Sponsoring Congregations

Central Congregational Christ the King **Countryside United Methodist Crestview United Methodist** Faith Lutheran Fellowship Bible Church **First Baptist First Congregational** First Christian (Disciples) **First Lutheran First Presbyterian First United Methodist** Grace Episcopal Cathedral Grace United Methodist Lowman United Methodist Most Pure Heart of Mary Our Savior's Lutheran St. Augustine's Anglican St. David's Episcopal Susanna Wesley U. Methodist **Trinity Presbyterian** University United Methodist Wanamaker Woods Nazarene Church Westminster Presbyterian West Side Christian

We welcome clergy of our sponsoring congregations to attend Adventures in Learning FREE for a single class or a full session. Please call the office beforehand at 785-249-3258 to let us know you're coming, and then share the Shepherd's Center's story with your congregation.

Community Partners

Aldersgate Village Arbor Court Atria Hearthstone Brewster Place Elara Caring Grace Home Care Great Adventure Tours Great Lakes Caring Healthcare Resort Topeka Home Instead Senior Care Jayhawk Area Agency on Aging Kansas Rehab Hospital



Engage, Learn, Enjoy Meet new Friends and Make a Difference!

Shepherd's Center of Topeka is a faith-based ministry that provides opportunities for adults 55 and older to participate in educational, physical, spiritual, and social activities and events.

January / February 2024 Newsletter

Issue No. 88



On behalf of the board of trustees, best wishes to all for an enjoyable holiday season and a happy, healthy new year. When the board met on December 8th, we started with reflections on those things we at Shepherd's Center have to be thankful for this year. Our 20th year has been a time for renewed growth and participation. We saw gradual increases in Adventures in Learning (AIL) attendance and participation in activity groups. We were blessed with a generous donor's challenge to do a fundraiser for Shepherd's Center Topeka and, thanks to members and friends we met the match. The additional funding allowed us to replen-

ish the endowment fund and for the first time in a few years end the year with a positive budget balance. Two additional fundraisers provided opportunities for camaraderie in the kitchen, excellent food, and socialization with friends and new acquaintances. We are especially grateful to our community partners for their generous support of our fundraisers. During Adventures in Learning they informed us of healthcare and living resources in Topeka and provided refreshments. Lowman United Methodist Church and other sponsoring congregations contributed space for Ail and our activity groups. Finally, we couldn't do what we do without our director and those who volunteer to make our events and activity groups, not only possible, but worth attending. In 2024, we look forward to even greater participation as we strive to provide "opportunities for adults 55 and older to participate in educational, physical, spiritual, and social activities and events. Blessings for the new year. Kathy Harr, Board of Trustees Chair

Treasurers Report - Dan Pauls, Treasurer

| | Financial Report 2022 – 2023 | | | | | | | |
|---|---------------------------------------------------------------------------------------------|------------------|----------|---------------------------|---------|----------|------------------------------|--|
| | Incom | e E | Expenses | | | | | |
| | Jan - Dec 2022 \$ 37,9 | 74 \$ | 5 | 40,046 | \$ | (2,072) | | |
| | Jan - (early) Dec 2023 \$ 76,0 | 30 \$ | 5 | 47,688 | \$ | 28,342 | | |
| | The income this year included \$ 41,304 from The expenses included: \$6,000 contribution | | | 1 the 20 for 20 campaign. | | | | |
| | | | | eka Comm | unity F | oundatio | on, \$3,000 office flooring, | |
| | \$2,000 Lowman. | | | | | | | |
| | Topeka Community Foundation | | | | | | | |
| | Balance Jan 1, 2023 | \$23,823.6 | 52 | | | | | |
| | Additional Contribution | \$6 <i>,</i> 000 | | | | | | |
| | Gain on Investments | \$793.84 | | | | | | |
| | Administrative Fee | (\$225.00) | | | | | | |
| a | Balance Sept 30, 2023 | \$30,392.4 | 6 | | | | | |
| е | Checking Account | | | | | | | |
| | Balance Jan 1, 2023 | \$6,798.63 | ; | Balance | Dec 8, | 2023 | \$33,569.69 | |
| | | | | | | | | |

REGISTER NOW FOR FEBRUARY 2024 ADVENTURES IN LEARNING!

