

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

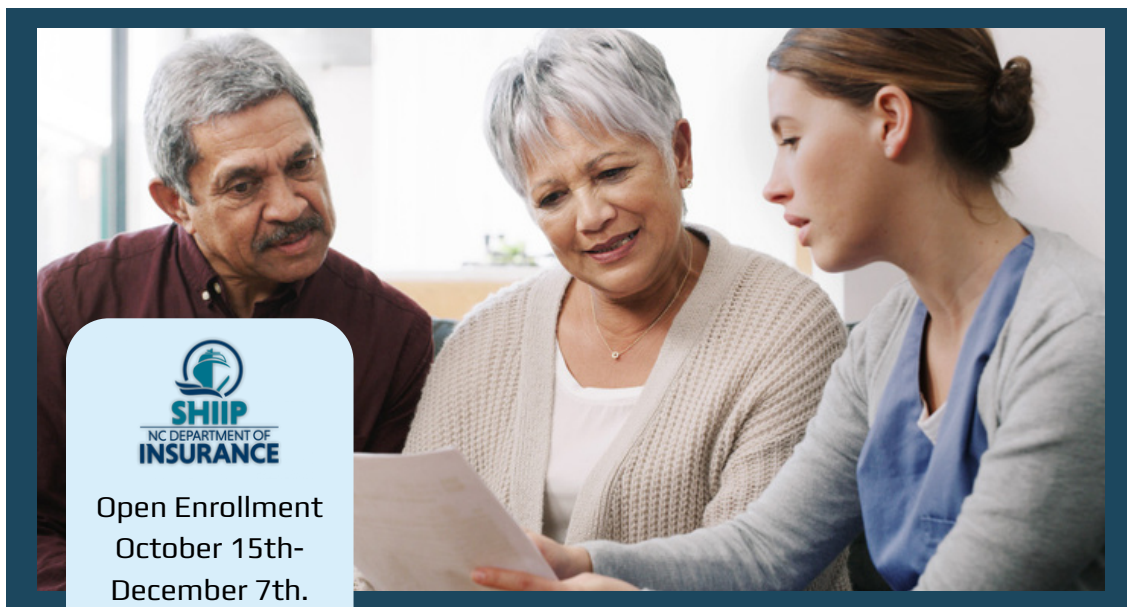
As summer winds down, we are gearing up for fall and all its festivities. Adventures in Learning general session will be making its grand return with lots of informative presenters. We hope you can join us!

Medicare Open Enrollment runs October 15th - December 7th. We have certified SHIIP counselors at locations throughout Mecklenburg County to help assess your drug plan for next year. We highly recommend you that take advantage of this free service.

Save the date for November 17th for a special fundraising event benefiting Shepherd's Charlotte.

Shepherd's Charlotte was one of the recent recipients of the Apparo technology grant. In the last several months, they have helped analyze our existing technology infrastructure. As a result, we have made some investments in our technology that will improve our efficiency and overall delivery of our various programs and services.

We are pleased to welcome Liza Tindall as our new Program Coordinator. She is a recent graduate from UNC Charlotte and sure to be an asset. We would also like to recognize Rich McKnight, our loyal IT volunteer, who has extensive board experience and has joined the SCC ranks. His dedication as a community advocate will greatly benefit our organization!



VOLUNTEER

Volunteers are the backbone of The Shepherd's Center of Charlotte. Volunteering with SCC offers a unique and rewarding opportunity to support those in need while making a positive difference in your community. The benefits of helping others can be even greater for you, the volunteer.

ADVENTURES IN LEARNING

FALL SESSION 2022

MONDAYS OCTOBER 3RD - NOVEMBER 7TH



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 week or bring your own lunch.
- The registration deadline is Wednesday, September 28th. Advance registration is preferred, however, we will accommodate late registrations. The registration fee is \$55.00.

