



3115 Providence Rd.
Charlotte, NC 28211
704-365-1995
www.shepherdscharlotte.org

CHEF WARS

WEDNESDAY, JUNE 10, 2020

TICKETS ARE ON SALE NOW

The Shepherd's Center of Charlotte, Inc.



Senior Solutions

Volume 14 Issue 2

www.shepherdscharlotte.org

Spring 2020

Welcome to Our New Executive Director!



Shepherd's Center Executive Director, Wayne Felton, retired at the end of 2019. We are pleased to announce and welcome **Holly Whitfield** as our new Executive Director. Holly has many years of non-profit experience, which is bolstered by two master's degrees in business leadership and education, enabling her to provide extensive skills in strategic leadership, fundraising, establishing long-term partnerships, and organizational goal setting. Her fundraising experience extends to large healthcare systems, universities and small nonprofits located in Florida, the United States Virgin Islands and Charlotte, NC. She is pursuing a Ph.D. in Industrial and Organizational Psychology and teaches courses at Pfeiffer University. Holly is looking forward to working with everyone at the Shepherd's Center. She can be reached at 704-365-1995 or hwhitfield@shepherdscharlotte.org

Happy 40th Birthday
to the Shepherd's Center



Shepherd's Center of Charlotte
 3115 Providence Rd. Charlotte, NC 28211
 704-365-1995 www.shepherdscharlotte.org
 Monday—Thursday 9:00 AM — 5:00 PM
 Friday 9:00 AM — 1:00 PM

Executive Director	Holly Whitfield hwhitfield@shepherdscharlotte.org
Program Director Adventures in Learning *Travel Tax Preparation	Nina Arten narten@shepherdscharlotte.org
Office Manager Volunteers * SHIP Coordinator Transportation	Margery Lindh mlindh@shepherdscharlotte.org
Office Assistant/Bookkeeper	Diane Burnett dburnette@shepherdscharlotte.org

CHECK THIS EDITION FOR.....

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Adventures in Learning Spring Sponsors



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The Shepherd's Center Needs YOU!

"It's good to be blessed. It's better to be a blessing."
 - Unknown

Volunteers are the heart and soul of the Shepherd's Center. There are many ways to get involved and share your time and talents with others. Here are a few ways to get involved:

Do you have a few hours per week to drive someone to a medical appointment? Shepherd's Center is always in need of **medical transportation drivers**. Flexible schedule & locations.

If you are handy at all, you can be a **Handy Helper**, attending to small fix-it needs. Flexible schedule!

Office volunteers are needed to answer the phone, do clerical work, help with special projects, etc.

Our **Adventures in Travel Committee** needs volunteers to help decide where the group will go and research the details. Trip leaders go on trips at a reduced cost.

Our **Adventures in Learning** team needs volunteers to help plan and assist at quarterly learning opportunities.

If you can "tickle the ivories", you're invited to **play the background piano music** before Adventures in Learning. You can play whatever you feel most comfortable with.

**Call the Shepherd's Center at
704-365-1995 for more information.**

Bobby Lyle Book Club

Do you enjoy discovering new books? Join the group at Sardis Presbyterian Church, 6100 Sardis Road, in The Sardis House on the second Tuesday of each month from 10:00 to 11:30 AM. The group explores a variety of books that stretch the mind and imagination. (The Book Club will take December off and resume in January.) For more information contact Dale LeCount (pegndale@gmail.com).

Here is the line-up for the next several months:

April 14: *All Over But the Shoutin'* by Rick Bragg

May 12: *My Antonia* by Willa Cather

June 9: *The Poisonwood Bible* by Barbara Kingsolver



SHIIP News



The Shepherd's Center offers Medicare counseling through the Senior Health Insurance Information Program (SHIIP) for those who are enrolling for the first time and for those who are re-enrolling in a drug plan.

Medicare Drug Plan Counselors are available at SCC offices at Trinity Presbyterian Church, and at our uptown location in the NC Department of Insurance Office at 301 S. McDowell St. Please call us at 704-365-1995 to schedule an appointment. We regret we cannot accommodate walk-in appointments.

SHIIP at SCC is now being handled by Margery Lindh, who has served as the Office Manager for the past four years. She can assist you with setting an appointment.

Think you'd like to be a SHIIP counselor? New volunteers are always welcome! Contact Margery at (704-365-1995) for more information.

Bridge for Fun

Did you know... that there is a bridge club where you can play for fun? No reservations or subs are needed, just come as you are able! The club meets every Thursday from 10:00 AM to 2:00 PM at Living Saviour Lutheran Church, 6817 Carmel Rd, 28226. Cost is \$2.00 per day to play. Bring a bag lunch and join the group. Call the office for more information: 704-365-1995.

