

**Shepherd Center  
of the Cannon Valley Update**

Presented to the Cannon Falls School Board  
Tuesday, June 13<sup>th</sup>, 2017  
Joyce Falink, John Hobert, Rod Johnson

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**Shepherd Center 2017  
Board of Directors**

Back Row: Jim Nelson, Loren Evenrud, Dennis Sjoquist, John Hobert, Dick Mensing, Gary Esterby

2017 Executive  
Committee:  
\*Chairperson:  
Joyce Falink  
\*Chair Elect:  
Dick Mensing  
\*Past Chair:  
John Hobert  
\*Treasurer:  
Dennis Sjoquist  
\*Secretary:  
Dianne Latterell



Front Row: Dianne Latterell, Kay Meyers, Carol Schiell, Joyce Falink, Helen Baughman

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**Our Shepherd Center Leadership**



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### Shepherd Center of the Cannon Valley Core Programs & Services

**Education**

- Adventures in Learning
- Book Buddies
- Computer Experiences
- Day Trips
- *Feature* Publication
- Game Days/Physical Activities
- Group Travel
- TRIAD

**Fundraising**

- Business Funding Appeal
- Concerts/Special Events
- Family Fare Receipts Collection
- Memorials, gifts, honorariums, etc.
- Fees for specific programs
- Grant Applications

**Service**

- Shepherd Center Open Houses
- Summer Concert in the Park
- CCIC (Church Interaction Council)
- Cannon Valley Fair (Ticket Gates)
- Computer/Internet Access
- August Community Table
- Elder Justice (Senior Advocacy)
- Information & Referrals
- Meals on Wheels
- Mission/Service Projects
- Shepherd Center Health Fair

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### Shepherd Center Core Programs and Services Structure

**Education: CC John Hobert**

- Committee members are Loren Evenrud, Joyce Falink, Kay Meyers, Dick Mensing, and Geri Torkelson.

**Fundraising: CC Dennis Sjoquist**

- Committee members are Helen Baughman, Kay Meyers, Jim Nelson, and Carol Schiell.

**Service: CC Dianne Latterell**

- Committee members are Gary Esterby, Loren Evenrud, John Hobert and Geri Torkelson.

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## • Education Core Programs

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### Adventures in Learning Programs



All Shepherd Center Adventures in Learning Programs are posted to U-Tube And Channel 12 cable locally.

- Five Adventures in Learning Programs are planned for 2017:
1. Mar 17<sup>th</sup>: Keith Meyers (Baseball Career) and Mike Dalton (Beacon History).
  2. May 19<sup>th</sup>: Mayo Clinic Program (Cancer Program, Physical Fitness, and Mayo Expansion)
  3. Jul 21<sup>st</sup>: Jim Hjemstad (3<sup>rd</sup> MN Regiment, Company C, Voluntary Infantry)
  4. Sep 22<sup>nd</sup>: Drones and Department of Natural Resources Program.
  5. Nov 11<sup>th</sup>: Veterans Program (Korea and World War II Veterans Recognition)

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### 1<sup>st</sup> Class of Cannon Falls Area Vietnam Era Veterans



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### Book Buddies Program Continued at CFES during the 2016-17 Schoolyear



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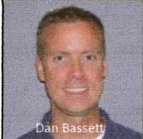
### Educational Workshops



Smart Phone Workshop



Facebook Workshop



Dan Bassett

**Anticipated Workshops:**

1. Facebook
2. Smart Phones/i Pads
3. Black Printing
4. Android Phone Workshop
5. Genealogy Workshop
  1. Ancestry.com
  2. Scanning documents
  3. Powerpoint delivery

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### Day Trips




Twins Day Trip

1. **May 31<sup>st</sup>:** MN Twins Game Day Trip
2. **Jun TBA:** Fort Snelling/St. Paul Caves
3. **Sep 6<sup>th</sup>:** Wheat Heritage Trail Tour
4. **Sep 10-16:** Colorado Trip
5. **Oct 25<sup>th</sup>:** Chanhassen (Grease) Day Trip
6. **Oct TBA:** Lake Minnetonka Day Trip



Chanhassen Day Trip



Jesse James Tour with Bob Rohl

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### Game Days/Physical Activities



