

purpose

compassion

ENRICHMENT

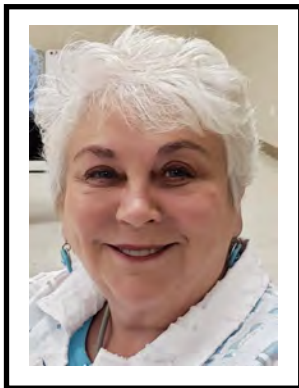
life



The Center Post

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

NOVEMBER - DECEMBER 2021



The Shepherd's Center of Kernersville for 2020/2021/2022 Past/Present/Future

The Shepherd's Center of Kernersville along with its Senior Enrichment Center has grown from providing services and programs in two locations to a unified space of one building at 636 Gralin Street. The Shepherd's Center will continue to offer its current programs and services and will add additional opportunities in the future.

I want to thank our staff, board members, volunteers, participants, and donors including those who have contributed by supporting us through their estates. Special thanks to Board Past President Linda Cappel, and our staff who maneuvered us through the pandemic shutdown and then slowly re-opened our Senior Enrichment Center and resumed our services with proper safety precautions in place.

**“I am proud that we were able to purchase and update our new building,
and services and activities opened there on November 1, 2021.”**

I would be remiss if I failed to thank our past Executive Directors Heather Camp and Ruth Woosley who led The Shepherd's Center so capably for so many years. Our new Executive Director Lynne Garms took the reins at the beginning of October. I am confident that Lynne and our 2022 Board President Pam Link will do a great job in leading our organization as we refine and expand our services and programs in the Kernersville community.

Debbie Warren, 2021 Board President

Friends of The Shepherd's Center

The Shepherd's Center Of Kernersville Staff

Executive Director

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**

636 Gralin Street
PO Box 2044
Kernersville, NC 27285-2044

<https://www.shepctrkville.com>

336-996-6696

info@shepctrkville.com

Office Hours

Monday - Friday
8:00 am - 4:00 pm

We are so excited about our new home on Gralin Street! Uniting the services of The Shepherd's Center with the activities of the Senior Enrichment Center will provide an exciting and innovative place for aging adults and adults with disabilities to find services and participate in life enriching activities.

To develop our new facility, we have created a **UNITY FUND**, designed to aid in the update and renovation of the Gralin building. While we were blessed with contributions from generous donors over the last twenty years allowing us to purchase the property with no capital campaign, we are in need of funds to obtain items to furnish and refurbish this existing building to optimize it as the resource we know it can be. We welcome your contributions to the fund, which will have a long lasting impact on our mission in support of our community.

We are also in the beginning of our **YEAR END GIVING CAMPAIGN**, which is designed to support our on-going and existing services, programs, and functions. This campaign is a major fund-raising effort for our organization and supports our many services such as transportation, telephone reassurance, respite care, equipment loan in addition to all the activities and programs provided by the Senior Enrichment Center. A donation to our **YEAR END GIVING CAMPAIGN** is money provided to enrich the lives of aging adults and adults with disabilities in our community.

***"Giving is not just about making a donation.
It's about making a difference."***

United Nations Foundation

We want to make 2022 and beyond all about growth and innovation but we can't do it without your support. Won't you please consider making a donation to our UNITY FUND and our YEAR END GIVING CAMPAIGN? Your donations are 100% tax-deductible and make a difference in so many lives.

The Shepherd's Center of Kernersville



Visit The Shepherd's Center of Kernersville Website "Unity Fund".



2021 Unity Fund

Together we are building a brighter future for our community!

The **Unity Fund** has been established to bring together the services and programs of The Shepherd's Center and the Senior Enrichment Center by modifying and updating our new facility located at 636 Gralin Street. The fund will be used for interior and exterior projects to include furnishings, flooring, equipment, lighting and other essential needs to create a welcoming home that will benefit our community for many years to come.

Please consider making a donation to the **Unity Fund** and your dollars will build a brighter future for our mission to empower and enrich the lives of adults who are aging and those with disabilities.

*My organization is honored to participate in the **Unity Fund** of The Shepherd's Center/Senior Enrichment Center of Kernersville!*

Your Name: _____

Business Name: _____

Address: _____

Phone: _____

*Name as you would like it to appear in promotional materials or recognized on our **Unity Fund** wall display:

My tax-deductible **Unity Fund** Donation is (please select one):

- _____ A ***GOLD** level donation of \$5,000
- _____ A ***SILVER** level donation of \$1,000
- _____ A ***BRONZE** level donation of \$500
- _____ A Unity Fund donation of \$ _____

Please enclose your check payable to The Shepherd's Center of Kernersville, donate via credit card or PayPal on-line through ShepCtrKville.com site or contact the Shepherd's Center directly at (336) 996-6696.

