

purpose

compassion

ENRICHMENT

life



The Center Post

Your Guide to the Programs, Activities, and Services of
The Senior Center and The Shepherd's Center

DECEMBER 2020

Help Us Bring Hope This Holiday Season

This year has been a difficult year for many. Fear, doubt, emptiness, loneliness, and isolation lead to loss of hope which can greatly affect one's health and wellbeing. The Shepherd's Center of Kernersville is here to bring hope and to help those in need in our community. During the holiday season let us connect with one another. Check in on a neighbor, call an old friend, and support your local ministries by volunteering or helping others, such as The Shepherd's Center of Kernersville, Inc.

Thank you for your continual support of The Shepherd's Center of Kernersville and Senior Enrichment Center. Whether it is \$1.00 or \$1,000.00 or a gift of your time and service, your gift to The Shepherd's Center of Kernersville will help strengthen our community by enabling us to bring programs and services to help those who are aging and adults with disabilities age in place.

This year more than ever, let us all be thankful for all we have and not take anything for granted. Stay positive, encourage one another, and enjoy every moment!



My Holiday Gift to The Shepherd's Center of Kernersville

Honorarium \$ _____

Memorial \$ _____

Donation \$ _____

Contact me to discuss
Planned Giving
Options: _____

Your Name: _____

Address: _____

Phone: _____

E-mail: _____

My Donation is **In Honor or Memory of:** (circle one)

Name: _____

Please Send Acknowledgement to:

Name: _____

Address: _____

If you would like to make a gift by credit card or have questions please call 336-996-6696.

Mail donations to: P.O. Box 2044 Kernersville, NC 27285

Credit Card Donations may also be made through our web-site: <https://www.shepctrkville.com/>

Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 1-888-830-4989 (within North Carolina) or (919) 807-2214 (outside of North Carolina). The license is not an endorsement by the State.

The Shepherd's Center of Kernersville Staff

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PO Box 2044

Kernersville, NC 27285-2044

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336-996-6696

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Senior Enrichment Center

130 E. Mountain Street
PO Box 2044

Kernersville, NC 27285-2044

336-992-3180

Office Hours

4 Days a week

8:00 am - 4:00 pm

**Senior Center Has Re-Opened!
Here's What You Need To Know**

Your safety and well-being are our top-priority. Thank you for your patience throughout this pandemic and in the months to come as we slowly and methodically re-implement programming. Programs, schedules, meeting times and dates, and policies and procedures, are all going to look different than what you are used to.

How to Stay Informed

- We **will not** be printing a paper copy newsletter for the remainder of 2020 and through 2021.
- We **will** be publishing an E-Newsletter and sending periodic E-Blasts to keep you informed of our programs and services.
- Check our website for current and past editions.
- We **will** print copies of our monthly activity calendars for you to pick-up in person.
- We **will** be sending out automated telephone messages for updates.
- We **will** post updates to The Shepherd's Center of Kernersville's Facebook, Instagram and Twitter pages. Be sure to follow us on each of these social media platforms.
- Please make sure we have your correct e-mail address and best phone number.

Office, Service and Program Hours

December 2020: We will be open in December, Tuesday through Friday, **closed on Mondays** and **closed the week of Christmas**. We will not offer programs or services on the days we are closed. Office Hours will remain 8:00 am - 4:00 pm on the days we are open.

January - April 2021: We will be open January through April 2021, Monday - Thursday and will be **closed on Fridays**. We will not offer programs or services on the days we are closed. Office Hours will remain 8:00 am - 4:00 pm on the days we are open.

Center and Offices Closed

December & January

Monday, December 7	Monday, December 28
Monday, December 14	Friday, January 1, 2021
Monday, December 21	Friday, January 8, 2021
Tuesday, December 22	Friday, January 15, 2021
Wednesday, December 23	Friday, January 22, 2021
Thursday, December 24	Friday, January 29, 2021
Friday, December 25	Happy New Year!



Masks

If you do not have a mask, (please call our offices at 336-996-6696 or 336-992-3180,

and we will make arrangements to get one to you.

If you are making masks and would like to donate some to us for volunteers, participants, recipients, or staff, we will gladly welcome your donation.

