

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 UMC
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
Cedarhurst
Celebration Villa of
Hearthstone
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
Legend at Capital Ridge



Engage, Learn, Enjoy

Meet new Friends and Make a Difference!

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

July / August 2024 Newsletter

Issue No. 90



On behalf of the board of trustees, I am pleased to introduce **Emily Newhouse as the new director of Shepherd's Center of Topeka.** Emily comes to us from Grace Home Care (2022-2024) where she had several functions, including as a recruiter, human resource manager, care coordinator, community liaison, and scheduler. As one of three department heads, Emily worked with colleagues to ensure the efficient provision of services. This position brought her into direct contact with those requiring care and their families. She had opportunities to teach and train others, to promote the agencies services, to write for the newsletter, and to organize and host large events.

Prior to and overlapping with her work at Grace Home Care, Emily served as program director at Neuvant House of Lawrence (April 2018-April 2024). Emily stated that the role suited her, allowing her to be creative. She noted that many of the residents were retired KU employees, thus she tailored her activities and programs to meet their needs during the pandemic. The interview team was rather taken with "Arm chair travel all over the world," which Emily described as a 30 minute session exploring the culture, landscape and food of a chosen location. Emily planned and implemented other programs and activities focused on wellness, physical activity, spiritual needs, and continued learning.

Emily is a graduate of the University of Kansas with a degree focus on Interior design and textiles. She has three daughters and lives in Topeka. When asked about her interest in the Shepherd's Center director position, Emily replied "I enjoy researching, marketing, finding new ways to entertain and captivate audiences, planning outing/events and writing excerpts/news letters. I am already connected to our Topeka community due to running a small home care company and have built strong relationships in churches and services for retirees."

We look forward to welcoming and getting acquainted with Emily during August Adventures In Learning and to her leadership of Shepherd's Center Topeka. I would love to see attendance at 150 or more and donations exceeding \$500.00 for the August session to welcome our new director. Kathy Harr

Message from Karen Willard

I am thrilled about the announcement that Emily Newhouse is our next director! I want to express my sincere appreciation to the board and search committee for their diligent efforts in finding the most suitable candidate for the director's position. I am excited to work with Emily in the coming weeks to ensure a smooth transition and continue our mission at the Shepherd's Center. As I look back on my years as the director, I am filled with gratitude for all of you who have been part of our journey. This is not goodbye, but a transition to a different role as a member, and I am confident that the Shepherd's Center will continue to thrive under Emily's leadership.

I'm looking forward to attending August Adventures in Learning! It's going to be a wonderful opportunity for us to come together and welcome Emily. God bless, Karen

**Register Online on our Website or by Mail
for August Adventures in Learning!**

Shepherd's Center's Group Activities



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 lilbopper1@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, Mary Adkins, marycatkeeper@gmail.com or Judy Samuels, dannysamuels@sbcglobal.net.



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. Pat Kirkman is the coordinator. Please contact the office at 785-249-3258 for the book of study.



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.




Widowed Support Group - The 1st and 3rd Wednesdays of the month, 3:30 - 5 pm, Arbor Court, 4200 SW Drury Lane, Topeka (Enter off of 15th Street). Please park in Lowman UMC's parking lot. For questions, call Jerel Wright, 913-707-3377, B. Munoz, 785-249-2449 or S. McManus 785-230-4149.



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

July 2024



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

August 2024



**Let the
Adventure Begin!**

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

Adventures in Learning - Friday, August 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 Go! Cashless with KTA by Bruce Meisch, Director of Technology

For nearly 70 years, the Kansas Turnpike has been a reliable and customer-valued transportation option, for both Kansas and the region. The Kansas Turnpike Authority remains focused on its organizational goals to preserve and modernize the roadway. 2024 marks the biggest change since KTA's beginning: cashless tolling. This presentation will take a deeper dive into the decisions and steps KTA is taking to make this historic change while staying true to its values. You'll learn how cashless tolling will work and what the change means for you.

9:00 - 9:50 am Bethany Place: A Hidden Topeka Treasure with Melodie Woerman - In Person and via Zoom

Near the center of Topeka is a 20-acre parcel of land that dates to the earliest days of our city's founding. Known for decades as Bethany Place, this land has served as home to three schools, a church and church hall, a home and offices for Episcopal bishops, and now a space for meditation and education. Come and learn more about how this land has been shaped by Topeka's history and continues to play a role in its life today.

