



# 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.

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

## Dr. Elbert Cole's "Real Life" Ministry Continues

Rev. Dr. Elbert Cole, former CEO and founder of the Shepherd's Center movement, died on April 28, 2010. Dr. Cole started our model of best practices in faith based senior ministry in 1975. He left a lasting and extended impact in the lives all seniors helped by any of the Shepherd's Center across America. As a visionary in these collaborative congregational volunteer ministries, he showed how congregations can work together to serve senior neighbors in need of help to stay vital and independent. "His leadership, with and for older adults, has resulted in a national interfaith movement encompassing over 53 individual Shepherd's Centers in 16 states, comprising a network of 15,000 older adult volunteers serving 100,000 people in 2500 community-based congregations." We were blessed by his vision and will truly miss his unending devotion to older adults.

## Thanks to the Missouri Foundation for Health

Shepherd's Center has been approved for funding a capacity building grant for strategic planning from the Missouri Foundation for Health. Starting June 1, we will be working with the Paradigm Shift group in this endeavor. Many thanks to MFH for this grant investing in our future.

## "Bring Your Kid to Work Day"

Someone suggested that we host a day for you to bring your "kids" to Shepherd's Center so we have designated **Friday, July 9** as our "Bring Your Kid to Work Day." Please invite your daughter, son, niece, nephew or any other family member to be a guest for breakfast and class. We would love for them to visit and find out what you do on Fridays. A prize given for the youngest kid!

## Thanks for Tasting

The Taste was Terrific, Thanks to You! We held our 7<sup>th</sup> annual Taste of Webster Kirkwood in April and everyone who came enjoyed the evening. Thanks to all who supported this event, it is our primary fundraiser and we were able to raise more funds than ever before. Please sponsor those establishments who helped sponsor us:

- |                                |                              |
|--------------------------------|------------------------------|
| <b>Amici's Restaurant</b>      | <b>Lubeley's Bakery</b>      |
| <b>Big Bear Grill</b>          | <b>McArthur's Bakery</b>     |
| <b>Coldstone Creamery</b>      | <b>McDonnell's Market</b>    |
| <b>Edible Arrangements</b>     | <b>Mountain Valley Water</b> |
| <b>Eleven Mile House</b>       | <b>Oberweis Dairy</b>        |
| <b>Gelato Di Riso</b>          | <b>Pi</b>                    |
| <b>Hacienda</b>                | <b>Sansai – Kirkwood</b>     |
| <b>Hanneke's Catering</b>      | <b>Sappington Market</b>     |
| <b>Highland Brewing Co.</b>    | <b>Schlafly Beer</b>         |
| <b>Highway 61 Roadhouse</b>    | <b>Straub's</b>              |
| <b>Imo's Pizza</b>             | <b>Sweet Tomatoes</b>        |
| <b>Kaldi's Coffee</b>          | <b>Ted Drewes</b>            |
| <b>Les Bourgeois Vineyards</b> | <b>Trader Joe's</b>          |
| <b>Llywelyn's Pub</b>          | <b>Trainwreck Saloon</b>     |

## Taking Care of Your: Body-Mind-Spirit A Program for Dealing with Life's Stress

This 8-session program, a class for all ages, will be held on **Fridays from 11:10 – 12:00 from July 9 – August 27** offered by The University of Missouri Extension. Each week we will explore topics through small group discussion, self reflection and activities. Topics include dimensions of wellness & mind-body connection, happiness & learning to practice self-care, living in the moment, freeing yourself from the constraints of time, dealing with life challenges, coping with stressful situations you can't control, and review what you have changed.

Cost is \$25 made payable to St. Louis County Extension Council. If you participate in the evaluation surveys, you will receive \$40. To register call Shepherd's Center at 961-2669.

## Keep Medical Information in ONE Place

Keeping your own Personal Health Record (PHR) allows you to provide doctors with valuable information that can help improve the quality of care you receive. A PHR can help reduce or eliminate duplicate tests and allow you to receive faster, safer treatment and care in an emergency. In short, a PHR helps you play a more active role in yours and your loved ones' healthcare. On **July 16 at 12:00**, Julie Wolter of Saint Louis University will present information on creating your PHR and she will also be available to help you set up your account. Julie will help you create your user ID and password - the rest is up to you. She will be available to answer any questions you might have.

### **Calling all Cars!**

Keep your driving skills sharp and attend the AARP Driver Safety Class. On **Thurs. September. 2, 2010, from 9 am to 1 pm**, Shepherd's Center will host this class. Cost is \$12 for members, \$14 for non-members and **FREE** to all Shepherd's Center volunteer drivers. Pre-registration is necessary, call at 961-2669.

### **From the Resource Desk**

Eagle Bank and Trust has a document shredding date of June 19 in Kirkwood and July 24 in Brentwood.

### **Contributions 2/24/10 – 5/25/10**

#### ***In Honor of Jerry Meesey***

John and Helen Hagar  
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Dolly Hoyer  
Marion Warack  
Charles and Bonnie Payne  
Arleen and Bill Ulz  
Leslie Freerks

#### ***In Memory of Mitzie Lynch***

Joan and Ed Burtelow  
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Earl Becker  
Carolyn and Art Altepeter  
Dolores Meyer

#### ***In Memory of Rev. Dr. Elbert Cole***

Anita Cassilly  
June and Gene Cole  
Gayle McHenry  
Ruth Nickerson  
Bill German and Damaris Schmitt

### **Transitions: Shepherding Concerns and Conversations Series Continues**

Aging is good, sometimes we just need a little more information..... so join us on four Tues. evenings for our series presented by community professionals about topics of interest to many seniors and their children.

Classes will be held in room 307 of the Christian Life Center, 1333 W. Lockwood on Tues. evenings from 6 – 7:30 p.m. Cost is \$7.00 a session or \$21.00 for all 4 weeks. Please register by calling the center at 961-2669.

**August 10 – Leaving a Legacy...of You.** Learn about ethical wills and how to share with the next generation what's important to you, life lessons they might learn from you, people and things for which you are grateful, and your hopes and dreams for your family. Facilitated by Kathy Harris.

**August 17 – I found my Barbie from 1957 in the Basement.** Deal with the decades of clutter and get tips for downsizing with Jeanette Langton, M. A., Certified Aging in Place Specialist.

**August 24 – The Top 10 Things You Need to Know When You Live Alone.** Join Debbie Eldridge, MSG student and Gayle McHenry, MSW in this discussion of the absolute musts you need to consider when you live alone.

**August 31 – What do the Different Senior Living Options Offer?** Come learn what the various local options in senior housing have to offer you, presented by Chandelle Martel, MSW.

### **Welcome Debbie**

Please join me in welcoming Debbie Eldridge, who is doing her practicum this summer at our center. Debbie is rewiring her career from marketing to working on a gerontology degree from UMSL. She is a resident of Webster and member of Webster Groves Presbyterian Church.

### **Juliets: Just Us Ladies Into Eating Together**

Join some of the Shepherd's Center ladies for lunch at **11:30 on the third Wednesday of each month.** Call the office to sign up and find out where to meet for a friendfilled lunch.