

Sponsoring Congregations

Asbury Mt. Olive UMC
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
Atria Hearthstone
Brewster Place
Comfort Keepers
Hospice Care of Kansas
McCrite Plaza
Midland Care
Rebound Physical Therapy
St. Francis Senior Spirit
Stormont-Vail Healthwise 55
Thornton Place



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

Winter 2010 Issue No. 13

Register NOW for the Thornton Place fieldtrip to the theater, January 23rd.

Members are invited to a Saturday night outing January 23rd, compliments of Thornton Place, 29th & Armstrong. Drinks and refreshments will be served at a soiree beginning at 6:15 p.m. in the main dining room. Guests will then receive **FREE** tickets to Topeka Civic Theater for a performance of ***The Senior Class***, a comedy improv group of zany actors all over the age of 50. We will car pool or caravan from Thornton Place around 7:15 for the 8:00 pm performance.



Reservations must be made by January 15th (see registration form). **Tickets are limited to the first 20 reservations.** Anyone needing transportation, call the office, 267-0248.

For current information about all Shepherd's Center fieldtrips, please visit our website: www.shepherdscentertopeka.org.



Mahalo Volunteer Banquet



Volunteers were recognized for their hard work at the Mahalo Banquet hosted at McCrite Plaza on Nov. 6, 2009. Fruity cocktails with umbrella picks and a Hawaiian dinner were prepared by Chef John Jackson. Maggie Kelley entertained the 60 guests with laughter and fun. Avanell Roseberry won the "**Volunteer of the Year**" award. Runner up was a tie between Bethene Harpham & Darlyne Sheppard. Many thanks to the staff at McCrite's for making this a special evening.

A Little Discussion with the Director



Debra Stufflebean

When everything is said and done, it is relationships that matter most. At SCT, we not only try to offer great classes and fieldtrips, but we also provide OPPORTUNITY for building

relationships. It's fun to attend something with friends and to invite them to come to SCT. It's fun to become acquainted with someone new during activities at SCT. But, I want to bring another type of relationship opportunity to the forefront: the friendship between SCT members and our Community Partners.

Without our Community Partners, the

Shepherd's Center would not be able to provide many of the niceties that members enjoy. The only thing that they ask, is for an opportunity to get to know SCT members — because you are their "target market" for the services they provide. That's just a simple fact — the best marketers are "people persons." That doesn't mean that those friendships are disingenuous. It's no different than when I give programs to invite people to Shepherd's Center. Once people attend, and I get to know them, I genuinely enjoy their friendship.

YOU may not be in need of hospice care now, or have any interest in moving into a retirement community, or wish to enroll in an exercise program BUT people do share information. One never knows when you may have a friend or loved one who needs a referral and it just so

happens that you know someone. We are a "who you know" society. We seek out services from people we know or people our friend's know. And let's face it — our needs change. For an example, if we suddenly find ourselves unable to return to our home after hospitalization, wouldn't you prefer to go some place where you know the providers, some place where you already have friends who care about you? I know I would. Taking advantage of the opportunity SCT provides to build relationships with our Community Partners costs you nothing but a little time. Let them spoil you, accept their invitations — relax! They have a job to do, as do you — to become an informed consumer — and the worst thing that can happen is you could make some really good friends!

Debra

We're ringing in the **NEW YEAR** with a new "Focus on Fitness" at Shepherd's Center. Several members enjoy the gym walk, and that will continue from 8:30—9:00 at our "Adventures in Learning" sessions. In fact—did you know that 300 laps around the gym is the distance that Jesus walked from Jerusalem to Jericho? Commit to walking "**In His Steps**" as your New Year's resolution. Nine laps equals 1/2 mile; 18 laps equals 1 mile. First Baptist has invited SCT members to their open gym from 10:30—11:30 every Tuesday morning for walking & exercise.



