

Sponsoring Congregations

- Brookwood Covenant
- Central Congregational
- Christ the King
- Countryside United Methodist
- Crestview United Methodist
- Faith Lutheran
- 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
- Westminster Presbyterian
- West Side Christian

We welcome clergy of our sponsoring churches who may attend Shepherd's Center FREE for a single class or a full session. We only ask that you call the office beforehand, 249-3258, and spread the good news later!

Community Partners

- Aldersgate Village
- Arbor Court
- Atria Hearthstone
- Brewster Place
- Grace Home Care
- Great Adventure Tours
- Great Lakes Caring
- Healthcare Resort



**October "Adventures in Learning"! Engage, Learn, Enjoy!
Meet new Friends and Make a Difference!**

Shepherd's Center of Topeka is a community ministry whose mission is to operate a volunteer seniors organization that enhances socialization, physical well-being, spiritual growth, and education for life.

Attendance AiL Summer Session— 59 via Zoom

Issue No. 73

Fall 2020

The Affects of the Covid-19 Pandemic


It is with a heavy heart that I write to you regarding how the Shepherd's Center of Topeka has been affected financially by Covid-19. Not only has this pandemic affected our members and participants with the cancellation of Activity Groups and "Adventures in Learning" which lead to isolation, we continue to be affected by Covid financially. As you know, our April "Adventures in Learning" (AiL) was canceled along with all our Activity Groups and Travel Club. Our monthly group activities are free to participants, but your membership fees and the fees from "Adventures in Learning" are what provide funds for our website, rent, newsletter mailings, the Director's salary, insurance, National membership fees and other miscellaneous expenses. Due to the cancellation of our April "AiL" and our having to offer August and October "AiL" via Zoom only we will have an approximate loss of \$14,000 in income at the end of October. We are looking at grants and fund-raising, but if you are able, would you please consider donating whatever you can to help the Shepherd's Center. You can go online to our website and click on the donation button at www.shepherdscentertopeka.org or you can mail your check to 4101 SW 15th St., Topeka KS 66604. Any and all support is greatly appreciated. Thank you for being a part of the Shepherd's Center community.

August "Adventures in Learning" via Zoom. A new way to connect and learn, because we never stop learning.




Thank you to our speakers, and our great AV Team, Planning Committee, Speaker Facilitator, Facility Management, Hospitality, Registration, Membership and to Mike Stanfill for his work as our Zoom Coordinator.

SEPTEMBER 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 SMS Exercise 8:45 & 10:00am at Grace UMC	4	5
6	7  Spiritual Book Club 2-4 via Zoom	8 SMS Exercise 8:45 & 10:00am at Grace UMC	9	10 SMS Exercise 8:45 & 10:00 at Grace UMC	11 Board Meeting	12
13	14	15 SMS Exercise 8:45 & 10:00am at Grace UMC	16	17 SMS Exercise 8:45 & 10:00 at Grace UMC	18	19
20	21	22 SMS Exercise 8:45 & 10:00am at Grace UMC	23 MAP Group 10 - 11:30 via Zoom	24 SMS Exercise 8:45 & 10:00am at Grace UMC	25	26
27	28	29 SMS Exercise 8:45 & 10:00am at Grace UMC	30			

OCTOBER 2020

Let the Adventures begin via
Zoom! Fridays 9 - 11:30

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 SMS Exercise 8:45 & 10:00am at Grace UMC	2 "Adventures in Learning" via Zoom	3
4	5 Spiritual Book Club 2-4 via Zoom	6 SMS Exercise 8:45 & 10:00am at Grace UMC	7	8 SMS Exercise 8:45 & 10:00am at Grace UMC	9 "Adventures in Learning" via Zoom	10
11	12 Columbus Day	13 SMS Exercise 8:45 & 10:00am at Grace UMC	14	15 SMS Exercise 8:45 & 10:00am at Grace UMC	16 "Adventures in Learning" via Zoom	17
18	19	20 SMS Exercise 8:45 & 10:00am at Grace UMC	21	22 SMS Exercise 8:45 & 10:00am at Grace UMC	23 "Adventures in Learning" via Zoom	24
25	26	27 SMS Exercise 8:45 & 10:00am at Grace UMC	28 MAP Group 10 - 11:30 via Zoom	29 SMS Exercise 8:45 & 10:00am at Grace UMC	30	31 

SCT Group Activities

Please check our calendar for current activities.
You will be notified in our Monday email when Activity Groups start up.