Senior Center Guidelines for Participation

The Senior Center has developed a plan that includes new policies and procedures for activities, programs, and volunteering per recommended guidelines of the Center for Disease Control and Prevention, the North Carolina Department of Aging and Adult Services, and the Town of Kernersville. The Center is open 4 days a week (see page 2 for closure schedule) from 8:00 am – 4:00 pm. The Center is open to regular participants for specific scheduled programming with limitations and restrictions. Time frames and implementation of programs will be evaluated and could change based on announcements from State and local authorities. Although different from what we have done in the past, these limitations and restrictions are necessary and will be implemented to help prevent the spread of COVID-19.

The following guidelines will remain in effect until further notice:

- Participants who are age 65 or older, or have serious underlying health conditions, are encouraged to talk to their healthcare provider to assess their risk and to determine if they should stay home or if they may participate in Senior Center activities.
- **Pre-registration is required for ALL activities; All persons arriving to participate in ANY activity MUST be registered in advance. If a person has not registered in advance, they will not be allowed to attend. Regular participants will be permitted to use the facility only during their scheduled program time. Participants must speak with Senior Center staff or senior center office volunteer to register.**
- Drop-in visitors will not be permitted at this time. All visitors to the facility must make an appointment with a staff member.
- There will be minimal programming with no luncheons, special events, social group meetings/gathering, or trips.
- All activities will have a limited number of seats. No large group events or meetings will be held until further notice (this includes rentals).
- **All participants must sign a liability waiver prior to attending their first program.** This is required for participation in any program, service, or activity of The Shepherd's Center of Kernersville or Senior Enrichment Center as either a participant, recipient, instructor, or volunteer. **[Click here for the link.](#)**
- Before entering our building, all persons (patrons, volunteers, instructors, vendors, and staff) must submit to the **health screening and temperature check**. Anyone with a temperature of **100.4** or higher will not be permitted.
- **All persons will be required to wear a face covering while in either the Senior Center or Shepherd's Center facility.**
- **A minimum personal physical distance of 6 feet must always be maintained.**
- Participants **may arrive 15 minutes prior to the start of the activity** for which they have registered. All participants will be expected to leave the building when the activity is over. This is to control the number of people in the building and to mitigate the potential spread of germs and COVID-19. Our facility will be unlocked to admit participants for a program, locked once participants have arrived, and after the program has ended. (All entrance and exit doors meet fire code standards and can be easily opened from the inside.)
- **Participants may bring their own beverage or snack to consume on premises. Absolutely no food or beverage may be brought to share with others.**
- The **water fountain is off limits for personal use**, but the water bottle filling feature may be used to fill water bottles or travel mugs.
- The kitchen and equipment (including refrigerator/freezer/microwave, ice machine, etc.) are off limits.
- All reading material, puzzles, cards, board games, billiards, or anything used by multiple people will not be available for use on-site until further notice. You may however check out puzzles from our puzzle library.
- **Visitors, volunteers, and participants are not allowed in staff offices.**
- If a participant is diagnosed with or exposed to COVID-19, please contact Senior Center staff as soon as possible.



Senior Center Program Reimplementation

Senior Center activities are slowly and methodically being implemented in stages. This schedule has been developed to meet State mandates regarding numbers allowed for each gathering, social distancing, and staff time to clean before and after each activity. Activities and events will be limited to current regular participants at this time. New participants will be allowed to attend in later stages. Stages will be fluid and adjustable as we move through the pandemic, and the mandates and phases set by the State of North Carolina and local governing bodies.

December Programming will be as follows (please note all programs require pre-registration or RSVP to attend, all meeting days, and times are subject to change):

Mondays

- ◆ Tatting Class meets via Zoom at 1:00 pm

Tuesdays

- ◆ Quilting: 10:00 am – 11:30 am, Senior Center Room 4
- ◆ Stretch & Flex Video Chair Exercise Class: 10:00 am, Senior Center Room 1