But in addition to walking— we're going to utilize gym space in the middle

for exercise. Last October the Arthritis Foundation invited members of SCT to attend 12 weeks of **FREE Tai Chi** classes at Fairlawn Plaza. Instructor, Ivory Mazur, has agreed to offer another 12 weeks of **FREE Tai Chi** classes in the FBC gym the four Fridays during Winter session (Feb),

four Fridays in March, and four Fridays during the Spring Session (April). This slow, deep breathing exercise benefits everybody.



The Shepherd's Center welcomes Rebound Physical Therapy as a new Community Partner.



Rebound will be staffing the fitness table outside of the gym during the Winter session, where they will be providing a different screening each Friday: Feb 5th — balance, Feb 12th — body mass index, Feb 19th — posture, and Feb 26th — grip. Blood pressure will be checked every Friday.

Please Note on your Calendar:

Jan 27—Task Force, 10:00

(Committee Chairs)

Mar 3 — Newsletter, 10:00

(Volunteer at Registration Table)

Mar 10, 24 — Planning, 10:00

(Planning for Summer Session. Join this committee by contacting Jeanne Bellows or Barbara Smith.)

Spring Session this year will be on **April 9, 16, 23 & 30.**

NO Shepherd's Center on Friday, April 2, Good Friday.

Bad Weather Notice



In the event of inclement weather, we will follow the school closing policy of 501 District. Listen to radio & television news. If 501 closes classes, there will be **NO** Shepherd's Center Classes.

McCrite Plaza Fieldtrip March 18, 2010



Enjoy some **McCrite MAGIC!** Music, Magic and More will begin at 4:30 p.m. 3/18. Beverages & Appetizers will be served. More info to follow at the Winter Adventure's in Learning when McCrite's will be serving refreshments. Sign up for fieldtrip on the registration form.



If you wish to make a charitable donation to SCT for 2009 tax purposes, you must mail it to the office by Dec. 31st.



Atria Steps Up AGAIN !!!
"Oh how we love you, oh yes we do . . ."

As Shepherd's Center continues to grow, so does the number of meals that we need, and even after adding another full Summer Session, Atria did not bat an eye but remained committed to the SCT ministry. I guess we should not be surprised that Atria has signed on for another year of meals at SCT. Jared Holroyd and all of the staff seem to have as much fun at lunchtime as SCT members. Even Mother Holroyd has decided to attend Shepherd's Center and in April, you'll have a chance to hear Father Holroyd lead a class. Chef Larry Rice has prepared some great

lunches this past year and we look forward to seeing what's on the menu for 2010. YUM.

Thank You!



2009 DONATIONS FROM SPONSORING CHURCHES

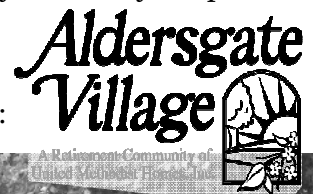


Thanks to the donations of our church sponsors SCT is able to give scholarships to people who could not otherwise afford to come to Shepherd's Center. Those congregations that have donated for 2009 include:

- Brookwood Covenant
- Central Congregational
- Countryside UMC
- Grace Episcopal Cathedral
- Grace United Methodist
- Faith Lutheran
- First Lutheran
- Our Savior's Lutheran
- Susanna Wesley UMC
- Town & Country Christian
- Trinity Presbyterian
- Westminster Presbyterian

Camp Chippewa was such a success that it is likely to become an annual outing for SCT in October. Despite chilly weather conditions, 32 members enjoyed a fun Fall day in the country. Thank you sponsors!

Camp Chippewa is a UMC camp near Lake Pamona. Transportation provided by:



Guest Policy

Everyone (member or guest) must register to attend an “*Adventures in Learning*” session. First time visitors MUST call the SCT office, 267-0248, by Tuesday if they plan to attend that Friday so we will have an accurate lunch count and have a name badge for them in the registration foyer. Visitors may come **ONCE** without paying, but then must pay the \$25 registration fee if they wish to come the remaining Fridays of that session. We should encourage others to come and give SCT a try—it costs nothing to check it out to see if this is a program they would enjoy. By providing their address & phone number, guests will receive the SCT newsletter for one year.

