



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!

Open University Winter Session:

January 13 - March 5

Open University Spring Session:

March 23 - May 21

Annual Volunteer Celebration

April date TBA

Gray Matters

Newsletter of The Shepherd's Center of Richmond

November 2019

The Making of the Video!

*TSCOR gets a new tool for
volunteer driver recruitment*

By Jan Simmons

Watch a news clip or an ad on TV. Ever wonder how they decide what to say? What scenes to shoot or how long they should be? A subcommittee of the TSCOR Client Services and PR committees got to decide all those things for our new driver recruitment video.

By now you know TSCOR needs more drivers to take clients who no longer drive to their medical appointments. Thanks to a generous grant from the Pauley Family Foundation, we were able to make the video a reality.

What a learning experience! Not having done a video before, we started in February, watching videos from other organizations to decide what we liked and didn't like. We wanted to show driving from both the driver and client side. We knew our audience would be potential new drivers and that we needed to tell them what driving was about, how

easy it was, and the benefits of driving. We wanted our drivers and clients in the video to be "unscripted", to say in their own words what TSCOR's driving service meant to



Volunteer driver, Randy Scott, on set with client, Martha.

them. The narration had to provide all the right information, and we needed the right video shots to show while hearing the narration or driver and client voices. How to do this?

With eight subcommittee members, we had lots of ideas and visions to work through to come up with an organized approach. We had many meetings over the course of three months. We realized we needed to ask the drivers and clients "pointed questions" to get the message we wanted, but in their own words. We needed video shots that showed the drivers and clients together, both in the studio and actually driving. Then we had to write a script that not only reflected all this, but was in the format that made sense to the videographer. There were many, many revisions and updates as we met over the months, and finally we had a baseline script.

The two days of shooting finally arrive! Day 1 in the studio - everyone's a little nervous, but then "makeup!" and "action!" Our clients and drivers were great! Those of us who attended but weren't on camera watched from behind a curtain and silently cheered when we heard their

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Letter From the Executive Director

In honor of this first edition of the "new" *Gray Matters*, I looked back at the first message I wrote as your executive director in the fall of 2014.

In it, I talked about TSCOR being one of the best kept secrets in Richmond and how we all had to work together to change this. Sound familiar? Well, we have been working hard and we have become a bit more well-known, but we still are not where we need to be. I would love to hear, *"Oh, I know them. They do good work,"* more often when TSCOR is mentioned. Our model is one that should be shared with ALL older adults in our area.

The best thing about TSCOR is **YOU**, and we need more people like **YOU**. We not only rely on your participation, but also on your input. One of the things that make TSCOR unique is that it is primarily operated by volunteers, with programs designed and offered by the very people who participate. Over the years, we have been fortunate to have some unbelievable volunteer leaders helping us run the show. But those leaders have begun to dial things back and we need to find their replacements.

There are countless ways to contribute to our mission, both big and small, and I would welcome inquiries from all of you on how to become more involved. As I said in that first message, *"I am so honored to be your executive director. I truly adore this Center and sincerely believe in its mission. I especially admire and enjoy being with all of the incredible people who make The Shepherd's Center such a vital part of the community."*



Photo courtesy of Susan Brown

If you love our Center as I do, please think about taking that next step and join in our efforts to continue to provide quality programs and services to Richmond's older citizens. We are looking for your talents. The possibilities become endless when there are enough hands to help!

- Julie Adams-Buchanan, executive director

Welcome to the first edition of TSCOR's new and improved newsletter.

- It's one of the board goals for 2019-2020 (see below)
- It's by you, for you and about you
- Its content comes from contributing members
- It's a benefit of membership to receive a hard copy of the newsletter

Want to submit? Contact Brenna Dennis for details:
bdennis@tscor.org
355-7282

Board Sets Goals

The TSCOR Board of Directors, at its September board meeting, established six goals to be accomplished this year. These goals include efforts to make our speakers bureau more effective by scheduling at least one speaking engagement per month to various organizations; to improve our financial management systems with better software use, and effectively utilize the new driver's recruitment video and brochure to attract a minimum of 25 additional drivers by June 2020. The board also established goals to modify the TSCOR newsletter for semi-annual distribution with more articles of interest to membership; to increase community awareness of TSCOR, and to complete and refine the strengthening of our processes for establishing our Open University curricula. In addition to those six goals, there is an effort being made by an ad hoc committee to reach out to more diverse communities in the Richmond area.

