NEW and Returning CLASSES — See registration form on page 5.

**Acrylics Instruction** — Kris Lesak — Bring your own supplies. **Pre-registration required by 6/30.** Supply list sent via email.

**Beginning Chess** — Tony Sutton — will teach chess geared for beginners. One hour of instruction, one hour of play. Boards/sets provided for each class.

**Book Club** — Marty Mayer — Bring a book or your Kindle that you are reading to share. Read a short story as a group to discuss. Have fun reading!

**Clay History** — Vishi Gahrig, Clay County Archivist, How significant US and World History events affected the people and places of Clay County

**Daring Women** — Esther Lee — Life changing feats by outstanding women.

**Expand Your Mental Health Toolbox** — Dennis Dormady — Learn some simple techniques, from breathing to tapping to self hypnosis, that are used worldwide to deal effectively with the stresses and pressures of life.

**Flower Arranging** — Ruth Johansen — Class is limited to 12. Cost per person $10 paid at first class to Ruth Johansen. Student provides flowers, scissors, clippers. Greenery, container and oasis for designs will be provided by Ruth. We will learn the Elements of Design and Principles of Design to make six floral arrangements. **Pre-register by 6/30**

**Getting to Know Yourself through Writing** — Marty Mayer will share writing prompts to get you “talking to yourself on paper.” Learn through writing.

**Improv Comedy** — Ann Doherty — Hardbattle — Improv is making things up as you go along—no scripts! Ann will guide you through fun improv games, exercises, and two person scenes. Limit 10 **Pre-registration required by 6/30**

**Jewelry Making** — Nancy Keown, 2 hour class, **$40 supply fee** paid to Nancy. Beginners are welcome. Supplies needed: Standard Crimper, Chain or Needle Nose Pliers, Round Nose Pliers, Side Cutters, and other misc. supplies. A detailed list will be emailed upon registration. **Pre-registration required by 6/30**

**Pennies From Heaven** — Sandy Mills — Play Canasta (cards) for an hour at 10 & 11 (Thursday class requires a minimum of 4 players, pre register by 6/30)

**Yoga** — Chair Yoga with Connie Eden on Mondays. Mat Yoga with Cindy Smith on Thursdays!

**Zentangle Workshop** — Chris Bass — Work on Zentangles that you learned in Sharon Fellow’s Spring class with friends.

**ONE DAY OFFERINGS**

**Tax Advantage** — Lynn Shad, The Shad Financial Group at Morgan Stanley, will show you ways to gift to family, churches, and charities to give you the best tax advantage. **8/10 at 11am**

**Blessing Bracelets** — Nancy Keown, will offer a one time class on “Blessing Bracelets”, **7/31 at 1:15pm.** Sign up by July 10 and supply fee to Nancy of $5 due at lunch 7/10.

| Classes via Zoom, Mondays, Tuesdays, & Wednesdays, July 10—August 30, closed 7/24 & 8/7 |
|---|---|---|
| **Monday, 9am** | **Tuesday, 11am** | **Wednesday, 9am** |
| Elder Law | Traveling Down the Local Rabbit Holes of History | Chair Exercise |
| Mike Jorgensen, Senior Counsel | Kate Riggs, Kate Riggs Consulting | Amanda Darga, Palagio Senior Living |
A very special thank-you to Trish Diggins for her time and talents in maintaining the SCOOP website, www.tscoop.com

Sunshine Committee Report:

Thank you, Barbara Elliott for sending cards out to our members!

Sympathy: Patricia Allen (Husband), Debbie Arrendahl (Daughter), Mike Jorgensen (Brother), John Roberson (Wife, Glenna)

Get Well: Susan Howard, Greg Lesak, Lynn Shad, Brittney Shay, Lou Ann Simpson, Susan Stobe, Ron Word

Thinking of You: Connie & David Eden (Daughter & Son in law), Adrienne Fox (Husband)

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 MEMBERS!

Kristie Abbring
Ellen Cottom
Jean James
Carol Masters
Noreen Purcell
Diana Soupal Brown
Marlene Bartholomew
Robin Fabianek
Sherry Jewell
Linda Maturo
David Raposa
Joyce Becker
David Haznedl
Mary Joy
Jillene Moudy
Barbara Shelton
Dale Charneco
Cindy Hollingsworth
Teresa Long
Gary Puchosic

Print Sponsor — St. Giles Presbyterian Church, Pastor Jake Young
116 Foxridge Road, Orange Park, FL 32065

Shepherd’s Center Board of Directors

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Ruth Johansen, Vice Chairman Scotty Hood Carol Klein
Chris Bass, Secretary Esther Lee Charlie Lusk
Chuck Smithers Treasurer Suzanne Tower

Advisory Trustees: Christy Fitzgerald, Executive Director
Robyn Voigt, Orange Park United Methodist Church

Thank you for considering a gift of support!

