use in our history and in our current political climate. **Instructor: Virginia Sullivan**

Special Thanks to Our Sponsors



20 CHEF WARS 23

EXECUTIVE CHEF



SOUS CHEF



CHEF DE CUISINE



CHEF DE PARTIE



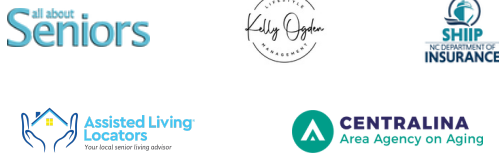
PASTRY CHEF



COMMIS CHEF



IN KIND



Save the Date

Shred - A - Thon

Shred away identity theft by safely disposing of old or unneeded documents!

When: September 23, 2023
Where: TBD

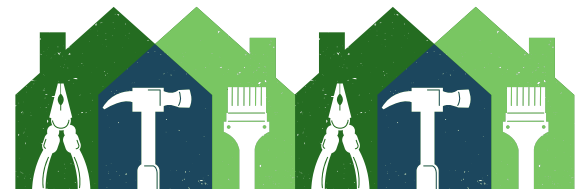
Visit our website for more information!



HANDY HELPERS PROGRAM

Volunteers perform basic home repairs such as small electrical repairs, minor carpentry work, light painting, and other projects at older adults' homes in order to ensure their residence stays in good condition.

Call our office at (704) 365-1995 if you or someone you know is in need of our Handy Helper Program!



Fish "Fry"day Frenzy Join the party!

Friday, August 11, 2023
11:00am - 1:00pm

CenterWell Senior Primary Care & The Sheperd's Center invites you to visit us for a Fish Fry! Are you 65+? Are you turning 65+? Have a loved one or friend 65+? We look forward to meeting you! What to expect: Food, Games, Prizes, Tours and Music

CenterWell Wilkinson
3512 Wilkinson Blvd., Ste. 130
Charlotte, NC 28208



Call **980-328-8919**
to reserve your spot

CenterWell does not discriminate on the basis of race, color, national origin, age, disability or sex.

GCHL4GZEN

CenterWellPrimaryCare.com



Save the Date

Travel Adventures is BACK!

We have several things in the works for Travel Adventures!
Stay tuned to our website for more information!