Committee Needs

By Hal Costley



As you can see from the article about your active Board of Directors, there is a lot of work going on by our committees. We have need for additional volunteers to work on our committees, especially the education and public relations committees. We also need an experienced investment individual to be a member of our investment committee. If you are interested in serving on any of these committees or in volunteering to assist in any way, please contact Julie Adams-Buchanan at 355-7282. ☎

The Attention to Diversity in 2020

By Stephanie Churchill

2020 is right around the corner and TSCOR is happy to go into the next decade with a new focus on the horizon. We have made so many strides over the last year alone, and as an organization we can only move further along the chain of success. One of our newest initiatives is creating a diversified culture within our TSCOR family. We are excited to announce that we have a new chairman for our diversity committee. Jim Evans brings an exciting, determined and refreshing outlook to his position. As chairman, his top priority is to create an environment within TSCOR that resembles what the world looks like. Jim and the diversity committee believe that to have an even balance within TSCOR and grow our base, we have to open ourselves to the local community in its entirety. The committee is tackling this feat by adding diversity in the following areas: members, zip codes for our transportation services, speakers and volunteers.

The project that Jim and his diversity committee are currently tackling is creating relationships with local diverse churches around the area. The goal is to create partnerships and networking opportunities that allow for different speaking opportunities at TSCOR events, as well as add diverse subject matter for our Open University classes. The committee is also

focusing on adding more service zip codes to our transportation team, with the hopes of increasing our volunteer base, so more Central Virginia residents can get to their appointments. In September, the

committee was invited to the Baptist convention in Richmond, VA. Members had the opportunity to share with the convention about what TSCOR means to the community and what services we offer.

The diversity committee is excited about the plans and processes that we are initiating to make TSCOR a place where everyone can experience the feeling of family, that only **OUR** members know how to give. We believe 2020 is going to be a year of continued success as we focus on bringing all diverse groups to TSCOR. ☺

Volunteer Spotlight: Randy Scott

What is your professional background?

23 years in the Air Force retiring as a Colonel in 1984. Almost 20 years working for an aerospace industry consortium in Northern Virginia.

What are your hobbies, passions or other interests?

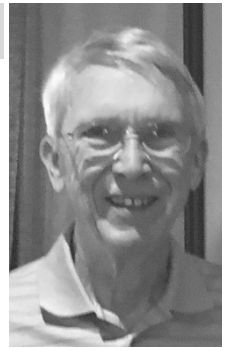
Very interested in American history. Currently a volunteer docent at the Virginia Museum of History and Culture. Before moving to Richmond in 2005, volunteered as a docent at the National Archives and for the U. S. Capitol Historical Society. Active in church activities at Grace Baptist Church. Played racquetball until I "aged out."

What do you do for TSCOR?

Drive as often as possible. Attend Open University.

What do you like most about volunteering?

The satisfaction of doing something very important for others in need. A great reward from getting to know some fantastic people. Volunteering is made easy by the ride scheduling system and nice people that work in the office. All requests are presented with low pressure and no use of "guilt" when I can't do the task.



Letters to the Editor

Hopeful Smiles Partners with TSCOR!

Dear TSCOR,

St. Mary Catholic Church's HOPEFUL SMILES Oral Health Community Support Program seeks to provide resources to eligible individuals for both treatment of urgent dental needs and/or comprehensive oral health care.

St. Mary is dedicated to reducing barriers to oral health care through this program, working collaboratively with the VCU School of Dentistry to provide affordable, urgent, and comprehensive oral health care to parishioners, neighbors, and community partners in order to improve the overall oral health of our community. Good oral health is needed for chewing and talking, as well as confidence and self-esteem.

