

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
Heartland Hospice
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

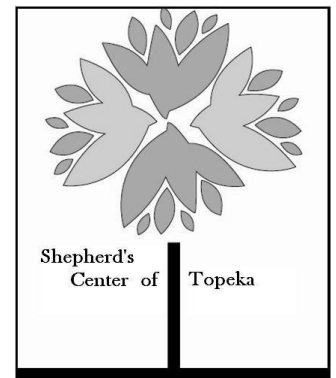
Adventures in Learning!

"Learning is a lifelong summons to renewal of the soul." Joan Chittister

Attendance Fall Session—251

~

Issue No. 23: Thanksgiving 2011



Annual Shepherd's Center Volunteers Banquet Wednesday, November 30th, 5:30—7:00



The flu season is upon us, and McCrite Plaza was hit hard this past week when the SCT Volunteer Banquet was originally scheduled (Nov. 10th). To their credit, McCrite's did the responsible thing and decided to postpone the banquet rather than put SCT mem-

bers at risk. Good things are worth waiting for! We will still have our special evening on Wednesday, Nov 30th at the same time.

McCrite's has planned a lovely "Grazie!" Italian dinner consisting of breaded chicken breasts with lemon & cappers, bread sticks, spaghetti with marinara sauce, asparagus, and for dessert—Tiramisu!

Mr. Skip Ellis will perform a *Survey of Music*, singing songs that have endeared humanity through the years, from hymns such as "A Mighty Fortress is our God" by Martin Luther to Broadway hits like, "Try to Remember," by the Fantasticks.

And . . . Who will be this year's volunteer honorees? Here's a hint: They've all volunteered in more than one area at SCT.

Atria Donates 8,500 Meals to SCT

(Read all about it on Page 5)



Photo by Thad Allton, Capital-Journal

A Little Discussion with the Director



Debra Stufflebean

Have I ever told you that I knew I had the job as Executive Director of Shepherd's Center BEFORE it was offered to me? My life had taken so many twists and turns that led me to that interview. I used to be an associate professor at Washburn in Communications and Marketing, but then made a decision to buy a bed and breakfast, a dream that Mike and I shared. Changes in Mike's health brought us back to Topeka, and changes in my own health restricted my job search. I gave programs on Arthritis & Alzheimer's, and began in earnest to write. All the while I prayed that God would use my gifts. When I read the add for a new Director at SCT, I was curious more than anything, but once in the interview, I had an epiphany that God had been preparing

me my whole life to do this very job. I brought to the table an ability to communicate, knowledge in marketing, an appreciation for the importance of hospitality, and a love of learning! I went to my car after the interview and thanked God for answering my prayers.

One of the things I truly appreciated, perhaps the most, about that interview was a question that Liz Beutler posed to me: *"What is it that we can do to help you feel fulfilled?"* Several of the people from that interview became new board members when I took over and in response to my reply, have been my sounding board. They have given me their trust. They have allowed me the autonomy to pursue personal goals such as time for writing. They've been flexible when I've suggested changes to our program, even though most people resist change. As a result I think the SCT program now reflects more of my interests. I love to travel, so once a year we now take a trip together. I love to eat, so we bring in sponsors who

who feed us well. I love libraries and books, so we bring in local authors, and speakers from the library. I love to play cards, so now we play cards together. But, I also love to teach, so the Board has given me the go ahead to start **"First Monday's with Debra."** (See page 3)

It is a wise Board, indeed, who allow leaders to pursue their passions . . . within limits. Dream jobs result in longevity of service. In this special Thanksgiving issue, I wish to thank the SCT Board of Directors (and former hiring committee) from the bottom of my heart. And I am also grateful that SCT utilizes Mike's capabilities as a volunteer which has helped bring new purpose to his life as well.

Debra

P.S. I have always been self-conscious about my loud voice. The first time one of our members praised me for speaking loudly and clearly was further confirmation I was fulfilling God's plan for my life.