All donors to the **Unity Fund** will be invited to our **Unity Fund Open House Event** to celebrate the completion of our facility plans. *Donors to the **Unity Fund** at the **GOLD, SILVER** and **BRONZE** levels will receive special recognition in the lobby of our new home at 636 Gralin Street, Kernersville.



2021 Year End Campaign

Your donation at this critical time will allow our interfaith ministry to continue to champion and sustain adults who are aging or disabled in our community. Please consider making a tax-deductible donation to The Shepherd's Center of Kernersville.

To give, you can:

- ➔ Complete the form below and send it along with your check to The Shepherd's Center of Kernersville in the enclosed envelope.
- ➔ Make an on-line electronic donation at www.shepctrkville.com.
- ➔ Contact us at (336) 996-6696 to arrange your donation.

You can designate your donation in honor or memory of a special person or group by completing the lower portion of the form. If you select the publish option, your donation will be mentioned in our future publications.

Your Name _____
Address _____
City/State/Zip _____
Phone _____

Your donation amount \$ _____

- Check enclosed
- Donation via credit card or PayPal on line through ShepCtrKville.com site
- Contact me for details at (_____) _____ - _____

I make this donation in honor of _____
I make this donation in memory of _____

Send acknowledgement of gift to:

Please publish my donation in a future publication. YES NO

RSVP ALL Activities by calling 336-996-6696.

Hybrid programs available to view from the comfort of your home, or you can come to The Shepherd's Center and view it via Zoom on our big screen television.



Medicare Open Enrollment Period

October 15, 2021 - December 7, 2021

Counseling for Medicare Open Enrollment

Thursday, November 18

By Appointment Only

A Seniors' Health Insurance Information Program (SHIIP) counselor will meet with you at The Shepherd's Center of Kernersville to help navigate the Medicare website, compare Medical and Prescription Drug Plans, and complete enrollment in a new plan if necessary. You must have the following items with you: ORIGINAL Medicare card and Medicare advantage or Prescription drug plan card and a list of current prescriptions. **Call 336-996-6696 to schedule your appointment.**

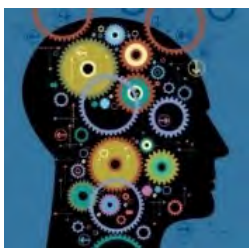


Cooking Demonstration and Nutrition Education - Hybrid Class

Monday, November 22nd at 11:00 am

Monday, December 6th at 11:00 am

Second Harvest of Northwest NC presents tips and tricks to avoid mealtime madness, in partnership with Share Our Strength's Cooking Matters. Join demonstrator Sruthi as she creates an interesting take on holiday classics. Get your ingredients and apron ready. These are Hybrid Classes: available for viewing from the safety and comfort of your home on *Zoom* or join us onsite at the Senior Center 636 Gralin Street, Kernersville. **Call ahead for the ingredients to follow along with Sruthi at home. RSVP required 2 business days in advance by calling 336-996-6696.**



Six Pillars of Brain Health - Hybrid Class

Tuesday, November 16 at 10:00 am
Join us for a workshop on BRAIN HEALTH. When it comes to your overall health, your brain is as important as your heart and lungs. Learn about Staying Sharp, the Six Pillars of Brain Health and maintaining mind, body, and soul through AARP BRAIN HEALTH. This is a Hybrid Class: available for viewing from the safety and comfort of your home on *Zoom* or join us onsite at the Senior Center 636 Gralin Street, Kernersville. **RSVP required 2 business days in advance. Call 336-996-6696.**



Holiday Centerpiece Hybrid Class

Thursday, December 2 at 1:00 pm

Join Kerner Ridge Assisted Living, and Arbor Ridge at Kernersville for a step-by-step class. Learn how to create a quick, easy, and festive centerpiece to top your holiday table. This is a Hybrid Class: available for viewing from the safety and comfort of your home on *Zoom* or join us onsite at the Senior Center 636 Gralin Street, Kernersville. Craft along with the instructor. Supplies are provided to build your own personal design. In order to ensure enough supplies **absolute RSVP required by Monday, November 29 by calling 336-996-6696.**

RSVP ALL Activities by calling 336-996-6696.

Hybrid programs available to view from the comfort of your home, or you can come to The Shepherd's Center and view it live on our big screen television.



**Addressing the Hazards of Social Isolation in Older Adults
with Guest Speaker Denise Fink
December 13 at 11:00 am**

Learn the difference between social isolation and loneliness. You can have one without the other, or both at the same time. The effects of both isolation and loneliness are potentially harmful in multiple ways to one's physical and emotional health. Learn to recognize these conditions and what can be done to decrease them. This is an onsite class. Question and answer session to follow.
RSVP required 2 business days in advance by calling 336-996-6696.

