



Volume 28 Number 1

Winter Session 2021

Make 55+ the Best Time of Your Life!

Enjoy life! Engage in learning! Meet new friends! Make a difference!

Serving Northeast Florida

2105 Park Avenue, Suite 30, Orange Park, FL 32073

Phone: (904) 269-5315 Email: info@tscoop.org Website: www.tscoop.org

Our Mission is to assist seniors by improving their quality of life through educational programming, intellectually, physically, socially and spiritually... Living Life and Loving It!

Hello,

Thank you to everyone who made the 2020 Golden Years Gala a success under changed circumstances. The auction went off without a hitch on Bidding Owl: thank you for donating and bidding on all of the wonderful items.

This year's winners in the volunteer categories were honored by drive by awards; we also made News4Jax. Thank you, Joy Purdy.

Man of the Year: Ernie Cohen Woman of the Year: Ruth Johansen

Lifetime Achievement Award: Dr. Robert Cowie

Shepherd's Center Outstanding Achievement Winner: Susan Nevinger

Donors to the gala are listed on pages 2 and 5. Please shop these great donors, and thank them for donating to our cause.

How to Zoom!

Zoom is a very user friendly application that allows you to meet with people virtually on your computer, tablet, or phone. The first step is to download the Zoom app to your device. Go to Zoom.us and download the application.

SCOOP will send you an email invite to join the meeting. It will include the meeting ID and password and an option to call in via phone.

Christy will be available for the month of December to do practice Zoom meetings. She is available to meet with you to show you how to use your device with Zoom, and to walk you through the whole process. This is a great time to embrace new technology to help us stay connected with our friends.

Practice your Zoom skills during our September Monday Morning Meetups. Join us on November 30, December 7 & 14 at 11am. Use the Zoom app or Zoom.us in your browser, or call in from you phone. Need help? Call Christy and she will get you on the call.

Meeting ID: 959 7421 8747 **Passcode:** 125034

Or **dial in on your phone:** +1 646 558 8656

2021 Officers:

Suzanne Tower, Chairman
Katy Kearson, Vice Chairman
Chris Bass, Secretary
Chuck Smithers Treasurer
Advisory Trustees:
Andrea Crowder, Orange Park Medical Center
Robyn Voigt, Orange Park United Methodist Church

2021 Trustees:

Carolyn Brunt Virginia Calkins
Connie Eden Scotty Hood
Ruth Johansen Esther Lee
Charlie Lusk
Christy Fitzgerald, Exec. Dir.

About SCOOP

Adventures In Learning Classes are taught on various subjects by knowledgeable volunteer instructors. There are four eight - week sessions per year. Lunch is also available along with an entertaining lunch program.

A very special thank-you to Trish Diggins for her time and talents in maintaining the SCOOP website, www.tscoop.com

Sunshine Committee Report:

Barbara Elliott sends out Sunshine Committee Cards.

Sympathy: Sandra Mills (Brother), Faye Irvin (Husband), the family of Brenda Johnson

Get Well: Jean Akins, Brenda Taratus, and Ruth Johansen

Contact the office at 269-5315 if you know of someone who needs prayer, is ill or is grieving; let us know and a card will be sent.

WELCOME TO OUR NEW PARTICIPANTS!

Diane Carter

Lynn Comiskey

William Fleming

Mary Ann McMillan

Auction Donors—Thank You!

Allegro Fleming Island	Kenny Fasnacht	Red Train Tours
Alligator Farm	Pat Fiedler	Michael Saffy
Amazing Grace Crop Maze	5 Star Pizza	Salina Nails
Aron's Pizza	Florida Theater	Serenity the Cottage
Brick Oven Pizzeria	Grumpy's	Chuck Smithers
C Café	Scotty Hood	Susan Stobe
Charlotte Callahan	Martha Huff	Teased Hair Salon
Catty Shack Ranch	Larry Jones	Suzanne Tower
Charles & George Car Wash	Katy Kearson	Mary Trammel
Community Hospice	Nancy Keown	Marie Tyre
Andrea Crowder	Kim McGonigle	Urban Bean
Cummer Musuem of Art & Gardens	Museum of Science and History	Vito's Pizzeria
Dairy Queen	Carolyn Nelson	Williams Jewelry
Lori Donalty	Old Town Trolley	Yum
Eagle Harbor Golf Club	Orange Park Furniture	

Thank You to Orange Park United Methodist Church

Shepherd's Center of Orange Park (SCOOP) would like to thank Orange Park United Methodist Church for their many years of partnership with our organization. SCOOP exists and continues to grow because of their generosity. Orange Park United Methodist Church provides the Family Life Center for the "Adventures in Learning" Program, saving SCOOP tens of thousands of dollars. We very much appreciate their commitment to our program, senior adults and this community!