10:00 Break - Refreshments provided by Presbyterian Manor

10:40 - 11:30 am A-Fib and The Watchman Procedure with Dr. Ahmed Souka, Medical Director of the Structural Heart Program

Dr. Souka will help you to understand the Watchman procedure and its role in reducing stroke risk. Learn about the procedure's benefits for atrial fibrillation (A-Fib) patients. Come and ask questions and engage in an insightful discussion.

10:40 - 11:30 am Reverse Reality - The Forward Journey of a Backwards Runner with Aaron Yoder

From humble roots and cowboy boots to a renowned reverse runner. Through adversity and injuries forged an opportunity that God provided to reach many. The simple act of turning it around allowed for a new way to be a testament displaying how our struggles become our strengths. From humble roots and cowboy boots to a renowned reverse runner. Through adversity and injuries forged an opportunity that God provided to reach many. The simple act of turning it around allowed for a new way to be a testament displaying how our struggles become our strengths.

10:40 - 11:30 am College Hill Nautilus Club with Jenny Bergstrom — In Person & via Zoom

Nautilus Club was organized in 1894 by some of the wives of Washburn professors, in pursuing their own growth in knowledge & a way of establishing a cohesive College Hill neighborhood. Their story is told by 5 current Nautilus members portraying earlier

Adventures in Learning - Friday, August 16, 2024

9:00 - 9:50 am News and Views - Current Events - 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 What's Happening at the Library with Autumn Friedli, Program Services Coordinator

Autumn will start by talking about the ways you can use the library, move on to all the spaces in the library and finish by discussing the things you can expect from your library in the next five years. Don't worry, Autumn will leave time at the end for questions!

9:00 - 9:50 am Going Down Memory Lane with Nancy Perry (Miss Nancy of Romper Room) - In Person and via Zoom

Nancy will share her personal history of how it all began. Being at the right place at the right time!

10:00 Break - Refreshments provided by Lexington Park

10:40 - 11:30 am Fighting Fentanyl – KNOW is The New NO with Libby Davis

The introduction of illegally manufactured fentanyl into the drug supply has changed everything. Counterfeit pills are everywhere, and drug cartels are targeting our youth with our technology: smart phones and apps. The only safe pill is one that comes prescribed by a doctor and filled at a pharmacy. This is a topic that EVERY family needs to be talking about at the dinner table...often.

10:40 - 11:30 am Finding Family Stories in Strange Places with Sandi Kassebaum

Have you been searching for stories about your family? Sometimes they are hidden in the strangest places. Mine were right under my nose!

10:40 - 11:30 am Top City Promise – Ukrainian Refugees with Yana Ross, President and Founder - In Person and via Zoom

A grassroots initiative to support Ukrainian refugees, providing essential services such as housing, transportation, and job placement. Since its inception, the organization has empowered over 60 families and 170 refugees to rebuild their lives in Topeka, Kan-

Adventures in Learning - Friday, August 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

Driving and Traffic Safety with Technical Trooper Jodi Clary Kansas Highway Patrol

Slow Down and Stay Focused: Addressing Speed and Distracted Driving for Safer Roads

9:00 - 9:50 am

Bright Moon, Dark Water with M. J. Van Buren **In Person and via Zoom**

Topeka author M. J. Van Buren's newest mystery/suspense novel is Book II of her Brooklyn Moon trilogy. In Bright Moon, Dark Water, retired psychologist Kitty Toulkes and her "steady," a not-quite-retired government agent, find themselves once again in the middle of things blowing up and mysterious strangers making threats. MJ (aka Marjorie) looks forward to reading excerpts from the book and sharing experiences with writing and self-publishing. She'll respond to your questions and if time permits will offer an audience participation game that could challenge the "I can't write" label some people have worn since high school.

10:00 Break - Refreshments provided by McCrite Plaza

10:40 - 11:30 am

Beep Baseball with John Parker

In the world of beep baseball, John Parker has done it all: played at the highest level, coached, managed and fundraised for the sport. Beep baseball, as the name suggests, is a sport where the ball (as well as the bases) emit a sound to signal their location to players. It is designed for players who are blind or have visual impairments, but is inclusive for all.

10:40 - 11:30 am

Topeka Civic Theatre's Senior Class Improv Comedy Company

Improvisation is at the heart of Improv Comedy. The actors on stage do not use props, costumes or scripts. They take suggestions from the audience and create comedy sketches

10:40 - 11:30 am

My Life in Germany with Wolfgang Knipp — **In Person and via Zoom**

Our family flight from the Russian Army to life in Communist East Germany to eventually arriving in the United States.

Adventures in Learning - Friday, August 30, 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

Civic Engagement, Voter Education and Advocacy with Mary Lou Davis

The League of Women Voters of Topeka/Shawnee County is a nonpartisan organization to energize informed and active participations citizens government at all levels.