You can make a difference at SCOOP!

Go to www.tscoop.org under 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. 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_______________

Gifts to the Shepherd’s Center to memorialize loved ones, or to honor friends or relatives, are effective ways to recognize them and perpetuate their memories. Appropriate letters of acknowledgement will be sent to you, and the person named below will be notified of this contribution.

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
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!

**SHEPHERD’S CENTER – SUMMER CLASSES 2023**

Mondays – July 10—August 31 2023 —**Closed 7/24 & 8/7**

Orange Park United Methodist Church Family Life Center at 2042 Reed St & Stowe Ave

<table>
<thead>
<tr>
<th>Room</th>
<th>9:00 A.M.</th>
<th>10:00 A.M.</th>
<th>11:00 A.M.</th>
<th>1:15 P.M.</th>
</tr>
</thead>
<tbody>
<tr>
<td>6203</td>
<td>Elder Law</td>
<td>Roots of Rock &amp; Roll – ’66–’67</td>
<td>Current Events</td>
<td>Acrylic Painting*</td>
</tr>
<tr>
<td></td>
<td>Mike Jorgensen</td>
<td>Dave Neal</td>
<td>Ken Johansen &amp; Susan Howard</td>
<td>Kris Lesak</td>
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<td>Senior Counsel</td>
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<td>BYO supplies, Limit</td>
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<td></td>
<td>Also via Zoom</td>
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<td>10, 2 hours</td>
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<tr>
<td>6204</td>
<td>Bingo for Prizes!</td>
<td>Jewelry Instruction*</td>
<td>Jewelry Workshop</td>
<td>Water</td>
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<tr>
<td></td>
<td>Maureen Preta</td>
<td>Nancy Keown</td>
<td>Continued</td>
<td>Colors/Acrylic, *</td>
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<tr>
<td></td>
<td></td>
<td>Limit 13, Fee $40</td>
<td>from 10am</td>
<td>Susan Mills</td>
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<tr>
<td></td>
<td></td>
<td>Reg by 6/30/23</td>
<td>Nancy Keown</td>
<td>Limit: 10/2hrs</td>
</tr>
<tr>
<td>6205</td>
<td>Book Club</td>
<td>iPhone/iPad</td>
<td>Tax Advantages</td>
<td>Blessing Bracelets</td>
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<tr>
<td></td>
<td>Marty Mayer</td>
<td>Brittny Shay</td>
<td>Lynn Shad, Shad</td>
<td>Nancy Keown</td>
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<td></td>
<td></td>
<td>Alpine Special Care</td>
<td>Financial Group</td>
<td>7/31/23 @ 1:15</td>
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<td>8/10/23 @ 11am</td>
<td>In the Gym $5 fee</td>
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<td>One Day Only</td>
<td>One Day Only</td>
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<tr>
<td>6206</td>
<td>Clay History</td>
<td>Flower Arranging*</td>
<td>Tax Advantages</td>
<td>Greeting Cards</td>
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<tr>
<td></td>
<td>Vishi Garig,</td>
<td>Ruth Johansen</td>
<td></td>
<td>Pat Fielder &amp; Cathy</td>
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<tr>
<td></td>
<td>Clay County Archivist</td>
<td>$10 Fee Limit 12</td>
<td></td>
<td>James Akin Limit 12</td>
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<tr>
<td></td>
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<td></td>
<td>Fee $15</td>
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<tr>
<td>6207</td>
<td>Improv Comedy*</td>
<td>Expand Your Mental</td>
<td>Daring Women</td>
<td>Chair Yoga</td>
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<td></td>
<td>Ann Doherty-Hardbattle</td>
<td>Health Toolbox</td>
<td>Esther Lee</td>
<td>Connie Eden</td>
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<td></td>
<td>Limit 10</td>
<td>Dennis Dormady</td>
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<tr>
<td>GYM</td>
<td>Movement/Exercise</td>
<td>Line Dancing</td>
<td>Mahjong</td>
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<td></td>
<td>Pennies from Heaven</td>
<td>Pennies from Heaven</td>
<td>Linda Henning</td>
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<td></td>
<td>Game 1</td>
<td>Game 2</td>
<td>Alice Gentile</td>
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</table>

* Classes require pre-registration

Anyone interested in a pre-registration class (marked by an asterik “*”) should sign up prior to, 6/30/2023. Payment is not due with pre-registration. If the number of registrants exceed the number of spots, there will be a lottery for the class. Lottery drawing will be on 7/3/23 with notification via email; make sure you have your email address on file with us!

