

## Summer 2016



### Taste of Webster-Kirkwood: Chef Wars – The Best Taste Ever!

April 17 marked the 13<sup>th</sup> Annual

Taste of Webster-Kirkwood and the 2<sup>nd</sup> Annual Chef War. The event was a huge success with 300 in attendance and chefs from eight senior residences competing. Chef Chris Morgan from Meramec Bluffs is the reigning champ two years in a row for best entrée. Awards also went to Chef Mark DuBro from Cape Albeon for best dessert and runner up entrée, and Chef Guysell Dixon from Laclede Groves for runner up dessert. Many thanks to all the competing senior residences, restaurant establishments, auction donors, 80+ volunteers, and guests for making the event a hit once again.

### New Face in the Office Welcome Lucy McCalpin: Services Coordinator

The Shepherd's Center has recently added a new staff position and welcomed a new employee. Lucy McCalpin began her role as Services Coordinator in May. She will be working closely with the Transportation Ministry, Resource Center and championing a reboot of Handy Hands Simple Home Repair. Lucy comes to us from the Society for the Blind and has a background in social work and human resource management. Help us in welcoming Lucy!

### Handy Hands Simple Home Repair

Have an out of reach lightbulb that needs to be changed, leaky faucet, a grab bar to install, batteries to change in smoke detectors, or other simple home repair? Shepherd's Center Handy Hands volunteers can help. No charge for service call, homeowner responsible for hardware or other material fees. Available to older adults responsible for home maintenance in eligible service area. For more information and to register for service, call Lucy McCalpin at 314-395-0988.



### Help Us Go Green!

The Shepherd's Center has three program sites every week. How many Styrofoam coffee cups do you think we use? Or paper cups for water? Help us reduce our carbon footprint. Please bring a reusable coffee mug, tea cup or water bottle to class. Let's be mindful of Mother Earth!

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## Volunteer Driver Orientation

*Led by Harry Bahr, Transportation Ministry Chair*  
**Webster Hills UMC, 1333 W. Lockwood,  
Glendale, MO 63122**

- Thursday, June 30 at 9 am
- Thursday July 21 at 1 pm
- Wednesday, August 17 at 9 am
- Tuesday, September 13 at 1 pm

A simple ride can make a world of difference. Learn more or register by calling 314-395-0988.

## Youth/Family Service

### Opportunities: Fall Chores Galore

**Saturday, October 22**

Scouts, high school groups, youth groups and families are needed to help older adults with raking, bagging and bundling in their yard. Call Betsy Solomon at 314-395-0988 to volunteer your group.

## A Tip From the Resource Desk

A typical household spends 10 to 15 percent of its energy budget on lighting. If you make your next four lightbulb replacements ENERGY STAR, you will see an annual savings of about \$44. The savings add up because a Compact Fluorescent light bulb (CFL) lasts up to 5 years. Use less energy, save money, and reap the many other benefits of efficient lighting. If you need help changing hard to reach lightbulbs, call the Shepherd's Center and request the assistance of a Handy Hands volunteer.



## Kirk Care Needs Our Help

Kirk Care Food Pantry is the only food pantry in the area that delivers and right now they are in need of specific items. Summertime is challenging for some families with kids home from school. Please bring donations to any Shepherd's Center program. Suggested items are: protein (canned chicken, tuna, peanut butter, etc.), pasta and sauces (Chef Boyaredee, etc.), or canned fruit.

## Thank you Lutheran Foundation

The Shepherd's Center is grateful to the Lutheran Foundation for their continued support. Their generous grant will make many of our programs, services and marketing efforts possible in 2016. Both the Shepherd's Center and the Lutheran Foundation share the common mission of improving the care of those we serve.

## Our Gratitude to the Daughters of Charity

The Shepherd's Center has received a generous general operating grant from the Daughters of Charity Foundation. These funds will enable the Shepherd's Center to fulfill its mission of helping older adults to remain independent as well as further the Daughters of Charity's mission of assisting vulnerable populations.

