



The Shepherd's Center of Richmond is a nonprofit, nondenominational, service and education organization.

Its mission is to encourage older adults to remain active and independent through enrichment programs and volunteer service to their peers.

SAVE THE DATES!

35th Anniversary Celebration:

Tuesday, March 19

Open University Spring Session:

March 25 - May 23

Travel with TSCOR:

Abingdon, VA, and The Barter Theatre

March 28

Pamplin Historical Park

May 14

Rediscover Richmond

Date tba

See inside for details.

Open University Fall Session:

Sept. 23 - Nov. 14

Gray Matters

Newsletter of The Shepherd's Center of Richmond Spring 2019



Driver Carol Parke with client, Shirley H.

Drivers Needed!

Driving to wherever we want or need to go. It's such a simple thing, one most of us take for granted every single day.

But what happens when we can no longer drive? There are many reasons: illness, physical issues, eyesight problems, or just deciding that it's time to stop. Whatever the reason, now there's a new question: How do I get to where I need to go?

Family members or friends can help, but they're not always free to do so. Local transportation (bus or taxi) isn't always available, convenient or affordable. And that's where TSCOR comes in - helping older adults stay active, independent and engaged.

As we all age, demands for drivers continue to exceed requests, a trend we expect will increase in coming years. We'd like to

See "Drivers," page 2



Driver Patrick Baber takes a picture while on a drive with client, Dorothy M. and friend.

35th Anniversary Celebration, 1984-2019

The 35th Anniversary Celebration of The Shepherd's Center of Richmond will be held on March 19th, 2019, at 12:30, in the Jepson Alumni Center, University of Richmond. We will honor the volunteers who have made our 35 years of service to Richmond possible. A Highland Celtic dance performance, featuring Plaid Points, will entertain us as we enjoy good food and fellowship, and honor outstanding

volunteers. All volunteers and members will receive an invitation, via email or regular post, so keep your eyes



TSCOR's 35th Celebration will be held at the U of R Jepson Alumni Center.

out! In our first annual report, Bob Seiler, our founding father, wrote, "The Shepherd's Center is not a building, but an idea - that the growing number of Americans who experience old age need a mechanism for sharing their talents and energies and for giving meaningful assistance to their neighbors as needed. The Shepherd's Center is that mechanism." Here's to 35 more years!



A snapshot from the 30th Anniversary Birthday Bash held in 2014.

Drivers, continued

help stop this trend. Volunteering to drive seniors to their medical appointments or the grocery store is a great way to give back. Providing transportation options is vital to independent living, and it's so rewarding. Conversations we have with the clients we drive are fascinating. Listen to what some of our drivers say:

Peter: Driving has been a great experience, one that I've enjoyed very much and from which I have received very much in return.

Jan: It's fun! Everyone is so much more than we see, and they all have a story about their life.

Melinda: It's flexible, easy to coordinate with your own schedule. You sign up online on our Ride Scheduler software to drive when you can. You meet very nice people and help them out with something so simple, yet so important.



Client Burga K. and driver Jan Simmons.

Ned: Their appreciation is more than enough reward. Driving has led to new friendships between clients and myself.

Joe: The relationships created as a result of volunteer driving have been the icing on the cake.

Even if you can't volunteer yourself, you may know someone in your church or civic group or neighborhood who would be interested. Help us get the word out! We have new brochures you can hand out that explain the details and how to get started.

To learn more, check out our web site: www.TSCOR.org, or call the office at 804-355-7282. Be sure to ask about the brochures.

Help TSCOR continue and expand this much needed service!

Jan Simmons - Client Services committee

From the Executive Director



DID YOU KNOW that The Shepherd's Center of Richmond (TSCOR) is a part of something larger? Yes, Richmond, our little Center is just one in a network of 56 Shepherd's Centers in 17 states across the country, with new ones opening every year. Virginia and South Carolina have the most Centers with 8 each (and we were the 1st in VA)! You would think that with all these Centers, we would all be well known in our communities, but that's not how it is (case in point- TSCOR). We all desire to change that and have been discussing how to work together to create a movement so that *Shepherd's Center* is a household name and every community has or wants one. We have a strong beginning to a movement - a proven model that meets important needs for older adults and their communities, with multiple ways for our network to nurture each other and trade ideas. But, it isn't enough.

Shepherd's Center of America (SCA), our lead Center, asserts that a crowd of followers to generate buzz and momentum is essential. "We need ALL people connected to Shepherd's Centers (your staff, board, volunteers, participants, clients) to give our movement life." SCA suggests a few things, one of which I am doing now - reminding you of our national status (go to www.shepherdcenters.org for more info). The other, I am urging you to do now. Go to Facebook and "Like" Shepherd's Center of Richmond, and then also "Like" every Shepherd's Center you can find. You can also "Share" our stories on your Facebook page. This creates a ripple effect that quickly spreads. If you are not on Facebook, ask someone who

is to "Like" us. And please, never stop talking to people about The Shepherd's Centers and their movement. Our mission is an idea worth spreading.