ADVENTURES IN DINING MENU

- October 3rd** - Open faced chicken salad sandwich, cucumber salad, trifle
October 10th - Mac and Cheese, sautéed zucchini, strawberry oatmeal bars
October 17th - BBQ Pork over rice, steamed broccoli, blueberry pie bars
October 24th - Chicken Alfredo with Pasta, broccoli, salad, baked apples
October 31st - Chili and corn bread, salad, banana pudding
November 7th - Beef tacos with your choice.... lettuce, tomato, cilantro, salsa, Spanish rice, churros



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

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



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

October 3 - Leslie Aronovitz. Recently, the Congress and the Administration have made quite a few improvements to Medicare. We heard that the Inflation Reduction Act limits out-of-pocket drug costs, caps insulin copays and makes many vaccines free. The new law also makes more people eligible for Part D assistance. At around the same time, the Food and Drug Administration finalized a rule that will permit people with Medicare to purchase hearing aids online or over the counter without a prescription. Although these are exciting times for Medicare beneficiaries, there are so many questions about how and when they will be in effect. Leslie will explain all of these provisions, discuss the timelines for their implementation and provide practical advice on how to access these benefits.

October 10 - Jim Walters. North Carolina native son, Ben Long, has created some of the most beautiful works of art in our state. Join Jim Walters for a two-part presentation as he explains with slides and props the complex and difficult art of fresco painting. In the second half, he will review several of the secular and religious fresco paintings. You will learn the genius of Ben Long's art and the interesting elements he adds to his creations.

October 17 - Ken Joyner and Brad Fowler. North Carolina state law requires all counties to conduct a property revaluation at least every eight years. Mecklenburg County is currently conducting a property revaluation that will affect property taxes beginning January 1, 2023. Join us to learn from the County Assessor's Office about the property revaluation process, possible impacts on property taxes, and how to appeal your 2023 assessed value if needed.

October 24 - Angela Burrow. NEUROBICS is back! Including a reintroduction to the 5 Pillars for optimum brain health and the brand new 'Brain Threats and Brain Protectors'. The brain ages just as our hair becomes gray with age and joints less mobile. With age, we need repetitions to learn new things. Brain exercise encourages us to be intentional, pay attention, & focus the mind. Neurobics, will shake up your routine, activate your senses, give you 'food for thought' & more! To learn more about 'Brain Storm' join local educator, C. Angela Burrow, Trainer with the National Council of Certified Dementia Practitioners and board member of the Council on Aging Charlotte Mecklenburg.

October 31 - Michael Jay. What is Holistic Health and Wellness? Join Ms. Michael Jay, Holistic Health Practitioner and Certified Nutritional Counselor, to learn about how holistic health can make a positive impact on your entire person: physically, mentally, emotionally, socially, intellectually, and spiritually.

November 7 - Jennifer Noch. "Got Stuff - Now What?" We will discuss the plan of attack to begin decluttering and downsizing. This process aids in alleviating the stress of deciding what to keep, sell, store or discard -- creating momentum in moving forward towards their move. Which floor plan should I select? Will it fit? What should I bring with me?

EACH CLASS IS A 6 WEEK SERIES

MORNING CLASSES 11:00 AM - 11:50 AM

CHOOSE ONE

Charlotte - Mecklenburg History Continues from 1940 - Present: Hear about Charlotte-Mecklenburg History in 1940, prior to WWII, and watch it grow and develop through the eyes of the mayors from Ben Douglas to Dan Clodfelter. This will be a fun course for all: those who have been raised here to newcomers! We will resume where the Spring 2022 session left off, but all are welcome! **Instructor: Jim Sasser, Ph.D.**

"How to Be An Anti-Racist": The class is based on the 2019 book, How to Be An Anti-racist, by Ibram Kendi. The book describes a process of developing into a person who does not attribute race for behavior, appearance, economics, etc., but does recognize that race in America has created the attitudes and conditions that create racial differences. In other words, racial assumptions are not the cause of conditions, but the outcome. My methods of presenting and processing information about the material are: discussion, exercises, journaling, homework, readings, experiences, etc. **Instructor: Jinny Sullivan**

Smartphone Workshop: This class is for individuals with smartphones. The class will be student driven, so bring your questions and we will develop the curriculum around your needs.