Adventures in Learning Information

Welcome!

Adventures in Learning is an intellectually stimulating experience in an atmosphere of friendship. If you are new to the program, we warmly welcome you and appreciate your interest.

Where:

- **Sharon Presbyterian Church, 5201 Sharon Rd., Charlotte, NC 28210**
- Look for the signs directing you to the parking area, entrance, and to the **Chapel** for AIL programs and classes.

Details

- How it works: Everyone attends the general sessions, then selects a morning and afternoon class to attend. You will attend your chosen classes for all 6 weeks.
- The registration cost includes a full day of programming.
- Arrive any time after 9:30 AM and pick up your nametag and check the class list with room assignments and their locations.
- General Session begins at 10:00 AM.
- Morning classes begin at 11:20 AM; afternoon classes at 1:20 PM.
- Lunch time is from 12:20 PM to 1:20 PM. You may purchase lunch in advance (see registration on page 7) or bring your own. A limited number of lunches are available for last-minute purchase each day; inquire at the registration desk.

How to Register:

- Complete the registration form on page 7 and return it with your payment to **The Shepherd's Center, 3115 Providence Rd., Charlotte, NC 28211** by Wednesday, April 1, 2020.
- After April 1st, you may hand-deliver your registration and payment to the Shepherd's Center (by April 3 at 12:30PM) or register on the first day of class (April 6). **Advance registration is preferred.**

Notices

- If a class on a particular day is cancelled we invite you to visit another class for that day.
- In the event of cancellation of an entire day of classes due to weather conditions, we will try to make up that day on the Monday following the last regularly scheduled Monday, provided that space is available at the church.
- **No refunds are available.**

Adventures in Learning Program Guide

Mondays, April 6—May 18

General Session (10:00 AM — 11:00 AM)

New Ways to Heal

April 6: Music Therapy— Music has many therapeutic benefits and is used in various settings in our daily life. **Emily Roland** will address who benefits from music as a form of therapy and enjoyment, why it matters and how music impacts daily lives. This is an interactive group session.

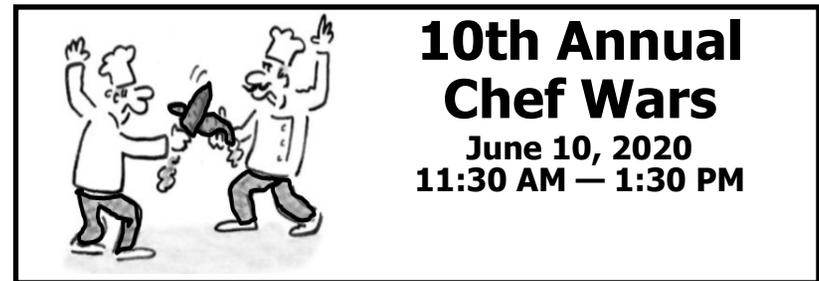
April 20: Inflammation, Fatigue and Brain Fog—Understand inflammation, how it affects your health, why you may not have the energy you want, and what you need to do to help your brain function better. **Dr. Michael Smith**, a leading wellness expert, will teach you how to stop treating the symptoms and actually start addressing the underlying problem with your health. You will learn what actually works to achieve optimal health, at any age!

April 27: This is not just for ladies...**Gaye Walden** is a Certified Health Coach and AAT Certified Medical Thermographer. She will provide information on Breast Thermography, a safe and painless screening for all individuals at every age. This presentation will highlight lifestyle choices and changes you can make to improve and maintain good breast health, including the importance of Breast Lymphatic massage.

May 4: Therapeutic Arts—When working to manage behaviors and other mental health issues, the use of the Creative and Expressive Arts is a non-invasive way to reach beyond the surface and identify the cause. The Arts not only spark creativity and relaxation, they bring emotions that can be buried and that are connected to memories. Creative and Expressive Arts Therapy helps treat anxiety, PTSD, depression, social phobias, and is a scientifically proven non-pharmacological way to manage pain and induce self-awareness. **Shane Elks** provides his expertise in this area.

May 11: Feng Shui is the vast collection of ancient Asian wisdom allowing us to live in harmony with our environment in order to can thrive in all aspects of life including health, relationships and prosperity. Historically used by nobility and royalty, Feng Shui has migrated to the West and has become increasingly popular. **Dr. Eap** will demystify this subject and enlighten what Feng Shui is in the 21st century.