Wednesdays

- ◆ Bill Radisch Computer Learning Center *by appointment only* Wednesday and Friday mornings. Instruction and Tech Support are available. *\$5 fee if we can help you.*
- ◆ Caregiver Support and Education Group: 11:30 am – 1:30 pm (Wednesday, December 16), Senior Center Room 4 (*Meeting on Wednesday in December Only! Meeting will resume on the 2nd Monday of the month in 2021.*)
- ◆ Watercolor Class: 1:00 – 3:00 pm (will meet Dec. 2, 9, 16, and 30), Senior Center Room 1

Thursdays

- ◆ Needle Arts: 10:00 - 11:30 am, Senior Center Room 2
- ◆ Book Club: Time and Location to be Determined
- ◆ Chair Yoga: 1:00 – 2:00 pm, Senior Center Room 1
- ◆ Walk and Talk: 3:00 pm, Meet at Fourth of July Park Shelter #1

Friday (except for the Fridays we are closed)

- ◆ Bill Radisch Computer Learning Center *by appointment only* Wednesday and Friday mornings. Instruction and Tech Support are available. *\$5 fee if we can help you*
- ◆ Bingo: 10:00 am, Senior Center Room 1
- ◆ Line Dancing: 1:00 pm - 2:00 pm Beginner and Advanced; 2:00 pm Advanced, Senior Center Room 1. Fees apply

ON-SITE and ZOOM ACTIVITIES

Arrival, check-in, temperature check, and symptom screening 15 minutes before each program. Masks required while indoors. Waiver must be signed and turned in at your first check-in. **You must call ahead (RSVP/Pre-register) to let us know you will be attending 24 hours prior to each session. Call 336-992-3180 to RSVP. All activities are at the Senior Center unless otherwise noted.**

Zoom: Tatting Monday at 1:00 pm

Tatting is a type of vintage lacework made by knotting thread in a series of patterns. Follow along with Mary as she teaches the basics or show off your work to the group. **Call 336-992-3180 to receive the Zoom link.**

Stretch and Flex

Tuesday, Dec. 1, 8, 15 & 29 at 10:00 am

Get busy and get moving with our video driven exercise class. **You must call 336-992-3180 to RSVP.**

Quilting

Tuesday, Dec. 1, 8, 15 & 29 at 10:00 am

A small group of quilters who come together to work on their own projects. A great time to share projects you are working on as well as catch up with each other. **You must call 336-992-3180 to RSVP.**

Computer and Technology Assistance By Appointment Only

Wednesday and Friday Mornings

Instruction and technical support are available for anyone needing help with Windows computers, Android phones and tablets, and Chromebooks. One-on-one learning is offered on how to use devices and programs associated with them (email, documents, etc.). We will repair your device, install programs, etc. If you have a "dead" device, bring it for us to attempt to revive it. **\$5 fee if we can help you. Appointments may be made in advance or the day of if available. Call 336-992-3180 to schedule your appointment.**

Needle Arts

Thurs. Dec. 3, 10, 17 & 31 at 10:00 am

Bring a project to work on in a fun and informal atmosphere. All levels of experience are welcome. This is not a teaching class. However, sharing of tips and experience are encouraged. **You must call 336-992-3180 to RSVP.**

Gentle Chair Yoga On-Site and Zoom

Thurs. Dec. 3, 10, 17 & 31 at 1:00 pm

The only requirements are a sense of humor, yoga mat or towel, and to wear comfortable clothing. Classes are at the Senior Center. Your first class is free, and then it is \$5.00 per class. **You must call 336-992-3180 to RSVP and/ or receive Zoom link .**

Walk and Talk at Fourth of July Park

Thursday, Dec. 3, 10 & 17 at 3:00 pm

Meet us near Shelter #1 at Fourth of July Park (702 W. Mountain St. weather permitting) to breathe the fresh air as we exercise and discuss different topics. **You must call 336-992-3180 to RSVP.**

Holiday Bingo

Friday, Dec. 4, 11 & 18 at 10:00 am

Celebrate the holidays by wearing your favorite holiday attire (brightest and merriest sweater or hat). Bring two holiday themed prizes and win two prizes. All prizes must be able to be sanitized, please do not bring any prize that cannot be wiped off with a sanitizing wipe or other disinfectant or antibacterial cleaner. No soft surface prizes please. **You must call 336-992-3180 to RSVP.**

