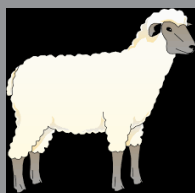




The Shepherd's Center of Richmond encourages older adults to remain active and independent through enrichment programs and volunteer service to their peers.



SAVE THE DATES!

Open University
Spring Session
Begins
March 27

Annual
Volunteer
Celebration
Coming in April

Travel with
TSCOR to:

Norfolk Botanical
Gardens
National Aquarium
in Baltimore, MD

details inside

Gray Matters

Newsletter of The Shepherd's Center of Richmond
Spring 2017

Remembering Dr. John R. Rilling, Former TSCOR President



Friends of The Shepherd's Center of Richmond mourn the passing of former Board president John R. Rilling on January 1, 2017, at age 84.

John was professor of history emeritus at the University of Richmond where he served for forty years, 1959-1999. A native of Wisconsin, John received his B.A. from the University of Minnesota and A.M. and Ph.D. from Harvard University. His fields of concentration were Tudor and Stuart England and the Reformation.

John was a dedicated and masterful teacher, taking exceptional interest in the personal and intellectual development of his students. In recognition of his success in the classroom, he was a five-time recipient of the University's Distinguished Educator Award. John also was an astute University leader and statesman, widely respected by all campus constituencies.

In retirement, John served on the board of Agecroft Hall and as TSCOR President from 2008-2010. He taught a wide range of classes at the Open University, where for years he was one of the most popular instructors.

John was a voracious reader, active outdoorsman who enjoyed hiking and cycling, collector and connoisseur of fine wines, and one who delighted in lively conversation. He is survived by his wife of sixty-three years, Joanne, two sons, and a wide circle of friends.

-John Gordon

Welcome to Our New Drivers!

Transportation for seniors is a much-needed service in our community and recruiting volunteer drivers is an ongoing challenge for the Center. On that note, we'd like to welcome the **NINE NEW DRIVERS** who have joined us so far this new year. We are so thrilled to have them come on board and want to extend a big welcome and hearty thanks to **Ralph Ashton, Cheryl Crawford, Adrienne Dery, Marilyn Fishel, Joe Griffin, Jerry Metz, Don Miller, Nancy Miller and Bill Rice**. This group has already volunteered their time to complete 18 round trips and serve 15 clients.

We'd also like to give additional kudos to **Cheryl Crawford** for becoming an **Office Volunteer** as well as a driver. These volunteers are crucial in making sure our Client Services operate without a hitch, and we're very grateful for Cheryl's help in managing this important part of our mission.

The demand for transportation and grocery shopping services steadily increases, and we constantly seek those who are willing to give their time to serve the needs of our clients. If you already drive for the Center, thank you! If you, or anyone you know would be interested in learning more about this unique volunteer opportunity, please contact us in the office at 355-7282. We'd love to speak with you.



New Year, New Newsletter!

It's a new year and maybe you've noticed things look a little different around here. In an ongoing effort to grow and involve our TSCOR community, our newsletter has gotten a makeover.

This new version will emphasize an important aspect of who we are, what we do and how we get it done, by acknowledging, in every Gray Matters, the newest volunteers to join TSCOR. We'll also be honoring outstanding volunteers. Every volunteer is important to our mission and we want each of them, new and continuing, to know just how much we appreciate all they contribute.

We'd also like to hear from you. If you have a story about your experience with TSCOR, please share it with us so we can share it with others and make the newsletter more about you!



Aging in Place, Handymen and Honey-Do Lists

We age most happily and inexpensively in the comfort of our own homes. Some minor changes in the home could prove helpful and economical. For example, replace light bulbs in hard-to-reach places with extra life devices, such as extra-long-life LED's or CFL's, for overall economy. For stiff or arthritic hands, replace round door knobs with lever handles. Maybe replace toggle light switches with rocker switches worked by pushing with a finger, knuckle or elbow. Need a doorway widened? Install offset hinges so the door opens completely clear of the door frame. For extra safety, install needed grab bars in bathtubs or showers, and handrails in hallways. Our handymen can assist with many of these suggestions. Call the office and inquire.

-submitted by Scott Broadbuss, handyman

Are You Handy? Spring is coming and our clients are calling for minor repairs. If you're interested in becoming a Handyman Volunteer, give us a call.



TSCOR Group Travel

Norfolk Botanical Gardens
Wednesday, April 26
Limited seating

National Aquarium
Baltimore, MD
coming Fall 2017

visit www.TSCOR.org
or call us at 355-7282

TSCOR Women's Group

Are there any women out there that would be interested in starting an informal TSCOR Women's Group?

We need a couple of volunteers to coordinate meetings and TSCOR can help with the time and location.

Email me at jadams@TSCOR.org with your thoughts.

-Julie Adams-Buchanan, Executive Director

All Things Open University



No Classes during Easter Holiday. Classes will not be held on Thursday, April 13; Monday, April 17, and Wednesday, April 19, in observance of Easter.

Local authors to hold book signings. In the spring session we will have the pleasure of hearing local authors talk about and sign their books. Topics range from the Civil War to cooking to the Holocaust to writing memoirs with inmates of the city jail. Circle the dates on your calendar for Bill Lohmann, Nancy Wright Beasley, Scott Allison, Clare Schapiro, David Mark Cooper, Nelson Lankford, Zachary Reid, and David Coogan. Bring your check book or extra cash. and purchase one of their books. It's not too early to start Christmas shopping for those special folks in your life!