May 18: Healing Your Body with Acupuncture and Auricular Medicine—**Darren Holman** will discuss utilizing the interconnection of the acupuncture system, and the auricular micro-system of the ear to diagnose and treat numerous health conditions. Darren has over 15 years of experience and utilizes his engineering background to treat the body in a scientific manner to yield great results. His desire to learn new ways to heal the body and empower his patients to reclaim their quality of life is his passion.



Chefs from selected senior living communities come together to compete for the "Best Entrée" and "Best Dessert" trophies. Each chef will provide an entrée and dessert for guests to sample and cast their vote for the best of each. Cost is **\$30** for individual tickets or **\$200** to purchase a table of eight, paid with one check or charge. Join us, the communities and local exhibitors for an exceptional lunch, door prizes, socializing and more.

Myers Park Presbyterian Church
2501 Oxford Place, Charlotte, NC 28207

Register by Monday, June 1, 2020

Call 704.365.1995
and/or send check to

Shepherd's Center of Charlotte
3115 Providence Rd. Charlotte, NC 28211

*If you wish to sit together as a group,
please indicate that when you register.*

Parking is limited. We encourage you to park across the street from the church, at the "Outreach Center", and hop on the shuttle bus to the Chef Wars entrance.



Travel Adventures Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-mail: _____

Day Trips:	<u>Savvy Sr.</u>	<u>Nonmember</u>
___ May 28: Landsford Canal	\$99.00	\$110.00

On the Go Trips: ___ April 22 - Johnson & Wales \$10

___ June 24 - Recycling Center \$10

___ Add a 2020 Savvy Senior Membership for \$35.00 per person

TOTAL ENCLOSED FOR ALL TRIPS: \$ _____

New Payment Information: Registration fees for all programs (AIL, travel, individual programs, etc.) can all be combined on one check! These accounts have been consolidated, so there is no need to write a separate check for each. Please clearly indicate what you are paying for so we may credit your properly for each registration. For example:

AIL: \$45.00
Savvy Senior: \$35.00
Trip to Wherever: \$75.00
Total enclosed: \$155.00.

If you prefer, you can still send separate checks. Questions? Call the office at 704-365-1995.

Morning Classes 11:20 AM to 12:20 PM

Charlotte-Mecklenburg History 1940– Present—This series will be presented through the eyes of the individual mayors of Charlotte and the key personalities who helped shape the Queen City's heritage from 1940 to the present. Whether you are a Charlotte native or transplant, you will find this a fun and informative look at the city's modern heritage.

Instructor: Jim Sasser

Journey to a Life Transition — Change is inevitable and the reality of that is often one we dislike. Life brings change and one of the major changes we have in our lives is pulling up roots and moving. This class will walk you through how to deal with the emotional pieces of the journey as well as help you work a plan to complete the task and what comes next. William Bridges said "It is when we are in transition that we are most completely alive" perhaps we feel more deeply when we must change.

Instructors: Kiera DesChamps and team

"Silent Spring"—Ranked by Discover magazine as one of the 25 best science books ever "Silent Spring" by Rachel Carson tells the story of the discovery and proliferation of chemical pesticides in the United States following World War 2. The class will discuss why this book is considered one of the greatest works of environmentalism and how it was a driving force in the creation and implementation of the Environmental Protection Act. You are encouraged to purchase the book and bring it to class.

Instructor: Khris Wigington

The English Language as she is (and was) spoken—According to Ralph Waldo Emerson, "The English language is the sea which receives tributaries from every region under heaven." If that was true in his day, it is even more true at present, when English has become the world's lingua franca. How the language of a smallish island on the outskirts of the European continent developed such world-wide significance, the historical events that affected its change and growth, and a brief look at its almost infinite variety will be among the topics considered in this class.

Instructor: Luther Wade

The Newsreel—This class will delve into local, national and international developments, trends and happenings. Our world is constantly changing with new developments and discoveries that are fascinating! Participants are encouraged to bring articles to share for a nonpartisan discussion.

Instructor: Don Doyle

*Thanks to all our
Volunteer Instructors!*

Afternoon Classes 1:20 PM to 2:20 PM

Bookmaking: The Bechtler Collection contains many examples of artist's books. These are compilations of works of art, often accompanied by poems or other text. While artist's books can take many forms, there are few elements that are common across the practice. Understanding a book as an artwork invites a reflection on the properties of the book form itself. Participants will utilize bookmaking and bookbinding skills to create a variety of handmade books that can be given as gifts, used as artist's books, notebooks, scrapbooks, travel journals and more.

Instructor: Laura Allison

Islands: Crucibles of Evolution—Ever since Galapagos, islands have played a crucial role in understanding the mechanisms of both Evolution and Extinction. The very isolation that defines islands allows the study of Competition, Exploitation and Adaptive Innovation under controlled circumstances. This explains some of the unique life forms exclusive to islands and has provided key information regarding efforts to assure the survival of important threatened species.