9:00 - 9:50 am

Wednesday's Child with Lori Hutchinson - **In person and via Zoom**

Every week, Lori Hutchinson and photographer Rick Felsburg feature children who need to be adopted on 13 News @10 p.m. on WIBW-TV. They began airing the series in 2002 and have met hundreds of children over the years who are in state care and need to find forever homes. Go behind the scenes of this series and also learn how many of these kids find love and stability through adoption.

10:00 Break - Refreshments provided by Legend at Capital Ridge

10:40 - 11:30 am

A Journey from Hope - the Life and Times of Oscar S. Stauffer with Pete Stauffer — **In Person and via Zoom**

Stauffer started at the "Emporia Gazette" under William Allen White and in a remarkable series of events went on to build a major regional media company with headquarters in Topeka.

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

2024 Funding Church Sponsors

Countryside UMC
 Grace Episcopal Cathedral
 Our Savior's Lutheran
 First Lutheran Church
 First United Methodist

Trinity Presbyterian Church
 University United Methodist
 West Side Christian Church
 St. Augustine Anglican

Thank you to our Community Partners for Providing Refreshments in 2024

Aldersgate Village
 Brewster Place
 Legend at Capital Ridge
 Lexington Park
 McCrite Plaza
 Midland Care

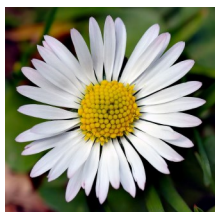
Oakley Place
 Presbyterian Manor
 Holiday Senior Living
 Caregivers
 Cedarhurst
 Interim Healthcare

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 Opportunities 2024

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.

Disney's Newsies, New Theatre Overland Park, Lunch Provided. Wednesday, July 31, 9:45 am – 5 pm. \$80 NEWSIES spins the inspirational tale of Jack Kelly - a charismatic newsboy who dreams of a better life.

Royals vs. Giants Baseball with Fireworks
 Friday, September 20, 5:00 pm - midnight. \$89

Resurrection Church, December - date and cost to be announced.

Please contact the office at 785-249-3258 if you have travel suggestions.

Past 2024 Trips
"Elvis, Aloha From Vega" New Theatre Overland Park, Lunch Provided, Wednesday, March 6, 9:45 - 5 pm. Cost \$78

To receive updates from Shepherd's Center, please subscribe to our Monday Email at www.shepherdscentertopeka.org.

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), printed Membership Directory, 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.

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

August 2024 "Adventures in 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 per Calendar Year _____ x \$ 30.00 = _____

Adventures in Learning per month In Person or Zoom _____ **Member Rate x \$ 25.00 = _____**

Adventures in Learning per month In Person or Zoom _____ **Non-Member Rate x \$ 30.00 = _____**

Please add late fee to your registration if paid after July 26 - Registrations x \$ 5.00 = _____

Donation to SCT = _____

Make Check Payable to SCT - Check Total = \$ _____ Check # _____

Check this box if you are a **FIRST TIME GUEST** = You get 1 Friday **FREE**. (Make class selections below)

Check the 10:00 Box if You Would Like Refreshments.

