

## OUR MISSION

The Shepherd's Center of Charlotte is a non-profit providing a network of support for older adults 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

## CORE PROGRAMS

- 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
- GenBridge

## LIFELONG LEARNING

- 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.



## **UPDATES FROM ALISSA**

We had an eventful summer! After a three-year hiatus, our Chef Wars fundraising event was back and better than ever. The return of this favorite event wouldn't have been possible without the chefs and their teams, sponsors, judges, and guests. A special thank you goes to Acts Matthews Glen, Aldersgate, Arbor Ridge at Huntersville, Chefs For Seniors, and The Cypress. The food served was fantastic and rivaled any top restaurant. The competition was stiff, with a small margin separating the winners. **Congratulations to Ron Brown and Mike Brantley of Acts Matthews Glen, who received top honors with 1st Place Entree and 1st Place Dessert. Shawn MacDonald of Arbor Ridge of Huntersville took home the award for 2nd Place Entree, and Jake Rumfelt of The Cypress was awarded 2nd Place Dessert.** We received some excellent feedback and look forward to enhancing the event in 2024. Tickets sold fast, so mark your calendars for June 13, 2024.

Shepherd's Charlotte is honored to announce that we are the sole Coordinating Site for S.H.I.I.P. (Senior Health Insurance Information Program) in Mecklenburg County! We are fortunate to have cultivated an excellent group of knowledgeable and dedicated volunteers who have served over 1600 Mecklenburg residents with healthcare cost savings of \$159,136 in 2022. We are excited to increase the accessibility of this wonderful community resource.

Travel Adventures are back! For our first adventure, we started small with a walking tour and lunch with community historian Tom Hanchett. We plan to gradually build up to short day trips and overnight excursions. Our volunteer travel committee is working hard on planning for 2024.

Lastly, we would like to welcome our newest board members, David Young and Marquell Hunter. We believe their individual skill sets will benefit the Shepherd's Center of Charlotte.

## **OPEN ENROLLMENT BEGINS OCTOBER 15TH - DECEMBER 5TH!**



It's time to evaluate your plan and see what's new for 2024. The Senior Health Insurance Information Program (SHIIP) offers free, unbiased information about Medicare and can assist with enrollment and subsidy applications that could save you money. Call (704) 365-1995 to find a counseling site near you!

# ADVENTURES IN LEARNING

FALL SESSION 2023

MONDAYS OCTOBER 16TH – NOVEMBER 20TH

EACH CLASS IS A 6 WEEK SERIES



Adventures in Learning (AIL) is a lifelong learning program focused on helping older adults 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 any time after 9:30 AM to pick up your name tag and enjoy coffee/snacks, musical entertainment and fellowship.
- The General Session is 10:00 AM – 10:50 AM with a different presenter each week. You will select ONE class from the morning options (11:00 AM – 11:50 AM) and ONE class from the afternoon options (1:00 PM – 1:50 PM).
- Lunch will be from 12:00 PM – 12:50 PM. You may purchase a catered lunch in advance for \$10 per person, per week or bring your own lunch.
- The registration deadline is **Wednesday, October 11th**. Advance registration is preferred; however, we will accommodate late registrations. The registration fee is \$55.00.

## ADVENTURES IN DINING

**October 16th** – Baked Potato Bar & Cake

**October 23rd** – Broccoli Cheddar Chicken With Rice

**October 30th** – Build Your Own Salad & Chocolate Chip Cookies

**November 6th** – Pasta Bar & Pudding

**November 13th** – Taco Bar & Chocolate Chip Cookies

**November 20th** – Pulled Pork Plate & Oreo Cheesecake

**We are excited to bring back Chef Hannah from Alternative Chef again as our caterer for Adventures in Dining! Thank you Chef Hannah for catering our lunches!**



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ALTERNATIVE CHEF

www.alternativechefnc.com

shepherd's center  
OF CHARLOTTE  
IN COLLABORATION WITH  
SOUTHMINSTER



# SHRED - A - THON



## EVENT



A FUN, INTERGENERATIONAL  
EVENT FOR ALL AGES

SHRED - FOOD TRUCKS -  
ACTIVITIES FOR KIDS - COMMUNITY  
RESOURCES - AND MORE...

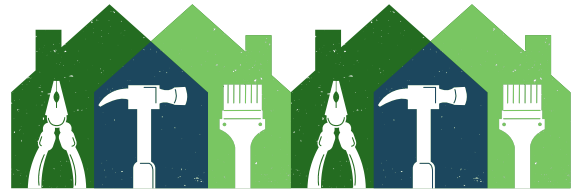
ST. JOHN'S BAPTIST CHURCH  
300 HAWTHORNE LANE  
CHARLOTTE NC, 28204

SEPTEMBER 23, 2023 | 10:00 AM - 1:00 PM

### 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!**



## Travel Adventures are BACK!

We have several things in the works for Travel Adventures in 2024!  
Stay tuned to our website for more information!



