

purpose

compassion

ENRICHMENT

life



# The Center Post

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

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## JULY - AUGUST 2021

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**REFIT® (Exercise)  
with Ashley Duggins  
Every Friday, Beginning  
July 9 at 2:30 pm**

REFIT® is a life-changing cardio fitness program designed for all ages, all sizes, all shapes, and all fitness levels. A fun exercise time with positive, uplifting music to boost your mood and push you toward your goals. Join us every Friday for a rockin' good time! View an example: Levene's Story, age 76. She is a participant at the home studio in Waco, TX. Click here for [YouTube link](#). **RSVP required 2 business days in advance.**

**Call 336-992-3180.**



**Coming Soon!  
It's Time to Tee it Up!  
31st Annual Golf Tournament  
October 8, 2021  
Pine Knolls Golf Club**

This will be an afternoon of fun! Come and join us on the golf course and show your support! To register to play or for more information about the benefits of sponsorship, please contact: Lynne at 336-996-6696 or by e-mail at [lynne@shepctrkville.com](mailto:lynne@shepctrkville.com).

We are building a brighter future for our community and you can be a part of it! Watch your mail for an exciting opportunity for The Shepherd's Center/Senior Enrichment Center's 2021 Annual Giving Campaign.

**The Shepherd's Center of  
Kernersville Staff**

*Interim Executive Director  
Director of Development  
Community Relations*

Lynne Garms  
lynne@shepctrkville.com

*Senior Center Director*  
Lisa Miller  
lisa@shepctrkville.com

*Public Relations and  
Senior Center  
Program Coordinator*  
Debbie Cornatzer  
debbie@shepctrkville.com

*Volunteer Services Manager*  
Claire Winfrey  
volunteersvc@shepctrkville.com

**Contact Us:**

**The Shepherd's Center  
of Kernersville**

431-B W. Bodenhamer Street  
PO Box 2044

Kernersville, NC 27285-2044

<https://www.shepctrkville.com>

336-996-6696

info@shepctrkville.com

**Senior Enrichment Center**

130 E. Mountain Street  
PO Box 2044

Kernersville, NC 27285-2044

336-992-3180

**Office Hours**

**Monday - Friday**

8:00 am - 4:00 pm

WELCOME

CLAIRE  
WINFREY



**Volunteer Services Manager**

I am very excited to be joining this organization and community to assist those in need of services. I am looking forward to sharing my knowledge and experiences while providing purpose for our volunteers and giving our recipients the attention that they need.

My background is in Senior Living, Life Enrichment, Volunteer Services, and Alzheimer/Dementia. Please reach out to me with any questions or ideas you may have to better the volunteer services we provide. **You can reach me at (336) 996-6696 or via email at volunteersvc@shepctrkville.com.**



“The Flag” watercolor by Elaine.



**The Shepherd's Center  
and  
Senior Center Offices  
will be closed on Monday, July 5 in  
observance of Independence Day.**

## Services of The Shepherd's Center of Kernersville

*All service recipients must live within a 12-mile radius of downtown Kernersville, NC.*

- **Transportation:** Rides continue to be scheduled for medical & hair appointments. We are resuming grocery shopping and other essential errand transportation needs. If you need transportation and would like to schedule a ride please **call Monday-Friday from 9:00 am -12:00 pm, 5 business days in advance**.
- **Personal Shopper & Prescription Pickups:** Volunteer shoppers are available to fulfill or pickup grocery and pharmacy orders.
- **Handy Person:** We are resuming minor home repairs inside and outside of your home with limited availability.
- **Telephone Reassurance:** Volunteers continue to call our Telephone Reassurance recipients from their home throughout the week, Monday - Friday.
- **Respite Care:** We are resuming requests for companion sitting in your home for caregivers to step away for up to 3 hours with our volunteers.
- **Person to Person Visitation:** We are resuming requests for visits in your home to enjoy company for an hour with our volunteers.
- **Project Joy:** Our volunteers are resuming arranging and delivering flowers to those in need. Let us know if you know someone who needs an uplifting in the community.
- **Counseling:** We are resuming in-person sessions and continuing phone & zoom sessions virtually with one of our Volunteer Counselors.
- **Elder Law Legal Aid Counseling:** Working with Legal Aide of NC to provide legal support via phone and set up in-person appointments with an Attorney.
- **Senior Financial Care Counseling:** Working with Financial Pathways of the Piedmont to provide financial & insurance support via phone and set up in-person appointments with a Financial and Certified SHIIP Counselor.
- **Sign Up & Volunteer:** Volunteer Drivers needed for transportation to scheduled appointments & essential errands!