Thank you, Shepherd's Center, for partnering with us to provide safe transportation to and from VCU! This is an invaluable gift to our community, as many of our patients are no longer driving, or do not have transportation.

We welcome more drivers! If you are interested in volunteering to be a driver, please call 355-7282. Volunteers always make us SMILE and can bring big smiles to the faces of others!

Rebecca Oxenrider, St. Mary Catholic Church

We welcome Letters to the Editor on any TSCOR-related subject. Send to: bdennis@tscor.org.

Video, continued

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heartfelt thoughts about driving and being driven. Our voiceover volunteer narrator was terrific!

Day 2 shooting outside – on the hottest day of the year so far – 96 degrees and very humid! But our drivers and clients were troupers!

Then came the hardest part – putting the video together. After viewing the videographer's rough draft, we started to edit, reviewing the raw footage over and over, choosing the video shots we wanted with time stamps of footage down to the second, and choosing the client and driver comments that told our story and really made the message personal. Putting those together with the voiceover narration and choosing the background music. Then critiquing the result and doing it again and again. We went back to the studio to review with the videographer - more edits, new background music, more review, different music.

It finally all came together. Two days of shooting and months of meetings, script writing and review - for a 3 ½ minute video. But, oh so worth it! We have a video that tells our driving story, that we can be proud of and, most important, brings new drivers to TSCOR.

Many, many thanks to our subcommittee members - Carol Parke, Sue McLain, Brenna Dennis, Shelby Stewart, Susie Wiltshire, Hal Costley, Julie Adams-Buchanan and Jan Simmons; to our video drivers – Beth Blair and Randy Scott; to our video clients – Martha Duke and Barbara Slack; and to our voiceover narrator, Peter Pettit. Congratulations to all for a job well done!

If you've not yet seen the video, go to our website, TSCOR.org, click on "Volunteer" and you'll see a link to the video: "Do You Have the Drive?" Even if you can't volunteer yourself, you may know someone in your church or civic group or neighborhood who might be interested. Tell them about the video and TSCOR - help us get the word out! (See Speakers Bureau article on right!) 📺



Volunteer driver, Randy Scott, gets fitted with a microphone as crew and TSCOR volunteers look on.

TSCOR on TV! We had TWO camera crews doing interviews at the same time at the OU one recent Monday morning. *Virginia Currents* will air on Nov. 21 at 8 pm and Nov. 23 at 5:30 pm on channel 23. *WRIC Nightly News* will air a story on the Berlin Wall on Nov. 11 on channel 8.



Ken Horton, OU student, speaking with Constance Jones, WRIC news anchor, about his experiences in Berlin .

Gene Anderson (middle), OU instructor, with Amy Lacey, *Virginia Currents*, on set during an interview.



TSCOR's Speakers Bureau: Help Spread the Word!

By Carol Harris

For over thirty-five years The Shepherd's Center has been changing seniors' lives through enrichment programs and volunteer services. Unfortunately, during most of those years we have been considered a very well-kept secret. How many times have you told someone about a class you've attended, about driving a client or being driven and that person says they have never heard of The Shepherd's Center. The TSCOR Speakers Bureau is determined for that to change! This committee is made up of enthusiastic volunteers who want to help increase our visibility and raise public awareness and understanding of the organization. Your active participation in assisting them can be invaluable.

To do this, think about groups where you or your friends and family are involved. These could include business and retiree groups, service and professional organizations, church congregations or staff development activities - any groups that have need for a speaker. The presentation can then be tailored to fit the time, interests, and needs of the group, with or without a PowerPoint presentation.

Any of your thoughts and ideas are welcome, and we will immediately follow up on all of your suggestions. Just call the office with them, so we can all help spread the word of the excellent work of The Shepherd's Center. 804-355-7282 📺

Open University: What Keeps Me Coming Back

By Pam Atwood

Recently I was anticipating with excitement the beginning session of the Open University. I found my name tag, looked at the schedule several times and even put my selected class titles into my planner. At the same time, I started thinking about why these sessions had become such an integral part of my life.