ON-SITE and VIRTUAL ACTIVITIES

Line Dancing Classes **Friday, Dec. 4, 11 & 18** *Beginner's 1-2:00 pm* *Advanced 2-3:00 pm*

Join Mike Summers at the Senior Center for an introduction to line dancing. Beginners can learn new steps like the grapevine, simple walking, and turns. Advanced dancers are welcome to the beginner's class. Your first class is free. **Classes will then be \$6.00 per week. You must call 336-992-3180 to RSVP.**

Holiday Movie Day **Tuesday, December 8 at 1:00 pm**

Brighten your holidays with a fun movie and friends. Join us at the Senior Center and help us choose a holiday movie. Bring your own snack and drink. **You must call 336-992-3180 to RSVP.**

BYOC Social

Wednesday, Dec. 9 & 30 at 9:30 am

BYOC "Bring Your Own Coffee" and snack. We will catch up and brainstorm on ways to be active at home. **You must call 336-992-3180 to RSVP.**

Join Our "Party Line"

Friday, Dec. 11 at 2:30 pm

Call the party line (conference line) at the Senior Center to chat about your favorite holiday tradition. Eavesdrop and listen to what others are planning. **Call 336-992-3180 to RSVP for phone number.**

Watercolor Color Club

Wed. Dec. 2, 9, 16 & 30 at 1:00 pm

Artists work on various projects, share their skills and have fun while social dancing. **You must call 336-992-3180 to RSVP.**

Zoom: Holiday Luncheon **Tuesday, Dec. 15 at 11:30 am**

Since we cannot host a traditional covered dish luncheon, make plans to meet us on Zoom for lunch. Get into the Holiday spirit by wearing your favorite holiday garb i.e.: sweater, Santa, or elf hat as long as it brings a smile to your face. **Call 336-992-3180 to provide your email address and receive Zoom link.**

Books Ignite Book Club **Tuesday, Dec. 15 at 1:00 pm**

An interactive book club meeting at a restaurant (to be determined). The Club reads and discusses books along with literary activities. "We will increase our awareness and appreciation of an author's writing experience using unique and imaginative methods and activities." **Call for more information: 336-992-3180.**

Zoom 101 at the Senior Center **Tuesday, December 15 at 2:00 pm**

Great News! Learn the tricks to look great and act like a pro on *Zoom*. We will have you zooming so quickly, you will say, "Wow that was easy!" Join a small group to learn the basics. Bring your favorite device i.e. laptop, tablet, smartphone. **You must call 336-992-3180 to RSVP.**

Caregiver Education Support Group **On-Site and Zoom**

Situational and Clinical Depression

Wednesday, December 16 at 11:00 am

This class will review symptoms of situational depression and discuss the cause and associated risk factors. A comparison of Situational Depression and Clinical Depression will be discussed and the impact of Situational Depression as it relates to the older population.

Support group following talk with Debbie McCauley from State Funded Geriatric and Adult Specialist Team (GAST). Meeting will be in person at the Senior Center or via Zoom. **Call to RSVP and/or for Zoom link: 336-992-3180.**



Senior Center Quilt Raffle

You can win this gorgeous queen-size handmade quilt, two matching pillow cases, and two decorative pillows while helping the Senior Center raise

much needed funds. You can also help us by selling tickets to your family, friends, and neighbors. Tickets are \$2 each or 3 for \$5 and can be purchased at either the Senior Center or The Shepherd's Center offices. Our raffle will run through Spring 2021. **If you would like to help sell tickets, contact Lisa or Debbie at 336-992-3180.**

Deciding to Go Out

What You Need to Know From the CDC

Enjoy Holiday activities and take steps to protect yourself from getting or spreading COVID-19. In general, the more closely you interact with others and the longer the interaction, the higher the risk of COVID-19 spread. If you decide to engage in public activities, continue to protect yourself by **practicing everyday preventive actions**.

Keep these items on hand when venturing out: a mask, tissues, and a hand sanitizer with at least 60% alcohol, if possible.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/deciding-to-go-out.html>

Seeking Selfies!

