

GRAY MATTERS

JULY 2023

OLDER ADULTS ACTIVE & ENGAGED



We have new swag! Because of generous bequests made to The Shepherd's Center, we've been able to order new promo items that will be used for PR, driver identification, speakers bureau presentations and Open University! See "New Driver Magnets" on page 7 to learn more.

TOP NEWS

- 40TH ANNIVERSARY
- LETTER FROM THE PRESIDENT
- NEW BOARD MEMBERS
- BOARD MEMBERS MEET CLIENTS

TSCOR TURNS 40

Founded in March of 1984, this spring marks the 40th anniversary of The Shepherd's Center of Richmond. Plans are underway to celebrate this milestone in style. If you love to throw a good party, come on board and volunteer to plan the party with us! Contact the office at 804-355-7282 or email us at tscor@tscor.org.



LETTER FROM THE PRESIDENT

It is both my pleasure and privilege to be serving you in our fortieth anniversary year as the president of the board of directors of The Shepherd's Center of Richmond (TSCOR). I look forward to getting to know you and working with you as we celebrate the Center's past and look ahead to expanding our service to older citizens of the Richmond area.

This significant anniversary year comes after the untimely loss last fall of our elected president Stephanie Churchill. Stephanie was an energetic leader who was excited about the work of The Shepherd's Center and had some great ideas about increasing its impact in the community. Her passing was a terrible loss to many, including the Center. We are extremely grateful that former president Hal Costley stepped in after Stephanie's death to lead the organization. Hal steadied the ship and guided us ably through the rest of Stephanie's term, laying a firm foundation on which to build. He joins other TSCOR "heroes" Julie Adams-Buchanan and former president Bernie Henderson who kept the organization together during the difficult years of the pandemic.



Peter Petitt, President,
The Shepherd's Center of Richmond
Board of Directors

I came to The Shepherd's Center in the winter of 2016 to revive my interest in the German language. But on my first day, I saw that the Center also offered me a volunteer opportunity, something for which I had been looking for a while. That opportunity was to take older adults who were no longer able to drive to their doctors' appointments and help them do their grocery shopping. I've been doing that ever since!

There is something special about volunteering - about contributing time and/or one's abilities to help others. Things that we may consider small, maybe even insignificant, can often have an outsized impact on the life of another - filling a need or maybe just doing something that gives a person a bit of joy that would not otherwise be had.

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Letter, continued

Often it is contributing an effort to a larger cause that enhances a community in one way or another. There are many ways to contribute other than providing monetary funds, and more often than not, those personal contributions bring rewards that are far greater than the contribution itself.

The Shepherd's Center of Richmond relies heavily on this spirit of volunteerism. All the excellent instructors of our Open University are volunteers – people with great knowledge and expertise who are more than willing, anxious really, to share that knowledge and expertise with others. Of course, our Client Services are staffed with volunteer drivers who give up part of a day to make sure that a critical doctor's appointment is met, or needed groceries are bought. Volunteers often go to the homes of seniors to provide some minor maintenance for someone who may not be capable of the fix and for whom finding the appropriate handyperson is difficult.

Volunteers also help in the office. At Open University they see that classrooms are set up or they greet “students” and help them with information about TSCOR or even to find the correct classroom. There have been over 150 TSCOR volunteers that do all of these things and more.

The pandemic hit The Shepherd's Center of Richmond hard. Many people who have volunteered in the past, are for one reason or another, no longer with us and we need to rebuild our ranks. There are many opportunities to volunteer. If you are interested, please contact me, or contact the Center. For me, serving as your board president will be the ultimate volunteer opportunity – the opportunity to serve volunteers. I am anxious to get started. Care to join me?

Peter Pettit
Board President
The Shepherd's Center of
Richmond

NEW BOARD MEMBERS

Join us in extending a warm welcome to our newest board members: Paula Butz, Jamie Coomer, Brock Estes and Mimi Sadler. We also happily welcome back Peter Goodman, who returns to the Board to serve a new term. We are deeply appreciative of the time, talent and dedication these volunteers bring to The Shepherd's Center of Richmond.