My dear friend, another lifelong learner told me about OU, and smiling politely, I told her I was not interested. But bless her heart, she continued to press her agenda. Finally, when she brought up an interesting concept that she had learned in a class, it piqued my interest and I decided to do a free visit. I will tell you the truth, I really thought this would be a onetime experience. I envisioned a few rooms with older adults doing crafts, or listening to someone who was barely more informed than they were. Boy, was I wrong!

My first day at OU found me among a throng of mature adults, smiling, enthusiastic and warmly welcoming. A few key people were there organizing everything from check-in to AV equipment (if that is what it is called nowadays). I quickly found a class that interested me and again wondered what kind of instructor would lead the class. I can't remember what the class was but I do know that I left assured that these instructors were well-qualified and I had been completely wrong. Many were ex-teachers, college professors, politically active people or self-taught experts. Most instructors also went to other classes and lectures themselves. And finally, the questions raised by students were always erudite and indicative of understanding the concepts being presented. Wow!

Classes vary so much and sound so interesting that now, I have trouble selecting one over another. There is almost always a literature class exploring authors such as Edgar Allen Poe or Edith Wharton, a discussion on novels, or understanding poetry.

French, German, Spanish and even Japanese language classes are available most sessions. There are jazz, opera, memoir writing, genealogy classes and even travelogues. If that is not enough, there are onetime informative medical classes examining subjects such as cataracts, medical marijuana, and mindfulness. In the current session we have had a class explaining how the Atom bomb came into being. Even with technical information being imparted, these instructors were able to clearly present the concepts. How hard that must be to do! I can actually tell you how the atom bomb was developed – well sort of! Amazing! After the 9:45 and 11:00 classes we meet for lunch (byo) and a slice of cake is generously provided by students. At 12:30 we have a speaker. These speakers span a huge variety of subjects. Thinking back, I can remember a speaker who started a prison writing club, another who gave us his personal view of Putin and Russia, a family who biked across America and even the Bat Lady of Richmond (which was actually one of the best speakers of the year!) Where, I wonder can you get exposed to all these experiences in one place on a consistent basis? When would you have the time to pursue all these subjects on your own or even know that you wanted to experience them?

I have been honored to be a part of OU. It has raised my awareness, exposed me to new concepts, extended my learning and introduced me to people who get a thrill out of learning. Finally, it gave me a purpose (now thought to be a key to living longer)—a reason to get up early, drive across town and use my mind. Thank you, Open University and thank you to my friend, Shirley! ☺



**THE DOOR TO LEARNING IS
ALWAYS OPEN**

Open University: Know It All

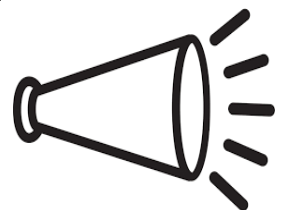
Been on a trip? If you've traveled somewhere interesting and would like to share your experiences and photographs with others, the education committee would like to talk with you about giving a presentation during the Travelogue Lecture Series. Call 355-7282 for more info.

Need to register? Remember, you can now pay online! If you plan to pay with a credit card when registering onsite, please arrive early so we can assist you.

OU Scholarships available. If you or someone you know would like to attend OU but are unable to afford tuition you may be eligible for the Wiltshire Scholarship Fund. For more information contact Julie Adams-Buchanan at 355-7282.

Lavalier Donation

NOW HEAR THIS. We gratefully acknowledge one of our instructors, Rena Berlin. During her lunchtime lecture last spring, she mentioned that a lavalier microphone would have enhanced her presentation. Afterwards, three individuals offered contributions enabling TSCOR to secure two sets of lavalier and audience microphones. Now our Open University Lunch Speaker presentations are more hearing-friendly. Thanks to all involved!



Travels to Virginia State Capitol, Executive Mansion

By Fred Beck



front elevation Virginia Capitol visit was an uncommonly rewarding experience for the group. Under docent-guide Mark Greenhough, the tour became a first-rate civics lesson. What you may have forgotten or never learned at all about Virginia government and history is on display or made plain in the successive chambers.