### Shepherd's Center of Webster-Kirkwood Our Sponsoring Congregations

Webster Hills United Methodist Church  
Harrison Avenue Missionary Baptist Church  
Webster Groves Christian Church  
Mary Queen of Peace Catholic Church  
Concordia Lutheran Church  
First Congregational Church of Webster Groves  
First United Methodist Church of Webster Groves  
Glendale Presbyterian Church  
Grace Episcopal Church  
Kirkwood United Church of Christ  
Sanctuary Fellowship  
The Lutheran Church of Webster Gardens  
Unity United Methodist Church  
Webster Groves Presbyterian Church

#### National Affiliations:





# Classes

Inspiring older adults through volunteerism,  
enrichment and community connection

## Adventures in Learning at Webster Hills UMC – Summer 2016 1333 West Lockwood, Glendale, MO 63122 – Fridays, July 8 to 29

### Morning Coffee and a Bite

**Fridays, July 8 to 29, 9-9:30**

Stop in early to enjoy a cup of coffee and a bite to eat before class. Coffee available to all registered participants throughout the morning.

### Guest Speakers

- **July 8, 9:30-10:20** – Author Visit: David Baugher, *Secret St. Louis: A Guide to the Weird, Wonderful, and Obscure*
- **July 8, 10:30-11:20** – *How to Read Your MSN (Medicare Summary Notice)*, Dexter Hall, Senior Medical Patrol
- **July 15, 9:30-10:20** – Book Review: *The Wright Brothers* by David McCullough, reviewed by Tom Cooper, Director, Webster Groves Public Library
- **July 15, 10:30-11:20** – *15 National Parks in 50 Days*, Corky and Harry Bahr
- **July 22, 9:30-10:20** – *A Trip to London and Paris*, Presented by Pam Kaizer, Senior Services Plus Travel Program Coordinator
- **July 22, 10:30-11:20** – *Missouri Botanical Garden: An Armchair Tour*, Presented by Joe Dunne, Docent
- **July 29, 9:30-10:20** – *The Blues is Living History: St. Louis Blues Museum*, Dion Brown, Executive Director
- **July 29, 10:30-11:20** – *Magnificent Alaska*, Presented by Susan Eaton

### Weights=Strength=Health

*Kacey Cowdery*

**Every Friday, 9:30-10:20**

Improve your fitness using small weights! Weights provided.

### Interval Exercise

*Mary Beth Wilczak*

**Every Friday, 9:30-10:20**

Five minute intervals of cardio, isolation exercises, stretching and balance done to music. With or without weights, standing or seated – class suited to all exercise abilities.

### Chair Yoga

*Debbie Daugherty*

**Every Friday, 10:20-11:10**

Improve your balance, learn restorative breathing, functional skills and relaxation techniques. Includes a variety of seated and standing yoga poses.



### Lois Laster Honorary Ice Cream Social

**Friday, July 29, 12:30**

End the summer session on a sweet note with root beer floats and ice-cream sundaes. Please RSVP to 314-395-0988 so we have enough scoops!

### Registration and Fees

*For Programs at Webster Hills UMC*

\$8/week or \$24/pre-registration for 4 weeks, coffee and refreshments included. To register, complete form on page 7 or call 314-395-0988.

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on the Next Page**

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## Webster Hills UMC Continued

### Discussion Group: Our Place on Earth

*Helen C. Gennari, LCSW*

Let's have a conversation about our place on Planet Earth. We will have fun sharing stories, memories, and things we've learned as we examine our relationship with Nature. We will expand our awareness of how, in our daily life we either create a legacy of caring or support the toxic actions that threaten the well-being of our only home.

**\$8/week, included in Adventures in Learning fee, please complete registration form on page 7.**

#### **11:30-12:20, our focus for each discussion:**

- 7/8 Stories of coming to awareness of our connection with Nature; poems, writings and art that reflect our relationship with Nature.
- 7/15 Nurturing and nutrition; the variety of gardens we've created; food we rarely experience. What we can learn from the secret life of plants
- 7/22 Trees, water, the air we breathe, and more; What part of Nature do you cherish? How do you express / live this? Where to from here?
- 7/29 Creating a Legacy of Love that reflects new ways of thinking & behaving in our relationship with Nature; Reflection / Rethinking / Reducing / Reusing / Recycling

**Adventures in Learning at Harrison Avenue MCB Annex – Summer 2016**  
347 Harrison Avenue, Kirkwood, MO 63122

### Chair Yoga

*Jaime Sanchez*

**Every Tuesday, 11:15-12:15**

This chair-based exercise class is a blend of stretching and conditioning done to music. It includes some T'ai Chi and Yoga. \$4/class, payable at the door, please complete registration form on page 7, walk-ins welcome. No class August 30.