Instructor: William Logan

Jewelry-Making —Take your old jewelry and make it new or create a brand new piece. Bring old beads or jewelry to the first class or new items purchased from any of the local craft stores. No experience necessary!

Instructor: Cris Osborne

Major Figures of the Italian Renaissance —A series of visual presentations of the work of major painters, sculptors, and architects of the Italian Renaissance including Botticelli, Brunelleschi, Da Vinci, Michelangelo, Raphael, and others with particular attention to the influence of these artists upon Western culture.

Instructor: Roy Colquitt

Shakespeare's Comedies: More Fun Than You Thought! Cole Porter mined "Taming of the Shrew" for his Broadway smash "Kiss Me Kate," suggesting in one song that a guy would be a much more successful lady-killer if he "brushed up" on his Shakespeare and mined the bard for great pick-up lines. In this class we will look for commentary on contemporary issues, and have fun, pure and simple! A major source of reference will be the "All Clear! Shakespeare" project. Books available for purchase \$6—\$10.

Instructor: Eugene Kusterer

Travel Adventures Policies

Register early! Our trips fill quickly. Please complete the Travel Registration Form and send with a check made payable to The Shepherd's Center of Charlotte. You may include the cost of trip in a check for Adventures in Learning or individual programs. Trip costs are priced per person.

Activity Level: Our trips are planned for active adults and may require a lot of walking. We have rated our trips by activity level.

- 1-easy
- 2-moderate
- 3-active

If you have a disability that limits your independence, you must be accompanied by a companion. **We regret that we cannot accommodate wheel-chairs.** All trip participants are expected to carry information about medical conditions, medications and medical insurance providers.

The Shepherd's Center of Charlotte is not liable for individuals who may become ill or injured on Travel Adventures trips.

Cancellations: Participants may cancel a trip up to 30 days before departure. Cancellations after that date may be accommodated IF or the traveler finds his/her own substitute. If the Shepherd's Center cancels the trip, travelers may choose a refund or a credit towards an upcoming trip. All credits must be used within the calendar year the in which trip was scheduled.

Payment is due at the time of registration; no registration is considered complete until payment has been received. For your convenience, trips may be charged to a credit card **IF** the amount is \$100.00 or more. A convenience fee may apply. Call the office (704-365-1995) for more information. A courtesy reminder call will be made. Anyone with an outstanding balance when event numbers must be confirmed may be removed from the list.

Parking: Trips leave from Trinity Presbyterian Church, 3115 Providence Rd., Charlotte, NC 28211. Turn in from Providence Road, drive straight ahead and stop where the road turns left; park there. You should see the bus parked there as well. Please do **NOT** park in the parking area directly in front of the church's main entrance.

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

Upcoming Travel Adventures

Here are some tentative trips being planned for the rest of 2020:

- Greenville, SC
- Asheville, NC highlights
- Columbia Museum of Art & the State House
- Flat Rock Playhouse
- Christmas shows in Myrtle Beach (overnight)

Travel Adventures—Day Trips



**Landsford Canal State Park
Catawba, SC**

Thursday, May 28, 2020

\$99 / \$110

The spider lilies will be in full bloom for our trip to the Landsford Canal State Park. The day's plan includes a picnic lunch under a shelter and a tour of the museum along with views of these beautiful flowers. A pair of bald eagles will be teaching their fledglings to fish, and hopefully they'll put on a show while we're there. Hike to the overlook to enjoy the *best* view (it's a 3/4-mile hike over a fairly level, partially paved path to see it, with benches along the way) but nonhikers can enjoy the fresh air and views as well. Depart TPC* at 10:00 AM, return about 3:00 PM. Cost: \$99.00 for Savvy Senior members, \$110.00 for non-members. Includes lunch and park admission.



On the Go!

The "On the Go" Travel Adventures Program offers interesting local outings for a small group. This program is for those who like carpooling to nearby destinations. Volunteers lead the trips and coordinate the details. To reserve your spot, send your payment to the Shepherd's Center. An administrative fee is included in the price. Be prepared to chip in for parking fees. Restaurant meals are always additional.