MAP Group - Online via Zoom

MAP (Memoirs—Ancestry—Photos) group is coordinated by Ellen Horn, asst. Debbie Gassert. It meets on the **fourth Wednesdays of the month**, 10:00-11:30 at First Presbyterian, 8th & Harrison.



Spiritual Book "Club" Group - Online via Zoom

Spiritual Book Group meets on the **first Mondays** in the library at First Congregational, 17th & Collins, from 2-4:00. Group Coordinator is Pat Kirkman, for information on present study, 231-0376.



SMS Strength, Mobility and Stability Exercise Group - Currently Meeting

Tuesdays and Thursdays at 8:45 and 10:00 am at Grace United Methodist Church, 26th & Western (middle door). Instructor is Shirley Edgerton. Ann Look is group coordinator. **Voluntary donations support local charities.**



Bridge Group

(Party Bridge - American Standard)
This Bridge group meets on the **1st & 3rd Thursdays** from 1-3:30 at Our Savior's Lutheran, 29th & Jewell. Park on the **EAST** side and use double doors. **Arrangements must be made by Monday at 5:00 by calling Joan, 408-5174.** Players record scores on tallies and winners calculated by Kathy Harr.



Hand & Foot Canasta Group

We meet on the **2nd & 4th Tuesday** of the month from 2-4:00 at St. David's Episcopal, 17th & Gage. Park on the **WEST** side of Church and walk hallway to the **EAST** end to fellowship hall. Group coordinator is Caroline Huff; Asst. Sharon Young.



Line Dancing Group

This group meets the **2nd & 4th Thursdays** of the month from 1:30-3:30 at First United Methodist, 6th & Topeka. Group Coordinator & Instructor is Glenna Meek. Sub/Assistant is Kathy Ogle.

The Following Groups are Not Meeting Due to Covid



Pickleball Group for Doubles

Mondays we play at Countryside UMC, 32nd & Burlingame, from 3-5:00. Park on the **NORTH** side and use the furthest **WEST** door. Follow the hallway to gym.

Wednesdays we play at First Baptist, 30th & MacVicar, from 1-3:00. Park on the **WEST** side. Gym is right inside the doors. This is the **best location for first time players.** Extra paddles available for newbies. Requires a signed liability waiver. Group Coordinator is Cyndi Ryan.

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

TRAVELERS NEWS - Members Only

December 9 - Quality Hill Playhouse Christmas Program

SCT members will have first opportunity to fill the buses on our day trips and summer vacation before a designated deadline, or until filled. If space is still available by deadline, the trip may be open to non-members. Contact Great Adventure Tours at 785-633-8761 with questions, enrollment or cancellations.

"Adventures in Learning!" Fall Session via Zoom Classes for Friday, October 2, 2020

9:00 - 9:50 a.m. Bishop Professional Development Training Center with Billie Wallace

Mrs. Billie Wallace will discuss the newly developed Training Center opened in the Fall of 2019. The center is equipped with cutting edge technology for training and is one of the only buildings specifically designed for professional development in the state of Kansas.

9:00 - 9:50 a.m. Common Eye Diseases That Affect the Older Population by Dr. Genstler

Learners will have the opportunity to learn about common eye diseases that affect the older population. Dr. Genstler will also provide safety tips on how to prevent falls by focusing on your vision.

10:00 - Break

10:30 - 11:20 Thirty Days from Banff, Canada to Antelope Wells, N.M. - Andy Phillips

Andy will give a brief overview of the Tour Divide Bicycle Race which he completed in 30 days last summer. He will describe the equipment used and the adventures encountered along his nearly 2700 mile-long journey on the Continental Divide.