Shepherd's Center's Group Activities

Sign up for our Monday email at www.shepherdscentertopeka.org to receive information on Activity Groups.

Bridge Group - 1st and 3rd Thursday of the month from 1:00 - 3:30 pm, at Our Savior Lutheran Church, 2021 SW 29th St, Topeka. To play, arrangements must be made by Monday at 5:00 by calling Joan Arterburn at 408-5174.

> Hand and Foot Canasta - 2nd and 4th Tuesday of the month from 2:00 - 4:00 pm, St. David's Episcopal Church, 3916 SW 17th St, Topeka. You will need to be there before 2:00 pm, and stay for the entire game. If you would like to play, please email Caroline Huff at libopper1@gmail.com or call 228-2447.

Mexican Train Dominoes - 1st and 3rd Tuesday of the month from 2:00 - 4:00 pm, St. David's Episcopal Church, 3916 SW 17th St, Topeka. Do not enter the building before 1:45 pm. If you are interested in playing, please email the co-coordinators, Ottie Reed, reed7111@gmail.com, or Mary Adkins, marycatkeeper@gmail.com

> Shepherd's Center Book Club - 1st and 3rd Monday of the month from 2:00 - 4:00 pm at Westminster Presbyterian Church, 1275 SW Boswell Ave., Topeka. Contact Pat Kirkman at pattyk696@yahoo.com.

MAP Group (Memoirs, Ancestry, Photos) - via Zoom - 4th Wednesday of the month 10:00 - 11:30 am. Contact Rich McReynolds at rlm4017@gmail.com if you would like to join this group. A Zoom link will be sent to you before the meeting.

Family History Writing Group - 2nd Wednesday of the month, 10:00 - 11:30 am, Lowman United Methodist Church, room 12. Do you have great family stories to tell, and you want to pass them down to the next generation but don't know where to start? For more information about this group contact the office.

Line Dancing - 2nd and 4th Thursday 1:30 - 3:30 and beginners class 1st and 3rd Thursdays from 1:30 - 2:30 at First Baptist Church, 3033 SW MacVicar Ave, Topeka. Please contact Karen Botkin at 785-945-6785 or Jim Bauer at 785-256-2432 at jimbaer73@gmail.com to register for this activity.

SMS - Strength, Mobility, Stability Exercise Group (SMS) Monday 9:00- 9:30 am, Arbor Court, 4200 SW Drury Lane, Topeka. Tuesday and Thursday, 9:00 - 9:30 am, Rosehill Place, 3600 SW Gage Blvd # 97, Topeka. Tuesday and Thursday, 10:00 - 10:45, Grace UMC, 2627 SW Western Ave, Topeka. Please contact Anne Crawford at 785-273- 4527 or email anne.crawford@cox.net.

Tai Chi for Health (TC) - Tuesday 9:30 - 10:30 at Lowman United Methodist Church and Thursday 9:30—10:30 Topeka Zoo. No training needed, just watch and follow. Please contact Madon Daily at 505-424-8989 or madondailey@gmail.com. To Join from Home via Zoom contact Madon for the Zoom link and password.

> Pickleball - Monday and Wednesday, 1:00 – 3:00 pm, First Baptist Church, 3033 SW MacVicar Ave, Topeka. Park on West Side where gym is located. Requires a signed liability waiver. SCT Membership strongly encouraged. If you would like to play, contact coordinator Dave Mathias, davemathias@sbcglobal.net or Betsy Thompson, betsyjthompson@gmail.com.

Donations are welcomed to help support the Shepherd's Center of Topeka.