<p style="text-align: center;">August 9, 2024</p> <p>9:00-9:50</p> <p>____ A. News and Views with Kevin McFarland</p> <p>____ B. Go! Cashless with KTA by Bruce Meisch</p> <p>____ C. Bethany Place - Melodie Woerman</p> <p>____ D. ZOOM —Bethany Place with Melodie Woerman</p> <p><input type="checkbox"/> 10:00 Break Refreshments—Presbyterian Manor</p> <p>10:40-11:30</p> <p>____ E. A-Fib & The Watchman Procedure - Dr. Ahmed Souka</p> <p>____ F. Reverse Reality - Forward Journey Backwards Runner</p> <p>____ G. College Hill Nautilus Club with Jenny Bergstrom</p> <p>____ H. ZOOM — College Hill Nautilus Club</p>	<p style="text-align: center;">August 16, 2024</p> <p>9:00-9:50</p> <p>____ A. News and Views with Kevin McFarland</p> <p>____ B. What's Happening at the Library with Autumn Friedli</p> <p>____ C. Going Down Memory Lane (Romper Room) Nancy Perry</p> <p>____ D. ZOOM – Going Down Memory Lane with Nancy Perry</p> <p><input type="checkbox"/> 10:00 Break Refreshments - Lexington Park</p> <p>10:40-11:30</p> <p>____ E. Fighting Fentanyl – KNOW is The New NO - Libby Davis</p> <p>____ F. Family Stories in Strange Places with Sandi Kassebaum</p> <p>____ G. Top City Promise – Ukrainian Refugees with Yana Ross</p> <p>____ H. ZOOM — Top City Promise – Ukrainian Refugees</p>
<p style="text-align: center;">August 23, 2024</p> <p>9:00-9:50</p> <p>____ A. News and Views with Kevin McFarland</p> <p>____ B. Driving and Traffic Safety Kansas Highway Patrol</p> <p>____ C. Bright Moon, Dark Water with M. J. Van Buren</p> <p>____ D. ZOOM – Bright Moon, Dark Water - M. J. Van Buren</p> <p><input type="checkbox"/> 10:00 Break Refreshments - McCrite Plaza</p> <p>10:40-11:30</p> <p>____ E. Beep Baseball with John Parker</p> <p>____ F. Topeka Civic Theater's Senior Class Improv</p> <p>____ G. My Life in Germany with Wolfgang Knipp</p> <p>____ H. ZOOM — My Life in Germany with Wolfgang Knipp</p>	<p style="text-align: center;">August 30, 2024</p> <p>9:00-9:50</p> <p>____ A. News and Views with Kevin McFarland</p> <p>____ B. Civic Engagement & Voter Education with Mary Lou Davis</p> <p>____ C. Wednesday's Child with Lori Hutchinson</p> <p>____ D. ZOOM - Wednesday's Child with Lori Hutchinson</p> <p><input type="checkbox"/> 10:00 Break Refreshments - Legend at Capital Ridge</p> <p>10:40-11:30</p> <p>____ E. The Life and Times of Oscar S. Stauffer with Pete Stauffer</p> <p>____ F. ZOOM — The Life and Times of Oscar S. Stauffer</p> <p style="font-size: small;">Adventures in Learning is located at LUMC, 4101 SW 15th Street, Topeka, Kansas, 66604. For questions call 785-249-3258.</p>

Adventures in Learning - Register before Friday, July 26 to avoid \$5 late fee



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

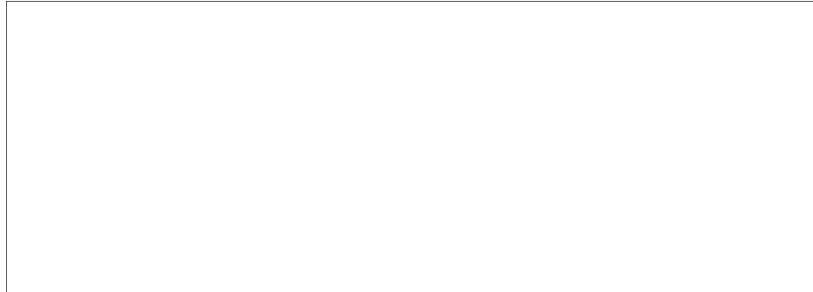
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www.shepherdscentertopeka.org

Email: shepherdstopeka@yahoo.com

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 or email shepherdstopeka@yahoo.com.

Community Partners cont.

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

Thornton Place

Topeka—Shawnee County

Public Library

KU Health System St. Francis
 Campus Continued Care

Message from Kathy Harr, Chair

Dr. Elbert Cole had a dream, a vision really, to find a way to promote “a better quality of life by, with, and for older adults.” In 1972 he began talking to people beginning with a group of retired parishioners from Kansas City’s Central Methodist Church. Apparently, they made it clear that “they had no desire to move into a retirement home the church was planning. They reminded Dr. Cole that in Genesis, God created human life and named his creation “good.” God did NOT declare the warranty expired at age 65.” (A Proven Experiment: The Shepherd’s Center Story, ed. Dr. Rusty Ryan). Every time I read that quote (besides a little laugh out loud) it reminds me not so much of the why I joined Shepherd’s Center, but of what it has meant to my life in retirement. What a blessing it has been to be part of this friendly, caring community with like minded individuals. Those who wish to continue to remain physically and socially active and to keep learning and growing. By coming and participating in Adventures in Learning, activity groups and other events we support each other and contribute to the greater good of our older adult population. As you read this, I hope you will agree that Shepherd’s Center Topeka continues to fulfill the tenets of Dr. Cole’s dream.



We have been blessed with three visionary leaders over the past 20 years. They have been the “wind beneath the wings” of all the volunteers, speakers, church sponsors, and partners who make SCT a viable entity in our community. Many thanks to Karen Willard for seeing us through the pandemic and working with us to transition the organization afterwards. It has been an interesting journey since 2020. We look forward to our next director seeing us into the future with a commitment to Dr. Cole’s ideal of a life well lived in retirement.

Newsletter Printed By