10:30 - 11:20 "Early History of Aviation in Kansas" by Bill Stumpff

Bill will discuss the first flight in Kansas with a Kansas built airplane, how Wichita became known as the "Air Capital of the World," and discussion of the icons of Kansas aviation as well as some lesser know but still important leaders in Kansas aviation.



"Adventures in Learning!" Fall Session via Zoom Classes for Friday, October 9, 2020

9:00 - 9:50 a.m. 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 a.m. Kansas Wild Flowers A - Vivien Smith

Vivien will give us a tour of photos of native Kansas Plants, from *Abronia fragrans* (Sweet Sand Verberna) to *Zizia aurea* (Golden Alexanders) with stops for birds, butterflies, and other critters in between. She will talk about the habitats, the bloom times, identification features, and the insects that need specific plants to survive.



10:00 - Break

10:30 - 11:20 a.m. "The Politics of Jesus ... and the Prophets ... and the Apostles." - Dr. Jim McCollough

"Many of the issues being addressed by 21st century politicians and media are as old as our scriptures and addressed by Jesus, the Prophets and Apostles." Dr. McCollough will give us insight into the past and present situation regarding politics.

10:30 - 11:20 a.m. Keeping an Art Form Alive: Woodcarving Styles, Tools, and Techniques

Michael Keil will give a brief history of woodcarving as an art form, but will focus on the art of woodcarving and how this art is produced. He will include examples of various styles of woodcarving including Stylized Carving, Bark Carving, Chip Carving, Relief Carving, and Carving-in-the-Round and the process and tools used in creating sculptured art.

**“Adventures in Learning!” Summer Session
Classes for Friday, October 16, 2020**

9:00 - 9:50 a.m.

Stained Glass Creations by Dr. Carol Ann Holcomb

Artist Dr. Carol Ann Holcomb will demonstrate the steps for creating a stained glass project. Examples will be shown of various types of glass. Dr. Holcomb will display some of her completed creations.



9:00 - 9:50 a.m.

Dr. Karl Menninger by Tom Luellen

In 1925 Dr. Karl Menninger, along with his father and brother, established the Menninger Clinic in Topeka. By the 1950s and 60s it was one of the most important psychiatric centers in America. This presentation will explain the ascent of the Menninger Clinic and the factors leading to its move to Houston.

10:00 Break

10:30 - 11:20 a.m.

Senior Cyber Safety with Shari Schawo

Shari Schawo from the Topeka and Shawnee County Public Library will talk about cybersecurity, password management, common internet scams and threats, and cyber safety resources. Based on the Cyber Generations Senior Citizens Cyber Safety Initiative.

10:30 - 11:20 a.m.

Murals & Paintings by Andy Valdivia

Andy Valdivia will present his series of images of people, places, and events that share personal and community histories.

**“Adventures in Learning!” Summer Session
Classes for Friday, October 23, 2020**

9:00 - 9:50 a.m.

Presidential Gardens by Carol Bragdon

This presentation explores the history and development the White House gardens, presidential gardens and contributions of some of our First Ladies to these national treasures.

9:00 - 9:50 a.m.

PANT—Pet Assist Program for the Homeless

Dr. Joe Cook will discuss how PANT raises funds to pay for the costs to board pets and provide any necessary pet care during times when owners are homeless and trying to get back on their feet.

10:00 - Break

10:30 - 11:20 a.m.

"Gettysburg and its Place in American Democracy" - Jim Hanni

Disagreement now permeates American public life. So what does that have to do with a place like Gettysburg? Our speaker, James Hanni, Secretary of the Board of the Gettysburg Foundation, will be here to share what's special about Gettysburg and its connections to Kansas.

10:30 - 11:20 a.m.

Aging in America by Connie Michaelis

What is ageism? Do older Americans suffer from the impact? How does growing old in the United States differ from Eastern cultures. What does aging look like in marketing and advertising? How conscious are we of it's effects? Let's take a look together and have a conversation about aging in America!