Please Note - Tai Chi available via Zoom. Please see the Activity Group page for location, and times.

January 2024



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|--------|-----------------------------------|---------------------------------------------|----------------------------------------|----------------------------------------------------------------|-----------------------------|-----|
| | 1 Happy Newyear | 2 SMS Mexican Train Tai Chi - Lowman | 3 Pickleball | 4 SMS Bridge Tai Chi - Zoo Line Dancing | 5 | 6 |
| 7 | 8 SMS Pickleball | 9 SMS Canasta Tai Chi - Lowman | 10 Writing Group LUMC Pickleball | 11 SMS Tai Chi - Zoo Line Dancing | 12 | 13 |
| 14 | 15 SMS Book Club Pickleball | 16 SMS Mexican Train Tai Chi - Lowman | 17 Pickleball | 18 SMS, Bridge Tai Chi - Zoo Line Dancing | 19 | 20 |
| 21 | 22 SMS Pickleball | 23 SMS Canasta Tai Chi - Lowman | 24 MAP via Zoom Pickleball | 25 SMS, Tai Chi - Zoo Line Dancing Task Force Meeting | 26 Board Meeting 9:30 | 27 |
| 28 | 29 SMS Pickleball | 30 SMS Canasta Tai Chi - Lowman | 31 Pickleball | | | |

February 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|--------|-----------------------------------|---------------------------------------------|----------------------------------------|--------------------------------------------------------------|---------------------------------|-----|
| | | | | 1 AiL Setup SMS, Bridge Tai Chi - Zoo Line Dancing | 2 Adventures in Learning | 3 |
| 4 | 5 SMS Book Club Pickleball | 6 SMS Tai Chi - Lowman Mexican Train | 7 Pickleball | 8 AiL Setup SMS Line Dancing Tai Chi - Zoo | 9 Adventures in Learning | 10 |
| 11 | 12 SMS Pickleball | 13 SMS Canasta Tai Chi - Lowman | 14 Writing Group LUMC Pickleball | 15 AiL Setup SMS, Bridge Tai Chi - Zoo Line Dancing | 16 Adventures in Learning | 17 |
| 18 | 19 SMS Book Club Pickleball | 20 SMS Tai Chi - Lowman Mexican Train | 21 Pickleball | 22 AiL Setup SMS, Bridge Line Dancing Tai Chi - Zoo | 23 Adventures in Learning | 24 |
| 25 | 26 SMS Pickleball | 27 SMS, Canasta Tai Chi - Lowman | 28 MAP via Zoom Pickleball | 29 SMS Line Dancing Tai Chi - Zoo | | |

"Adventures in Learning!" Classes for Friday, February 2, 2024

9:00 - 9:50 am News and Views - Current Events - Get Involved with Kevin McFarland

Kevin McFarland stays abreast of the news and asks for YOUR views. Discussions cover everything from City Council issues to national politics; an exchange of ideas & viewpoints. Comments welcomed.

9:00 - 9:50 am Shawnee County VITA (Volunteer Income Tax Assistance) with Susan Fangman

Susan Fangman, Shawnee County Family and Consumer Sciences agent will help us learn the role that VITA plays in our community. She will explain what each of us can do to promote the work of VITA, how to become a volunteer, and how to access VITA services.

9:00 - 9:50 am Stories of Pioneer Women with Megan Burton - In Person and via Zoom

Megan Burton, State Archivist at the Kansas Historical Society, will share stories of pioneer women as collected by Lilla Day Monroe.

10:00 Break - Refreshments provided by The Healthcare Resort of Topeka

10:40 - 11:30 am Got AFIB? You're Not Alone with Dr. Seshu Rao

Hear from a physician about available treatment options that can help reduce the risk of AFIB-related strokes, including drug and device therapies. The "Watchman" is a one-time, minimally invasive procedure that permanently reduces stroke risk with the worries that come with a lifetime of blood thinners.