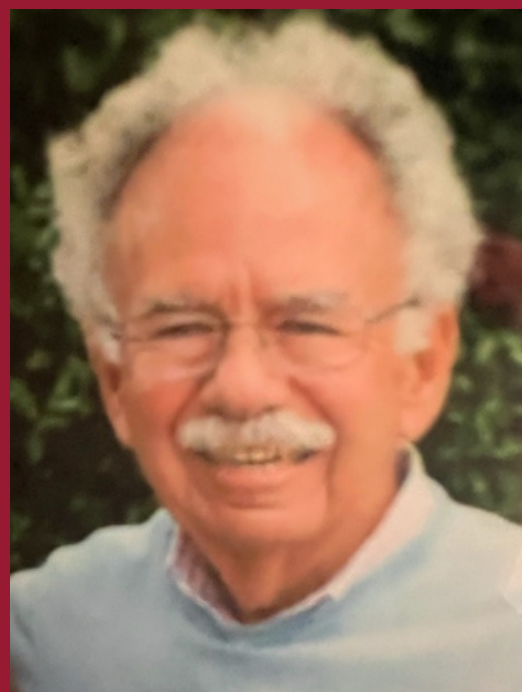
Paula Butz



Jamie Coomer



Brock Estes



Peter Goodman



Mimi Sadler

New Membership Year Begins

July 1st began a new membership year for The Shepherd's Center of Richmond. Membership runs from July 1 through June 30 of the following year. It costs only \$25. Please consider becoming a member. Your support helps to continue our mission of encouraging older adults to remain active, independent and engaged. Thank you for your support and Happy New Year!

BOARD MEMBERS GO ALONG ON RIDES FOR CLIENTS

The Client Services committee has been working with the Board of Directors to arrange opportunities for board members to ride along with volunteer drivers when they provide transportation for clients.

This gives board members a firsthand experience of how vital the Center's transportation service is and what it's like to be a volunteer driver.

Board member, Pam Atwood, shares her experience: "Tagging along on a ride to a client's medical appointment was uplifting and enlightening. Thelma was enjoyable, thoughtful and shared stories that made you think or just smile. We don't often take the time to listen to the wisdom of our elders."

Our newest staff member, Lori DeLay, wanted to learn from this exchange, too. She says, "It was a wonderful experience to ride along when a driver took a client to her doctor's appointment. The driver was

compassionate and helpful and the client was delightful and had a great sense of humor. I'm glad I was able to see firsthand how much the Center's transportation program helps seniors - in more ways than just providing a ride - and also to see how rewarding volunteering is for the drivers."



Driver, Hal Costley, with client, Thelma C. Photo by board member, Pam Atwood.



Driver, Jan Simmons, with client, Florence K. Photo by staff member, Lori DeLay.

CALL FOR VOLUNTEERS

OPEN UNIVERSITY

FRONT DESK GREETERS

Welcome students and provide general info. Open University sessions are for eight weeks in the fall, winter and spring. The time commitment can be flexible and the position is easy to learn.

OPEN UNIVERSITY

TECHNOLOGY ASSISTANT (TA)

Volunteer in person on Mondays and Thursdays to set up A/V equipment and manage hybrid classes. Knowledge of Zoom and A/V equipment is helpful, but can easily be taught!



Give volunteering some thought . You will provide a needed service and will definitely meet some interesting people along the way!

To volunteer or learn more, contact the office.

804-355-7282

tscor@tscor.org

"The Shepherd's Center of Richmond relies heavily on the spirit of volunteerism"

- Peter Pettit, TSCOR Board President

Mark Your Calendars!

The fall session of Open University begins Monday, September 18. The schedule will be posted on our website at tscor.org by mid-august!



NEW DRIVER MAGNETS

Our new swag includes two magnets for our volunteer drivers.

One is a door magnet used to identify drivers to clients during a ride - as well as sneak in a little PR.

Another magnet (designed by Jack Welsh, former Shepherd's Center president and all-around dedicated volunteer), cheekily encourages anyone and everyone who is not a volunteer driver to become one. It reads, "Volunteer Driver. Wanna Help?"

If you drive for the Center and want to pick up a magnet (or two!), please stop by the office. Staff is there to greet you on Tuesdays, Thursdays and Fridays.

We can't wait to see these out and about on the streets of RVA!



Julie Adams-Buchanan and her van model one of the new driver magnets.



Jack Welsh's magnet encourages others to become drivers.

The Shepherd's Center of Richmond

Encouraging older adults to remain active and independent through lifelong learning and volunteer service to their peers.

Made by, for and about older adults.