Funding Sponsors

Thank you to Sponsoring Churches who have donated in 2020

Brookwood Covenant Church
 Trinity Presbyterian Church
 First Lutheran Church
 Wanamaker Woods Church of The Nazarene
 St. Augustine Anglican Parish
 First Baptist Church

Thank you to our Host Sponsors

- Arbor Court
- Countryside UMC
- Christ the King
- First Baptist
- First Christian
- First Congregational
- First Methodist
- First Presbyterian
- Grace UMC
- Lowman UMC
- Our Savior's Lutheran
- St. David's Episcopal

Community Partners

Don't forget that our sponsoring church congregations and community partners have a link directly to their websites on our website at **shepherdscen-ter-topeka.org**. Just click on the sponsor name.

Sponsors/Community Partners

Keeping Seniors Active is the Best Medicine!

Please help us spread the news about Shepherd's



Center and all of the classes and activities that this community ministry provides. If you would simply make a few copies of this newsletter available for folks to pick up and read, you would help us connect

with people who may benefit from our program who may never learn of Shepherd's Center otherwise.

"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. Please contact our chaplain Charlotte Milroy for Prayer and Support at 234-4243 charmilr@gmail.com.

Frequently Asked Questions

How do I become a member of Shepherd's Center?

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

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

Eligible for Travelers field trips, day trips, vacation, depending on registering before filled.

Inclusion in SCT Membership Directory in next printing. Free directories for members. (\$5 value)

Do I have to be a member to participate in group activities?

Because we are a community ministry, we do not charge for our 8 group activities. Our host does not charge SCT, and we pass it on. However, many people CHOOSE to become members of Shepherd's Center, not just for the benefits, but because they believe in its mission and want to support the ministry.

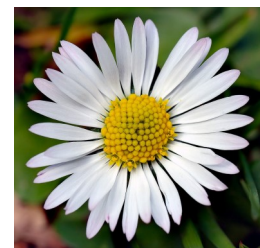
How much time commitment is there to volunteer?

You can help a little or a lot, as many hands make less work. When you do, you're eligible for the annual volunteer banquet and volunteers get first preference for the annual vacation. All aspects of SCT is run by volunteers whose efforts are coordinated by the Director. Just ask or email shepherdstopeka@yahoo.com if you would like to help out.

Guest Policy

Everyone (member or guest) must register to attend an Adventures in Learning session. First time guests are FREE but need to register by Tuesday before the Friday they plan to attend so we have an accurate count for refreshments. A new walk-in, however, is never turned away. Guest tags are at the front registration table.

Visitors may come ONCE without paying, but then must pay the \$30 registration fee if they wish to come the remaining Fridays for that month. It costs nothing to check us out — we're confident that you'll want to come again.



October "Adventures in Learning" via Zoom

Registration: Mail completed registration form to SCT, 4101 SW 15th ST, Topeka, KS 66604, along with check payable to SCT. Check Box if New Member or Information Change.

Name (s) _____ Phone # _____
 Address/Zip _____
 E-mail Required: _____ Place of Worship: _____

**Reminder: You can also register and pay online at www.shepherdscentertopeka.org
 For October AiL please do not drop your registrations off at the office.**

2020 Membership Dues _____ x \$30.00 = _____
Adventures in Learning Zoom _____ **Member Rate** x \$25.00 = _____
Adventures in Learning Zoom _____ **Regular Rate** x \$30.00 = _____
Late fee after Sept 28, _____ Registrations x \$5.00 = _____
Donations to SCT = _____
Checks Payable to SCT - Check Total = \$ _____

Check if you are a FIRST TIME GUEST = You get 1 Friday **FREE**. (Make class selections below for chosen Friday)
Please add a \$5 late fee to your registration after the due date of September 28.

Mark one class for each time slot.