500 Cards

1. Scrabble on Thursdays
2. 500 Cards on 1<sup>st</sup> Monday of the month
3. Senior Walking at CCC Daily
4. Senior Outside Walking Activity
5. Senior Pickleball at CCC Daily
6. Senior 60+ Traveling Softball-Seasonal
7. Fantasy Football Senior League 55+
  1. August Draft
8. Senior Table Tennis at CCC Daily
9. Senior Biking Activity TBA
10. Activities under study at this time:
  1. Granny Basketball
  2. Senior 3x3 Men's Basketball
  3. Senior Kick-ball
  4. Senior monthly Bowling Activity



Table Tennis Demonstration  
with Mitch Leidenfeld & Stuart Sinykin

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### Walking at the CCC Continues Roger Underdahl Walks Daily



Roger Underdahl

**WALKING** 20 Benefits Of Walking

1. Helps with weight management
2. It's accessible to everyone
3. Doesn't require special equipment
4. One of the easiest ways to get more active
5. Reduces symptoms of depression and anxiety
6. It's a low impact exercise
7. Lowers low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
8. Raises high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
9. Lowers blood pressure
10. Reduces the risk of some cancers
11. Helps reduce risk and aids with the management of type 2 diabetes
12. Improves mood
13. Helps maintain strong bones
14. Reduces the risk of heart attack
15. Less likely to lead to injuries
16. Reduces stress
17. Reduces risk of heart disease
18. You don't have to pay for it
19. Builds aerobic fitness
20. Helps maintain lean muscle tissue

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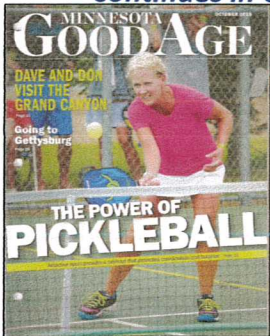
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### The Power of Pickleball Continues in Cannon Falls



Senior Pickle-ball play continues to grow at Cannon Community Center

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### Cannon Falls Boomer Sr. 60+ Traveling Softball Team



The Boomer senior softball team plays in the Southern Minny Senior League consisting of four area senior centers.

1. Cannon Falls
2. Northfield
3. Faribault
4. Owatonna

**2017 Boomer Schedule:**  
 \*May 16<sup>th</sup>. Northfield @ CF (Rain Out) Double-header June 27<sup>th</sup>.  
 May 23<sup>rd</sup>. CF @ Faribault (4-12)  
 May 30<sup>th</sup>. CF at Owatonna (25-26)  
 Jun 6<sup>th</sup>. CF at Northfield (14-15)  
 \*Jun 13<sup>th</sup>. Faribault at CF  
 \*Jun 20<sup>th</sup>. Owatonna at CF  
 \*Jun 27<sup>th</sup>. Northfield at CF  
 Jul 11<sup>th</sup>. CF at Faribault  
 Jul 18<sup>th</sup>. CF at Owatonna  
 Jul 25<sup>th</sup>. CF at Northfield  
 \*Aug 1<sup>st</sup>. Faribault at CF  
 \*Aug 8<sup>th</sup>. Owatonna at CF  
 \*Aug 15<sup>th</sup>. League Tournament at Cannon Falls  
 \*TBA-Businessmen vs. Boomers

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### Fantasy Football for Seniors 55+



Draft Day 2016-17



The Coaches 2016-2017



Super Bowl Champ  
Ron Chant



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### Group Travel



Nashville Group Travel - 2015



San Antonio Group Travel - 2015



Savannah Group Travel - 2016

**Group Travel - 2017**

1. Colorado Springs
1. Garden of the Gods
2. United States Air Force Academy
3. Royal Gorge
4. Royal Gorge Train
5. Manitou Springs/Pikes Peak
6. Colorado Springs Tour
7. Glen Eyrie Castle

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### TRIAD Monthly Meetings Continue Monthly during 2017



2<sup>nd</sup> Wednesday  
Meetings at 10:00 a.m.



**WANTED**  
The address and the cap...  
Wear her hair "messy"?  
became her "messy"?



**WANTED**  
Whose car story did...  
New football team's story  
of 12 friends



**WANTED**  
Catch me if you can!  
Wanted by the FBI...



**WANTED**  
How do video camera protest?  
Wanted by the FBI...



Most TRIAD Programs are posted to U-tube and Channel 12 locally.