**Bridge**

Orange Park Presbyterian Church, Tuesday 1:00 – 3:00 P.M. - Reservations required.
Call Scotty Hood at 269-7226

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!
**SHEPHERD’S CENTER – SUMMER CLASSES**  
Thursday – July 13—August 31, 2023  
CrossRoad Lutheran Church, 5101 Lakeshore Dr. West, Fleming Island  
(Corner Lakeshore Dr. West and 220)

<table>
<thead>
<tr>
<th>ROOM</th>
<th>9:00 A.M.</th>
<th>10:00 A.M.</th>
<th>11:00 A.M.</th>
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</thead>
</table>
| Entry Room | Beginning Tai Chi Gung  
Carol Newbern | Yoga  
Cindy Smith | Movement and Exercise  
Michael Saffy  
Silverlink Consulting |
| 207 | | Beginning Chess—2 hour class *  
Tony Sutton | Beginning Chess—continued  
Tony Sutton |
| 208 A | Watercolors Instruction*  
Kris Lesak  
Limit 10 | Watercolors Inst. Con’t.*  
Kris Lesak | Watercolors Paint on Your Own* |
| 208 B | Getting to Know Yourself through Writing  
Marty Mayer | | Zentangles Workshop  
Chris Bass  
Bring your own supplies  
Limit 10 |
| 209 | Family History/Genealogy  
Stanley Carroll | | |
| 202 | A minimum of 4 players registered required for Pennies. | Pennies from Heaven*  
Game 1  
Sandy Mills | Pennies from Heaven*  
Game 2  
Sandy Mills |

*’d classes require pre-registration; class seats will be filled by lottery if enrollment exceeds class size limits. Register by June 30. You will be notified on July 3 via email if you have seat in the class.

**Luncheon Program, Mondays at our Orange Park Location**
Lunch begins at 12 p.m. in the gym. Make reservations on registration form or call the office. Lunches include an entrée, side, salad, roll, dessert, iced tea, and coffee.

**Lunch $7.00 — Reservations required. The lunch menu may be subject to change!**
If you prefer, you are welcome to bring your own lunch.

<table>
<thead>
<tr>
<th>July 10</th>
<th>Volunteer Opportunities at Community Hospice, Francie</th>
<th>Chicken Parmesan</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 17</td>
<td>Magory Dolcy—Walmart Health “Mental Health for Seniors”</td>
<td>Beef Stir Fry</td>
</tr>
<tr>
<td>July 31</td>
<td>Allegro</td>
<td>Meat Loaf with Gravy</td>
</tr>
<tr>
<td>Aug 14</td>
<td>Coastal Specialists—Dr. Caleb Dunlap will share about diabetes prevention and management.</td>
<td>Chicken Marsala</td>
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<tr>
<td>Aug 21</td>
<td>How to save money on costly medications, Bill Green, Bill Green Insurance</td>
<td>Mongolian Beef</td>
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<tr>
<td>Aug 28</td>
<td>Teacher Appreciation</td>
<td>Blackened Pork</td>
</tr>
</tbody>
</table>
## Class Fees/Per Session

**Monday, Tuesday, Wednesday** | $40.00
---|---
**Tuesday, Wednesday, Thursday** | $30.00
**All Classes, $10 discount** | $60.00
**One Time New Member Fee** | $25.00
**Donation (e.g. $12.50 per quarter= $50.00 annually for Golden Years Gala Ticket)** | $_________
**Lunch for entire session** | $42.00

**To register for the Summer 2023 Session** by mail, please send this page in with your class selections. Check the appropriate registration fee and include your check.

**Monday, Tuesday, Wednesday** | $40.00
---|---
**Tuesday, Wednesday, Thursday** | $30.00
**All Classes, $10 discount** | $60.00
**One Time New Member Fee** | $25.00
**Donation (e.g. $12.50 per quarter= $50.00 annually for Golden Years Gala Ticket)** | $_________
**Lunch for entire session** | $42.00

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

**To register for the Summer 2023 Session by mail, please send this page in with your class selections. Check the appropriate registration fee and include your check.**