Instructor: SCC Staff

***This class is limited to 15 participants. Due to limited space, you can only sign up for either the morning or afternoon session, not both.**

October 17th - November 7th* *Only 4 sessions

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. "If you are breathing you are doing yoga"

Instructor: Jack Hunter

AFTERNOON CLASSES 1:00 PM - 1:50 PM

CHOOSE ONE

The Enlightenment: The last of four sessions on the Evolution of Human Consciousness deals with the period of Western history from 1685 to 1815. These few years are seen as representing maturation of Scientific, Philosophical and Political awareness of European Society. The Scientific Revolution will involve such luminaries as Kepler, Newton, and Bacon. Philosophical discourse ranged from the ideas of Descartes to Hume, Diderot and Kant. Political thought was profoundly altered by Locke, Spinoza, Montesquieu and Jefferson. It was an age of these and other intellectual giants who profoundly affected the course of Euro-American evolution over only 130 years.

Instructor: Bill Logan, M.D.

How to Speak Bridge: Exploring the language, agreements and understandings behind bridge bidding. Includes: Counting Points to Their Full Trick Taking Value. Bidding your points as 1) Opener 2) Responder 3) Over-caller 4) Advancer. Discussion followed by hands-on bidding practice as time permits. **Instructor: Wally Marcin**

Smartphone Workshop: This class is for individuals with smartphones. The class will be student driven, so bring your questions and we will develop the curriculum around your needs.

Instructor: SCC Staff

***This class is limited to 15 participants. Due to limited space, you can only sign up for either the morning or afternoon session, not both.**

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! Come ready to play with materials and use new techniques to create personalized artworks. **Instructor: Tashonda Wright**
***This class is limited to 25 participants**

ADVENTURES IN LEARNING MEMORIES!



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

STAFF

Alissa Celek
Director

Bethany Ridgeway
Office Manager

Liza Tindall
Program Coordinator

BOARD OF DIRECTORS

Bruce Bailey
Chair
Proferro NV,
Retired

Katy Ryan
Vice Chair
Executive Director
24 Foundation

Dean Harwood
Treasurer
Chief Financial Officer
Environmental Consulting
& Technology, Inc.

Casey Ferri
Secretary
Attorney-at-Law
Crisp Cherry
McCraw, PLLC

Vonn Kinloch
Past Chair
Communications/Media
Advisor
Wells Fargo

Arlene Cash
Office of Diversity & Inclusion
Atrium Health

Brooke Adamson
Director of Business
Systems Analysis

Keisha Parker
Marketing Program Manager
Eliassen Group (Credit
Karma)

Lisa Helmstetter
Consultant
Intelligent Building

Marvin Oden
Comptroller of the
Currency, Retired

Rich McKnight
PricewaterhouseCoopers, Retired

ADVENTURES IN LEARNING SPONSORS

The following businesses are sponsors for the Fall 2022 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
October 3rd - November 7th**

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 _____

Course Request Participant 1

11:00 _____

1:00 _____

Course Request Participant 2

Name _____

Preferred name for name tag: _____

11:00 _____

1:00 _____

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"/> 10/3 <input type="checkbox"/> 10/10 <input type="checkbox"/> 10/17 <input type="checkbox"/> 10/24 <input type="checkbox"/> 10/31 <input type="checkbox"/> 11/7	\$ _____
DONATION	\$ _____
TOTAL AMOUNT ENCLOSED	\$ _____

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

Credit Card

Credit Card Number _____

Expiration Date _____ Security Code _____

Signature _____

GET INVOLVED!!

Volunteer or Participate