

Sponsoring Congregations

Brookwood Covenant
Central Congregational
Countryside UMC
Crestview UMC
Faith Lutheran
Fairlawn Nazarene
First Baptist
First Congregational
First Christian
First Lutheran
First Presbyterian
First United Methodist
Grace Episcopal Cathedral
Grace UMC
Lowman UMC
Most Pure Heart of Mary
Our Savior's Lutheran
Prince of Peace Lutheran
St. David's Episcopal
Susanna Wesley UMC
Town & Country Christian
Trinity Evangelical Lutheran
Trinity Presbyterian
University UMC
Westminster Presbyterian
West Side Baptist
West Side Christian

Community Partners

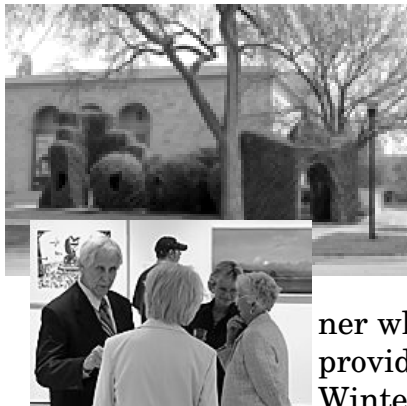
Aldersgate Village
Arthritis Foundation
Atria Hearthstone
Brewster Place
Clare Bridge
Comfort Keepers
Hospice Care of Kansas
Legend at Capital Ridge
McCrite Plaza
Midland Care
Rebound Physical Therapy
St. Francis Senior Spirit
Stormont-Vail Healthwise 55
Thornton Place
Topeka—Shawnee County
Public Library



The Master can use what you have to offer, Though you may consider it small; His work here on earth is done through his children, So give Him your best, give your all. -Hess

Special 2010 Issue No. 17

Washburn University's Mulvane Art Museum December 15, 10:00–12:30



Dava Jones, Marketing Director, for Clare Bridge, doesn't mind a little hard work for a good cause. She volunteered to help the Facility Mgmt Committee set up tables and chairs on Thursdays—before even attending an “Adventures in Learning” session at SCT.

We welcome Clare Bridge as a new Community Partner who will be taking a turn at providing refreshments for the Winter Session. But before that,

Dava has made arrangements for a short holiday outing! SCT members will be treated to a tour of the Mulvane Art Museum beginning at 10:00 a.m. on



BROOKDALE SENIOR LIVING

Wednesday, Dec. 15th. We will then have lunch at the student union, a short walk and elevator ride away. The cost of this fieldtrip is \$5.00 per person. Reservations made by calling the SCT office @ 267-0248, leave voice message. Clare Bridge is a memory care facility located at 5800 SW Drury Lane.



Lithograph “The Woodsman”
By Andrew Kosten

“Adventures in Learning” Sessions Change Months

CHANGE—that dreaded word that keeps happening throughout our lives! The Shepherd's Center and our host, First Baptist Church, have agreed upon a change in schedule for the summer and fall sessions (so you have time to get used to the idea). Our summer session will no longer be mid-summer in June, but at the end of summer—the four Fridays in August. Our fall session will no longer be in September (when everything else is also kicking into gear) but will be the four Fridays in October. **The four sessions in 2011 will be: Winter Session—February; Spring Session—April; Summer Session—August; Fall Session—October.** Some of you will be thrilled with this change of events, others may grumble, and we will all adjust. As always, we will continue to offer fieldtrips during the months we are not in session, thanks to community partners.

A Little Discussion with the Director



Debra Stufflebean

I've spent my whole life being afraid of growing old. As I rode along beside my Daddy in his pick-up, we searched the hills around

Yates Center for my great-grandpa who had run off. This "child-like" grandparent often took excursions away from the farm and set off an "all-available-family alarm." His daughter, my grandmother, later on started doing the strangest things. She owned her own restaurant and still had time to nurture a massive flower garden for everyone to appreciate. But, she started leaving food set out and couldn't remember how to make pies that she had made for 50 years. She'd take a hoe and chop up her prize plants, unable to determine a weed from a flower. My Daddy was a truck driver. His hobbies included antique clocks and guns and many people brought their prized collectibles to him for repair. When he began getting lost in cities and had left-over parts on repair projects – I knew we were in for another long road. He was only 60 years old.

