
The Shepherds' Voices

Mid-North Shepherd's Center for Adults 55+

VOLUME XXXVI

Number 7

July 2018

Happy Birthday!

July

Eva Miller	3	Waldine Anderson	13
Bonnie Strate	3	Harriet Stambaugh	28
Philip Coons	7	Charles McClury	29
Andy Crawford	7	Tom Quinette	29
David Litsey	7	Jim Stroh	29
Millie Lewis	11	Patricia Clark	30
Bob Kirk	12		

God bless you on your July birthday. We will celebrate this month's birthdays on Wednesday, July 11, with cake and ice cream for everyone. A special thank you to Norma Arend and Marilyn Downey for volunteering to call our birthday folks for each month.

Deadline for newsletter items is
July 11th.

Shepherd's Center Office Hours:

Monday:	9:00 a.m. to 1:00 p.m.
Tuesday:	8:30 a.m. to 2:30 p.m.
Wednesday:	8:30 a.m. to 3:00 p.m.
Thursday:	1:00 p.m. to 5:00 p.m.
Friday	Closed

THE MID-NORTH SHEPHERD CENTER
OFFICE WILL BE CLOSED
JULY 4, 2018



MNSC Mystery Member

This is a new feature of the newsletter to help everyone get to know each other better. Do you know who this member is?

- She knits, crochets and bakes goodies that she shares with MNSC.
- She does taxes for seniors.
- Before she retired, she was a pastoral counselor.
- She has been coming to MNSC for about 15 years and has been an MNSC volunteer for many years.

Special Thanks to our Volunteers

All of our programming is planned and executed by our volunteers and we would like to say thank you for supporting the Mid North Shepherd's Center. Our programs and newsletter wouldn't be what they are without your help and support:

Program Committee: Anita Simmons, Jan Swartz, Helena Riley, Debbie Hinderliter

Newsletter: Carl Henn

Noyes Memorial Foundation

We are happy to report that we have received a \$3500 donation from the Noyes Memorial Foundation. The Foundation has been a long-time supporter of the Mid-North Shepherd's Center and we appreciate their loyalty and assistance.

June MNSC Treasurer's Report

Endowment (5/31/18):	\$256,905.35
Bank Balance (5/31/18):	\$ 3,723.11

Spring Appeal (6/19/18): \$5950.00
2017 Spring Appeal Total: \$7165.00

Shepherd's Center Book Club

Join us at 1:15 p.m. on Wednesday, July 11th, for our discussion of John Grisham's latest book, *Camino Island*. The novel is an entertaining heist tale set in the world of rare-book collecting.

In August, we'll read *Love & Other Consolation Prizes* by Jamie Ford. Inspired by a true story, it tells of Ernest, a half-Chinese orphan who found his way to America through a last desperate act of his beloved mother, only to find every door closed; but friendship and love form the first real family Ernest has ever known.

Our book choices are all available at the Indianapolis Public Library, so grab a copy (or not) and join us for our next session on Wednesday, July 11th, at 1:15 p.m. upstairs in the NUMC Library.

Happy Travelers

The Happy Travelers will be going to Symphony on the Prairie on July 21 for Strauss's *Don Juan*. Margo Kates has donated vouchers and is asking that \$5.00 be donated to Shepherd's Center. If you would like to ride the church van you will need to provide your own transportation to and from North UMC. Van transportation/box dinner/ticket cost is \$30 and is due July 11.



"Sax in the City" Jazz Brunch

Saturday, October 20, 2018
11:00 am to 2:00 pm

Plan now to join us for our biggest annual fundraiser, our "Sax in the City" Jazz Brunch. There will be music, food, a silent auction and fun to be had by all. Maybe you would like to be on the planning committee or you have something you would like to donate as a silent auction item. It's not too early to start thinking about how we can make this our most successful event yet!

Summer Serenade By Ogden Nash

When the thunder stalks the sky,
When tickle-footed walks the fly,
When shirt is wet and throat is dry,
Look, my darling, that's July.

Though the grassy lawn be leather,
And prickly temper tug the tether,
Shall we postpone our love for weather?
If we must melt, let's melt together!

7 Tips for Avoiding Elderly Heat Stroke & Exhaustion

A recent University of Chicago Medical Center study found "that 40% of heat-related fatalities in the U.S. were among people over 65....People's ability to notice changes in their body temperature decreases with age." Here's how to stay healthy in the heat.

1. Stay hydrated and drink plenty of liquids
2. Wear appropriate clothes
3. Mid-day hours are the hottest – stay inside
4. Avoid exercise or strenuous activity
5. Watch out for days with high humidity
6. Find and stay in air conditioning
7. Watch for warning signs of heat related illnesses which include dizziness, nausea, headache, rapid heartbeat, chest pain, fainting, trouble breathing – seek medical help immediately!

Source: "7 Tips for Avoiding Elderly Heat Stroke & Exhaustion" on www.aplaceformom.com