**Call Claire at 336-996-6696 to discuss these services  
and volunteer opportunities.**

### ➤ **Durable Medical Equipment Loan**

The Durable Medical Equipment Loan Closet has been moved to the Senior Enrichment Center facility located at 130 E. Mountain Street in Kernersville. Our guidelines for Equipment Loan are as follows:

- **Requests for medical equipment loans may be made by phone or in person.**
- Anyone requesting equipment must live within an 12-mile radius of downtown Kernersville, NC.
- We will accept returns, exchanges, and donations of clean, sanitized and in good repair wheelchairs, rollator walkers, walkers, knee scooters, shower chairs and canes.
- We will **no longer accept** equipment returns, exchanges, or donations of toilet lift seats or bed-side commodes.
- Equipment may be picked up or dropped-off **by appointment only Monday - Friday from 9:00 am – 3:30 pm.**

**Call the Senior Center Office at 336-992-3180 for more information  
regarding medical equipment loans.**

**IN-PERSON and VIRTUAL ACTIVITIES**  
**Due to COVID-19 restrictions limited seating for most on-site programs.**  
*Programs are on-site unless otherwise noted.*  
**RSVP required 2 business days in advance for ALL Activities. Call 336-992-3180.**

**Christmas in July Bingo**

**Every Friday at 10:00 am**

Bring 2 Christmas themed prizes, Win 2 prizes. **RSVP required 2 business days in advance.**  
**Call 336-992-3180.**



**Ask an Alderman**

**Thursday, July 15 at 10:00 am**

What is an Alderman? What do they do? Meet Alderman Jenny Fulton and learn about her responsibilities for The Town of Kernersville. Question and answer session to follow.  
**RSVP required 2 business days in advance. Call 336-992-3180.**

**Walk and Talk with Lisa**

**Friday, July 16 at 8:30 am**

**Friday, August 6 at 8:30 am**

Meet Lisa near Shelter #1 at Fourth of July Park (702 W. Mountain St.) to breathe the fresh air as we exercise and discuss different topics. **RSVP required 2 business days in advance. Call 336-992-3180.**

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

**Monday, July 12 at 11:00 am**

**Subject: Alcohol Related Dementia**

How can alcohol cause dementia? Is alcohol related dementia common? This class will discuss the cause, symptoms and treatment related to Alcohol Related Dementia.

**Monday, August 9 at 11:00 am**

**Subject: Burnout/Compassion Fatigue**

Signs, symptoms and interventions for burnout; comparison of burnout and compassion fatigue; discussion of how burnout and compassion fatigue may lead to various forms of elder abuse.

Support group following talks with Debbie McCauley from the State Funded Geriatric and Adult Specialist Team (GAST). **RSVP required 2 business days in advance. Call 336-992-3180.**

**Grow Boxes**

**Monday, July 19 at 10:00 am**

Tisha Richmond from Cigna wants to ensure you are continuing to eat healthy while at home. She will demonstrate how to build your own grow box of herbs. A starter kit is included for each participant to take home. **Limited number of participant spots available. RSVP required 2 business days in advance. Call 336-992-3180.**



## IN-PERSON and VIRTUAL ACTIVITIES

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**RSVP required 2 business days in advance for ALL Activities. Call 336-992-3180.**

### Books Ignite Book Club

**Tuesday, July 20 & August 17 at 1:00 pm**

An interactive book club which meets at the Senior Center. 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". **RSVP required 2 business days in advance.**

Call 336-992-3180.

### Hospice vs. Palliative Care on Zoom

**Thursday, July 22 at 10:00 am**

Join Robert Garcia from Trellis Supportive Care. He will explain the differences between these two services and how to tell which one is right for your loved one's needs. Question and answer session to follow.