<table>
<thead>
<tr>
<th>Monday 9:00 A.M.</th>
<th>Tues. via Zoom 11am</th>
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<tbody>
<tr>
<td>_____ Bingo</td>
<td>_____ Down the Rabbit Hole</td>
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<td>_____ Book Club</td>
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<td>_____ Clay History</td>
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<td>_____ Elder Law</td>
<td>_____ Bridge Playing</td>
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<tr>
<td>_____ Elder Law <strong>Zoom</strong></td>
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<tr>
<td>_____ Improv Comedy*</td>
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<tr>
<th><strong>10:00 A.M.</strong></th>
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<tr>
<td>_____ Flower Arranging*</td>
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<td>_____ iphone/ipad</td>
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<tr>
<td>_____ Jewelry Making*</td>
</tr>
<tr>
<td>_____ Mental Health Tools</td>
</tr>
<tr>
<td>_____ Movement &amp; Ex</td>
</tr>
<tr>
<td>_____ Pennies Game 1</td>
</tr>
<tr>
<td>_____ Rock n Roll</td>
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</tbody>
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<tr>
<th><strong>11:00 A.M.</strong></th>
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<tr>
<td>_____ Current Events</td>
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<tr>
<td>_____ Daring Women</td>
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<tr>
<td>_____ Line Dancing</td>
</tr>
<tr>
<td>_____ Pennies Game 2</td>
</tr>
<tr>
<td>_____ Tax Advantage, 1 time on 8/10</td>
</tr>
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<table>
<thead>
<tr>
<th><strong>1 time 7/31</strong></th>
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<tbody>
<tr>
<td>_____ Acrylics*</td>
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<tr>
<td>_____ Chair Yoga</td>
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<tr>
<td>_____ Greeting Cards*</td>
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<tr>
<td>_____ MahJong</td>
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<tr>
<td>_____ Watercolors*</td>
</tr>
<tr>
<td>_____ Blessing Bracelet,</td>
</tr>
</tbody>
</table>

**Class Fees/Per Session**

**Monday, Tuesday, & Wednesday-** $40;
**Tuesday, Wednesday, & Thursday -** $30,
**All Days -** $60 ($10 discount)
**One-Time New Member Fee:** $25
**Lunch $7, reservation required**

As a courtesy to our instructors, **PLEASE PRE-REGISTER FOR YOUR CLASSES!** You may wait to pay for the class on the first day of classes; our teachers need to know how many will be in their class.

**Please consider getting the Covid vaccination, do not attend classes if you are ill, and frequently wash your hands.** We want to make sure everyone has a safe learning experience.

We can’t wait to see you!

Katy Kearson and The Board of Directors
Individual Contributors
(February 16—May 31, 2023)

Ruby ($100 +)
Colleen Belisle
Jo Anne Byrns
David Fieber
Ron Gebhard
Carol Weisenburger
Chester Witczak

Sapphire ($50 +)
Ollavan Brown
Robin Fabianek
Linda Franks
Alice Gentile
Rose Hawkins
Pat Milligan
Brittny Shay
Derry Jo Taylor
Steve Topp
Gisela Wirth
Kathy Wray

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 and informative lunch program.

2023 Gala Sponsors

Platinum Sponsor

Gold Sponsors

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& PALLIATIVE CARE
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Mike Jorgensen, Senior Counsel
Carol Klein
McAlpin Dental Group
Dave and Chris Neal
Oasis Senior Health
Chester and Mary Ann Witczak

UPCOMING “FUN COMMITTEE” EVENTS

July 12—Trip to Museum of Science and History, Silver Space Series, 9am—1pm, $50 transportation included

August—Movie Day at Epic Theater, date and time to be determined

Sept. 9, Top of the World, A Carpenters Tribute, 6pm, tickets $42 limited seating, Thrasher Horne Center

Oct. 16, Tour of the USS Orleck, $50, includes transportation, time to be determined

Nov. 8, lunch and visit Camp Blanding Military Museum, noon, drive yourself

Dec 8, Irving Berlin’s Holiday Inn at the Spotlight Center Dinner Theater, tickets are limited, $59.

Mark the registration page to sign up for events! Pg 5
A BIG THANK YOU to the businesses that financially support the Shepherd’s Center of Orange Park!

**Walmart Health Center**

1586 Branan Field Rd, Middleburg, FL 32068

Scheduling 904-406-6303

Monday-Friday 7:30am-7:30pm  Saturday 9:00am-5:00pm

Primary Care - Labs & X-rays - Dental - Behavioral Health - Hearing

---

**Senior Counsel Attorneys at Law**

Mike Jorgensen, JD, LL.M

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Wealth Advisor  Wealth Advisor
NMLS# 1418867  NMLS #1413953
50 N. Laura Street | Suite 2000 | Jacksonville, FL 32202
904-632-0211 • 866-673-9600
advisor.morganstanley.com/shadfinancial

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Cell: (904) 955-9488
Fax: (904) 644-8568

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Senior Advisors
Michael Saffy
Owner
Michael@SilverLinkConsulting.com  C: 904.629.7805
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