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# The Shepherds' Voices

Mid-North Shepherd's Center for Adults 55+

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VOLUME XXXVI

Number 10

October 2018

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## Happy Birthday!

### October

|               |   |                  |    |
|---------------|---|------------------|----|
| Allan Day     | 1 | Ann Barnhart     | 11 |
| Tom Kafoure   | 1 | Jeannette Rowe   | 13 |
| Bob Schilling | 1 | Marilyn Downey   | 16 |
| Polly Henn    | 3 | Charlie McDonald | 21 |
| Kate Ase      | 6 | John Ruby        | 21 |

God bless you on your October birthday. We will celebrate this month's birthdays on Wednesday, October 3, 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  
October 3rd.

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### 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                 |

### October MNSC Mystery Member

Do you know who this member is?

- He is one of the founders of St. Joan of Arc's French Market
- He is an Army veteran
- He serves as the proofreader for the newsletter.
- He is originally from Evansville, Indiana

Look on the back cover for September's MNSC Mystery Member.

## Domestic Decisions

Please join us for our upcoming Domestic Decisions speaker series on Wednesdays at 11:00 a.m. from September 26 through November 14. Our topics for October will be:

- October 3: It's Okay to Talk About it: Suicide Awareness and Prevention.
- October 10: The Environment – How Safe and Clean are Indiana's Air and Water Compared to Other States?
- October 17: The Indianapolis Criminal Justice Center
- October 24: Unarmed Response to Active Shooter Events
- October 31: The National Economy and Our National Debt



## "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. Margo Scheuring and Bernard Wurger have volunteered to co-chair the Jazz Brunch Committee. Here's how you can help:

- Solicit donations from local businesses for our Silent Auction.
- Donate Silent Auction Items. We are looking for unique items or experiences that folks will bid on.
- Plan on attending and bring your friends!

## September MNSC Treasurer's Report

Bank Balance (8/31): \$ 15,665\*

\*Thanks to funding from our Endowment.

### Special Thanks to our Donors

Your tax-deductible donations help support our ongoing programs and we thank you for that.

### August Donors

Mr. & Mrs. Steve Ahlfeld, Mary Davis,  
Mr. & Mrs. Allan Day, Mr. & Mrs. John Henry,  
Janet Penwell.

### Gifts given in Memory of Mary Gillim

Mr. & Mrs. Fred Lalley, Ellen Ludacer, Jane Ruch,  
Anne & John Storsved, Ernestine Turkle,  
Marilyn Vandyke, and Mrs. E. Waterfield.

### Shepherd's Center Book Club

Our book club choice for October will be *In the Midst of Winter* by Isabel Allende. It tells of three very different people brought together by a minor traffic accident, and moves from present day Brooklyn to the 1970's in South American and back again.

In November, our discussion will be on *The Whole Town's Talking* by Fannie Flagg. Lila, homeless and alone after years of roaming, steps inside a small town Iowa church and ignites a romance and a debate that will reshape her life.

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, October 3rd, at 1:15 p.m. upstairs in the NUMC Library.

### Join in on the Sing a Long with Joe!

First, we want to thank Joe Wood for stepping in and doing a great job playing the piano for the Sing a Long every Wednesday morning.

Please plan on being here on Wednesdays at 9:30 a.m. when Joe starts the Sing a Long so he isn't playing the piano for just a few people.

## New Facebook page for MNSC

There is a new Facebook page for MNSC for you to Like and follow and it is the Mid-North Shepherd's Center Voices page. Look for it and see what's going on with the Shepherd's Center. There are pictures and highlights of upcoming programs there and we'd love to see your posts, too.

## News from the World of Medicine (Excerpt from Reader's Digest, September 2018)

### **Strong Handgrip, Healthy Brain**

A study of nearly half a million people ages 37 to 73 in the United Kingdom found that those with a stronger handgrip performed better on tests of reaction speed, logic, and memory. The researchers even found a connection between handgrip (a measure of muscular strength) and better brain health in people suffering from schizophrenia, which interferes with normal brain function.

### **Obesity Kills Taste Buds**

A new Cornell University study found that obese mice had 25 percent fewer taste buds than did lean mice, a result of the chronic inflammation that obesity triggers throughout the body. If the same phenomenon happens in people, it could provide one explanation for obesity: A weakened sense of taste causes people to add more sugar and fat to their foods to intensify flavor – which, in a vicious cycle, packs on even more pounds.

## **Happy Halloween!**