As I enter into this phase of my life, I am totally convinced that it was no accident that I was chosen as the Director of The Shepherd's Center. Not everyone loses their mind; in fact, I'm witnessing that some continue to develop their mind. Retirement years have provided the much anticipated opportunity **to learn** about new things, **to experience** new places, **to develop** new friends. Every time we have "Adventures in Learning," I am over-

whelmed with feelings of gratitude. God has given me hope. I aspire to be like all of you.

A while back Phyllis Allen took me to a ladies meeting in Silver Lake. During the drive I got to know Phyllis better, and one thing stood out: she has always been a "seeker." She is the kind of SCT member that truly appreciates the effort we put into providing **a variety of classes** and **a variety of fieldtrips**. One of the many benefits that I receive as your Director is getting to know my volunteers. I like learning your stories and hearing about the paths you have walked before arriving at this place. Whether volunteering, eating lunch together during "Adventures in Learning" or going on our fieldtrips, I would strongly recommend that you, too, inquire of other members, "What's your story?"

My pastor introduced me to a book that all of you should give to yourself for Christmas: **The Gift of Years** by Joan Chittister. I enjoy savoring her thoughts. "As the physical dimension of life diminishes, the spiritual dimension increases." She views life not as a continuum but as a series of new beginnings. "Life is a mosaic made up of multiple pieces, each of them full in itself, each of them a stepping-stone on the way to the rest of it." This book replaces dread of aging with excitement! "The task of this period of life . . . is not simply to endure the coming of the end of time. It is to come alive in ways I have never been alive before." Until Shepherd's Center, I was haunted by the past. Now, thanks to all of you, I fully understand Robert Browning's quote, "Grow old along with me, the best is yet to be." Happy Thanksgiving, dear friends.

Debra

THANK YOU!

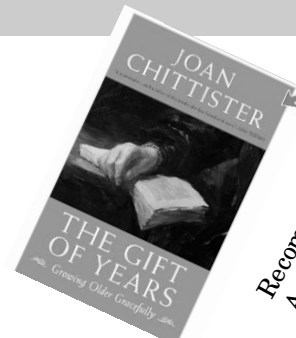


Thank you to the following sponsoring churches who have provided

financial support for our ministry thus far in 2010.

- Central Congregational
- Countryside UMC
- Grace UMC
- Trinity Presbyterian
- West Side Christian

Thank you also to our Church representatives who keep their congregations aware of the SCT ministry and request support in the budget process.



Recommended Reading!
Available on Amazon.com
Price \$8—\$10.

Please Note on Calendar:

Dec 2—Board Meeting, 3:00

Dec 15 — Clare Bridge fieldtrip, 10:00—12:30
(Mulvane Art Museum)

Jan 5 — Newsletter Mailing, 10:00

Jan 12—Legend at Capital Ridge fieldtrip, 1:00—4:00
(Tour & Games)

Feb 1—Task Force Mtg, 10:00

Feb 4, 11, 18, 25 — Winter Session, Adventures in Learning

Attendance Soars!

Attendance at “Adventures in Learning” has steadily been increasing over the past year, fluctuating between 207—267. Because we are consistently pushing at the seams, your Board is being pro-active in determining ways to handle the increase. We’ve examined everything from the service line at mealtime to the number of people classrooms will hold. This special issue of the newsletter will highlight some of the changes that you can expect to see happen in 2011.

Equipment Purchased

We are purchasing a new laptop computer. SCT has used the same computer it began with seven years ago, which was a used computer that Lawrence Brock donated. The computer houses multiple Excel databases, photographs, graphics and is used for creating and maintaining our website. Sometimes it gets tired and says, “*leave me alone already*” and freezes up. We can all relate—so we’re going to retire this hard working piece of equipment. We will also be purchasing a double-sided dry erase board on wheels for our Planning Committee. No more lugging boards to meeting rooms with few places to stand them, and poor visibility.

Parking

First Baptist’s (FBC) west parking lot still provides adequate parking spaces, however, we are aware there are not enough “*Handicap Accessible*” spaces available to accommodate our numbers. For this reason, we are asking that the **first row of parking spaces be restricted to those automobiles with hanging tags.**

This will double our number of designated parking spaces from four to eight.

