



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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New on Facebook and New Telephone: 314-395-0988 www.shepherdscenter-wk.org

There are some who bring a light so great to the world
that even after they have gone, light remains

Our Volunteers are the Best!

A message from one of our riders to our volunteers: "May not have told you lately, but hope you know it's true, that every day we're grateful for a volunteer like you! Your caring words, your caring deeds, they mean so very much, for all you give to others we can never say "Thank You " enough! ~author unknown.

During the week between Christmas and New years we have given all our wonderful volunteers the week off. Please arrange your doctor appointments for a different week. Enjoy this holy season and may God continue to bless you abundantly!

Thank You to Adams Place

On Friday, November 4 we closed our fall session with a wonderful "Thanksgiving-Thank You" luncheon for all our volunteers and friends at Shepherd's Center due to the generosity of our sponsor, **Adams Place and the entire Delmar Gardens Family.** As only **Adams Place** can do, they treated 145 of us to an extra special luncheon... we enjoyed a delicious feast prepared by their chef, wonderful table decorations and some exciting attendance prizes. Many thanks to our friends at **Adams Place.** If you would like to visit them for a tour, call Jenny Rademacher at 314-965-7070 and she will help you.

The Holiday Party was a Treat!

Many thanks to Betty Gnaegy, the Village Chimers, Robin Tellor, Ann Zimmerman, the Eighth Notes and Westwood Catering for the festive holiday luncheon held on Fri. Dec. 2.



Plan a Gift for Our Future

We know that you value the Shepherd's Center and want to see us continue to serve older adults far into the future. Did you know that you can make a gift that benefits you now and Shepherd's Center later? Please contact Gayle McHenry, our Executive Director at 314-395-0988 for information on ways to support the valuable work of the Shepherd's Center while still meeting your own financial needs and those of your loved ones.

New! Adventures in Learning

From Oct. 18 – Nov. 15, 2011 Shepherd's Center launched a Tuesday program at our new sister site AIL – Harrison Avenue Missionary Baptist Church (HAMBC). The group started at 9:00 for coffee talk and a topic, at 10:10 a featured speaker presented and then at 11:10 they wrapped up with chair yoga-exercise hour. Highlights included presentations from Rev. Karen Anderson, Gretchen Curry, Joe Dunne and Holly Ohmes. With an enthusiastic start, Harrison Avenue looks forward to continued chair yoga sessions, a new studio arts program and more Tues. Adventures in Learning. Everyone is welcome to attend! Pick up an Adventures in Learning – HAMBC flyer at the Shepherd's Center or call Betsy Solomon for more information (314) 779-9231. Next 6-week session of AIL– HAMBC classes are Tuesdays Jan. 17 through Feb. 21 from 9 thru 12.

Board Updates

As we close 2012 we also end an important chapter of leadership for four of our board members who have served us for six years: **Kathy Dessent** has been a driver in our ministry for many years, offered her insight in fundraising, helped out in any way she could and is always lending a hand in the kitchen helping our events go smoothly. **Jill Jordan** has been involved in SCWK since we started, is one of the original volunteers at our Resource Center, has been a substitute transportation coordinator and is our official "bean counter." She has helped on the nominating committee and done so many behind the scene tasks especially with our auctions. **Barbara Monaco** is one of our original MQP drivers, has chaired our TOWK auction, works at our Resource Center, has helped with strategic planning and does so much more. **Stan Richert** has been the chair of our finance and fundraising committee, served on major donor affairs, is one of our "Restaurant Wranglers" for TOWK, is a driver, emcees and tends bar for so many of our occasions. We are so grateful to these involved board members and thank them from the bottom of our hearts! Please welcome new board members; **Nancy Brown** from St. Peters Catholic Church, **Kacey Cowdery**, **Dick Entemann** from Grace Episcopal Church, **Kristin Pounds** from Kirkwood United Church of Christ and **Ann Zimmerman** from Webster Hills UMC.

Something New, Very Special

Your life is a treasure! Start now in writing your life story and by the holidays next year you will have the most precious gift to share with your family and friends. Join Fred Stopsky on Adventure in Learning Fridays from 12 -1 for a brown bag workshop and class that will help you write your life journey one story at a time.

