

## Spring 2016

### A Message from Dick Entenmann, Board Chair

As many of you know by now, Gayle McHenry, our Executive Director, has announced her intention to retire on June 1 of this year. She will be missed. Her commitment, dedication, and passion for our mission has enabled us to grow into the vibrant organization we are today.

The Board of Directors has approved the recommendation of its Executive Committee and appointed Betsy Solomon as our new Executive Director starting June 1. Betsy has served as our Strategic Expansion Director and has spearheaded our expansion of the Harrison Avenue and Douglass Manor programs. She has been an employee of the Shepherd's Center since January 2013. Before that she was a consultant working on these expansions as part of our strategic plan. Some of you may know her as the instructor of the popular Art History classes.

Our Shepherd Center is strong and is transitioning to meet the needs of the next "older" generation. As we continue this transition we are still maintaining our roots that were established eighteen years ago. Please continue to support our **Programs**, use our **Services**, and help by **Volunteering** as we build on our successes into the coming years.

### Take Note, New Start Time Spring Session

Beginning March 4, Friday Adventures in Learning programs at Webster Hills UMC will begin 30 minutes later, with breakfast from 9–9:30 and classes beginning at 9:30.



### 13<sup>th</sup> Annual Taste of Webster-Kirkwood: Chef Wars

Sunday, April 17, 5:30–8 pm

**Kirkwood Community Center  
111 S. Geyer, Kirkwood, MO 63122**

Join in the fun, food and festivities! Senior Living Communities compete for the best entrée and best dessert. Local establishments share their best appetizers and libations. Tickets on sale, for more information, call 314-395-0988.

### Go Green – A Jean Ponzi Effect

Our use of styrofoam cups is not green. We challenge you to bring your favorite coffee mug, water bottle or teacup for use at all classes. On Fridays, Gayle will give you “one thin dime” each week you bring a reusable alternative. 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**

- Tuesday, March 8 at 9 am
- Wednesday, April 20 at 1 pm
- Thursday, May 12 at 9 am

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

## Saturday, May 7 Spring Chores Galore

Youth and scouts will be cleaning up yards for senior neighbors. If you live in our service area and need some youth in the yard call 314-395-0988 to register. This is on a first come first serve basis. Youth groups and families who wish to lend a hand please call to get involved.

## Farewell and Thank You to Three Great Guys

Thanks to Don Kamps, Rev. Jeff Croft and Jerry Ehnes who have served on the Shepherd's Center board for the past six years. Don Kamps was always willing to lend a hand, share our programs and services with anyone who would listen and supported all we offer. Our partnership with Harrison Avenue Missionary Baptist Church could not have been possible without the leadership of Rev. Jeff Croft. He helped us to expand our programming to be more inclusive in our community. Jerry Ehnes has been stellar in keeping us on track financially, doing many of the day in and day out tracking necessary for our integrity and accountability. We truly cannot thank them enough for sharing their unique talents with our Shepherd's Center.

## International Institute Donations

On May 6 at 9:30 the International Institute will share their story. They will be accepting donations of personal items such as tooth paste, brushes, shampoo, soap, etc. Please bring donations to the Shepherd's Center on or before May 6.

## Changing Hats

Beginning January 1, 2016 we welcomed four new women to our Board of Directors: Sharon Ema, Deborah Graves-Manns, Genevieve Hodges and Irene Travis. Thanks to each of them for sharing their time and joining our leadership team. We look forward to working together.

## Our Volunteers are Simply the Very Best

In December we celebrated our gratitude to our 176 volunteers who carry our mission through 262+ different jobs. As a volunteer "driven" organization, we would be "stalled" without your generous help. Many special recognitions were awarded. Paul Fredstrom received the first time Shepherd Emeritus award for his dedicated leadership, volunteerism and friendship for 18 years. The Good Shepherd Award was presented to Our Transportations Coordinators: Harry Bahr, Joan Collins, Jill Jordan, Pat Greenblatt, Norm Nardoni and Len Mirly.

## We Met the Match

Sincerest thanks to Phyllis Tirmenstein, advisor to the Roland Quest Memorial Fund of the Greater St. Louis Community Foundation for the matching challenge of \$10,000 and thanks to YOU, we met the match! Thanks to your help, we can continue all our programs, services and volunteer involvement. Without your generous support none of this would be possible. Isn't it great to be part of a successful endeavor!

## Thank You Clifford Willard Gaylord Foundation

Many thanks to the Clifford Willard Gaylord Foundation for their generous operating support.

**Don't Miss It – May 13**

*Gayle Closes-Out*

Lois Laster Honorary Ice Cream Social

*See page 4 for details.*

## Adventures in Learning at Webster Hills UMC – Spring 2016

1333 West Lockwood, Glendale, MO 63122 – Fridays, March 4 – May 13

(No Class March 25)

### Breakfast and Announcements

Every Friday, 9–9:30

Bagels, coffee and more.