Wednesday, April 22: Johnson & Wales. Enjoy a tour of the noted culinary school showing the various teaching kitchens. See how these chefs-in-training learn their trade. Lunch follows at Big Bens Pub in South End. **Meet at TPC* at 9:15 for a 9:30 departure. Expect to return about 2:00 PM. \$10.00.**

Wednesday, June 24: Recycling Center. The visit begins with an interactive presentation and dialogue on how to *Recycle Right*. With Maitri Meyer, who has over 20 years of recycling education experience. The program includes: An overview of the residential curbside recycling process in Mecklenburg county including a video that shows close ups of the Material Recovery Facility (MRF) sorting operations; Challenges and costs of improper recycling, & how residents can help; what is and is not recyclable; and an interactive/fun game to solidify learning and clarify common misinformation. Lunch follows at Haberdish in NoDa. **Meet at TPC* at 9:45 AM, return about 2:00 PM. Cost is \$10.00.**

*TPC—Trinity Presbyterian Church

Adventures in Learning Registration Form

SPRING 2020

I'm new! _____

Name _____

Preferred name for name tag: _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____

E-mail: _____

Savvy Seniors Club membership fee

Add a Savvy Senior membership: \$35 per person for the 2020 calendar year covers all SCC class & travel discounts

Amount Paid

\$ _____

Class registration fees:

Savvy Senior Club class fee - \$45 per person for all sessions

\$ _____

Nonmember class fee - \$55 per person for all sessions

\$ _____

Prepaid Lunch: \$8.50 per week per person
(\$51.00 for all 6 weeks **OR** check specific dates):

\$ _____

4/6 4/20 4/27 5/4 5/11 5/18

Contribution to the Shepherd's Center

\$ _____

Total amount enclosed

\$ _____

Courses requested—1st person:

AM: _____

PM: _____

Second person registration: -

Name _____

Preferred name for name tag: _____

Courses requested—2nd person:

AM: _____

PM: _____

Spring Extras

Topics for Discussion with Dr. Tom Hanchett—"Women Changing Charlotte", "Sorting Out Charlotte" and "Our Friend the Tomato" are the three lectures that will be featured. The Brookdale Carriage Club is our host for this series. Come for one or come for all three. **There is a maximum of 25 seats available. We will meet on three Wednesdays (March 4, April 1, and May 6) at 6:45 PM at Brookdale Carriage Club (5800 Old Providence Rd. 28226) in the auditorium (lower level of the club house). The fee for each lecture is \$13 or \$32 for all three.**

An Aging Issue: Depression and Anxiety...it's Time for a Conversation— Depression and anxiety affect many people and often go untreated for a number of reasons; often felt to be a part of normal aging, social stigma associated with mental health disorders, and most importantly the presentation of depression in elderly patients is different and often missed. Untreated mood disorders can lead to cognitive impairment, disability, poor physical health, and poor quality of life. Depression is not a normal part of aging but is commonly seen in older populations. The presentation of depression changes with aging and "depression without sadness" is more commonly seen. **Dr. Jennifer Woodward** will explore common signs and symptoms of depression and anxiety as well as treatment options. **We will meet on Tuesday, April 28 from 2:30—3:30 AM at Waltonwood Cotswold (5215 Randolph Rd. 28211). The fee for this class is \$13.**

A Walk Down Memory Lane—Jerry Herbert is a versatile and talented performer who has entertained throughout the South for over forty years. In honor of Mothers Day, Jerry will engage us with some Frank Sinatra tunes and perhaps some songs that celebrate our mothers. He enjoys all types of music from beach to opera. His love of music shows and his enthusiasm is sure to please! **We will meet on Wednesday, May 6 from 2:00—3:00 PM at Walton-wood Cotswold (5215 Randolph Rd. 28211). The fee for this class is \$13.**

Piano Meditation with Cydne Watterson—Have you ever started your day and wished you could just start again? The day started out wrong and you just need a quiet moment to rewind. Come and enjoy a piano meditation that will sooth your soul and refresh your mind. Sit and be still, enjoy the quiet and the peace of letting your mind rest and renew. **We will meet on Monday, June 1 from 10:00—11:00 AM at Sharon Presbyterian Church in the Chapel (5201 Sharon Rd., 28210). The fee for this class is \$13.00.**

Spring Extras Registration Form

Name (1) _____

Name (2) _____

Address: _____

City: _____ State: _____ Zip: _____

Email _____ Phone _____

Please register me for:

(All fees are per person; please indicate if you are registering & paying for more than one person.)

Topics for Discussion with Dr. Tom Hanchett -

Wednesday, March 4: **\$13**

Wednesday, April 1: **\$13**

Wednesday, May 6: **\$13**

ALL THREE—\$32

An Aging Issue: Depression and Anxiety...It's Time for a Conversation - Tuesday, April 28: \$13

A Walk Down Memory Lane - Wednesday, May 6: \$13

Piano Meditation - Monday, June 1: \$13