Please Note on Calendar:

- Dec 1—Joint SCT Board & Task Force meeting at 3:00
- Dec 5; Jan 2—First Monday's with Debra, First Congregational, 2-4:00
- Nov 22; Dec 13; Dec 27—Hand & Foot, Trinity Presbyterian. 2-4:00
- Jan 5—Newsletter Mailing, 10:00
- Jan 25—Task Force Meeting, 10:00
- Feb 3, 10, 17, 24—Winter 2012 Session, *Adventures in Learning*, 8:30-1

Keep connected this winter by signing up for the SCT E-Group. If you do not get group emails, send an email to the office to join: shepherdstopeka@yahoo.com
Emails are 1-way communications

Thank you First Baptist!



In 2003 when Shepherd's Center was looking for a home to start this community ministry, First Baptist at 3033 SW MacVicar felt it was a good fit for their expanded building and outreach ministry. Since that time this con-

gregation has allowed SCT to try various room-use scenarios to accommodate its growing membership, in addition to being the home-base for the SCT office. On behalf of SCT, we thank you First Baptist for your commitment. We thank your ministers who have always championed our ministry. We thank Joe and Steve for all of the "little things" like plugging in coffee early, adjusting the tower chimes, unlocking doors . . . And for the "big things" like bathroom clean-up and mopping up spills. We thank Verlee and Gwen for administrative assistance when needed. We thank Rev Cheryl and Rev Corey for meeting with SCT leadership whenever issues arise. Finally, we thank church members for sharing their home with us! We try our best to respect this beautiful building.

Thank you Church Sponsors!



Shepherd's Center thanks the following sponsoring congregations who have given financial support thus far for the year 2011:

- Brookwood Covenant Church
- Central Congregational Church
- Faith Lutheran Church
- First Lutheran Church
- First Presbyterian Church
- First United Methodist Church
- Grace United Methodist Church
- Our Savior's Lutheran Church
- Susanna Wesley United Methodist
- West Side Baptist Church
- West Side Christian Church

We appreciate our members who bring an annual donation to the attention of their church.

Thank you Trinity Presbyterian! Hand & Foot—2nd & 4th Tuesdays



Sometimes there's just not enough time to socialize at *Adventure's in Learning*. That's why when Jeannine Tatum suggested a "Hand & Foot Group," her idea was warmly received. Although players do not have to attend our regular *Adventure's in Learning* sessions, we hope new friendships will lead to that! The group was made possible due to the willingness of Trinity Presbyterian Church to allow use of their fellowship hall which has wonderful cushioned chairs and round tables, and better yet—is a straight shot in from the parking lot—no stairs! The group meets the 2nd and 4th Tuesdays of the month from 2-4:00. New people are always welcomed since we are a learning organization—we will teach you how to play this fun canasta-type card game. If interested in playing call Jeannine at 234-6772. **Please be on time** to divide into teams, and bring your own beverage.

Thank you First Congregational! First Monday's with Debra

Truly the book, *A Gift Of Years*, by Joan Chittister could have been written under the name, *The Shepherd's Center Handbook*. You've heard about this book before—well now SCT is starting a discussion group on the first Monday's of the month from 2-4:00, beginning December 5th. (In case of bad weather, the group will meet the following Monday.) This will be a one year commitment.

Thank you to First Congregational Church, 17th & Oakley, for donating their library, which is handicap accessible. **The group will be limited to the first 20 SCT members who register.** Call or email the SCT office. Here are the requirements:

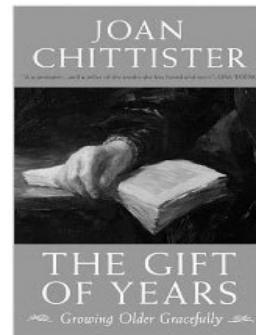
Must have a book. Can be ordered at local bookstores or buy copies at Amazon.com—cost online is \$8—\$10.

Read one chapter a week. (Chapters are about 6 pages.)

Keep a journal and/or highlight meaningful text.

Be "Me"-oriented in group discussions. Don't offer advice or attempt to "fix" others. Share about self not others.