**RSVP required 2 business days in advance. Call 336-992-3180. [Click here for Zoom link.](#)**

### Lunch, Relax and Sing-along with Act II

**Friday, July 23 at 12:30 pm**

Enjoy an afternoon interlude of tapping your toes and humming along by joining Act II (Sue Harmer-Sommer and Dave Paden) as they entertain us with their musical talent. Bring your own bag lunch and drink. (This is not a covered dish luncheon.) **RSVP required 2 business days in advance. Call 336-992-3180.**



### Cooking Demonstration and Nutrition Education on Zoom

**Monday, July 26 at 10:00 am**

Second Harvest of Northwest NC presents money-saving techniques at the store or at home for fun and budget-friendly meals, in partnership with *Share Our Strength's Cooking Matters*. Join demonstrator Sruthi as she creates an easy egg frittata. Get your ingredients and apron ready. Call ahead for the ingredients. **RSVP required 2 business days in advance. Call 336-992-3180.**

### This or That Game on Zoom

**Tuesday, August 3 at 1:00 pm**

Join us on Zoom for a fun and laughter filled afternoon. We will play This or That. A game where you choose one thing over another. (Examples: Tea or Coffee? Mountains or Beach? Tar Heel or Blue Devil?) You will be able to share your choice and give details of why you chose it. **RSVP 2 business days in advance.**

Call 336-992-3180. [Click here for Zoom link.](#)

### Personal Safety and Active Shooter Class

**Tuesday, August 10 at 1:00 pm**

Join Blake Jones the Crime Prevention /Community Relations Officer for the Kernersville Police Department to learn ways to respond when a mass shooting is happening and how criminals behave. He will also discuss concealed "Carry and Personal Protection" laws. Question and answer session as well as safety scenario exercises will follow his presentation. **RSVP required 2 business days in advance. Call 336-992-3180.**

**IN-PERSON and VIRTUAL ACTIVITIES**  
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**RSVP required 2 business days in advance for ALL Activities. Call 336-992-3180.**

**Kernersville Healthy Living Expo**

**Monday, August 9**

**10:00 am – 1:00 pm**

**Kernersville Seventh Day Adventist Church**

Join the Kernersville Chamber of Commerce and The Senior Center for the 2021 Healthy Living Expo at the Kernersville Seventh Day Adventist Church (896 Old Winston Road in Kernersville). Attendees will have the opportunity to visit with health, wellness and lifestyle vendors while enjoying free food and fun. Volunteers are needed for this event for The Shepherd’s Center booth, event registration table, and various other areas. **Call Lisa at 336-992-3180 to volunteer. Vendors may call the Chamber of Commerce at 336-993-4521. We hope to see you there!**

**Protecting Your Assets from Medical Costs and Medicaid Estate Recovery**

**Monday, August 16**

**11:00 am**

Do you have questions about protecting your assets? What to do if you need Medicaid for long term care? Meet Attorney Vance Parker at the Senior Center who will discuss why you should not wait too long to start your long-term care planning in order to protect your assets. Question and answer session to follow the program. **RSVP required 2 business days in advance. Call 336-992-3180.**



**Cooking Demonstration and Nutrition Education On-site**

**Wednesday, August 18 at 1:30 pm**

Second Harvest of Northwest NC presents tips and tricks to avoid mealtime madness and make recipes work for you, in partnership with *Share Our Strength's Cooking Matters*. Also, get ready for a class cooking demo at the end with a surprise sweet treat! **RSVP required 2 business days in advance. Call 336-992-3180.**

**Computer and Technology Assistance**

*by Appointment Only*

**Wednesday & 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 must be made in advance or the day of if available. Call 336-992-3180 to schedule your appointment.**

**Show Your Support for**

**The Shepherd’s Center of Kernersville**

There are four ways you can show support for the Programs and Services of The Shepherd’s Center of Kernersville and Senior Enrichment Center. Donations may be made:

- By Mail
- In-person
- On The Shepherd’s Center website [Donate here](#)
- By Phone: call (336) 996-6696

*Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at (919) 807-2000. The license is not an endorsement by the State.*

## Weekly Activities

### MONDAYS

11:00 - Caregiver Education and Support Group Onsite (*2<sup>nd</sup> Monday*)  
 1:00 - Tatting on Zoom  
 1:00 - Beginner's Line Dance<sup>\$</sup>  
 2:00 - Line Dance<sup>\$</sup>  
 3:30 - Square Dance<sup>\$</sup>

### TUESDAYS

9:30 - Bee Quilters  
 10:00 - Acoustic Jam Session  
 10:00 - Stretch & Flex  
 12:30 - Bridge  
 1:00 - Books Ignite Book Club (*3rd Tuesday*)

### WEDNESDAYS

9:00 - 12:00 pm Computer Lab Assistance<sup>\$</sup>  
 by Appointment Only  
 10:00 - Tai Chi<sup>\$</sup>  
 10:00 - Games & Conversation  
 10:00 - American Sewing Guild  
 Beginning 3rd Wednesday in August  
 12:30 - Mah Jongg  
 1:00 - Basket Weaving<sup>\$</sup>  
 1:00 - Watercolor Club<sup>\$</sup>

### THURSDAYS

10:00 - Needle Arts  
 10:00 - Stretch & Flex  
 1:00 - Gentle Chair Yoga On-site and Zoom<sup>\$</sup>  
 4:00 - Tedder Bear Stamping - YouTube Live

### FRIDAYS

9:00 - 12:00 pm Computer Lab Assistance<sup>\$</sup>  
 by Appointment Only  
 9:00 - Rubber Stamping<sup>\$</sup> - Mona (*2nd Friday*)  
 10:00 - Bingo  
 12:00 - Hand & Foot  
 2:30 - REFIT® (exercise class)  
 6:30 - Rubber Stamping<sup>\$</sup> - Mona (*1st Friday*)

## July 2021 Activities

Date	Time	Activity ( <i>RSVP required</i> )
Friday, July 9, 16, 23, 30	2:30 pm	REFIT® with Ashley (exercise class)
Thursday, July 15	10:00 am	Ask an Alderman with Jenny Fulton
Friday, July 16	8:30 am	Walk and Talk with Lisa at 4th of July Park
Monday, July 19	10:00 am	Grow Boxes with Cigna
Thursday, July 22	10:00 am	Hospice vs. Palliative Care on Zoom
Friday, July 23	12:30 pm	Lunch, Relax and Sing-along with Act II
Monday, July 26	10:00 am	Second Harvest Cooking Nutrition Education and Demonstration on Zoom

## August 2021 Activities

Tuesday, August 3	1:00 pm	This or That Game on Zoom
Friday, August 6	8:30 am	Walk and Talk with Lisa at 4th of July Park
Friday, August 6, 13, 20, 27	2:30 pm	REFIT® with Ashley (exercise class)
Monday, August 9	10:00 am - 1:00 pm	Healthy Living Expo Seventh Day Adventist Church
Tuesday, August 10	1:00 pm	Personal Safety and Active Shooter Class
Monday, August 16	11:00 am	Protecting Your Assets from Medical Costs and Medicaid Estate Recovery
Wednesday, August 18	1:30 pm	Second Harvest Cooking Nutrition Education and Demonstration Onsite

## Welcome Back!

**Square Dance** - Monday at 3:30 pm  
**Acoustic Jam Session** - Tuesday at 10:00 am  
**Bridge** - Tuesday at 12:30 pm  
**Games & Conversation** - Wed. at 10:00 am  
**Mah Jongg** - Wednesday at 12:30 pm  
**American Sewing Guild in August**  
 (3rd Wed.) at 10:00 am  
**Rubber Stamping with Mona McManus**  
 (2nd Fri.) at 9:00 am (1st Fri.) at 6:00 pm  
**Hand & Foot** - Friday at 12:00 pm

Unless otherwise noted all classes and programs are on site. \$ = fees or cost to participate.



**Living Healthy  
at Home Program  
with the Piedmont Triad  
Regional Council  
Area Agency on Aging**

Program Topics include: Nutrition, exercise, medication use, communication and more!