### Eating Smart • Being Active

*Presented by Terressa Caine-Clary, University of Missouri Extension*

**Tuesdays, July 12-September 13, 9:30-11 (no class August 2 and 30)**

Eating Smart Being Active offers research-based information about nutrition, physical activity, food safety and making the most of your food dollars. It is a FREE program provided by University of Missouri Extension Family Nutrition Education Programs. Interactive lessons focus on simple messages related to food, nutrition and tips for feeding yourself and your family. Lessons include food tastings and tools to take home. FREE, registration required, complete form on page 7

### Summer Field Trips

*Carpools and RSVP*

Transportation to all field trips is by volunteer carpool. Carpools leave from Harrison Avenue MCB Annex, 347 S. Harrison, Kirkwood, 63122. Please RSVP to Betsy Solomon (314-779-9231) one week prior to each field trip – carpool space is assigned on a first come, first served basis. Details for each field trip will be provided upon RSVP.

- **Tuesday, June 14** – Lunch at Down Under Restaurant. Lunch on own, carpool leaves at 12:30
- **Tuesday, June 28** – Lunch at Hibachi Grill. Lunch on own, carpool leaves at 12:30
- **Wednesday, July 6** – IKEA: Doing It A Different Way, browse showrooms, shop and eat lunch. Lunch on own, carpool leaves on 9:30
- **Monday, August 8** – Elton John and Tim Rice's *Aida* at the Muny (group tickets \$12-\$14/person), carpool details TBD
- **Tuesday, August 30** – Saint Louis Zoo, Penguin & Puffin Coast, Sea Lion Sound, Train and select areas of the Zoo. Lunch on own at the Zoo, carpool leaves at 10
- **Tuesday, September 6** – World Bird Sanctuary, carpool leaves at 12:30



# Classes

## Special Interest Classes – Summer 2016

*Locations listed with each class*

### Get Out and Move: Ten Toe Express – A Community Connection Coffee

*Lisa Cagle, Program Director, Citizens for Modern Transit*

**Wednesday, June 22, 9:30-11**

**Mary Queen of Peace Catholic Church  
676 West Lockwood, Webster Groves, MO 63119**

Citizens for Modern Transit sponsors the Ten Toe Express to help individuals lead healthier lives by linking activity, sociability, and exercise with the use of MetroLink and MetroBus. Registrants receive a walking kit complete with pedometer, MetroLink tickets and a travel bag as well as opportunities to walk with family and friends around the St. Louis area. Join us for coffee and something sweet, learn about the Ten Toe Express, and share information about resources of interest to older adults. FREE, Please RSVP to the Shepherd's Center 314-395-0988.

### Colored Pencil

*Khris Scharfenberger, Artist and Owner, KhrisArt*

**Fridays, July 8-August 12, 1-3 pm**

**Webster Hills UMC, 1333 W. Lockwood,  
Glendale, MO 63122**

Khris introduces various techniques to create colorful, realistic artwork. Open to new and experienced students. \$8/week or \$40/6 weeks. To register, complete form on page 7.

### Line/Slide Dance

*Pat Clark and Marsha Goins*

**Every Thursday, 10-11**

Douglass Manor, 548 N. Elm, 63119  
The wobble, cupid shuffle, electric slide and much more! Wear comfortable shoes, bring a water bottle and be ready to move. \$1/class, payable at the door, walk-ins welcome, residents of Douglass Manor attend for free

### Quick Witz: Brain Fitness Program (Quick Witz 3 for beginning and continuing students)

*Facilitated by Karen Dickerson*

**Fridays, July 8-September 23, 11:30-12:30**

**Webster Hills UMC, 1333 West Lockwood,  
Glendale, MO 63122**

It happens to all of us, we forget a name or where we've parked our car. Get sharp and stay sharp with Quick Witz: a one of a kind, fun and interactive brain training program. \$35/12 sessions including workbook, pre-registration required see form on page 7, space is limited.

### Monday Scrabblers – Brain Games

**First Monday Monthly, 2-4 pm**

**Webster Hills UMC, 1333 W. Lockwood,  
Glendale, MO 63122**

Sign up to play Scrabble, call 314-395-0988 to reserve your spot at the table.