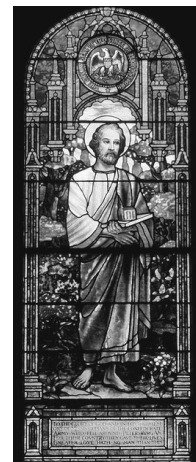
- *Julie Adams-Buchanan*, Executive Director

Cabin Fever? Travel with TSCOR

Tickets are still available for the March 28, two-day bus trip to historic Abingdon, Virginia. Travel to southwest Virginia, spend the night at the Martha Washington Inn, and attend an evening performance of *Camelot* at the Barter Theatre.

Join us May 14 and travel to Petersburg, VA, to see Pamplin Historical Park and The National Museum of the Civil War Soldier. This 424-acre historical campus has been called "the new crown jewel of Civil War sites in America" by Pulitzer Prize-winning historian James McPherson. There will be guided tours and a southern style barbecue buffet lunch. This trip also includes a visit to nearby Blandford Church which features 15 stained-glass windows designed by Louis Tiffany.

Think you know all there is to know about Richmond? Maybe not. Come take the "Re-Discover Richmond" tour. From Monument Avenue through the museum district; Franklin street past the Lee House and the



Tiffany stained glass window at Blandford Church.



The Virginia State Capitol Building

"Travel" continued on page 3

Travel, continued

Capitol building; Church Hill, Shockoe Bottom and the Virginia War Memorial, you'll see old familiar places and learn new things about them. The tour concludes with lunch in Shockoe Slip. Y'all come now, ya hear?

For more information visit our website at www.tscor.org, call Paula Grimes at 355-7282, or Mary Maiden, travel chair, at 272-8636.

New Growth

As winter draws to a close, you may be noticing signs of new growth outside your window. So, too, with The Shepherd's Center of Richmond!



Open University is producing record-breaking attendance numbers. The winter session began on a bitterly cold day to a robust crowd of over 90 people. This may be due in part to the offering of new classes and speakers.

Donations to TSCOR have increased in number by 75% compared to last year, while the dollar amount of individual contributions has more than doubled.

And TSCOR is celebrating its 35th Anniversary on March 19th in appreciation of our volunteers and members. (See page one for details.)

We often talk about how much more work needs to be done, but we also need to blow our own horn and say how well we are doing!

- Peter Goodman, Development committee

Men's & Women's Groups

Men's Group meets monthly for lunch, sharing experiences, knowledge, ideas. Contact Jim Evans: jameslevans@yahoo.com.

Women's Group. Free to TSCOR members! Join us at 2:30 pm on the second Thursday of most months in Room 218 of First Presbyterian Church, 4602 Cary Street Road. Members enjoy classroom speakers, monthly lunches, and occasional field trips. Contact Julie Adams Buchanan: jadams@tscor.org, or Rosie Shomaker: roshogreen@msn.com.

All Things Open University

Mark your calendars! Spring OU session begins Monday, March 25, and runs through Thursday, May 23. And keep us in mind over the summer. OU fall session begins Monday, September 23.

Spring Break. Because of Easter observances First Presbyterian and St. Luke cannot host us on Thursday, April 18, and Monday, April 22. Therefore, Open University will have a spring break on those two dates.

Book and magazine exchange. If you are new to OU, be sure to take advantage of our book and magazine swap. Available at both locations at the front desk.

Look for a full page OU schedule in *Fifty Plus*. The OU schedule will appear in a full-page ad in March's issue of *Fifty Plus*. Pick up an extra copy and share it with a friend! On stands around the second week in March.

Volunteer Positions

Enjoy photography? We need shutterbugs from across the organization to take pictures. If you're a student, traveler, driver or volunteer, snap a pic during your favorite TSCOR activity and send it to the office. For use on our website, Facebook, newsletter and print publications.

Computer savvy? Post calendar notices of OU speakers to *Style Weekly*. This can be done from home, and you will have the pleasure of seeing your work in print. For more info call 355-7282.

New Diversity Committee

The TSCOR Board has formed an ad hoc Diversity committee. Its purpose includes strengthening, enriching and adding to TSCOR's membership and leadership by increasing ethnic and racial diversity. For more information, or if you are interested in participating, please contact Jim Evans: jameslevans@yahoo.com.

In-Kind Donations

- John Clark for ads in *Fifty Plus*
- Jim Evans for an Open University television
- Mert Fowlkes for the ad in the *Richmond Times-Dispatch*
- Anne Harrison for stamps and cards
- First Baptist Church for meeting space

Donors

Individuals

- ♦ General: \$3,354
- ♦ Memorials: \$585
- ♦ In Honor: \$545
- ♦ Annual Appeal Total: \$37,947

Groups

- ♦ Epiphany Evangelical Lutheran Church
- ♦ Grace Baptist Church - Mission Market
- ♦ International Club of Richmond
- ♦ Lakeside United Methodist Church Fellowship - Crusader Class

Grants

- ♦ Grace & Holy Trinity Episcopal Church
- ♦ ITN America
- ♦ Pauley Family Foundation
- ♦ St. James's Episcopal Church
- ♦ St. Mary Catholic Church
- ♦ St. Matthew's Episcopal Church Endowment Fund
- ♦ St. Paul's Episcopal Church, ECW

In Memoriam

Shirley Harris
Charles Lamb
Lois Reese



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We would like to thank St. Mary Catholic Church
for its continued support of The Shepherd's Center of
Richmond and the Lunch and Life program.



www.TSCOR.org

Like us on Facebook:

Shepherd's Center of Richmond

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