**Thank you to our Print Sponsor, St. Giles Presbyterian Church,
Pastor Jake Young**

116 Foxridge Road, Orange Park, FL 32065

Your contribution allows us to distribute 3000 newsletters each quarter!

SHEPHERD'S CENTER – WINTER CLASSES 2021
Mondays – Fridays, January 11, 2021 – March 1, 2021
All classes will be offered via Zoom Meetings - www.zoom.us

Day	9:00 A.M.	10:00 A.M.	11:00 A.M.	1:00 P.M.
Monday <i>No Class on 1/18 & 2/15</i>	<u>Elder Law</u> Mike Jorgensen Senior Counsel	<u>Current Events</u> Ken Johansen and George Tower	<u>Line Dancing</u> Hal Hill & LouAnn Simpson	<u>Your Self Care</u> Maria Rieck Community Hospice
Tuesday	<u>Android Phone Instruction</u> Joe Pacachek	<u>Galivanting Through Jacksonville's History</u> Kate Riggs Life Care Center	<u>Relaxation and Stress Reduction</u> Concetta Hillman, LCSW Clay Behavioral Health	<u>Jewelry Making</u> Nancy Keown \$30 supply fee Limit 8 Reg by 12/21
Wednesday	<u>Chair Exercise</u> Amber Luke Palagio Senior Living	<u>Shop Smart to Eat Smart</u> Esther Lee	<u>Greeting Cards</u> Pat Fiedler Limit 10 \$15 class fee	<u>Primetime Health for Seniors—2pm</u> Tressa Kirilloff, Life Balance
Thursday	<u>Genealogy</u> Charles Nichols and Stanley Carroll	<u>Art Appreciation The Impressionists</u> Susan Nevinger	<u>iphone</u> Jami Kelly Allegro Fleming Island	<u>Water Colors</u> Carron Wedland
Friday	<u>iPad Instruction</u> Mike Saffy Silverlink Consulting	<u>Acrylic Painting Techniques</u> Susan Nevinger	<u>Do the WRITE Thing!</u> Dr. Douglas Greenberg	<u>Tangles on Paper—Wednesdays</u> 1pm Chris Bass Drawing class

Bridge will resume on Tuesdays, beginning Jan. 12, 2021, 1—3pm.

Call Scotty Hood at 269-7226 or Shirley Reynolds at 269-5665 to sign up.

Monday at Noon—Monday Meetup,
come and just chat with your friends on Zoom

Thank you for considering a gift of support!

Go to www.tscoop.org to donate or mail to:

The Shepherd's Center of Orange Park, 2105 Park Avenue, Suite 30, Orange Park, FL 32073

Individual contributions are a significant source of our support, as we are funded entirely by the private sector and receive *no* government funds. Gifts are tax-deductible and will be acknowledged by letter. Please complete the appropriate parts of this form and send it along with your contribution to the above address.

My contribution is in the amount of \$_____.

Your Name _____

Address _____

City _____ State _____ Zip Code _____

In Memory of: _____ In Honor of: _____

FLORIDA LAW. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE FLORIDA DEPARTMENT OF AGRICULTURE AND CONSUMER SERVICES WITHIN THE STATE BY CALLING 1 (800) 435-7352. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. REGISTRATION # CH30937

You can make a difference at SCOOP!

The Golden Years Gala celebrates and recognizes senior adults in Clay County for their volunteer services.

NEW CLASSES AND OLD FAVORITES — See registration form on page 5.

Acrylic Painting Techniques—Susan Nevinger- beginners welcome, learn basic painting techniques with acrylics, apply those skills to create flowers. Once you register a detailed supply list will be sent. You will need paints, brushes, painting surface and palette.

Android Phone Instruction — Joe Pacachek — Smart phone instruction on the Android platform will show you the ins and outs of your phone.

Art Appreciation—Susan Nevinger- Travel back in time to Paris in the late 1800's & see life through the eyes of the Impressionists

Chair Exercise—Amber Luke Palagio—Stay fit with the stability of a chair.

Do the WRITE Thing! - Dr. Douglas Greenberg—Join us as we form a new cohort of writers who enjoy putting events into words. We are supportive, non-judgmental, and reflect a virtual captive audience. We welcome narratives, memoirs, poetry and with the exception of grocery lists, any other form of written expression. Basic requirements are a sense of humor and the capacity to communicate.

Gallivanting Through Jacksonville History—Kate Riggs, Life Care Center—Explore the history, the myths and the urban legends of the area.