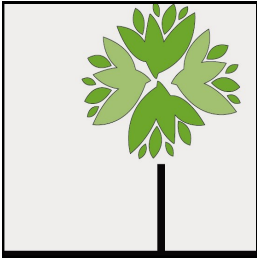
<u>October 2, 2020</u>	
9:00-9:50	A. Bishop Training Center _____ B. Eye Disease-Dr. Genstler _____
10:00 Break	
10:30-11:20	C. Thirty Days from Banff _____ D. Aviation in Kansas _____
<u>October 9, 2020</u>	
9:00-9:50	A. News and Views _____ B. Kansas Wild Flowers _____
10:00 Break	
10:30-11:20	C. The Politics of Jesus _____ D. The Art of Woodcarving _____

<u>October 16, 2020</u>	
9:00-9:50	A. Stained Glass Creations _____ B. Dr. Karl Menninger by Luellen _____
10:00 Break	
10:30-11:20	C. Senior Cyber Safety _____ D. Murals & Paintings _____
<u>October 23, 2020</u>	
9:00-9:50	A. Presidential Gardens _____ B. PANT-Pet Assist Homeless _____
10:00 Break	
10:30-11:20	C. Gettysburg by Jim Hanni _____ D. Aging in America _____

Shepherd's Center of Topeka is located at Lowman United Methodist Church, 4101 SW 15th Street, Topeka, Kansas. We are not hosting October "Adventures in Learning" face to face at LUMC, but our speakers will be presenting via Zoom and we hope you will join us. If you have any questions, or need help with Zoom, please email Karen at shepherdstopeka@yahoo.com or call 785-249-3258.

Thank you for your patience and support during these past months of isolation as we continue to bring you "Adventures in Learning" via Zoom!

DUE DATE—SEPTEMBER 28!

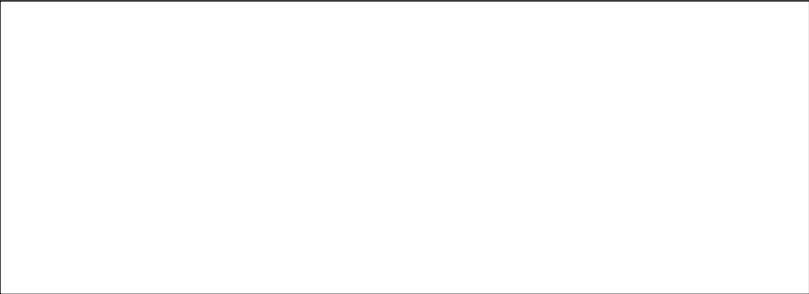


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4101 SW 15th Street
Topeka, Kansas 66604-4337
Phone: 785-249-3258

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 or email shepherdstopeka@yahoo.com.

Community Partners Cont'

- Home Instead Senior Care
- Jayhawk Area Agency on Aging
- Kansas Rehab Hospital
- Legend at Capital Ridge
- McCrite Plaza Topeka
- Midland Care
- Midwest Health:*
 - Caregivers Home Health
 - Lexington Park
 - Rolling Hills
 - Homestead—Auburn
- Oakley Place Care
- Rebound Physical Therapy
- Stormont—Vail Healthwise
- Tanglewood Health & Rehab
- Topeka—Shawnee County
- Public Library
- University of Kansas Health System—St. Francis Campus
- Continued Care

August 7 Annual Meeting Recap

On August 7, we met via Zoom for our Annual Meeting. The Treasurer's report showed that as of July 31, 2020 our total income was \$47,647, and our total expenses were \$52,502.95 with a balance of -\$3,856. Lynn reported that the pandemic resulted in closing April "AiL" and restructuring August session to be held via Zoom only. SCT is in a good position, however, if October "AiL" continues as August did the situation will be more concerning. Karen recognized Dolan Gassert and Elaine Shutt for their service as they retire from the Board. Membership approved the election of new Board Members Ottie Reed and Betsy Thompson. The need for fund raising was addressed, and Debra Stufflebean suggested more advertisement for "AiL". Rich McReynolds suggested that costs could be reduced if newsletters were only sent to those without internet. Debra Gassert suggested a partnership with the nursing homes to provide "AiL" via Zoom for residents. Karen discussed what was new for 2020; website, email platform, two grants awarded, changes to "Adventures in Learning" and cancellation of Charity Social, Group Activities and SCT Travelers due to Covid. The MAP Group and Spiritual Book Club are meeting via Zoom and SMS Exercise Group was the first group to start back face to face. Travel schedule for 2021 - New Theatre - "Hank Williams Lost Highways".