(Scholarships may be available for those who have a financial need—visit with the Director or your Pastor.)

Clergy at our sponsoring churches are always welcome to attend Shepherd’s Center FREE for a single class, a session, or a meal. We only ask that you call the office beforehand, and later spread the good news!

Yahoo Group for SCT

The Shepherd’s Center now has its own Yahoo Group which makes it much easier for the Director to communicate with the membership simultaneously, and for members to communicate with one another. To enroll, go to the following address: <http://groups.yahoo.com/group/shepherdstopeka/>

If you have any difficulty getting enrolled, send Debra an email: shepherdstopeka@yahoo.com. Please register to help us keep up with a growing membership. Thank you!

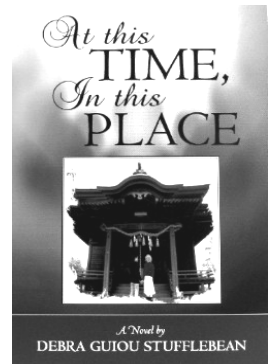
-
- **8th Grade Test Question in 1895: If a load**
- **of wheat weighs 3,942 lbs., what is it worth at**
- **50cts/bushel, deducting 1,050 lbs. for tare?**
-
-

Books to Read



Former FBI agent, Mark Bouton is the author of five mysteries. **The Second Savior**, published in July, 09 is available through Amazon.com for \$24.59. LAPD homicide detectives wage their own war against the Crips and Bloods, gangs of south central Los Angeles. Readers will discern a spiritual thread woven throughout this thriller.

Debra Stufflebean, is the author of three novels. **At this Time, In this Place**, published in Nov 09, is available through Barnes & Noble for \$19.95. An American Christian woman falls in love with a Japanese Buddhist man who is in Topeka attending Washburn. While restoring an old home in College Hill, they find a mysterious box of letters from the original owners, which teaches them what it means to truly love someone.



Forty-four members participated in the Awesome Adventure’s trip to the Heart of America Christmas Pageant on December 6th in Raytown, MO. Members were joined by others on a full 54 passenger bus. We had seats in the front left section of the 2000+ seat Baptist Church Ampitheater. A buffet dinner of roast beef, turkey, dressing, potatoes, gravy, cranberry salad, beans, corn, rolls and choice of apple or peach crisp was served. Superb!

“Adventures in Learning” Winter Session Class Catalog

Feb. 5, 2010
9:15—10:15 a.m.
News & Views

Kevin McFarland leads a lively current events discussion every Friday in session. Topics can run from City Council issues to national politics. Kevin stays abreast of the news and asks for YOUR views. This is a fun and candid exchange of ideas where opposing viewpoints are appreciated.

Feb. 5, 2010
9:15—10:15 a.m.
Community

KNI: Support/Services for Intellectually Disabled
 For 50 years KNI has provided person-centered support and services 24/7 and has been nationally recognized for its programs. Dave Skinner tells how 157 residents are vulnerable due to present political & financial tug of war.

Feb. 5, 2010
9:15—10:15 a.m.
Health

STROKE: What is Happening to Me?
 So many questions during this scary health condition. Learn about the immediate care procedures for stroke victims and the rehab that happens with the patient afterwards. By St. Francis Rehab.



Feb. 5, 2010
10:30—11:30 a.m.
Religion

Who are the Sikhs?
 A stranger wearing a turban may bring to mind Osama Bin Laden, an inaccurate stereotype. This person may be a member of the Sikh faith. Daljit Singh Jawa, a native of India, will share his faith & answer questions.

Feb. 5, 2010
10:30—11:30 a.m.
Art/Literature

Dramatization—Abe & Mary: Family Portrait
 Herschel & Jacque Stroud, appearing in period clothing, talk about the Lincoln-Todd families and their descendants based on an 1865 photo album which was lost & rediscovered in 1985.