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## •Service Core Programs

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### 2016 Shepherd Center Winter Open Houses



Plans are to have four Open Houses during a given calendar year: winter, spring, summer and fall. The event has been popular with area seniors.



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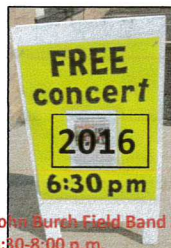
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### Summer Concert in the Park



John Burch Field Band Shell  
6:00-8:00 p.m.  
Saturday, August 5<sup>th</sup>  
"Down-Home" Bluegrass  
Music Concert

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### Meals on Wheels



Shepherd Center Volunteers deliver Meals on Wheels daily to community Seniors. The Meals on Wheels Program is coordinated through the Shepherd Center.



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### Renewal of Cannon Falls Area News at 9:20 a.m. on the Mighty 920 (KDHL) - 11.30.15



Rod Johnson  
The voice of the CF News



Community groups and organizations are encouraged to send worthy news items to the Shepherd Center.

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### AARP-Volunteer Tax Preparers



Volunteerism at it's best!

(Back) David Lohman, Paul Schluter, Chassie Clemens, Jackie Van Guilder (Front) Rita Hudson, Shirley Weller

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### ***Shepherd Center Health Fair***



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### ***Additional Service Projects***

- **Cannon Church Interaction Council**  
– Coordination of Community Service activities
- **Shepherd Center Computer/Internet Access**  
– Computers available for Senior public use
- **August Community Table**
- **Elder Justice (Senior Advocacy)**
- **Information and Referrals Available through Shepherd Center Office**

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## ***•Fundraising Core Programs***

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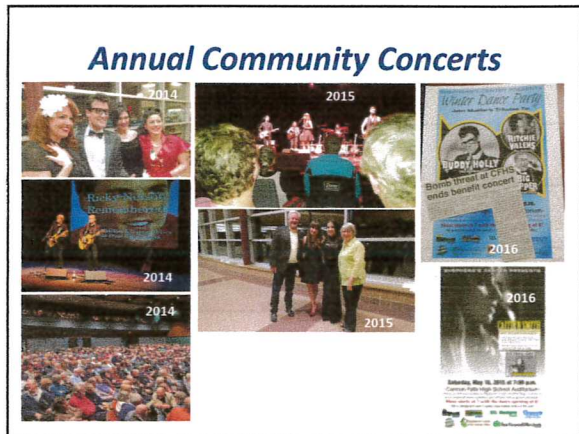
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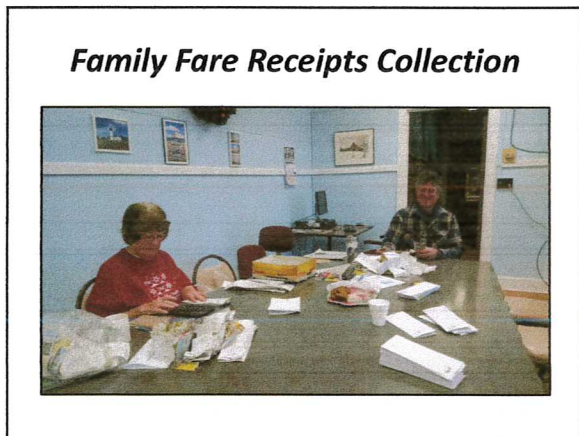
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- ### Other Fundraising Programs
- **Business Funding Appeal**
    - Local business and civic groups
    - City of Cannon Falls
  - **Memorials, gifts & honorariums**
  - **Fees for specific programs**
    - Senior Softball & Pickleball Programs
  - **In-Kind Support**
    - Cannon Falls School District
  - **Grant Applications**

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• **A SPECIAL THANKS TO THE CANNON FALLS CITY COUNCIL FOR YOUR CONTINUED SUPPORT OF THE SHEPHERD'S CENTER OF THE CANNON VALLEY! COMMUNITY SENIORS APPRECIATE YOUR SUPPORT OF SENIOR CENTER GOALS AND OBJECTIVES IN MAKING THEIR LIVES MORE POSITIVE.**

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• **Give back to the Cannon Falls community through your local Shepherd's Center of the Cannon Valley!**



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