

- **The Caregiver Institute** is a coordinated response to the special needs of caregivers for older adults.
- **Medicare Counseling** provides information, assistance and encouragement to individuals and families in matters related to Medicare and related retirement living.
- **Coming of Age: Kansas City** is a metro-wide initiative, led by Shepherd's Center Central, that promotes civic involvement, lifelong learning and community leadership in the 50+ population.
- **Coming of Age/ RSVP Johnson County** is a blended initiative, led by Shepherd's Center Central, that promotes civic involvement, lifelong learning and community leadership in the 55+ population across Johnson County, Kansas.
- **Learning Lab.** This professional training program teaches Nonprofit Leaders to leverage the talents, experience, and wisdom of older volunteers who are 50+.
- **Explore Your Future** workshops. This four-session series of self-development workshops help individuals 50+ explore their interests and passions, identify and mobilize their dreams, and engage in personally meaningful community service.
- The **Meals on Wheels** program at Shepherd's Center Central mobilizes volunteers to deliver hot, nutritious meals to individuals, age 60+, who are homebound in the Kansas City service area.
- The **Wheels that Care** program mobilizes volunteers to provide transportation for homebound and disabled older adults (in the Plaza, Waldo, and Brookside areas of Kansas City) to doctor's appointments, pharmacy, grocery store and beauty shop appointments.
- **Extreme Yard Rakeover** provides free yard raking service for adults, over the age of 65, who own their home, cannot afford to pay for yard services, don't have family who can assist them, and who can no longer do yard work on their own.
- The **Grocery Shopping** program at Shepherd's Center Central mobilizes volunteers to grocery shop with or for individuals age 60+ in the Johnson County, Kansas area who are unable to shop for themselves.
- The **Friendly Visitor** program provides needed companionship for individuals age 60+ in Johnson County, Kansas.
- **Adventures in Learning** meets 40 Fridays a year with an array of classes and luncheon speakers. The multi-cultural and community-based program is geared toward older adults who want to continue learning, become engaged in the community, and make new friends.

Shepherd's Center Central empowers Mid-Life and Older Adults to live healthy, engaged, and independent lives.

www.sccentral.org

Together We Can make Greater Kansas City the best place to Age Successfully





Making a Difference at Every Age

Shepherd's Center Central empowers Mid-Life and Older Adults to live healthy, engaged, and independent lives.

Join us in the regional effort to transform the greater Kansas City area into a community where all can age successfully.



We provide training, professional support, and special services:

- *At Work*
- *At Home*
- *In the Community*

Visit www.sccentral.org



Life is an Adventure. Love it.

We offer **Explore Your Future** workshops for people age 50+ across Kansas City and Johnson County.

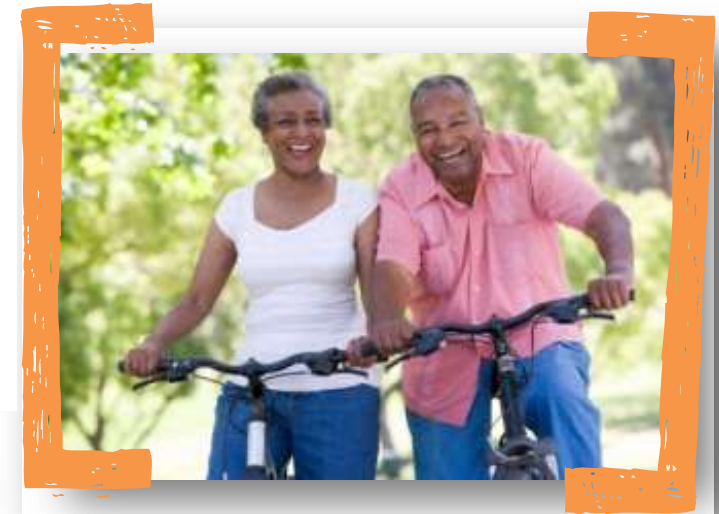


Care about Older Family, Friends, and Neighbors.

We help you... so you can focus on caring for the Older Adults you love. Check out **The Caregiver Institute**.

Too old? No way!

You're never too old (*or too young*) to volunteer to make a difference at **Shepherd's Center Central**. We also connect you to other local nonprofits who we've trained to work with volunteers age 50+.



Happy 65th Birthday!

We help you shift gears at every age! We provide Medicare Counseling.



Life Changes. We help.

We help Older Adults remain independent through our **Meals On Wheels** and **Wheels That Care** programs. We also offer **Extreme Yard RakeOver** events every Fall.



Never Stop Learning.

Adventures in Learning offers fascinating speakers and great classes weekly.