**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, photos, 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

Jigsaw Puzzle Library Available

Borrow a jigsaw puzzle. Choose from a variety of puzzle options with different sizes and number of pieces. **Call 336-996-6696 to pick up puzzles at The Shepherd's Center.**

Volunteers Needed!

We are in need of volunteers for the following services we offer:

- Transportation Drivers
 - Personal Shopping/Errands
 - Visitation/Companion Sitting
 - Handy Persons/Minor Home Repairs
- Contact Claire Winfrey at (336) 996-6696 if you or someone you know is interested.



Volunteer Driver, Melissa takes Pat to a therapy appointment.

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.

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)

The Cold and Flu Season is Upon Us!

If you are not feeling well, please be considerate of others and stay home until you are feeling better. Please practice safe hygiene and prevent the spread of illness:

- Cover your mouth with a tissue, your sleeve or the inside of your jacket if you cough or sneeze
- Wash your hands
- Don't share personal items
- Clean/disinfect surfaces in your home
- Avoid close contact with others if you are unwell or if they are unwell

For more tips on safety during cold and flu season, visit the Centers for Disease Control web-site at www.cdc.gov/flu.

Inclement Weather Policy

In the event of inclement weather, The Shepherd's Center of Kernersville will follow Winston Salem Forsyth County School System closings and or delays. If you are unsure please call prior to leaving home to make sure your program, event or trip will be held. When calling make sure you speak to a staff person directly before leaving home.

Please check with individual instructors and program leaders ahead of time to discuss their inclement weather policy.

Joining a Meeting by Phone on 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.

New Hybrid Classes - You can also attend any session offered via ZOOM on-site here at the Senior Center.

Call 336-996-6696 if you would need assistance or practice with a Zoom phone meeting or if you want to attend one of our Hybrid classes.

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](#)

Seniors Guide to Computers

[https://
www.seniorsguidetocomputers.com/
animations.asp](https://www.seniorsguidetocomputers.com/animations.asp)

Show Your Support for The Shepherd's Center of Kernersville

There are five ways you can show support for the services and programs 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
- Volunteer Here: [Volunteer Application](#)

Weekly Activities

MONDAYS

1:00 - Tatting on Zoom
 1:00 - Beginner's Line Dance^{\$}
 2:00 - Line Dance^{\$}
 3:30 - Square Dance^{\$}

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)
 12:00 - Hand & Foot

WEDNESDAYS

9:00 - 12:00 pm Computer Lab Assistance^{\$}
 by Appointment Only
 10:00 - Tai Chi^{\$}
 10:00 - Games & Conversation
 10:00 - American Sewing Guild (3rd Wed.)
 12:30 - Mah Jongg
 1:00 - Basket Weaving^{\$}
 1:00 - Watercolor Club^{\$}

THURSDAYS

10:00 - Needle Arts
 10:00 - Stretch & Flex (Chair Based)
 1:00 - Gentle Chair Yoga On-site and Zoom^{\$}
 4:00 - Tedder Bear Stamping - YouTube Live

FRIDAYS

9:00 - 12:00 pm Computer Lab Assistance^{\$}
 by Appointment Only
 9:00 - Rubber Stamping^{\$} - Mona (2nd Friday)
 10:00 - Bingo
 12:00 - Hand & Foot
 2:30 - REFIT® (exercise class)

\$ = fees or cost to participate.

November 2021 Activities


Date	Time	Activity (RSVP required)
Tuesday, Nov. 16	10:00 am	Six Pillars of Brain Health Hybrid Class (Zoom and Onsite)
Thurs. Nov. 18	By Appt.	Counseling for Medicare Open Enrollment
Monday, Nov. 22nd	11:00 am	Cooking Demonstration and Nutrition Education - Hybrid Class (Zoom and Onsite)

December 2021 Activities

Thursday, December 2	10:00 am	Holiday Centerpiece Hybrid Class (Zoom and Onsite) <i>Provided by Ridgecare</i>
Monday, Dec. 6	11:00 am	Cooking Demonstration and Nutrition Education - Hybrid Class (Zoom and Onsite)
Monday, Dec. 13	11:00 am	Addressing the Hazards of Social Isolation in Older Adults