### Guest Speakers

- **March 4, 9:30-10:20** – Esley Hamilton, Preservation Historian for St. Louis County Parks & Recreation, *Churches, Old and New in St. Louis County*
- **March 4, 10:30-11:20** – Book Review with Author, Helen Gennari *From The Heart Of An Abandoned Daughter: My Personal Journey Through Family Violence and Beyond*
- **March 11, 9:30-10:20** – *Right to Work: Moderated Discussion*, MO Rep Courtney Curtis (D Ferguson), Ed Finkelstein, Publisher, St. Louis Labor Tribune and Roy Malone, Moderator
- **March 11, 10:30-11:20** – Claire Anderson, Powder Valley Volunteer, *What's New at Powder Valley Nature Center*
- **March 18, 9:30-10:20** – June Towater, *The Inequality and Injustice of Our Society*
- **March 18, 10:30-11:20** – Artist Kacey Cowdery, *Thanks to Mom it Started with 4H*
- **March 25 – NO CLASSES**
- **April 1, 9:30-10:20** – Missouri History Museum Docent, Sharon Smith, *The World's Fair in Photographs: Planning, Construction and Being There*
- **April 1, 10:30-11:20** – Rick Skinner, Vice President, Volunteer Center, *United Way Quality Standards: How to Know Your Contributions of Time, Treasure and Talents Truly Make an Impact in the Community*
- **April 8, 9:30-10:20** – Lynn Acree, *What is Barn Art?*

### Guest Speakers Cont.

- **April 8, 10:30-11:20** – Sally Haffner, Handkerchief Expert, *Hankie Pankie, Bring Your Mother's Hankie for Vintage, Value and Preservation Care*
- **April 8, 11:30-12:20** – Jean Ponzi, Green Resources Manager, EarthWays Center of Missouri Botanical Garden, *Sustainability 101: Your Efforts Matter! – An Overview of the What-and-Why of green living*
- **April 15, 9:30-10:20** – Peter James, London Tea House, *Tea Time – Learn About Tasting*
- **April 15, 10:30-11:20** – Dr. Jim Williams, Executive Director, *How the National Churchill Museum of Fulton Operates*
- **April 22, 9:30 – 10:20** – Professor Michael J. Fuller, Meramec Community College, *Why Islamic State is Destroying Sirias Archeological Heritage*
- **April 22, 10:30-11:20** – Dave Wichman, *Woodworking with a Passion and Purpose*
- **April 29, 9:30-10:20** – Performer Ann Houston, *My Fun Years with the Grand Old Opry*
- **April 29, 10:30 – 11:20** – Betsy Solomon, MA, *Art History: Top 10 Paintings of All Time*

More guest speakers and TED Talks on  
the next page

### Registration and Fees

For Programs at Webster Hills UMC

\$8/week or \$72/pre-registration for 10 weeks,  
breakfast included. To register, complete form  
on page 7 or call 314-395-0988.

Walk-ins welcome, scholarships available

# Classes

## Guest Speakers Cont.

- **May 6, 9:30-10:20** – Kelly Moore, International Institute, *Learn What's Happening at the International Institute*
- **May 6, 10:30 – 11:20** – Betsy Solomon, MA, *Art History: Robert S. Duncanson: African-American Painter*
- **May 6, 11:30–12:20** – Book Review with Damaris Schmidt, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*, by Marie Kondo
- **May 13, 9:30-10:20** – Paul Simon, Senior Communications Specialist, *76 Year History of Schnucks Market*
- **May 13, 10:30-11:20** – Betsy Solomon, MA, *Art in Nature: The Work of Andy Goldsworthy*
- **May 13, 11:30-12:20** – Gayle McHenry, *Clocking Out: See What's On My Bucket List*

## Webster Hills UMC Cont.

### 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, 10:30-11:20

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



## TED Talks Discussion Group

**Fridays, March 4-April 22, 11:30-12:20**

*TED* (Technology, Entertainment and Design) is a nonprofit devoted to spreading ideas in the form of short, powerful talks (18 minutes or less). View and discuss a selected *TED* Talk each week. Discussion facilitators include: 3/4 Gayle McHenry, 3/11 Joe Dunne, 3/18 Ted Forsyth, 4/1 Mary Beth Reynolds, 4/15 Joe Dunne, 4/22 Mary Beth Reynolds.



### Gayle Clocks-Out: See What's on Her Bucket List

*Special Presentation by Gayle McHenry, Executive Director*

**Friday, May 13, 11:30-12:20**

Say good bye to Gayle as she reflects on her “Sweet Sixteen” years as the Executive Director of our Shepherd’s Center, and shares what she has learned from you about retirement.

### New Line Dance Class!

Led by Pat Clark, Carol Jackson and Marsha Goins

Every Friday at Webster Hills UMC, 11:30, \$1 at the door.