Jewelry Making—Nancy Keown, 2 hour class, \$30 supply fee paid to Nancy. Beginners are welcome. Supplies needed: Standard Crimper, Chain or Needle Nose Pliers, Round Nose Pliers, & Side Cutters. Other Misc. Supplies: Scotch Tape, Scissors, & Reading Glasses (Optional). A detailed list will be emailed upon registration. **Register by 12/21, pick up kit 1/11.**

Primetime Health for Seniors— Tressa Kirilloff, Life Balance—Prime Time Health™ is a scientifically proven plan that provides a roadmap to better health for adults and seniors, with a focus on living a longer, healthier life. This approach empowers individuals to take charge of their health and learn how to boost energy levels, reduce stress, sleep better, and think sharper.

Relaxation and Stress Reduction – Concetta Hillman, LCSW - each class focuses on a new skill and how this skill can reduce stress. Focus on identifying stress, triggers, focusing, refuting irrational ideas, facing worry and anxiety, goals setting and time management.

iPad Class—Michael Saffy, Silverlink Consulting—Mike will give you an overview of your iPad and how to maximize your use of the device.

iPhone Class — Jami Kelly from the Allegro will show you the ins and outs of your phone.

Shop Smart to Eat Smart—Esther Lee - Easy ideas and recipes for your heart as well as for your budget.

Your Self-Care Journey— Marie Rieck, RN, BSN, MPH with Community Hospice & Palliative Care is partnering with Debbie Pascoe with Healthy is Beautiful. We will focus on 6 main areas that include weight management, eating and hydration, integrating motion, sleep and energy management, healthy mindset, and healthy surroundings. We will share our own insights and bring in local experts to provide you valuable tips. Caring for ourselves is so important especially when we must care for others. Learn how to create habits that will help you have the energy and stamina to live your optimal life!

Monday Meetup—Join us at noon for social hour. Talk and share with other members during this hour. There is no charge for this one hour meeting, so if you don't want to take a class, just join to meet up with your friends!

To register for the Winter 2021 Session by mail, please send this page in with your class selections. Check the appropriate registration fee and include your check.

One fee for classes \$30.00 _____

One Time New Member Fee \$25.00 _____

Donation (e.g. \$12.50 per quarter= \$50.00 annually for Golden Years Gala Ticket \$ _____

Total: \$ _____

Please make your check payable to:
The Shepherd's Center
2105 Park Avenue, Suite 30
Orange Park, FL 32073

Name: _____

Address: _____

City: _____ **State** _____ **Zip** _____

Email: _____

Phone: _____

Any changes above? Circle Yes or No

May we e-mail your SCOOP Newsletter? _____

Monday 9:00 A.M.

_____ Elder Law

Monday 10:00 A.M.

_____ Current Events

Monday 11:00 AM

_____ Line Dancing

Monday Noon

_____ Monday Meetup
free

Monday 1:00 P.M.

_____ Your Self Care

Tuesday 9:00 A.M.

_____ Android Phone
Instruction

Tuesday 10:00 A.M.

_____ Jacksonville History

Tuesday 11:00 A.M.

_____ Relaxation &
Stress Reduction

Tuesday 1– 3 P.M.

_____ Jewelry Making

Tuesday 1– 3 P.M.

_____ Bridge

Wednesday 9:00 A.M.

_____ Chair Exercise

Wednesday 10:00 A.M.

_____ Shop Smart to
Eat Smart

Wednesday 11:00 P.M.

_____ Greeting Cards

Wednesday 1:00 P.M.

_____ Tangles on Paper

Wednesday 2:00 P.M.

_____ Health for
Seniors

Thursday 9:00 A.M.

_____ Genealogy

Thursday 10:00 A.M.

_____ Art Appreciation

Thursday 11:00 A.M.

_____ iPhone Inst.

Thursday 1:00 P.M.

_____ Watercolors

Friday 9:00 A.M.

_____ iPad Inst

Friday 10:00 A.M.

_____ Acrylic Painting

Friday 11:00 A.M.

_____ WRITE Thing

**A very special thank you to ALLEGRO, ORANGE PARK MEDICAL CENTER,
 COMMUNITY HOSPICE and PALLIATIVE CARE OF NORTHEAST FLORIDA,
 PALAGIO SENIOR LIVING, SILVER LINK CONSULTING, and THE WINDSOR
 for being major sponsors.**

GOLDEN YEARS GALA SPONSORS & INDIVIDUAL CONTRIBUTORS 2020

TITLE SPONSOR



Gala and Individual Contributors
(August 14, 2020—October 27, 2020)

In Memory of
Verna Riley by:
Chris Bass

Sapphire (50+)
Sherry Bruner
Dr. Richard Bult-
man
Linda Franks
Nancy Keown
Eshter Lee

Ruby (\$100+)
Al & Colleen Belisle
Audrey Both
Ollavan Brown
Mary Case
Scotty Hood
Charlie Lusk
JoElla Manning
Donna Ponder
Mike & Kathy
Vallencourt
Martha Williams