## STAFF

Alissa Celek  
Executive Director

Bethany Ridgeway  
Office Manager

Liza Tindall  
Program Coordinator

## BOARD OF DIRECTORS

Rich McKnight  
*Chair*  
PricewaterhouseCoopers,  
Retired

Lisa Helmstetter  
*Secretary*  
Consultant  
Intelligent Building

Dean Harwood  
*Treasurer*  
Chief Financial Officer  
True Environmental LLC

Bruce Bailey  
*Past Chair*  
Proferro NV,  
Retired

Brooke Adamson  
Director of Business  
Systems Analysis

Joan Foley  
Charlotte Symphony,  
Retired

Marquell Hunter  
Global Enablement  
Change Manager, Cisco

Vonn Kinloch  
Communications/Media  
Advisor, Wells Fargo

Tracy McGinnis  
Vice President of Philanthropy and  
Strategic Initiatives, Southminster

Austin Miller  
Senior Manager  
Elliot Davis PLLC

Marvin Oden  
Comptroller of the  
Currency, Retired

Kelly Ogden  
Owner/Founder, Kelly Ogden  
Lifestyle Management

Keisha Parker  
Marketing Program Manager  
Eliassen Group (Credit Karma)

Katy Ryan  
Executive Director  
KinderMourn

Mark Tiberio  
PricewaterhouseCoopers,  
Retired

David Young  
Kidder Peabody,  
Retired

## FALL 2023 ADVENTURES IN LEARNING SPONSORS



**It's time to re-link your Harris Teeter Card!**

Next time you shop at Harris Teeter, ask your cashier to link your card to Shepherd's Center using code **3267** before you finish checking out!

**GET INVOLVED!**

volunteer or participate

**GENERAL SESSION  
(10:00 AM - 10:50 AM)**

**October 16th - Christopher Lawing.**

Join 8th-generation native-Charlottean Christopher Lawing as he takes you on a colorful whirlwind tour of the Queen City's most famous signs and iconic landmarks via his vivid photography! In this entertaining presentation, Christopher will weave together a mix of history and humor while telling many captivating stories behind a number of historic businesses across the city. Take a trip down memory lane or simply learn a little bit more about the city you call home: all are welcome! Christopher will also discuss the Charlotte Signs Project's mission, his book, and recent museum exhibit, as well as what's next.



**October 23rd - Nancy Curl.**

An introduction to meditation, breath techniques, and chair yoga with the opportunity to experience each. The focus will be to share tools that can improve daily life.



**October 30th - Ken Steiner, Charlotte Amateur Astronomers Club.**

Cosmic Perspective is a journey into our Cosmos by considering: Distances, Time, and Oneness of All Things. Cosmic Perspective is a journey into the wondrous Cosmos of which we are all a part, shattering the differences that divide us human beings who exist on our fragile Pale Blue Dot of a planet.



**November 6th - Lynn Ivey.**

Brain Health Matters: Join us as we discuss the 6 pillars of brain health, how to live well by building brain-healthy routines at any age, and The Ivey's new solutions for those living with early-stage memory loss and the family of caregivers who support them.



**November 13th - Molly Phillips, The Bechtler Museum of Modern Art.**

Slow Looking with the Bechtler Museum of Modern Art: Join Molly Phillips, Assistant Director for Education at the Bechtler Museum of Modern Art, for conversation and slow looking. Slow looking gives us time to pause, reflect, and share our connections with one another. Together, we will observe a few reproductions of artworks from the Bechtler collection and make discoveries together through discussion. No art history knowledge required!



**November 20th - Jim Walters.**

The Story of Christianity, Told Through the Frescoes of North Carolina: North Carolina native son Ben Long and his protégés created some of the most beautiful works of art in our state. Join Jim Walters as he shows how this body of work tells the story of Christianity. He will show you images that support the Beginning of Christianity, the Parables and Miracles of Jesus, the Crucifixion and Resurrection, and the Rise of Christianity. You will see how early religious art was thought to be the poor person's bible and how, through art, they could learn about the ministry of Jesus.