ATTENTION, PLEASE

SENIOR CENTER MASK POLICY



MASKS ARE REQUIRED FOR EVERYONE
UNLESS EXERCISING, EATING OR DRINKING

REGARDLESS OF VACCINE STATUS

**The Shepherd's Center will be closed
 November 25 and 26, December 24 and 27, 2021 and January 3, 2022.**



The Shepherd's Center

On-Going Programs, Services, and Drop-in Activities

PROGRAMS

ARTS & CRAFTS

American Sewing Guild ~ 10:00 am,
3rd Wednesday, *Dues apply*

Basket Weaving ~

1:00 pm, Wednesdays

Instructor and Supply fees apply

Bee Quilters ~ 9:30 am, Tuesday

Needle Arts ~ 10:00 am, Thursday

Rubber Stamping ~ *Kit fees apply*

M. McManus Classes

9:00 am, 2nd Friday

Tedder Bear Stamping ~ 4:00 pm,

Thursdays, YouTube Live

Tatting ~ *via Zoom* 1:00 pm

Four Seasons Watercolor Club ~

1:00 pm, Wednesday

Club fees: \$32 annually

Watercolor Lessons ~ Beginner

lessons, \$35 per person (*call for schedule*)

EDUCATION & ENRICHMENT

Acoustic Jam Session ~

10:00 am, Tuesday

Books Ignite! Book Club ~

10:00 pm, 3rd Tuesday

Lectures and Lessons on a variety
of topics are offered monthly.

Check Center calendar each month
for current schedule.

Bill Radisch Computer Learning

Center ~ Wednesday and Friday
mornings by appointment. \$5.00

HEALTH & WELLNESS

Chair Yoga ~ 1:00 pm, Thursday

First class free. \$5.00/week

Line Dancing ~ \$6.00/week

Beginner: 1:00 pm, Monday

Advanced: 2:00 pm, Monday

REFIT® ~ 2:30 pm, Friday

Square Dancing ~ 3:30 pm Monday

Fees apply.

Stretch & Flex Exercise (Chair

Based) ~ 10:00 am, Monday,

Tuesday & Thursday

Tai Chi ~ 10:00 am, Wednesday

\$5.00/week.

FUN & GAMES

Bingo ~ 10:00 am, Friday. *Bring
two prizes and win two prizes.*

Bridge ~ 12:30 pm, Tuesday

Games & Conversation ~

10:00 am, Wednesday

Hand & Foot ~

12:00 pm, Tuesday & Friday

Mah Jongg ~ 12:30 pm, Wednesday

DROP-IN ACTIVITIES *

Jigsaw Puzzle Library - puzzles are
available for pick-up Mon-Fri,

8:30 am - 3:30 pm.

**All other Drop-in Activities are on
hold at this time.*

SERVICES

Transportation: Currently
volunteers provide rides to/from
medical appointments.

Telephone Reassurance: Volunteers
place weekday calls to recipients who
have requested this service to provide
a well-check and to help combat
social isolation.

Person to Person Visitation: Enjoy
the company of a regular visitor with
one of our volunteers for a short visit
with limited availability.

Respite /Companion Sitting:

Caregivers of person living with
chronic illnesses are provided a few
hours of free time by our volunteers
with limited availability.

Personal Shopper & Prescription

Pick Up: Volunteer shoppers pickup,
fulfill, & deliver grocery, food pantry
and pharmacy orders.

Counseling: One hour counseling
sessions with a retired volunteer
counselor with a Master's degree in
Counseling.

Project Joy: Volunteers procure,
arrange, and deliver donated flowers
to those suffering illness or loss,
celebrating milestones, or just needing
a "lift".

Handy Person: Volunteers provide
free labor for minor home repairs
inside or outside the home with
limited availability.

Senior Financial Care Counseling:

Providing financial and health
insurance counseling appointments
with a certified financial and/or SHIIP
counselor. *Services include: assisting
with financial management, credit
and debt counseling, creditor
negotiation, filing of medical
insurance claims, fraud counseling,
reverse mortgage counseling, and
predatory lending counseling.*

Elder Law Legal Aide: Providing
legal support via phone and in-person
appointments with an Attorney.

Equipment Loan Program: Loan
program for durable medical
equipment such as wheelchairs,
canes, walkers and occasionally other
equipment on a short term basis.

Income Tax Preparation: Free
annual income tax return preparation
appointments February through mid-
April in partnership with AARP
Foundation Tax-Aide Program.

Resource & Information Referrals:

Staff and volunteers provide names
and numbers of organizations that
can assist with any services not
provided by The Shepherd's Center of
Kernersville.

Advocacy: Staff
and volunteers
provide meetings
and events to raise
awareness of elder
abuse, neglect, and
exploitation in
conjunction with
local law
enforcement.



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



Facebook: <https://www.facebook.com/shpctrkville>



Instagram: <https://www.instagram.com/p/CG8pmQZlWMJ/>



Twitter: <https://twitter.com/ShepCntrKville>