This no cost program includes:

- A tool mailed to you that contains a *Living Healthy Life with Chronic Conditions* book, *Relaxation for Mind and Body* CD and an Exercise CD.
- One-hour weekly phone meetings with an instructor in small groups for six weeks.

**Register: Contact MaryLou White at [agewell@ptrc.org](mailto:agewell@ptrc.org) or call 336-497-5610. A staff member will be in touch with more details and class time options.**

**Joining a Meeting by  
Phone Via Zoom**

No Computer? No tablet? No Smartphone? No problem. You can join a Zoom meeting by way of a traditional home phone or cell phone. Once you RSVP for an event at the Senior Center we will provide you with the phone number and passcode for the event you want to attend. Dial in on the day and time of the event, listen or comment as you may on any other type of phone call while others participate by video. Your next education, entertainment or social gathering is just a phone call away. **Call 336-992-3180 if you would need assistance or practice with a Zoom phone meeting.**

**Update Your 2021 Participant Profile**

We are in the process of updating every participant's profile. If you have not completed your 2021 participant profile, stop by the front desk the next time you visit the Senior Center and fill one out.

**Computer Training Bridge  
Forsyth County Library**  
Learn about eBooks, Audiobooks, and Genealogy Help [https://  
www.forsythcomputertraining.org/  
JobSeekersPrograms.aspx](https://www.forsythcomputertraining.org/JobSeekersPrograms.aspx)

**Seniors Guide to Computers**  
[https://  
www.seniorsguidetocomputers.com/  
animations.asp](https://www.seniorsguidetocomputers.com/animations.asp)

**Zoom Training and Resources**  
Our thanks to The Shepherd's Center of America 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](#)**

**Jigsaw Puzzle Library Available**  
Borrow a 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.**

ATTENTION, PLEASE

**SENIOR  
CENTER  
MASK  
POLICY**

NOT VACCINATED: PLEASE WEAR A MASK.

VACCINATED: MASK IS OPTIONAL.

*Please note some of our instructors require a mask to participate in their class even if you are fully vaccinated.*



**Updated!  
Please Read  
before attending  
a program at the  
Senior Center.**

## **On-Site Activities Update and Guidelines for Participation**

The Senior Center has developed new policies and procedures for activities, programs, and volunteering per recommended guidelines of the Center for Disease Control and Prevention, The State of North Carolina, and the local government. Although different from how we have operated in the past, these limitations and restrictions are necessary to help us continue to prevent the spread of COVID-19.

### **Here's What You Need To Know About Programs and Services**

Your safety and well-being are our top-priority. Thank you for your patience throughout this pandemic and as we continue to re-implement programming and services. As many of you know, programs, schedules, meeting times and dates, and policies and procedures look a bit different than what you are used to.

### **How to Stay Informed**

- ◆ We will not be printing the newsletter this year.
- ◆ We will be publishing an E-Newsletter and sending E-Blasts to keep you informed of programs and services.
- ◆ Check our website for the current newsletter.
- ◆ We will print copies of our monthly activity calendars for you to pick-up in person.
- ◆ We will be sending out automated telephone messages and emails 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.

### **The following guidelines are 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.
- ◆ **You will need to RSVP two business days in advance for all programs and activities you want to attend. This includes all weekly regular activities. All activities will have a limited number of seats. Call 336-992-3180 to RSVP.**
- ◆ If you wish to drop-in or visit the Center, please call ahead.
- ◆ **Please do not attend programs or visit the Senior Center if you do not feel well or are experiencing symptoms of COVID-19**
- ◆ **Face Masks:** If you are fully vaccinated for COVID-19, masks are optional. If you are not fully vaccinated, please wear a mask.
- ◆ All activities need to start and end on time. Please arrive a few minutes prior to the start of your activity to help us facilitate this.
- ◆ **No communal or shared snacks, covered dish luncheons, or parties at this time. Participants may bring their own beverage or snack to consume on premises.**
- ◆ 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.
- ◆ **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.**
- ◆ If a participant is diagnosed with or exposed to COVID-19, please contact Senior Center staff as soon as possible.

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



Facebook



Instagram



Twitter

### 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.