We are working on a special piece for our February Newsletter showcasing the many faces of the Senior Center. Please take a selfie or have someone take a photo of you and e-mail it to **lisa@shepctrkville.com** or **debbie@shepctrkville.com**. We want to see your smiling faces or your masked faces! By e-mailing your selfie you are giving us permission to use it in our next newsletter. ***Photos must be received no later than Thursday, January 14, 2021.***

Jigsaw Puzzle Library Available

Take home a borrowed jigsaw puzzle. Choose from a variety of puzzle options with different sizes and number of pieces. Puzzles that are returned, are kept in storage for 7 days before being returned to our library shelves. **Call 336-992-3180 to pick up puzzles at the Senior Center.**

Medicare Annual Enrollment and SHIP Counseling Sessions by Appointment Only

October 15 to December 7, 2020

Due to the current COVID-19 restrictions, Medicare beneficiaries in Forsyth County will be assisted locally as much as possible through telephone or other virtual means during the Annual Enrollment period from October 15 through December 7.

Annual enrollment assistance will be provided by volunteers and staff of the Shepherd's Center of Greater Winston-Salem, the Forsyth County coordinating site for the North Carolina Seniors' Health Insurance Information Program (SHIIP). One-hour appointments will be offered during the period subject to the availability of counselors. Some referrals may be made to the SHIIP office in Raleigh. The open enrollment sessions will assist Medicare beneficiaries review their drug plans and Medicare Advantage plans and make changes if necessary for the coming year. Certified Seniors' Health Insurance Information Program (SHIIP) counselors will be available to assist in the review and enrollment process.

Appointments can be made by calling the Shepherd's Center of Greater Winston Salem at 336-748-0217 Monday - Friday from 9:00 am - 5:00 pm.

Computer Training Bridge Forsyth County Library

Learn about eBooks, Audiobooks, and Genealogy Help **<https://www.forsythcomputertraining.org/JobSeekersPrograms.aspx>**

Seniors Guide to Computers

<https://www.seniorsguidetocomputers.com/animations.asp>

Zoom Training and Resources

Our thanks to The Shepherd's Center of America's recognizing that learning technology is not always easy. Click on the links below to learn how to join and participate in a **Zoom meeting**: **[Zoom video tutorial](#)** **[Zoom tip sheet](#)** **[Zoom step-by-step instructions](#)**

BINGO



Louise

Oh Yes We Can! On-site Programs! Welcome Back Bingo Players!

Following the COVID-19 safety plan for social distancing.

We will stand strong and united taking control where COVID-19 has seemingly taken over. COVID-19 will not stop the Senior Center.



Liz



Winner of Cover All: Barbara



Jean



Chris & Rob

December 2020 Activities and Programs



Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 - Quilting 10:00 - Stretch & Flex	2 Computer Assistance by Appointment 1:00 - Watercolor Club	3 10:00 - Needle Arts 1:00 - Yoga ^{\$} 3:00 - Walk and Talk at Fourth of July Park	4 Computer Assistance by Appointment 10:00 - Holiday Bingo 1:00 - Beginner Line Dancing ^{\$} 2:00 - Advanced Line Dancing ^{\$}
7 Center and Offices Closed 1:00 - Tatting*	8 10:00 - Quilting 10:00 - Stretch & Flex 1:00 - Holiday Movie	9 Computer Assistance by Appointment 9:30 - BYOC Social 1:00 - Watercolor Club	10 10:00 - Needle Arts 1:00 - Yoga ^{\$} 3:00 - Walk and Talk at Fourth of July Park	11 Computer Assistance by Appointment 10:00 - Holiday Bingo 1:00 - Beginner Line Dancing ^{\$} 2:00 - Advanced Line Dancing ^{\$} 2:30 - Party Line
14 Center and Offices Closed 1:00 - Tatting*	15 10:00 - Quilting 10:00 - Stretch & Flex 11:30 - Zoom Holiday Luncheon* 1:00 - Book Club at a restaurant TBD 2:00 - Zoom 101	16 Computer Assistance by Appointment 11:00 - Caregiver Support Group at Senior Center & Zoom* 1:00 - Watercolor Club	17 10:00 - Needle Arts 1:00 - Yoga ^{\$} 3:00 - Walk and Talk at Fourth of July Park	18 Computer Assistance by Appointment 10:00 - Holiday Bingo 1:00 - Beginner Line Dancing ^{\$} 2:00 - Advanced Line Dancing ^{\$}
21 1:00 - Tatting*	22	23	24	25
Senior Center and Shepherd's Center Offices Closed				
28 Center and Offices Closed 1:00 - Tatting*	29 10:00 - Quilting 10:00 - Stretch & Flex	30 Computer Assistance by Appointment 9:30 - BYOC Social 1:00 - Watercolor Club	31 10:00 - Needle Arts 1:00 - Yoga ^{\$}	January 1, 2021 Happy New Year! Center and Offices Closed
\$ Fees Apply * Class will meet via Zoom Zoom Tutorial information found on page 7				