The current building, designed in classic Greek architectural style by Thomas Jefferson in 1788, has undergone marked change with the addition of two wings in 1904 and the construction of a visitors' center and entry hall now occupying the rise that led to the original front facade. It houses the oldest continuously functioning legislature in the western hemisphere, having first assembled at Jamestown in July 1690, transferred to Williamsburg in 1699 and then to Richmond in 1780, when Jefferson was governor of Virginia.

The Assembly chamber, with its hundred schoolhouse desks featuring lift-top writing surfaces, breathes history and drama. In 1807, it was the venue in which former Vice-President Aaron Burr stood trial for treason for various plans and presumed plots to create a separate country from parts of the Louisiana Purchase. The process involved a dubious ploy by Thomas Jefferson himself in supplying blank pre-signed pardons for witnesses against Burr who might implicate themselves in suspect acts. Despite Jefferson's preferred outcome, Burr received a not guilty verdict, though not completely exonerated. The legal exchange resounded with claims of executive privilege, the existence of co-conspirators, the engagement of foreign in American affairs, and even insurrection. Many of these same issues have resonated in American politics ever since.

Within the same chamber stands a larger-than-life statue of a uniformed Robert E. Lee, hat in hand, placed at the exact spot where Lee stood on April 23, 1861, when he accepted command of the state forces of Virginia after its Convention had voted for secession from the Union.



head and shoulders segment of full length statue of Jefferson


A visitor comes away with a much greater education on how Virginians of that day influenced events and established principles of American law and practice still salient in the 21st century. The original seven articles of the Constitution lacked any guarantees of individual rights and protections against official intrusion. It took some considered argument during the ratification process before men such as native Virginian George Mason prevailed and had the first ten amendments - the Bill of Rights - added to our founding and governing document.

The tour included a side-trip into the Executive Mansion, the residence of Virginia's governor and his family. In continuous use since 1813, the home is today occupied by Virginia's 56th governor.



front façade, Executive Mansion

Additional singular revelations came in informal fashion by our docent there. In the 1920s a near disaster occurred with the sudden blaze that consumed a very dry Christmas tree and nearly took the life of then-First Lady Helen Ball Trinkle. The group also caught a brief glimpse of the current First Lady, Pamela Northam, as she rushed between appointments.

The tour is free to all, though a \$10 fee applied to offset the cost of the Baptist Church van that got us to the site - worth every penny. (photos courtesy of the author) 

An Autumn Walk, Church Hill History and Heavenly Food

By Pam Atwood

Our recent TSCOR trip, Church Hill Food Tour, with our guide, Lindsey, of Richmond City Food Tours, was simply sublime. The weather was a true autumn spectacle, the food worthy of any top ten travel destination and our learned guide made it fun. We walked almost 2 miles according to my Fitbit, but it was at a manageable pace and we had plenty of stops. Lindsey punctuated our tour with interesting historical facts about Libby Hill, Church Hill, and Patrick Henry. She was fun, informative and educational.

Our first stop was *8 1/2 Italian Takeout*. This is the pizza you dream of! The crust was crispy and thin but sturdy. The sauce was light and not too sweet. The top bubbled with crusty cheese and the smell of fresh garlic filled the shop. Oh my, what a start to the tour!

Continuing on with our walk through shady trees, blue skies and falling leaves we made it to the *Liberty Public House*. While we sat at a homey family-style table we were served a delicious sweet potato chili over grits swirled with crème fraiche and garnished with two crispy pieces of corn bread that would be hard to top just about anywhere.

Next, we walked to a park directly across from St. John's Church where our guide served us savory pies from *Proper Pie Co*. Here we sat, eating our light and flaky crusted chicken, pesto and sundried tomato pies in the peaceful shadow of ancient trees while Lindsey regaled us with everyone's favorite tale of Patrick Henry and other unique characters.

After our timely rest we trekked off to a bakery

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called *Sub Rosa*. This was definitely the place to end with. Breads and pastries baked in a wood fire oven - one of only ten wood fire bakeries in the entire country. Isn't Richmond a great place to live in?! The melt-in-your-mouth croissants are not to be missed. There is slightly smoky flavor from the fire clinging to the crispy tops of these mammoth treats. Inside is a perfectly baked dough punctuated with the classic layers you would expect. I can't wait to taste their bread!

All-in-all this was another wonderful Shepherd's Center trip. I would strongly encourage all of our fellow Shepherd's Center learners and friends to join us in any and all future trips. Lastly, I would make sure to try all of these restaurants. You won't be disappointed. However, you did miss this terrific trip! ☺

Want a Tax Break?

By Sally Youngs

Consider donating all or part of your Required Minimum Distribution (RMD) to TSCOR. If you do, you won't have to claim the amount of the donation as income and won't have to pay taxes on it. You will be getting a tax break for your charitable donation even if you don't itemize deductions.

You can donate all or part of your RMD. The distribution from your IRA account must be made directly by the trustee of your IRA to a 501 (c)(3) organization, like TSCOR, and you must be at least 70 ½ years old when the distribution is made.

If you have already made your RMD for 2019, this Qualified Charitable Distribution (QCD) cannot be made retroactively. However, the Protecting Americans from Tax Hikes (PATH) Act of 2015 made allowing QCDs from IRAs permanent, so keep this tax break in mind for future years.

For more information, consult your financial advisor or look online by searching for "Qualified Charitable Distribution" ☺

Lasting Gifts

'Tis the season to be shopping, but buying the perfect present is not the only way to give. Consider these ideas as you do your holiday shopping this year:

- Don't know what to give that Someone Who Has Everything? How about a donation to TSCOR in their honor?
- Black Friday and Cyber Monday are just around the corner. If you shop Amazon, use smile.amazon.com and select TSCOR as your charity.
- Remember TSCOR in your end-of-year giving. Donations can be made online. Use your employers matching fund program if available.
- If you are already in the Christmas spirit and want to give now, we invite you to contribute to our annual appeal. Your gift helps TSCOR make Richmond a more caring community for older adults.



Men's & Women's Groups

Men's Group meets monthly for lunch, sharing experiences, knowledge, ideas. Contact Jim Evans: jameslevans@yahoo.com, 754-7765

Women's Group. 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, 355-7282 or Rosie Shomaker: roshogreen@msn.com.

New Drivers, Clients

A board goal is to recruit **25** new drivers this fiscal year. The number of new clients accepted in this same time period reflects the need.

- ♦ New Drivers: 6
- ♦ New Clients: 13

In-Kind Donations

- ♦ Conrad Eberstein for an Richmond Times-Dispatch subscription for the office
- ♦ Anne Harrison for stamps
- ♦ Ellen Kessler for OU snack crackers at both locations
- ♦ Everyone who bought or donated money for OU cakes
- ♦ First Baptist Church for meeting space

Donors

Individuals

- ♦ General: \$8,582
- ♦ Clients: \$1,485
- ♦ Memorials: \$300
- ♦ In Honor: \$10
- ♦ Annual Appeal Total: \$600

Groups

- ♦ St. James's Episcopal Church
- ♦ Cathy's Foundation

Grants

- ♦ ITN America
- ♦ Pauley Family Foundation
- ♦ St. Mary Catholic Church

In Memoriam

Inez Cocke

Walter Griggs

Mary Lee Haase

Bruce Heilman

Miriam Livermon

Dr. Edward Peeples

Dr. Shaun Ruddy

Bill Slaughter

Alyson Taylor-White

Phil True

Edwina Westin



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Many thanks to St. Mary Catholic
Church for its support of
The Shepherd's Center of Richmond
and the Lunch and Life program.



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Richmond

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WHERE'S THE Open University SCHEDULE?!

This mailing does not include the OU schedule.
We are making changes in our mailings in order to
keep members and volunteers better informed and
more engaged. We hope you enjoy this new edition of
Gray Matters. And keep your eyes open for the
coming schedule!

OU Schedule Posted Online:

The first week in December
TSCOR.org

OU Schedule Arrives in USPS Mail:

The week of December 30