Emerald (\$250+)
Carolyn & David
Humphrey
Suzanne &
George Tower

Diamond (\$500+)
Christy Fitzgerald
Fran Isert
Reinhold
Foundation
Chuck Smithers

**Thank you to all of our
wonderful sponsors that
made our virtual event a
success.**

**A special thank you to the
Gala Committee for
morphing this event into a
success without meeting in
person.**

***Susan Stobe
Suzanne Tower
Scotty Hood
Connie Eden
Andrea Crowder
Ernie Cohen
Lori Donalty
Katy Kearson
Gary Monson
Al Benson***

PLATINUM SPONSOR



GOLD SPONSORS



Morgan Stanley

THE SHAD FINANCIAL GROUP
AT MORGAN STANLEY



SILVER SPONSORS

- BY YOUR SIDE SENIOR CARE
- CLAY COUNTY SENIOR
ADULT ADVOCACY COUNCIL
- ELKS LODGE #1892 CHARITY
BINGO
- PEGGY & JOE GRANTHAM
- HAVEN HOSPICE
- KAREN & STAN KONOPACKI
- SENIOR COUNSEL
ATTORNEYS AT LAW
- SILVERLINK CONSULTING
- CHUCK & JULIE SMITHERS
- THE WINDSOR ORTEGA
- VALLENCOURT
CONSTRUCTION
- MARY ANN & CHESTER
WITCZAK

**Sponsoring Businesses,
A BIG THANK YOU to the businesses that financially support the
Shepherd's Center of Orange Park!**

SilverLink Consulting
Senior Advisors

Michael Saffy

Owner

Michael@SilverLinkConsulting.com
www.SilverLinkConsulting.com

C: 904.629.7805

New Way Hearing™



Michael B. Knapp, BC-HAS, ACA
Board Certified Hearing Aid Specialist
Audioprosthologist

FREE Hearing Exams! 1482 Park Ave.
Orange Park, FL 32073
www.NewWayHearingAids.com (904) 644-8779

Morgan Stanley

The Shad Financial Group at Morgan Stanley

Lynn Shad, CFP® Senior Vice President Wealth Advisor NMLS# 1418867	Art Shad, CFP® Senior Vice President Wealth Advisor NMLS #1413953
--	---

50 N. Laura Street | Suite 2000 | Jacksonville, FL 32202
904-632-0211 • 866-673-9600
fa.morganstanley.com/shadfinancial

© 2019 Morgan Stanley Smith Barney LLC. Member SIPC.
BC006 CRC2639038 07/19

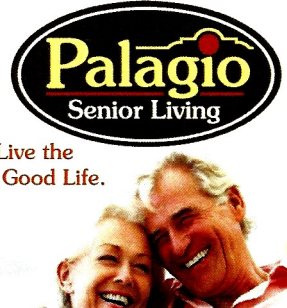
Mike Jorgensen, JD, LL.M

Office 904.619.8890 Cell 904.994.7231
mjorgensen@seniorcounselaw.com
www.seniorcounselaw.com



SENIOR COUNSEL
ATTORNEYS AT LAW

**Thank you Orange Park
Presbyterian Church for hosting
our bridge group on Tuesday
afternoons!**



Palagio
Senior Living

Live the
Good Life.

Tracy Underwood
Executive Director

1525 Kingsley Ave
Orange Park, FL 32073
(904) 955-9488

Palagioseniorliving.com

Call Christy at 904-269-5315 to advertise your business here, 3000 newsletters distributed

A nonprofit community service organization for adults 55+ in NE FL.

SHEPHERD'S CENTER OF ORANGE PARK, INC.

2105 Park Avenue, Suite 30 – Orange Park, FL 32073
(904) 269-5315

**NON-PROFIT ORG.
US POSTAGE PAID
JACKSONVILLE, FL
PERMIT 584**

A VERY BIG THANK YOU TO OUR MAJOR SPONSORS!!



Cutting edge procedures.

Award winning outcomes.

2001 Kingsley Avenue, Orange Park, FL 32073

www.orangeparkmedical.com



KATE RIGGS
MARKETING DIRECTOR

PHONE (904) 353-9500 ext. 102
CELL (904) 314-1735
FAX (904) 361-3677
kate.riggs@windsorsl.com
www.LegendSeniorLiving.com

5939 Roosevelt Blvd
Jacksonville, FL 32244
License # AL12509



Independent Living/Assisted Living/Memory Care
3651 US Highway 17 Orange Park, FL 32003

To be our guest for lunch, please call 904-278-4442
www.allegroliving.com



Community focused & supported
Serving Clay County with Compassion Since 1979

904.268.5200 • CommunityHospice.com