Collaboration is Multiplication

This year we have four churches in this community joining in our mission of service to older adults as sponsoring congregations. Welcome to **Grace Episcopal Church, Harrison Avenue Missionary Baptist Church, Kirkwood United Church of Christ and Unity United Methodist Church.** We can thank heaven with eleven sponsoring congregations! Our goal is a "Lucky 13." If your congregation would like to join in our mission, just give us a call. We welcome the opportunity to share our passion of service to all our senior neighbors.

Share the Warmth

As winter envelops us let's remember to "share the warmth" with our senior neighbors. If you make a pot of soup, share it with someone who would totally enjoy it! Think of the neighbors who need Meals on Wheels... there are no meals served on the weekend. So Saturday and Sunday are perfect days to share!

Do You Have a Minor Home Repair?

Our Handy Hands program has volunteers trained and ready to help you out. Do you need a battery changed in your smoke detector? Do you have a hard to reach light bulb we can fix? Is there a small leak we can repair? Do you need some pictures hung? Just give us a call at 395-0988 and we will register you so one of our volunteers can help.

Volunteers are our Heart and Soul

Did you know that in 2010 we had 181 volunteers doing 226 jobs? All of their work aimed at helping seniors stay vital and independent. Volunteering helps all of us remain vital! If you want to get involved and be part of our circle of helpers, just call. There is a job just for you. You can help in the kitchen for AIL, drive a neighbor to class, plan speakers, be a resource volunteer, help with our mailings and much, much more. Call Gayle at 395-0988 to find just the right volunteer "spot." It will be worth it!

Stay Strong Stay Healthy

The Stay Strong Stay Healthy class will continue under SCWK volunteer leadership. The group will meet from 10 – 11 am for ten weeks. Class dates are Jan. 9, 23 and 30, Feb. 6, 13 and 27 and March 5, 12, 19, 26. Cost is \$30. Call the Shepherd's Center at 395-0988 to register.

Shepherd's Travelers

Bob Eastin has planned another nice evening of music, food and fellowship on **Friday, March 9, 2012** Join Bob and Friends for dinner at the Missouri Athletic Club and an evening at Powell Symphony Hall for music performed by the SLSO Youth Symphony featuring Mozart/Stravinsky/Rimsky/Korsakov. Cost is \$70, payment **deadline is February 24.** MAC bus leaves at 4:15 returning about 10 pm. Seating is limited to 32.

From the Resource Desk

Two good resources for senior neighbors:

Mid East Area Agency on Aging offers lunch at 2 sites in our community. For reservations and information in Shrewsbury call St. Joseph Apartments at 968-8720 and in Kirkwood call Kirkwood House at 965-1022.

For a unique volunteer opportunity the **Long Term Care Ombudsman Program** is looking for volunteer Ombudsman to provide advocacy for long-term care residents and their families. Volunteers spend 4 hours each week at a skilled nursing facility. Call 918-8222 for information.

Oh the Weather Outside is Frightful!

If we have snow or inclement weather on an **Adventure in Learning** Friday, you can tune in to Channel 5 and we will be posted with their school closings.

If the weather is bad on a **Transportation Ministry** day, the policy is; **ice and snow, we don't go.** Our drivers are volunteers and those we serve are older, so we don't want to take any chances. The drivers will contact the riders to cancel. Riders can then call our office to reschedule rides. Sorry for any inconvenience but "Safety First."

Juliets, Just Us Ladies Into Eating Together

Join the lunch bunch of friends every third Friday of the month. Call the Shepherd's Center to RSVP and for details about where and when the "Juliets" will meet. Jan. 18 the group will dine at Cardwell's. And... Cindy Schultz, from the Oak Bend Branch of St. Louis County Library is facilitating a monthly book club which meets the second Friday of each month. Call SCWK to get an update on the latest read.

Thanks to the Kids for helping with Fall Chores Galore

HUGE thanks to the youth from Hickson Junior High, Webster Groves High School Student Council, Mary Queen of Peace, St. Mary Magdalen, St. Catherine Labouré Girl Scouts, North Glendale Brownies, Webster Hills UMC and Concordia Lutheran Church for helping out 25 seniors on Make a Difference Day, October 22. These kids were so helpful in aiding our seniors with their yard work. Thank you very much!