Feb. 5, 2010
10:30—11:30 a.m.
People & Places

The People’s House: Our State Capitol
 Structurally the Capitol in Topeka is one of the most beautiful in the U.S. Listen to Larry Wills, the singing tour guide, highlight some of the wall murals and extensive restoration that has occurred in recent years.

Feb. 5, 2010
11:40—12:10 p.m.
Music

Favorites from a Variety of Genre
 Nancy Daniels has played violin since age 9. She will play some Judy Garland hits, Gaelic or folk medley, hymns and classical favorites—all music she loves.



Feb. 12, 2010
9:15—10:15 a.m.

News & Views
 Current Events Discussion w/ Kevin McFarland

Feb. 12, 2010
9:15—10:15 a.m.
Community

Can you Hear me now?
 Tim Anderson & Rebecca Rosenthal from the KS Comm. For the Deaf and Hard of Hearing [KCDHH] will discuss assistive technology available and demonstrate equipment that can enhance hearing ability.

“Adventures in Learning” Winter Session Class Catalog

Feb. 12, 2010
9:15—10:15 a.m.
Health

Introduction to Five Element Acupuncture

Stephanie Schuttera will give the history and background of acupuncture. She will define “*chi*” and give a basic description of “*meridian*,” the acupuncture point system that is used for diagnosing and treating common illnesses.

Feb. 12, 2010
10:30—11:30 a.m.
Religion

Baha`i: What is it, Why is it, Where is it, Who is it?

Kansas is the second Baha`i community west of Egypt. It is one of the most widespread religions on earth and one of the fastest growing. Duane Herrmann, past President of Interfaith, will share his research and experiences as a 40 year member of the Baha`i faith. His work has been published in 12 countries and in 4 languages.

Feb. 12, 2010
10:30—11:30 a.m.
Art/Literature



Novels by Debra Guio Stufflebean

Debra likes to call herself a Kansas cheerleader because for the past ten years she has written three novels as kansaswriter.com. Her novels are set in Kansas, often from the mid-1800's to the mid-1900's, and she unashamedly uses this platform to share her beliefs.

Feb. 12, 2010
10:30—11:30 a.m.
People & Places

Help us Learn; Give us Hope

Helping children in Iraq & Afghanistan learn is critical to bringing stability in these war-torn countries. Hear Col. Gary LaGrange speak about a program making a difference.



Feb. 12, 2010
11:40—12:10 p.m.
Music

Hearty Music on the Hammered Dulcimer

Hear and learn about the hammered dulcimer—the great-great (several greats) grandparent of the piano. Dulcimer means “sweet music,” which is especially true when played by Cynthia Menzel.

Feb. 19, 2010
9:15—10:15 a.m.



News & Views

Current Events Discussion w/ Kevin McFarland

Feb. 19, 2010
9:15—10:15 a.m.
Community

OT Evaluation & Treatment for Low Vision

Occupational therapy identifies challenges that people with low vision encounter in carrying out daily tasks, thus providing treatment intervention such as techniques and equipment to assist a person in maintaining their independence and safety. Presented by Cynthia Kratina, OT, St. Francis.

Feb. 19, 2010
9:15—10:15 a.m.
Health

Diabetes Risk & Prevention

Learn how to prevent or delay diabetes. Find out what your risk factors are and how small steps can lead to huge rewards.

Feb. 19, 2010
10:30—11:30 a.m.
Religion



Noble Truths of Buddhism

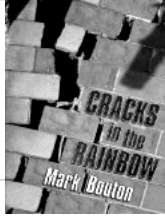
Dr. Sanford Pomerantz will discuss the eight-fold path and meditation techniques that Buddhist ascribe to as a philosophy of life. Unlike Christians who believe in God, Buddhists are atheists who feel that believing without questioning impedes the path to enlightenment.

“Adventures in Learning” Winter Session Class Catalog

Feb. 19, 2010
10:30—11:30 a.m.
Art/Literature

How to Spot Lies like the FBI

Mystery writer, Mark Bouton, is working on a new nonfiction book by re-verting back to skills he has as a former FBI agent. He will tell about some former cases he worked and answer questions about his crime novels.