10:40 - 11:30 amPrepare Wisely: Estate Strategy Essentials w/Chris Robertson, Heartland Advisor Group

Having a solid strategy in place can make things easier for you family after you're gone. Learn what documents you need so your final wishes are known and carried out.

10:40 - 11:30 am Honor Flight with Carl Nuzman— In Person & via Zoom

Carl will share his experience being on an honor flight in June of 2023. His group participated in the Sea of White ceremony in Washington D.C., an event that is not usually part of an honor flight.

"Adventures in Learning!" Classes for Friday, February 9, 2024

9:00 - 9:50 am News and Views - Current Events - Get Involved with Kevin McFarland

Kevin McFarland stays abreast of the news and asks for YOUR views. Discussions cover everything from City Council issues to national politics; an exchange of ideas & viewpoints. Comments welcomed.

9:00 - 9:50 am Love Yourself: Self Care in Fact and Fiction with Miranda Ericsson Readers, TSCPL

In the last few years, "self-care" has become a very popular expression. The idea of self care is that we must fill our own cups and care for ourselves first, especially if we are also to extend care to others. This concept is reflected in books with stories of people putting themselves first for a change, leading to new meaning and depth to their relationships as well as better health. Miranda will bring fiction and nonfiction to fire up your self-care journey and leave you feeling warm and fuzzy.

9:00 - 9:50 am New Immaculata Church with David Heit AIA NCARB - In Person and via Zoom

Architect Davie Hiet will discuss the design of the new Immaculata Church, the completion of a 40-year journey to rebuild a Catholic church overlooking the Kansas River Valley in St. Marys, Kansas.

10:00 Break - Refreshments provided by McCrite Plaza

10:40 - 11:30 am Matching Vision to Reality with Leslie Fleuranges

Leslie will present the development of Tender Loving Pet Care Nursing Hotel from an idea to a business venture.

10:40 - 11:30 am Understanding Levels of Care with Connie Michaelis, McCrite Plaza

Connie will walk through everything from in-home health care to senior living and skilled nursing.

10:40 - 11:30 am From the Farm to the Castle to Prison with Connie Hubbell - In Person and via Zoom

This presentation will include biographical information about Lloyd Hall, Connie's father, who was a POW in WWII for 17 months. He kept a diary throughout his imprisonment with his thoughts about his life as a POW as well as his insights for what to expect when he returned home. Lloyd was an attorney in Topeka until he died at the age of 58, never having spoken about his experiences as a POW.

"Adventures in Learning!" Classes for Friday, February 16, 2024

9:00 - 9:50 amNews and Views - Current Events - Get Involved with Kevin McFarlandKevin McFarland stays abreast of the news and asks for YOUR views. Discussions cover everything from City Councilissues to national politics; an exchange of ideas & viewpoints. Comments welcomed.

9:00 - 9:50 am

Family to Family NAMI Workshop with Susan Reynolds

The "Family to Family" workshop, developed by the National Alliance on Mental Illness (NAMI) offers education as well as support to families who deal with mental illness.

9:00 - 9:50 am Vintage Baseball with Ben Coates - In Person and via Zoom

The Western Base Ball Club plays per rules of the National Association of Base Ball Players from the early 1860's. Ben Coates will share his experiences with this vintage game.

10:00 Break - Refreshments provided by Holiday Senior Living

10:40 - 11:30 am Spring Gardening Preparation with Cameron Reece, Skinner Garden Store General Manager The Skinner Garden Store team continues the deep-rooted legacy of devotion to plants and their people with quality products and garden answers. Come to this class and learn how to prepare for your spring gardening.

10:40 - 11:30 am Topeka Rescue Mission Current Events with LaManda Broyles, Executive Director Join this class for an overview and update on what's happening at the Topeka Rescue Mission.