On-going Services of The Shepherd's Center of Kernersville

*All service recipients must live within an 11-mile radius of the office at
431-B West Bodenhamer Street Kernersville, NC.*

Durable Medical Equipment Loan Closet has moved to the Senior Center (130 E. Mountain Street)

Equipment is currently being loaned on a limited basis as our current stock is low. Our guidelines for Equipment Loan are as follows:

- **Requests for medical equipment loans will only be taken by phone. Requests will not be taken in-person at this time.**
- Anyone requesting equipment must live within an 11-mile radius of our offices in Kernersville, NC.
- Due to the COVID-19 threat, we will not accept equipment returns, exchanges, or donations of toilet lift seats, bed-side commodes or shower chairs.
- We will accept returns, exchanges, and donations of clean, sanitized and in good repair wheelchairs, rollator walkers, walkers, knee scooters and canes.
- Equipment can be picked up or dropped-off **by appointment only** on the days we are open.
- Call the Senior Center Office at 336-992-3180 for more information regarding medical equipment loan.



THANK YOU

Telephone Reassurance Volunteers !

Frances, Gertia's daughter says, "Thank you telephone reassurance volunteers. The daily calls mean so much to mother. It is such a blessing. Thank you Shepherd's Center!"

Home-Bound Services

We continue to provide the following Home-Bound Services during this time:

Grocery Shopping: Volunteer personal shoppers are available to go shopping for you.

Handy Person: Due to COVID-19, we are only accepting requests for outdoor repairs. If you have a request, please contact us and we will be happy to discuss your outdoor request.

Telephone Reassurance: Volunteers continue to call our Telephone Reassurance clients from their home. If you would like for one of our volunteers to call you for a wellness check, please give us a call.

Transportation: Rides are **only** being scheduled for medical and hair appointments. If you need transportation and would like to schedule a ride: **call Tuesday - Friday from 9:00 am - 12:30 pm (except for the days we are closed)**. All riders are required to wear a mask. If you do not have a mask, please let us know and we will be happy to mail one to you.

Sign up and Volunteer: drivers needed for transportation to medical and hair appointments. Personal shoppers who can pick up groceries and/or pharmacy orders for local seniors are also needed.

Call Audrey at 336-996-6696 to discuss these home-bound services.



"The Mission of the Kernersville Foundation is to provide Financial assistance to non-profit organizations that serve the Kernersville Community"



Your Input Matters!

Give us your feedback! We want to know what you think! Help us improve! Let us know if you can participate in virtual programs on Zoom. How technology savvy are you? What type of programs or meetings, outdoor activities, conference calls or other programming ideas would you like? Fill out the survey at: <https://www.surveymonkey.com/r/GTNSDHM> or call Lisa/Debbie at 336-992-3180.

Easy Ways to Give to The Shepherd's Center with Harris' Teeter VIC Card and AmazonSmile



Link your **Harris Teeter VIC card** to The Shepherd's Center of Kernersville account (#5447) by going to the customer service desk at Harris Teeter grocery store. We will receive a gift for our Bill Radisch Computer Learning Center when individuals purchase Harris Teeter brands.



Shop **AmazonSmile** via the website by going to <https://smile.amazon.com> and use the drop down menu to choose your favorite charity: **The Shepherd's Center of Kernersville**. The Amazon Smile Foundation will donate 0.5% on approved items purchased at Amazon Smile.

Become a Fan! Like and Follow The Shepherd's Center of Kernersville on: