



# The Shepherd's Scroll

The Shepherd's Center of Webster/Kirkwood, Inc. is an interfaith volunteer organization that provides programs and services for older adults.

Shepherd's Center of Webster/Kirkwood, Inc., 1333 W. Lockwood Ave., Glendale, MO 63122, Telephone: 314-961-2669

[www.shepherdscenter-wk.org](http://www.shepherdscenter-wk.org)

A quarterly newsletter of the Shepherd's Center of Webster/Kirkwood Inc., Spring 2010

"Sometimes not, often enough, we reflect upon the good things and those thoughts always center around those we love and we think about those people who mean so much to us and for so many years have made us so very happy and we count the times we have forgotten to say "thank you" and just how much we love them." A song by The Carpenters

A huge "thank you" to all of our dedicated volunteers,  
YOU are simply the best!

## A Change of Leadership

Thank you to our retiring board members **Susan Corrington, Ron Teller, Alan Roe and Dick Vreeland** who collectively contributed 21 years of service. It is through their leadership that we have grown in our financial stability and technical support. They have done so much to further our mission and keep us moving in a positive direction. We really can't thank them enough.

Please welcome our seven new board members: **Carolyn Altepeter**, our original "Pegi" and now our Board Secretary. **Rev. Jeff Croft**, pastor of Harrison Avenue Baptist Church. **Jerry Ehnes**, retired CFO from Easter Seals and now our Board Treasurer. **Ron Hodges**, community leader and retired from military service. **Don Kamps**, retired social worker and member of Webster Gardens Lutheran Church. **Bob Miller**, Elder Attorney and member of Kirkwood United Methodist Church. **John Schuster**, retired, former Mayor of Glendale and member of Mary Queen of Peace Catholic Church.

## Eat, Drink and Be Merry

Join your friends for a fun evening out at our 7<sup>th</sup> Annual "**Taste of Webster/Kirkwood**" on Sunday, **April 18 from 5:30 – 8:00**. The committee is working fast and furiously to get the best cuisine and libations in our area, we have 19 establishments so far! Our ever popular auction will have some fun spring items! Event details enclosed, post the invite on your fridge, pass it on to a friend or give a ticket in your special Easter Baskets and treat your family. If you would like to honor someone or be a sweetheart in our program, we would appreciate your sponsorship; call Gayle at 961-2669 for details.

## From the World According to Mr. Rogers

All of us at sometime or other need help. Whether we're giving or receiving help, each one of us has something valuable to bring to this world. That's one of the things that connects us as neighbors – in our community, each one of us is a giver and a receiver.

## Stay Strong, Stay Healthy

Our friend and fitness guru, Damaris Karanja from University of Missouri Extension will offer this class again. Classes start on Monday April 19 with an assessment and meet each Monday at 10:00 through July 12. No class on May 17, 31, June 14 or July 5. Cost is \$30 made payable to U of MO Extension, you will receive a \$15 refund if you attend all classes. Class is limited to first 20 so sign up soon!

## Get on Board the Ten Toe Express in 2010

The Spring Ten Toe Express Session is almost here! Join thousands of others in St. Louis by linking walking with the use of MetroLink and MetroBus to increase your steps and explore your community. The program is sponsored by Citizens for Modern Transit through funding from the Missouri Foundation for Health. Free Ten Toe Kits include pedometers, walk logs to count your steps, 4 MetroLink tickets to get you started, and much more. Register at the Shepherd's Center on **Friday April 16 from 8:15 – 10:15**. More information is available at [www.tentoes.cmt-stl.org](http://www.tentoes.cmt-stl.org).

## What's Up Doc? Get your Medical Information Together

Have you heard about the personal health record (PHR) project the Shepherd's Center is doing with Saint Louis University? Are you interested in getting started? Do you feel comfortable working with a computer? Would you like assistance getting your PHR started? Help is just around the corner. On **April 16th and 23rd at 12:00**, Saint Louis University faculty and students will be available to help you set up your account. They will help you create your user ID and password - the rest is up to you. They will also be available to answer any questions you might have. Call 961-2669 to make an appointment, they can help 10 people each date.