### Lois Laster Honorary Ice Cream Social

**Friday, May 13, 12:30**

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



# Classes

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

## Breakfast and Announcements

Tuesdays, April 5 – May 10, 9:30-10

Muffins and coffee

## Tuesday Morning Series

Tuesdays, April 5-May 10, 10-11

- **April 5** – *Augusta Savage: Sculptor, Teacher and Activist*, presented by Betsy Solomon
- **April 12** – *Thanks to Mom, It Started with 4H*, presented by Kacey Cowdery
- **April 19** – *Cooking Matters at the Store*, presented by Operation Food Search
- **April 26** – Harrison Avenue Roundtable Discussion Facilitated by Betsy Solomon – *Enrichment, Fulfillment, Enhanced Well-Being: What Do Those Words Mean Anyway?*
- **May 3** – *Muny Opera: Behind the Scenes and Preview of the Season* with Jane Schell, Muny Staff
- **May 10** – *Travels in South America* with Jaime Sanchez

## 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, walk-ins welcome.

## Registration and Fees

For Programs at Harrison Avenue MBC  
\$4/week or \$20/pre-registration for 6-week Tuesday Morning Series, breakfast included. To register, complete form on page 7 or call 314-779-9231.

## Douglass Manor

548 N. Elm Avenue

Webster Groves, MO 63119

Enter through Webster Grove Senior Center door, 548 Elm side of building.

## Line/Slide Dance

Pat Clark

Every Thursday, 10-11

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.

## 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.



St. Louis  
County  
Library

## Book Club

Second Friday Monthly

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.



# Classes

## Special Interest Classes – Spring 2016

*Locations listed with each class*

### Powerful Tools for Caregivers

*Presented by Mark Franzblau, PTC Master Trainer,  
Right at Home Community Educator*

**Mondays, June 5-July 18, 1-3:30 (no class July 4)  
Webster Hills UMC, 1333 West Lockwood,  
Glendale, MO 63122**

Workshop gives caregivers tools to care for themselves while caring for a loved one at home, in a care facility or across the country. Research illustrates high rates of depression, anxiety and increased vulnerability to health problems among caregivers. Powerful Tools teaches skills for reducing stress, communicating more effectively, dealing with emotions and making decisions. \$15/6-week course, workbook included, to register complete form on page 7.

### Community Connection Coffee: This is Not Just Your Kids Library

*Presenters Tom Cooper, Webster Groves Public Library and Nick O'Neal, Kirkwood Public Library*

**Wednesday, February 24, 9:30 am  
Webster Groves Public Library, 301 E.  
Lockwood Ave., Webster Groves, MO 63119**

Libraries have resources for people of all ages. Join us for *This is Not Just Your Kids*

*Library*, coffee, pastries and an opportunity to share and hear community updates of interest to older adults. For more information, call 314-395-0988.

#### ***Save The Date!***

June 22 Community Connection Coffee, details to follow

### Something New: Scrabblers

**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.

### Film Series Screening Panel

*Facilitated by Betsy Solomon*

**Friday, February 26, 9:30-11  
Webster Hills UMC, 1333 W. Lockwood,  
Glendale, MO 63122**

This summer, the Shepherd's Center will partner with Webster Groves Public Library to present a film series. Help us choose the films to be shown. Watch a selection of short clips, share your thoughts and choose your favorites. RSVP to 314-395-0988.

### City Museum Field Trip and More

*Led by Gayle McHenry, Executive Director*

**Wednesday, May 4 9:30 am–2 pm**  
What more can we ask for? Fun at the City Museum, lunch at the Boat House in Forest Park and frozen custard at Ted Drewes. The museum tickets are complimentary of Rick Irwin, City Museum Director. Thanks Rick! Carpool leaves Christian Life Center of WHUMC (1333 W. Lockwood Ave, Glendale, MO 63122) at 9:30 am. Lunch and custard on your own, RSVP to 314-395-0988, space is limited!

### Colored Pencil

*Khris Scharfenberger, Artist and Owner, KhrisArt*

**Fridays, March 4–May 13, 1-3 pm, (no class March 25)**

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

Kris introduces various techniques to create colorful, realistic artwork. Open to new and experienced students. \$8/week or \$72/10 weeks. To register, complete form on page 7

# Fall Program Registration and Address Changes – All Sites

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 \$72 for 10 weeks

Lectures

Exercise

Colored Pencil at Webster  
Hills UMC  
\$8/week or \$72 for 10 weeks

Harrison Avenue AIL  
\$4/week or \$20 for 6 weeks

Lectures

Exercise

Powerful Tools for Caregivers  
at Webster Hills UMC  
\$15/six week workshop, book  
included

### Payment Information:

Cash amount \_\_\_\_\_

Check amount \_\_\_\_\_

Check # \_\_\_\_\_

Address Change Only

**Congregation/Parish affiliation?**

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)

*For grant reporting purposes:*

Age: Under 65 \_\_\_ 65-74 \_\_\_ Over 74 \_\_\_

Ethnicity: African-American \_\_\_ Caucasian \_\_\_ Asian \_\_\_ Latino \_\_\_  
Native American \_\_\_ Mideastern \_\_\_ Other \_\_\_