Feb. 19, 2010
10:30—11:30 a.m.
People & Places

Rags to Riches: Impressions of Myanmar

Dr. Paul Stevens contrasts the impoverished lifestyles of the commoners with the lavish palaces and jewels of royalty. Renaming both the country of Burma and the capital city to “City of Kings,” is the new governments way of imprinting control on an industrious people.

Feb. 19, 2010
11:40—12:10 p.m.
Music

Original Arrangements of Familiar Tunes

Pianist Jeremy West has set more than 50 hymns, spirituals, & folk songs to new music while completing his Masters in Music.



Feb. 26, 2010
9:15—10:15 a.m.

News & Views

Current Events Discussion w/ Kevin McFarland



Feb. 26, 2010
9:15—10:15 a.m.
Community

Topeka Association for Retarded Citizens [TARC]

Dawn McWilliams & Shelby Fry share how TARC was started 55 years ago by families who had disabled children: people who knew first-hand what type of services were helpful in keeping loved ones in their homes and communities.

Feb. 26, 2010
9:15—10:15 a.m.
Health

How to Protect, Detect, Report Healthcare Fraud

Did you know we have a state-wide program to detect scams, abuse, waste and Medicare & Medicaid fraud? Educational outreach by Darrell Elliott, KDA.

Feb. 26, 2010
10:30—11:30 a.m.
Religion

Mormons: Christian Denomination or Separate Religion?

John & Carol Christensen, lifelong Latter-day Saint and an LDS convert, explore the similarities and differences between Mormonism and other Christian faiths, including a history of the church and its core beliefs.

Feb. 26, 2010
10:30—11:30 a.m.
Art/Literature

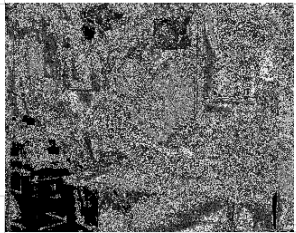
The Symbolism of Mosaics

Ceramic mosaics are incorporated into our everyday lives without our even realizing it. For thousands of years this symbolism has been misunderstood.

Feb. 26, 2010
10:30—11:30 a.m.
People & Places

“Dit-dit, Da-dot-dot” : Morse Code Telegraph Club

Don Reser and Dick Smith will give a history of the invention of the telegraph and development of Morse Code. Includes exhibit and demonstration of equipment.

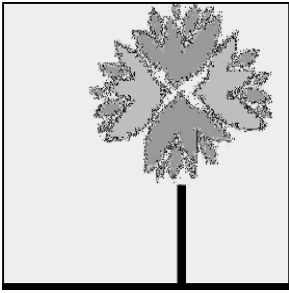


Feb. 26, 2010
11:40—12:10 p.m.
Music

The Ro Ro Sisters

Musical sisters, Rogene Moody & Rosemary Hoover bring their up-beat variety show to SCT.

Answer to test question:
\$24.10 a load



Shepherd's Center of Topeka
3033 SW MacVicar Avenue
Topeka, Kansas 66611-1899

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FOR
UNTO US
A CHILD IS BORN
UNTO US
A SON IS GIVEN

Peace be with you,

Have a blessed Christmas!

Registration: Mail completed registration form to SCT, 3033 SW MacVicar Ave, Topeka, KS 66611, along with check payable to SCT. Check Box if New or Changed Info. >

Name (s) _____ Phone # _____

Address/Zip _____

E-mail: _____ Home Congregation: _____

Registration fee of \$25 includes 8 classes in "Adventures in Learning," 4 musical programs, 4 catered lunches, and field trips between sessions. Now that's a bargain!

Number of Registrations _____ x \$25.00 = \$ _____

Donation to this ministry = \$ _____

Total Number of Lunches for all Fridays _____ x .00 = **FREE**

Please check which Fridays you will be eating.