### J.U.L.I.E.T.S. Lunch Group

*"Just us Ladies into Eating Together"*

**Third Wednesdays Monthly**

Gathers the third Wednesday of every month at a different restaurant chosen by the group. Everyone is welcome, call 314-395-0988 for restaurant schedule and to RSVP by noon the Monday prior to lunch.



### Book Club

**Second Friday Monthly, 12:30**

**Webster Hills UMC  
1333 West Lockwood, Glendale,  
MO 63122**

Hosted by Cindy Schultz from St. Louis County Library. All are welcome to join, books provided, call 314-395-0988 for details.

## Special Event – Film Series

### Mountains, Music, and Memories: Documentary Film Series

*Hosted by The Shepherd's Center in collaboration with Webster Groves Public Library*

#### **Meru**

**Sunday, June 26, 2-4 pm**

*A Film by Jimmy Chin and Elizabeth Chai Vasarhelyi (2015)*

Rising 21,000 feet above the sacred Ganges River, the Shark's Fin on Mount Meru is the ultimate test in big-wall climbing. When alpinists Conrad Anker, Jimmy Chin and Renan Ozturk embark on an expedition to tackle the Shark's Fin for the first time, they confront nature's harshest elements in an attempt to achieve the impossible. With breathtakingly beautiful cinematography, Meru is a real-life tale of survival and friendship. Sundance Film Festival Winner.

#### **The Amazing Nina Simone**

**Sunday, July 10, 2-4 pm**

*A documentary film by Jeff Lieberman (2015)*

She was left out of Civil Rights history. Erased by jazz critics ... and forgotten by most Americans because no one knew how to categorize her greatness. Now, a new documentary reveals the real Nina Simone through over 50 intimate and exclusive interviews with those who best knew the artistry and intentions of one of America's true musical geniuses. Official Selection: New York's Summer of Music 2015 and Tryon Film Festival NC 2015. 2016 Nominee for Outstanding Documentary Black Reel Awards

#### **Alive Inside**

**Sunday, July 17, 2-3:30 pm**

*A Film by Michael Rossato-Bennett (2014)*

Alive Inside is a joyous cinematic exploration of Music's Capacity to reawaken our souls and uncover the deepest party of our humanity. Filmmaker Michael Rossato-Bennett chronicles the astonishing experiences of individuals around the country who have been revitalized and awakened by the simple act of listening to the music of their youth. Sundance Film Festival Winner.



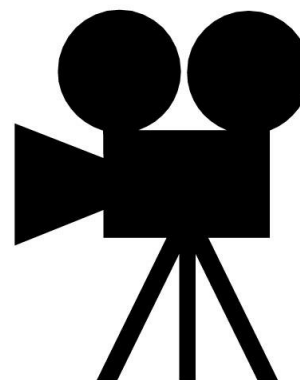
**Webster Groves Public Library**  
**301 East Lockwood, Webster Groves, MO**  
**63119**

Free and open to the public

**Please RSVP to the Shepherd's Center 314-395-0988**

Walk-ins welcome on a first come first served basis

Doors open at 1:30



# Summer Registration Form – All Sites

**1**

Name \_\_\_\_\_

**2**

Choose your programs (check all that apply) and return with applicable fees to:  
Shepherd's Center, 1333 West Lockwood Ave, Glendale, MO 63122

☐ Webster Hills AIL  
\$8/week or \$24 for 4 weeks

☐ Colored Pencil at Webster  
Hills UMC  
\$8/week or \$40 for 6 weeks

☐ Eating Smart – Being Active at  
Harrison Avenue MBC  
FREE, Registration Required

☐ Lectures

☐ Exercise

☐ Helen Gennari Discussion  
Group

☐ Quick Witz at Webster  
Hills UMC  
\$35 for 12-week class

**3**

For grant reporting purposes:

Age: Under 65\_\_\_\_ 65-74\_\_\_\_ Over 74\_\_\_\_  
Ethnicity: African-American\_\_\_\_ Caucasian\_\_\_\_ Asian\_\_\_\_ Latino\_\_\_\_  
Native American\_\_\_\_ Mideastern\_\_\_\_ Other\_\_\_\_  
Congregation/Parish Affiliation? \_\_\_\_\_

**4**

For New Participants and Address Changes Only:

Name: (circle one) Mrs. Mr. Ms. \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Relationship \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

☐ Check here to receive email only (no regular mail)

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