

As the year comes to a close, we reflect on all that we have accomplished as an organization and with each of you. This was a year of growth; we expanded our technology to better serve your needs and added new Adventures in Learning classes. All a resounding success – and we owe all of it to each of you.

We returned to in-person programming and brought on new volunteers and talented staff. We are pleased to welcome Austin Miller and Courtney Yorks to the SCC Board. Their work experience and skill sets are guaranteed to benefit Shepherd's Charlotte.

In 2023 we are excited to continue our pursuit of new opportunities, partnerships, and resources to expand our capacity to stay active, connected, and have fun in our community! On behalf of the staff and board, we wish everyone a wonderful holiday season and a happy and healthy New Year.

## GEN BRIDGE

The Shepherd's Center of Charlotte and Myers Park United Methodist Church Youth Ministries presents:

### Gen Bridge

A new program to connect isolated older adults with teen age youth to foster positive social interactions, sharing of experiences, exchange of knowledge, etc.

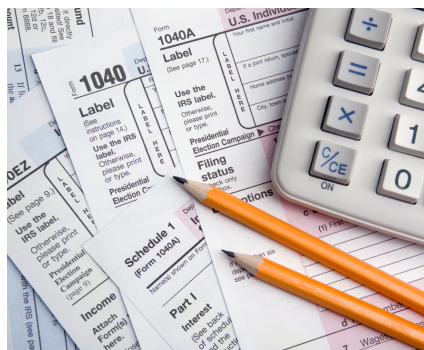
For more information contact the SCC office at

704-365-1995



## TAX ASSISTANCE

The Shepherd's Center of Charlotte in partnership with AARP will again offer our Tax Assistance Program for seniors. Trained volunteers will help seniors with their 2022 NC and Federal Income Tax returns. The program will run from February 7th through April 11th.



This is a free service, but we do accept donations. Details about the program are forthcoming. We will be taking inquiries starting **January 10th**. Please contact our office at (704) 365-1995 to schedule an appointment.

### 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.

### 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

### 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)

### 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. (temporarily suspended)

### GET INVOLVED!

volunteer or participate

# ADVENTURES IN LEARNING

WINTER SESSION 2023

MONDAYS

JANUARY 9TH - FEBRUARY 20TH



Adventures in Learning (AIL) is a life long 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 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 \$9 per meal or bring your own lunch.
- The registration deadline is **Wednesday, January 4th**. Advance registration is preferred, however, we will accommodate late registrations. The registration fee is \$55.00.
- **We will not be meeting on January 16th due to Martin Luther King Jr. Day.**

## ADVENTURES IN DINING MENU

**January 9th** - Chicken Alfredo, Broccoli, Salad, and Baked Apples

**January 23rd** - Chili, Cornbread, Salad, Banana Pudding

**January 30th** - Sweet and Sour Chicken, Rice, Salad

**February 6th** - Veggie Pasta with Red Sauce, Salad

**February 13th** - Chicken Salad Sandwich, Salad, Trifle

**February 20th** - Beef Tacos, Spanish Rice, Churros



**Thank you to the Community Kitchen  
Program for catering our lunches!**

**<https://www.pineappleck.org/>**

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

**Short Stories:** 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, Ph.D.**

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

**Instructor: Jack Hunter**

**Basic Conversational Spanish:** This course introduces the fundamental elements of the Spanish language within a cultural context. In this course, you will learn about fundamentals such as basic vocabulary, pronunciation, and how to converse in different situations such as at the supermarket or when travelling.

**Instructor: Gloria Valdez**

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

**"Six Theories that Changed the World":** We will review the essence and importance of the following: (1) The Cell Theory of Virchow, (2) The Germ Theory of Pasteur (3) The Heliocentric Theory of Copernicus, (4) The Big Bang Theory of Hubble (5) The Quantum Theory of Planck and (6) The Relativity Theory of Einstein. In all cases we will avoid arcane science jargon and scary mathematics, concentrating on the historical relevance and the advancement of knowledge. **Instructor: Bill Logan**

**Art Exploration:** Over the course of 6 weeks, participants will explore jewelry making, watercolor resist paintings, optical illusion art, bookmaking, expressionist self portraits, and print transfers. Exploration and experimentation will be key parts of the creative process and all skill levels are welcome!

**Instructor: Tashonda Wright**

\*This class is limited to 25 participants

**The American Presidents: George Washington to ...**

This course will present America's Presidents in a very detailed and enlightening perspective. We will see each one as a unique, talented and engaging person. Focus will be upon childhood, education, personality, talents, pets and contributions made while in Washington.

**Instructor: Jim Sasser**

## **SAVE THE DATE: AARP DIGITAL SKILLS READY@ 50+**



If you're curious about what smartphones can do and why they've grown so popular, come to this lecture. Learn how a smartphone can help you access the internet when you need it - during daily activities, job searching, family activities and beyond! **This program is free, but we do accept donations.**

### **When and Where?**

- Thursday, March 2nd - St. John's Baptist Church at 10:00am
- Tuesday, March 7th - Valerie C. Woodard Center at 10:00am
- Thursday, March 16th - Southminster at 10:00am

### **Want to Register?**

See registration form insert or visit our website at [www.shepherdscharlotte.org](http://www.shepherdscharlotte.org)

# General Session

General sessions begin at 10:00 AM with a different presenter each week.