10:40 - 11:30 am Mansion on a Hill: the Willows Maternity Sanitarium and the Adoption Hub of America with KelLee Parr — In Person and via Zoom

This presentation shares the story of a woman who searches for her entire life for her birth mother. You will learn about her search and the home for unwed mothers called The Willows Maternity Sanitarium where she was born. We will also cover Kansas City being known as the adoption hub of America.

"Adventures in Learning!" Classes for Friday, February 23, 2024

9:00 - 9:50 am News and Views - Current Events - Get Involved with Kevin McFarland

Kevin McFarland stays abreast of the news and asks for YOUR views. Discussions cover everything from City Council issues to national politics; an exchange of ideas & viewpoints. Comments welcomed.

9:00 - 9:50 am Inside Look at Modern Private Investigation with Stu Ford

Stu will provide an overview and case examples of covert surveillance fraud investigations, as well as examples of the role of modern insurance and catastrophic claims investigators. He will discuss the legal, ethical and, logistical hurdles that an insurance fraud or accident investigator must overcome each day.

9:00 - 9:50 am Recovering Untold Stories with Cheryl Brown Henderson - In Person and via Zoom

Cheryl Brown Henderson, Founding President Brown Foundation for Educational Equity, Excellence and Research, will present "Recovering Untold Stories: An Enduring Legacy of the Brown v. Board of Education Decision". It captures first-person narratives of those who were plaintiffs or whose families were represented in the five cases consolidated by the United States Supreme Court in an opinion announced on May 17, 1954.

10:00 Break - Refreshments provided by Topeka Presbyterian Manor

10:40 - 11:30 am Rick Farris: A Kansan's Musical Life — In Person and via Zoom

Rick Faris will share stories of his musical inspiration from his family, his own musical journey, as well as his award winning bluegrass music.

Please Register for Adventures in Learning before Friday, January 26 to avoid a \$5 late fee.

Adventures in Learning is held at Lowman United Methodist Church, 4101 SW 15th St., Topeka.

2023 Funding Church Sponsors

Fellowship Bible Church First Lutheran Church First United Methodist Church Trinity Presbyterian Church University United Methodist West Side Christian Church

Thank you to our Community Partners for Providing Refreshments in 2023

Aldersgate Village Brewster Place Caregivers Home Health Interim Healthcare Legend at Capital Ridge Lexington Park McCrite Plaza Midland Care Oakley Place Presbyterian Manor

Don't forget that our sponsoring congregations and community partners have a link directly to their websites on our website. Just click on their name at shepherdscentertopeka.org.

Guest Policy

There is no charge for attending Activity Groups. You can attend one FREE Friday at "Adventures in Learning" (AiL) as a guest. You will need to register by mail or online. Please check in at the registration table for your guest name tag.

If you decide to attend other "AiL" classes you will need to pay \$30 registration fee, unless you become a member and then the cost is \$25. It doesn't cost anything to check us out — We would love for you to join us.





"Because We Care"

If you, or a member you know, are having health issues or have had a death in the family, we sincerely want to hear from you. Contact Chaplain Charlotte Milroy for Prayer and Support at 785-409-4406 charmilr@gmail.com.

Travel 2024 - Members Only

A benefit to membership is the opportunity to travel as a group. Members will have first opportunity to fill the buses on day trips, before a designated deadline, or filled. If space is still available by deadline, the trip may be open to non-members.

The following trips are coordinated with Great Adventure Tours. Please call Oneta at 785-633-8761 to register. Mail checks to P. O. Box 4126, Topeka, KS 66604.

"Elvis, Aloha From Vega" New Theatre Overland Park Lunch Provided Wednesday, March 6, 2024, Cost \$78

New Theatre, "Elvis, Aloha From Vegas", Wednesday, March 6, 2024, \$78. The coach picks up at Fairlawn Plaza at 9:45 a.m. ELVIS: ALOHA FROM VEGAS traces The King's journey through the 70s. It was a period of reinvention, kicking off a seven-year annual residency at the International Hotel in Las Vegas, running through the sold-out shows at Madison Square Garden, and culminating in a historic international live satellite broadcast from Hawaii, all set to unforgettable songs like "Burning Love", "Suspicious Minds", and of course, "Can't Help Falling in Love."