Please have regular attendance. Yes, emergencies come up that cannot be helped, but I'm asking those men and women who sign up to make this one Monday a month a priority.



How do I become a member of Shepherd's Center? If you pay to attend ONE of the quarterly "Adventures in Learning" sessions per year, you're considered a member.

Be an INVITING member! Shepherd's Center is YOUR ministry. When you volunteer for Shepherd's Center you are giving service to your friends. Likewise, when you INVITE others, you are sharing our ministry with our community and the possibility of new friends. Recently I received an email from someone asking to be added to our mailings. I asked how she learned about Shepherd's Center and was told that her physical therapist told her about it after one of her other patients shared information with her. Good job! We are experiencing more first time guests at *Adventures in Learning* than ever before with 90% of them becoming new members. Our growth is because of YOU.

Thank you Shepherd's Center Members!

As a Thank You to 2011 SCT presenters, Consider these ideas for Christmas Gifts

- Findables in Gage Village (Huntoon & Gage) operated by Nancy Harms for Midland Care



- P.T.'s Coffee / Fred Polzin In Barrington Village on West 29th Street



- Kitchen Gallery / Julie Clanton Inside Fairlawn Plaza off 21st Street

- Paintings by Barbara Waterman Peters & Pottery by Larry Peters, NOTO Arts District

- Woodcarving by Carlan Honaker Soldier Creek Studio, 4121 Brickyard Rd



- Alpaca Wool products by Marcia Fish Orchard Hill Farm, Hoyt; 785-986-6733.

- "Innovations" Art Quilt Patterns by Ruth Powers, Carbondale, 785-256-2361.



- Beads & Stones by Joan Wyatt 273-3327, or joanewyatt@yahoo.com.

- Acrylics & Textiles by Linda Humphries In December @ Warehouse 414, call 379-0772.

- Books by Local Authors:

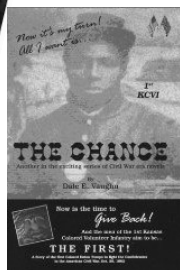
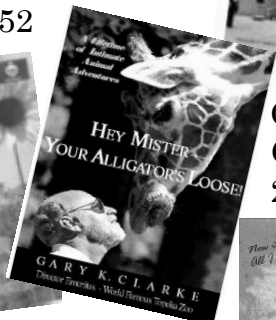
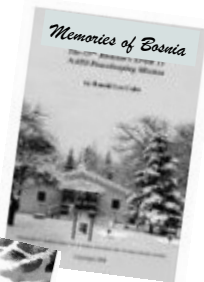
Debra Goodrich- Bisel
228-0738

Colonel Ronald Cobb
364-3252

Gary K. Clarke
272-7604

Dale Vaughn 640-5785

Debra Guiou Stufflebean
www.kansaswriter.com



Imam Omar Hazim
271-0703

Thank you 2011 Presenters! Ideas for End of Year Charitable Giving

- C.A.S.A. (Court Appointed Special Advocates) c/o Sarah Terwelp, Exec. Director, 501 SE Jefferson, Topeka 66607.

- Florence Crittenton Services, c/o JoLana Pinon, Exec. Director, 2649 SW Arrowhead, Topeka 66614.



- Habitat for Humanity, c/o Michelle DeLaIsla, Exec. Director, 2907 SW Topeka Blvd, Topeka 66611.

- Hearts of Hope Children's Grief Camp, c/o Rev. Suz McIver, Midland Hospice, 200 SW Frazier Circle, Topeka 66606.



- Heifer International www.heifer.org/give Select an animal (cow, pig, goat, etc) & make donations online. (Thank you Cathy Patterson)

- Frame Family Foundation c/o Doris Frame (sister of SCT member, Judy Hartegan) 1148 N. Ave, Batavia, IL 60510; Financial donations defray the cost of transporting diapers & children's clothes to Haiti. Call Judy for patterns to make clothes, 266-2634.