## MORNING CLASSES (11:00 AM - 11:50 AM)

**Making Sense of Chaos - "The Technology of Love":** We will explore thirty years of research by the late Charles E. Hansen, scientist, life-long friend of Kent. Love is no longer simply a definition, but a process easily learned to improve our lives. The focus will be on developing skills applying a scientifically derived decision-making process with a mix of action vectors for mutually beneficial human interaction (MBHI). The "new science" helps us stay relevant in our lives with family and others during our senior years. Tools learned will guide us making better decisions, lower stress, improve health, and bring order to our lives in four dimensions: moral, mental, physical, and spiritual. **Instructor: Kent Johnson**

**All Aboard for Adventures in Travel with Dream Vacations!** During this six-week adventure we will combine show-and-tell with practical tips for everything from packing and safety to incredible destinations! Whether you enjoy traveling regionally, domestically, or globally, you are bound to learn something new. We will incorporate stories, memories, photos, and experiences which may also inspire your next trip. Weekly programs will be led by featured speakers who represent major travel brands including ocean cruise lines, river cruises, organized & custom land packages, and tours. We look forward to having you join us. **Instructors: Angela Pope & Shannon Kinlaw**

**Gentle Chair Yoga:** Where you connect movement with breath. Ideal for the differently enabled. Where added flexibility and increased mobility are encouraged along with mindfulness and breathing. We will also focus some attention on balance while still being supported by your chair. "If you are breathing, you are doing yoga"  
**Instructor: Jack Hunter**

**DNA Genealogy:** After a review of what DNA is and how it is transferred between generations we will then work through some genealogical examples that use DNA matches to move past the common roadblocks that occur in traditional genealogy, e. g. finding the "Old World" surname that was changed (without documentation) upon arrival in the U.S., finding the biological ancestors of an adoptee, and finding the ancestral village when all you know is "Germany". (European church records are organized by parish and parishes are small so without the "village" you don't know where to look.)  
**Instructor: Bill Nicholson**

## AFTERNOON CLASSES (1:00 PM - 1:50 PM)

**"Stayin' Alive":** The term "Survival of the Fittest", eventually accepted by Darwin, when applied to the natural world, does not always mean the fastest or the strongest. Often, it's a matter of clever tactics, and these have come to be facilitated by a wide variety of strategies, which are applied in some quite remarkable ways and incorporated by a wide diversity of species. We will look at the mechanisms behind such phenomena as Migration, Hibernation, Camouflage, Anatomical Innovation, Inter-species Cooperation, and the truly remarkable "Biological Clock".  
**Instructor: Bill Logan**

**Crafting Exciting and Inspiring Characters, A Creative Writing Workshop:** Unlock your imagination and breathe life into unforgettable characters! This creative writing course is designed to guide writers, and those wanting to try their hand at writing, through the essential techniques of crafting compelling characters. Whether you're writing a short story, novel, or screenplay, your characters are the heartbeat of your narrative. Learn how to create individuals who are not just names on a page but living, breathing entities that captivate your readers.  
**Instructor: SAM (Susan A. Mills)**

**Short Stories - Part Deux:** Back bigger and better by popular demand... Journey through life with a great short story. Participants will be supplied with a copy of the following week's story so that they can read, think about, and be prepared to discuss each author's individual style and approach to this short form of literature.  
**Instructor: Roy Colquitt**

**Card Making:** What better way to have cards ready for Thanksgiving, Winter Holidays, Birthdays, Anniversaries, New Year, and other special occasions than to take this class! During the six-week series, you will learn to create a variety of fun and beautiful cards using different ideas and techniques. By the end of the class, you will have made several cards that you'll be proud to send to family and friends! If possible, please bring scissors, double-sided tape, and coloring markers from home. **Max: 10 Participants.**  
**Instructor: Olga Sims**

# REGISTRATION FORM

**Adventures in Learning**  
**Mondays**  
**October 16th - November 20th**

Register online at [www.shepherdscharlotte.org/adventuresinlearning](http://www.shepherdscharlotte.org/adventuresinlearning)  
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**

11:00AM \_\_\_\_\_

1:00 PM \_\_\_\_\_

### **Course Request Participant 2**

Name \_\_\_\_\_

Preferred name for name tag \_\_\_\_\_

Birthday \_\_\_\_\_

11:00 AM \_\_\_\_\_

1:00 PM \_\_\_\_\_

# PAYMENT FORM

## Payment

REGISTRATION FEE: \$55.00 PER PERSON

\$ \_\_\_\_\_

PREPAID LUNCH: \$ 10 PER PERSON, PER WEEK  
(\$60 PER PERSON FOR ALL 6 WEEKS OR CHECK SPECIFIC DATES):

- October 16th - Baked potato bar, Cake
- October 23rd - Broccoli cheddar chicken and rice
- October 30th - Build your own salad, Chocolate chip cookies
- November 6th - Pasta bar with pudding
- November 13th - Taco bar, Chocolate chip cookies
- November 20th - Pulled pork plate with Oreo cheesecake

\$ \_\_\_\_\_

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 \_\_\_\_\_