We have partnered with Sunflower State Tours for day trips in Kansas. Please contact the office at 785-249-3258 if you have travel suggestions.

Membership Questions

Membership is \$30 per calendar year, pre-pay in December or by January 15th (to maximize benefits). The benefits of membership are:

Reduced fee for Adventures in Learning. (\$25 members; \$30 regular fee)

Eligible for travel opportunities, printed Membership Directory, and inclusion and access to the Online Directory.

You **do not need to be a member** to participate in our Activity Groups.

Because we are a community ministry, we do not charge for our group activities. Our host locations do not charge us, and we pass it on. However, we encourage people to become members to support the Shepherd's Center in its mission.

We are a volunteer-run organization, and your help is needed. Volunteers are very important to the Shepherd's Center and all aspects of SCT are run by volunteers whose efforts are coordinated by the Director.

| February 2024 "Adventures in I | Learning" In Person and via Zoom | | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|--|--|--|--|
| Check this box if you are a NEW MEMBER or | if your contact information has CHANGED. | | | | |
| To Register: Mail registration form and payment to SCT, 4101 SW 15th St, Topeka, KS 66604. | | | | | |
| Name (s) | Phone # Home or Cell | | | | |
| Address | Zip | | | | |
| E-mail Required: | Place of Worship: | | | | |
| Reminder: You can also register and pay online at www.shepherdscentertopeka.org or you can drop your registration off at the Lowman Office. | | | | | |
| 2024 Membership Dues x \$ 30.00 = | | | | | |
| Adventures in Learning In Person or Zoom | Member Rate x \$ 25.00 = | | | | |
| Adventures in Learning In Person or Zoom | Non-Member Rate x \$ 30.00 = | | | | |
| Please add late fee to your registration if paid afte | r Jan 19 Registrations x \$ 5.00 = | | | | |
| | Donation to SCT = | | | | |
| Checks Payable to | o SCT - Check Total = \$ Check # | | | | |
| Check this box if you are a FIRST TIME GUEST = Yo | u get 1 Friday FREE. (Make class selections below) | | | | |
| Please Be Sure and Check the Be | ox if You Would Like Refreshments. | | | | |
| February 2, 2024 9:00-9:50 | February 9, 2024 9:00-9:50 | | | | |
| February 16, 2024 9:00-9:50 | February 23, 2024 9:00-9:50 | | | | |

Adventures in Learning - Register before Friday, Jan. 19 to avoid \$5 late fee



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Shepherd's Center of Topeka 4101 SW 15th Street Topeka, Kansas 66604-4337

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From the Director's Desk



During this holiday season, as we reflect on this past year, I hope 2023 brought you wonderful memories and new friendships. I want to express my gratitude to each of you for making this our best year since I have been director. We are a volunteer-run organization, and your commitment to serving others through the Shepherd's Center is outstanding and heartfelt. Our organization reflects all of you and the joy you bring through

your service and kindness. We have tremendous support from our community through our Adventures in Learning speakers, Sponsoring Congregations, and Community Partners. I also want to express my gratitude to all who donated financially and for their time helping us reach our financial goal this year. I look forward to working with our new board of trustees and appreciate their commitment, support, and forward-thinking strategies for our future. May God bless you with health and happiness in 2024.

Karen Willard, Director



Merry Christmas Happy Holidays Happy New Year

Community Partners cont. Legend at Capital Ridge McCrite Plaza Topeka Midland Care Midwest Health: Caregivers Home Health Lexington Park Rolling Hills Homestead—Auburn Oakley Place Care Presbyterian Manor Rebound Physical Therapy Stormont—Vail Healthwise Tanglewood Health & Rehab Topeka—Shawnee County

Public Library

KU Health System St. Francis Campus Continued Care Т

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