Additionally, the Masonic Temple, whose parking lot is north of the church’s lot, has given permission to use their lot for overflow. Please park on the last (west) row of their lot as it will be closer access to the FBC driveway and a more level path to walk.

Meals

Increased numbers also means more meals. According to Jared Holroyd & Sue Ferguson, Directors at Atria, they’re committed to continuing to provide a two-entre meal at SCT. It’s important to them to serve the same quality menus that their residents receive at Atria.



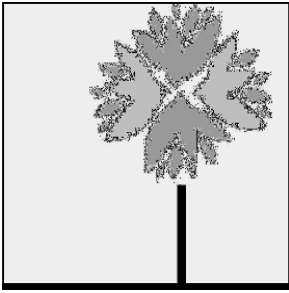
We will be experimenting with turning the serving line into a “Y” and having members CHOOSE their entre. We’re also going to place desserts and water bottles on tables for pick-up when entering the dining hall. Plastic bottles can be recycled in the bins in the parking lot. Doing away with the water pitchers and cups will save volunteer hours. These same tables can be used for returning uneaten salads, center pieces, salt & pepper, table numbers. And while the tablecloths are pretty, they, too, add to the work when wiping them down and folding them, so we’re going to use our placemats to pick up our table setting and dispose of everything in one step. Finally, since we start calling table numbers before everyone has been seated, we’re going to put plates on the table so that if the plate is missing from the place setting, folks know there is someone already sitting there.

Four Classes Per Hour

Four classes will be offered from 9:15—10:15; and a different four from 10:30—11:30. The good news is that your comments have been heard and one new class category will be called **Back by Popular Demand**. That’s right! We will regularly repeat some of our most popular speakers for fence sitters who can’t make up their mind which class to attend.

The other new category will be called **Library Wisdom**. The Topeka Shawnee County Public Library has become one of our Community Partners and will offer a class every Friday from various areas of the library such as book reviews, computer technology, the Topeka Room, genealogy, and Kansas topics.

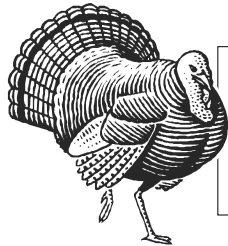




Shepherd's Center of Topeka
3033 SW MacVicar Avenue
Topeka, Kansas 66611-1899
Phone: 785-267-0248

NONPROFIT ORG
 US POSTAGE
 PAID
 TOPEKA KS
 PERMIT NO 10

On the Internet: www.shepherdscentertopeka.org
 E-mail: shepherdstopeka@yahoo.com



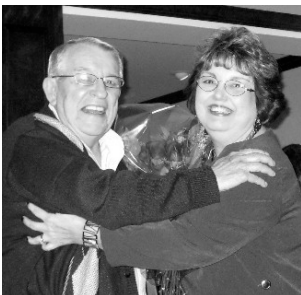
OR CURRENT RESIDENT

If you wish to be deleted from our mailing, please call 267-0248.



The 2010 “**Muchas Gracias**” Volunteer Banquet was held at McCrite Plaza on November 4th. Entertaining the members with fiesta music was “Raphael & Friends” on the guitar, accordion and maracas. A special thank you goes to Connie Michaelis, Marketing Director at McCrite’s, for making the arrangements, and to Chef Matt Miller for the delicious Mexican food buffet.

Volunteer awards were given to Elizabeth Beutler, Evelyn Riddle and Charlotte Reitnauer. Evelyn and Charlotte have provided the iced water pitchers in the dining hall for many years; Liz runs the pitchers through the manual dishwasher after every meal. We hope to give these workers a much needed rest—at least in February—when we try using refrigerated water bottles. Runner-up for



Volunteer of the Year went to George Templeton for his service on the Facility Management Committee; the Hospitality Committee, the Program Committee and the Task Force. George is one of those people that does just about anything someone asks of him. **Volunteer of the Year** was awarded to Spencer Smith, SCT’s audio-visual technician. Spencer meets with presenters to ensure that the computer and microphone is working correctly—which is critical to the success of *Adventures in Learning*. But also like George, Spencer can be seen setting up chairs, cleaning up rooms and doing whatever needs to be done. Even the Director was shown appreciation when Al Thomas surprised her with a bouquet!