Open University would not exist without its many volunteers. An enormous amount of care and planning goes into the OU, and we would like to thank everyone who participates. This Spring session we welcome the volunteer instructors who are new to OU: **John Heroy, Jimmy Kandeh, Richard Meager, Richard Mercer, Curtis Monk, George Munro, Dan Palazzolo, Terry Redding, Rachael Schmidt, John Shinholser and Pat Shutterly.** Thanks for sharing your knowledge.

A special thank you goes out to Lou Webber for answering the call for a front desk attendant at St. Luke's. A warm and welcoming presence was what we asked for and is exactly what we got. Thank you, Lou!

"Let them eat cake!" Lunch at OU would be very different without the added bonus of cake. Thank you to all the students who donate cakes to the OU, especially to Dot Canipe who brings a cake to each location during each OU session.

Get moving with the OU. Feldenkrais classes are offered every session at the OU. The Feldenkrais method is designed to improve a person's movement repertoire, aiming to expand and refine the use of the body through awareness, in order to reduce pain or limitations in movement, and promote general well-being.

Fall back in with the OU. Mark your calendars now! Fall classes begin Monday, September 18, 2017.

Spring Into Action with TSCOR

There are so many ways to get involved.

*If you have a skill, talent or idea you want to share, call and tell us!
If you have a passion, you have a place with TSCOR.*

Remember Our Mission. As members of TSCOR, please keep our mission in mind and help to continue our efforts for seniors in our community and for ourselves!

- Betty Ann Dillon, Acting President

Accept a Challenge. "I echo our late president and friend, Jack Welsh, by challenging you to reach out to 5 people and do one or more of the following: tell them about your TSCOR experience, invite them to hear a lunch speaker with you, have them ride along with you as you provide rides or ask them for a donation. Let them know how much the Center means to you!"

- Julie Adams-Buchanan, TSCOR Executive Director

Nominate a Leader. We always seek dedicated, interested and interesting members to join committees, become committee chairs, and join the Board of The Shepherd's Center of Richmond and thus renew our leadership. If you have anyone to suggest, yourself included, please contact Ralph Graner at rjgraner2@verizon.net.

Plan your Estate. "As many of our members know, the Shepherd's Center has an objective of keeping fees low and affordable and realizes many members are very conservative and frugal. To help in meeting that objective, please consider including the Center in your estate and will planning, as a beneficiary of a dollar amount, specified assets or a percentage of the estate. An alternative way to benefit the Shepherd's Center would be requesting that other beneficiaries of your estate make donations to the Center in their own names for which they could take the tax credit benefit themselves. Any such donations will be much appreciated and used prudently."

- Scott Broadus, finance committee

Become a member. Our annual membership campaign will be underway again soon. Our next membership cycle is from July 1, 2017 through June 30, 2018 and costs only \$25. Benefits include free attendance to all OU lunch speakers, reduced OU tuition, reduced group travel rates and an invitation to the Annual Volunteer Celebration. Plus you will be contributing to the betterment of your community and supporting our mission. Look for the Annual Membership Renewal form this June.

Strive to Drive. We continue to streamline Client Services in order to make volunteer driving easy to fit into your day. If you are a current driver or thinking about becoming one, you can now let us know how you would like our office volunteers to contact you (or not contact you) to fill transportation requests. Whether you prefer emails, self-assigning or phone calls, the choice is up to you!

Share your Summer. If you are a teacher or you know a teacher who has the summer off, would you or they consider sharing extra time with seniors in our community? TSCOR has approximately 80 drivers serving over 220 clients. Many of our regular drivers travel during the summer months and filling ride requests for clients becomes very difficult. Share a bit of your time and become a temporary summer driver.

Orchestrate the Day. If you like coordinating details and working with technology, why not become an office volunteer? Use our computer program *Ride Scheduler*, take phone requests from clients and work with the drivers via email and phone to coordinate client service requests. Morning and afternoon shifts available.



Thank You to Our Volunteers and Members



Volunteers and members are the heart and soul of any non-profit organization and ours are some of the very best. We'd like to thank:

- Anne Harrison for donating 20 Forever stamps
- All of the Open University students who donated greeting cards
- The Universal Leaf Foundation for its matching gift donation with Barbara Grant

Thank You to Our Donors

Individuals

General: \$12,600
Memorial: \$2,800
In Honor of: \$750

Groups

- ♦ Lakeside Methodist Church Fellowship Crusader Class
- ♦ St. Matthew's Episcopal Church Outreach

In Memoriam

Barbara "Bobbie" Garrett
Denzil Lyne
Helen Macklin
John Rilling





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Richmond, Virginia 23228-5441

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See our list of classes inside
or visit www.tscor.org

*Once you stop learning
you start dying.*

- Albert Einstein



Thank You to Our Organizational Supporters

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St. Matthew's Episcopal Church
Endowment Fund

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Ruth Blevins, John Clark, Hal Costley, Betty Ann Dillon, Barbara Goehle, Peter Goodman, Ralph Graner, Arthur Gunlicks, Bernard Henderson, Kenneth Hoen, Mary Maiden, Grayson Miller, Carol Parke, William Slaughter, Shantaram Talegaonkar, Kirsten Taranto, Suzanne Wiltshire, Elizabeth Yates and Sally Youngs

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