**January 9 - Madison Levine.** "Cognition and Audition: Use it or lose it, and other stern advice". One of our common fears, across races, socio economics and geography, is that we may lose control of our minds before we lose control of our bodies. We make changes to our diets, work to move our bodies more during the day, and do a crossword puzzle-a-day to keep the brain fog away. Did you know that the auditory system is intimately connected to our cognitive system? And did you know that recent research pegs an untreated hearing loss as one of the most impactful predictors of dementia as we age?

**January 23 - Shelia Laury.** This presentation will cover the ins and outs of how to protect your personal information online. We'll cover tips for staying safe in cyberspace, like creating strong passwords, managing spam, how to recognize email and text scams, and when it's OK — or not — to share your personal information online. Learn how to stay safe online while applying to jobs online, doing research, and more.

**January 30 - Rev. LeDayne McLeese Polaski.** From Diversity to Pluralism. Our communities are increasingly diverse in religious and worldview representation, but it takes a concerted effort to build bridges of understanding and cooperation across those differences if we want that diversity to be an asset. In this session, MeckMIN Executive Director LeDayne McLeese Polaski will speak about the practices and skills that enable people and institutions to move from diversity to pluralism while sharing some of the work of MeckMIN to do just that.

**February 6th - Janice Williams.** Staying independent longer- as falls are the leading cause of trauma and hospitalization for those over age 55, which can result in a loss of ability to live independently at home. Discussed will be the ways to prevent falls that one can do daily including how your walking affects your falls risk, exercises specific to falls prevention, home modifications that are free, and changes in daily living that can be made through assessing and altering falls risk.

**February 13th - Rev. Dennis Foust, Ph.D.**

Our lives are multi-dimensional. You may be familiar with the Wheel of Life. Like a pizza cut into several pieces, you must tend to your health and wellness; your personal growth; your social life including family members and friendships; your vocation; your finances; your safety and security; your hobbies and entertainment; and your investments into building a better world. Despite our best efforts, we can become disjointed, perplexed, and muddled. If we do not tend to this disorganization, life unravels to the point of disintegration. Faith is God's gift that integrates our living. Using the pizza analogy above, faith is the pizza crust which is the integrating factor underlying every piece of pizza. Our faith integrates each dimension of our lives.

**February 20th - Kim Welsh and Lorelei Johnson.** Lorelei and Kim will be providing a joint presentation on stroke research in the local area. The first part of the discussion will focus on reasons to be involved in research and how research benefits the community at large. They will also talk about the impact of stroke on individuals, families and caregivers, and the community. They will end the session with a discussion of a large, ongoing research study aiming to improve treatment of speech after a stroke.



# A RECIPE FOR GOOD PICTURES



WAYNE FELTON

1950-2022

In loving memory of Wayne Felton who served as the Executive Director of Shepherd's Charlotte for 5 years. Wayne was a wonderful leader and champion for the senior community!



## STAFF

Alissa Celek  
Executive Director

Bethany Ridgeway  
Office Manager

Liza Tindall  
Program Coordinator

## BOARD OF DIRECTORS

Katy Ryan  
Board Chair  
Executive Director  
24 Foundation

Lisa Helmstetter  
Secretary  
Consultant  
Intelligent Building

Dean Harwood  
Treasurer  
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Technology, Inc.

Bruce Bailey  
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Courtney Yorks  
Research Associate  
Sankofa Consulting LLC

Keisha Parker  
Marketing Program Manager  
Eliassen Group (Credit  
Karma)

Marvin Oden  
Comptroller of the  
Currency, Retired

Rich McKnight  
PricewaterhouseCoopers,  
Retired

Vonn Kinloch  
Communications/Media  
Advisor  
Wells Fargo

## **ADVENTURES IN LEARNING SPONSORS**

The following businesses are sponsors for the Winter 2023 Session. Please pick up one of their brochures to learn more about what they have to offer!



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  
January 9th - February 20th**

Register online at [www.shepherdscharlotte.org/AIL](http://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

11:00 \_\_\_\_\_  
1:00 \_\_\_\_\_

## Course Request Participant 2

Name \_\_\_\_\_  
Preferred name for name tag \_\_\_\_\_  
11:00 \_\_\_\_\_  
1:00 \_\_\_\_\_

## Fill My Cup: AARP Digital Skills Ready@ 50+ Registration Form

Please Check Which Session You Would Like to Attend

Thursday, March 2nd at 10:00am - St. John's Baptist Church (300 Hawthorne Lane)

Tuesday, March 7th at 10:00am - Valerie C. Woodard Center (3205 Freedom Drive)

Thursday, March 16th at 10:00am - Southminster (8919 Park Road)

# PAYMENT FORM



## Payment

REGISTRATION FEE: \$55.00 PER PERSON	\$ _____
PREPAID LUNCH: \$ 9 PER PERSON, PER WEEK (\$54 PER PERSON FOR ALL 6 WEEKS OR CHECK SPECIFIC DATES): <input type="checkbox"/> 1/9 <input type="checkbox"/> 1/23 <input type="checkbox"/> 1/30 <input type="checkbox"/> 2/6 <input type="checkbox"/> 2/13 <input type="checkbox"/> 2/20	\$ _____
DONATION	\$ _____
<b>TOTAL AMOUNT ENCLOSED</b>	\$ _____

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

Credit Card

Credit Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_

Signature \_\_\_\_\_



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

**GET INVOLVED!**

volunteer or participate