### Join the "Juliets"

Have you heard of the ROMEO groups "Retired Old Men Eating Out? Well, Judy Horan has come up with something for the ladies, the JULIETS "Just Us Ladies Into Eating Together. This group will be lunching the 3<sup>rd</sup> Wednesday of each month. The first gathering is Wednesday, March 17 at Amici's. Call the Shepherd's Center to make your reservation for **April 20**, at 11:30 at a local establishment, seating is limited to first 12 to RSVP.

### Chores Galore

Our Spring Chores Galore day will be held on **Saturday, May 1**. If you need some help getting your yard cleaned up for spring, give us a call at 961-2669 and we can match you up with a youth group that is eager to help. If your family or youth group would like volunteer, just call us.

### Transitions:

#### Shepherding Concerns and Conversations

Sometimes it is helpful to call on the experts when faced with pending transitions in later life. Join us at the Shepherd's Center for any of these classes that may be helpful to you and/or your family members as you plan for your future independence.

Classes will be held in the Christian Life Center, 1333 W. Lockwood on **Tues. evenings** from 6:00 to 7:30 pm. Cost is \$7.00 a session or \$21.00 for all 4 weeks. Please register by calling the Shepherd's Center, 961-2669.

#### **April 27**

Are your Affairs in Order? What to keep, what to check and where is it?

\* Alan Roe, Financial Advisor, Wells Fargo Advisors.

#### **May 4**

Aging in Place, what you can do to stay in your home?

\* Jeanette Langton, M. A., Independent Living Specialist

#### **May 11**

Resiliency and Balance: Navigating the Caregiving Maze.

\* Sylvia Nissenboim, LCSW, counseling, Care Coordination and Consultation

#### **May 18**

Creating your Circle of Support, what are your support systems?

\*Chandelle Martel, MSW, Independent Solutions, LLC

### Webster Groves Senior Sampler

On **Sunday, May 2** the Webster Groves Senior Roundtable will host the 3<sup>rd</sup> Annual Senior Sampler. Resources will be available for you information at the Webster Groves Recreation Center from 12 – 2. Senior communities in the Webster area will have an open house from 2 – 4. Take a look to see what is available for you to "age in place" right here in your community.

### Spring into Good Health and Wellness

Mark your calendar for our 9<sup>th</sup> Annual Senior Fair on **Tues., May 18** from 9 to 1. Our Theme is "Meet Me in St Louis" and we will offer some samples of St. Louis specific foods! We will have health screenings, exhibits, cash giveaways and much more! Register by calling 961-2669 **after April 1**, for a free lunch for the first 100 to RSVP. Our special guest will be local author, Dr. John Oldani who will discuss his book Passing It On – Folklore of St. Louis.

### Spring Wildflower Adventure

Don Whitener has planned a fun outing for our travelers on **Thurs. June 17**. Start with tea and scones at the Lavender Farm in Eureka, visit Shaw Nature Reserve, have lunch at the Hawthorne Inn in Labadie and tour the World Bird Sanctuary. Cost is \$57.00 (all inclusive), for details call 961-2669.

### From the Resource Desk

Remember that we have a **Lending Library**. Books, movies and more are here for you to check out and enjoy at home. We also have a few pieces of homecare equipment that you may borrow such as walker, shower chair etc.....

Last summer a number of our friends participated in the **UMSL Life Review Project**. After being interviewed and videoed by a graduate student, volunteers received a DVD keepsake video of their life review. If you are interested in this opportunity, call Tom Mueser, PhD, project coordinator at 516-5421. This is a great project and you end up with a great keepsake for your family!!!

### Agreements for Great Conversations **Taken from Community for Understanding and Hope**

- \* Listen...with respect and curiosity.
- \* Suspend judgment as best you can.
- \* Be open to the ideas of others.
- \* Speak what has personal heart and meaning.
- \* Invite and honor diversity of opinion.
- \* Go for honesty and depth...without going on and on.

Life is Still Good