(First Fri. ___ ; Second Fri. ___ ; Third Fri. ___ ; Fourth Fri. ___) \$ _____ Check Total

Fieldtrip Sign Up: Thornton Place Fieldtrip Sat, January 23 _____ (**due Jan. 15**)

McCrite Plaza Fieldtrip — Magic, Music & Food, March 18 _____

Class Selection: Each person choose two classes per Friday (select one from the three classes listed in each time slot). This will help us with room assignments.

<u>February 5, 2010</u>	
9:15-10:15	K.N.I. _____
	Stroke _____
	News & Views _____
10:30-11:30	Sikh _____
	Lincoln Dramatization _____
	State Capitol _____

<u>February 12, 2010</u>	
9:15-10:15	Deaf _____
	Acupuncture _____
	News & Views _____
10:30-11:30	Baha`i _____
	Author: Stufflebean _____
	Afghan Schools _____

<u>February 19, 2010</u>	
9:15-10:15	Low Vision _____
	Diabetes _____
	News & Views _____
10:30-11:30	Buddhism _____
	Author: Bouton _____
	Myanmar _____

<u>February 26, 2010</u>	
9:15-10:15	T.A.R.C. _____
	Healthcare Fraud _____
	News & Views _____
10:30-11:30	Mormons _____
	Mosaics _____
	Morse Code _____

PLEASE RETURN BY JANUARY 22nd or SOONER. THANKS!
Note if making a donation for 2009, please mail by Dec. 31st.

February 5, 2010

9:15—10:15 a.m.

K.N.I.—Dave Skinner

Stroke—St. Francis Rehab

News & Views—Current Events Discussion
with Kevin McFarland

10:30—11:30 a.m.

Sikh faith—Daljit Singh Jawa

Lincoln Drama—Herschel & Jacque Stroud

State Capitol—Larry Wills

11:40—Sanctuary Music

Violinist Nancy Daniels

February 12, 2010

9:15—10:15 a.m.

KS Commission for Deaf—Rebecca Rosenthal

Acupuncture—Stephanie Schuttera

News & Views—Current Events Discussion
with Kevin McFarland

10:30—11:30 a.m.

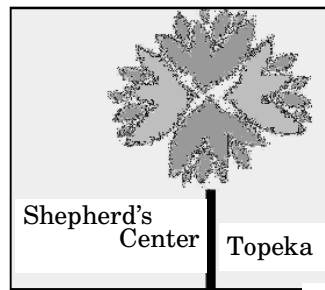
Baha`i—Duane Herrmann

Kansas Writer—Debra Stufflebean

Help us Learn—Col. Gary LaGrange

11:40—Sanctuary Music

Dulcimer by Cynthia Menzel



Hosted at

First Baptist Church
3033 SW MacVicar
Topeka, KS 66611
785-267-0248

WINTER 2010

“ADVENTURES IN LEARNING”

8:30—9:00 : Lower Level — Focus on Fitness



9:00—10:30 Parlor, Upper Level
Refreshments by



12:15—1:00 Dining in Lower Level

Buffet compliments of:



February 19, 2010

9:15—10:15 a.m.

Low Vision Therapy—Cynthia Kratina

Diabetes—Elizabeth Davis

News & Views —Current Events Discussion
with Kevin McFarland

10:30—11:30 a.m.

Buddhism—Dr. Sanford Pomerantz

Former FBI Writer—Mark Bouton

Myanmar—Dr. Paul Stevens

11:40—Sanctuary Music

Pianist Jeremy West

February 26, 2010

9:15—10:15 a.m.

T.A.R.C.—Shelby Fry & Dawn McWilliams

Healthcare Fraud—Darrell Elliott

News & Views —Current Events Discussion
with Kevin McFarland

10:30—11:30 a.m.

Mormons — John & Carol Christensen

Mosaics—Kathy Slimmer

Morse Code—Don Reser & Dick Smith

11:40—Sanctuary Music

Duet—The RoRo Sisters