- Marian Clinic, c/o Ruth Maus 1001 SW Garfield, 66604

- S.C.A.R.S. Second Chance Animal Rescue Society c/o Maureen Cummins, P.O. Box 22, Auburn, KS 66402



- Shepherd's Center of Topeka—a ministry for adults over 55, 3033 SW MacVicar, 66611

All Organizations are 501C(3) Non-Profits.

Annual SCT Vacation: June 17—23, 2012 Mackinac Island

Last year fifty members of Shepherd's Center went to the Biltmore Estate in Asheville, NC. The trip was a rousing success and plans were announced for a 2012 trip to Mackinac Island the following June. At the Summer Adventures in Learning Session (August 2011), members were told that a sign-up would be available at the Fall Session (October 2011) for the coming trip, the third week in June, 2012. Within two weeks the trip was full and a waiting list has begun. Things can change by next June. Things can change up to the day before, for that matter, so even if you're not on the list you can add your name to the waiting list and still have an opportunity to go. After the deposit is paid, members will have to find their own replacement from the waiting list should they not be able to go. Members needing roommates must make arrangements with others on the list (as price is for double occupancy). The particulars for this year's trip follow:

- ◆ Days 1 & 2: Travel to Northern Michigan (DVD—Somewhere in Time)
- ◆ Day 3: Sault Sainte Marie, Cruise of the Soo Locks
- ◆ Day 4: Mackinac Island—Straits of Mackinac Ferry Crossing, Arch Rock, Lilac Lane, Carriage Rides & Narrated Island Tour
- ◆ Day 5: Mackinaw City, 1892 Mackinac Point Lighthouse, Colonial Michilimackinac Village
- ◆ Day 6: Gerald Ford Presidential Museum in Grand Rapids
- ◆ Days 6 & 7: Return home

SCT Member Price for 7 days, 6 nights, 10 meals, cruise, carriage rides, admission tickets & tips — \$589 per person. Deposits due Jan 1—15, 2012.



Thanks Atria! 8,500 Free Meals!

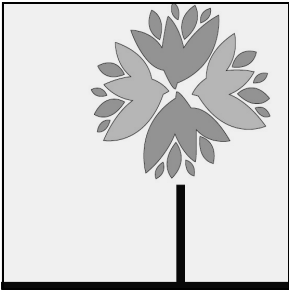
In 2008 our new Director begged for free food. Jared & Sue were polite, not wanting to be rude. So Atria took the plunge, or really nose dive, and provided SCT meals - counting **555**. In 2009 she asked, "Meals for a year, if they could?" Thinking 1500 total, Atria said they would. That year attendance did NOT increase itsy-bitsy, And Atria served meals counting - **2,660**. In 2010 Debra decided four sessions would be good. And Atria, not wishing to disappoint, felt like they should, They rolled up their sleeves and got a little dirty From serving great meals counting - **2,530**. In 2011, Atria continued catering, steadfast and true. SCT loves Kasey, Franny, Deb, Edna and Sue. Thanks chefs Crystal & Rocco, for keeping us alive. The nourishment expanded to - **2,755**. Well nobody's been counting, not even Jared. Total meals served - **8,500**. Thank you from all of us, what more can we say? Except, can we draw now for the gifts you give away?

Atria hit a milestone the last Friday of our Fall Session.

We thought it deserved some major publicity and truly surprised Jared Holroyd, Sue Ferguson, and the crew by inviting the Capital-Journal to capture the presentation.



Photo by Thad Allton, Capital-Journal



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OR CURRENT RESIDENT

Do unto Others as you would have them do unto You. [Matt 7:12]

Blessed Holidays from all of Us at SCT

Our Board of Directors:



Dale Fooshee



Liz Beutler



Janet Bolton



Rev. Joan Porter



Shirley Davis



Al Thomas



John Rothrock

Our Staff:



Debra Stufflebean



Spencer Smith



Mary Nestor



Les Carlson



Dick Sargent



Rachel Fagen

Our Committee Chairs / Volunteer Coordinators:



Roma Sessin



Barbara McLain



Jeanne Bellows



Lou Stallard



Mike Stufflebean



Glenna Meek



Stan Brown