



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

The Center Post

MARCH - APRIL 2022

purpose

compassion

ENRICHMENT

life



Ribbon Cutting Thursday, March 17 at 9:30 am

Mark your calendars!! On **St. Patrick's Day**, The Shepherd's Center of Kernersville will be having its official Ribbon Cutting with the Kernersville Chamber of Commerce!

Open House Sunday, March 27, 2:00 - 4:00 pm

You may have heard of the Shepherd's Center of Kernersville in the past, or remember the "Senior Enrichment Center" in the basement of the old library, but do you know what exactly the Shepherd's Center of Kernersville is all about?

Now is your opportunity to find out... The Shepherd's Center will be having an Open House celebrating their new location, 636 Gralin Street. We welcome the community to tour our facility and see demonstrations of a few of the programs we offer. You can also speak to one of our dedicated staff members to learn about the services we provide and the volunteer opportunities.

Refreshments will be provided along with a raffle for a gift basket. The event is sure to be both informative and engaging, so be sure to bring both friends and family. Please join us and celebrate!!

Welcome Thomas Canterbury



Thomas Canterbury is the newest member of our Shepherd's Center team. Thomas has earned both a bachelor's and a master's degree from Marshall University in West Virginia.

While at Marshall, Thomas gained experience in marketing, campaign development, fundraising, events, and recruitment. His interpersonal skills and welcoming personality serve as an advantage and help him fulfill his vision of working with non-profit organizations that help others.

Prior to coming to The Shepherd's Center, Thomas served as a District Executive with the Boy Scouts of America in Greensboro. We are thrilled to have Thomas with us and believe that he will help us make a difference as we seek to better serve our community.

The Shepherd's Center Of Kernersville Staff

Executive Director

Lynne Garms
lynne@shepctrkville.com

Enrichment

Lisa Miller
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Development

Thomas Canterbury
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Programs

Debbie Cornatzer
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Volunteer Services

Claire Winfrey
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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

Office Hours

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

Welcome Kerner Shepherd

Every great organization has a mascot integral to the identity of that company. Whether it is an animal that ties into the history of the community it represents, or an abstract figure that stands for the values of the organization, they all represent a deeper meaning. The Shepherd's Center of Kernersville is no exception.

For us, our mascot is Kerner Shepherd. Kerner is a sheep who was born on July 7, 1985, in Kernersville. Kerner's education concluded when he received his high school diploma from one of the most prestigious private academies in the country, Little Bo-Peep High School. Following his graduation, Kerner spent several decades working outside in a start-up lawn mowing business: eating the hay and grass around Kernersville and the surrounding area. Although his business was a success, Kerner, like many others, was hit hard by the pandemic, and he was forced to close his business and find work elsewhere. That is when he found The Shepherd's Center of Kernersville.

The Shepherd's Center of Kernersville was looking to enhance its image, so we sought out a mascot to not only represent the brand of the organization but one that also believed in our mission, and Kerner was that sheep. Not only does he possess a love of helping others, especially aging adults, or those with disabilities, but he also demonstrates a deep compassion for those around him. So, after a very impressive interview, Kerner was hired and began his new career. You can find Kerner these days hanging out in the front lobby greeting people as they enter the building or out in the community spreading the word about the Shepherd's Center and all the great work we do.

Follow Kerner on his Facebook page: [Kerner Shepherd](#)



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. Donations may be made:

- By Mail (PO Box 2044, Kernersville, NC 27285)
- In-person (636 Gralin Street, Kernersville, NC)
- On The Shepherd's Center website: [Donate here](#)
- By Phone: call (336) 996-6696
- Volunteer Here: [Volunteer Application](#)

Program Surveys

We have extended our Program Interest Survey until March 18. If you have not filled out a survey, please pick up a copy at our offices, click on the link below, or contact Lisa at lisa@shepctrkville.com or 336-996-6696.

Survey Link: <https://us19.list-manage.com/survey?u=702fad10b67d62b52e029e872&id=98b36ba035&attribution=false>

Daily Activities

MONDAYS

9:00 - Bridge
 10:00 - Stretch & Flex Chair Exercise
 11:00 - Caregiver Support Group (2nd Monday)
 12:00 - Pinochle
 1:00 - Tatting on Zoom
 12:00 - Beginner Line Dance^{\$}
 1:00 - Advanced Line Dance^{\$}
 3:30 - Square Dance^{\$}

TUESDAYS

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

WEDNESDAYS

8:30 - 11:30 - 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 - Bowling at Countryside Lanes^{\$}
 (1005 Masten Dr., Kernersville)
 1:00 - Basket Weaving^{\$}
 1:00 - Watercolor Studio

THURSDAYS

10:00 - Needle Arts
 10:00 - Stretch & Flex Chair Exercise
 12:00 - Pinochle
 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 am Rubber Stamping^{\$} - Mona (2nd Fri.)
 9:00 - 3:30 - Sit-n-Sew (3rd Friday)
 10:00 - Bingo
 12:00 - Hand & Foot

\$ = fees or cost to participate.

March 2022 Programs

Date	Time	Activity (<i>RSVP required</i>)
Wednesday Thursday Friday February 2 - April 8	9:00 am - 12:30 pm	AARP Tax Aid - Income Tax Preparation Appointments. By appointment only, No Drop-ins taken
Monday, March 14	3:00 pm - 6:00 pm	5th Annual Healthy Living Expo Seventh Day Adventist Church 896 Old Winston Road, Kernersville
Monday, March 21	11:15 am	Choir Interest Meeting
Tuesday, March 22	9:00 am - 11:00 am	Spring Advocacy Event
Friday, March 25	1:00 pm	Movie Matinee
Monday, March 28	2:00 pm	Second Harvest Cooking Demonstration and Nutrition Education via ZOOM/Hybrid
Monday, March 28 - May 2	10:00 am - 11:30 pm	Powerful Tools for Caregivers (6 week program)

April 2022 Programs

Monday, April 4	1:00 pm	New Business Development
Tuesday, April 5	2:00 pm	Plants of the Bible with Josh Williams from PJCBG
Wednesday, April 6	1:00 pm - 3:00 pm	Spring Advocacy Event
Thursday, April 7	1:00 pm	Hoppy Spring DIY Bunny Candy Jar ^{\$}
Monday, April 11	2:00 pm	POAs, Wills, Living Wills, and Estate Planning with Attorney Julie Whatley
Wednesday, April 13	10:00 am	Respectful Communication in Dementia and Mental Illness
Friday, April 22	2:00 pm	Patriotic Craft Project with Taylor Thornton from Navion
Monday, April 25	2:00 pm	Laugh Yoga with Claire
Thursday, April 28		NO Activities or Programs
Friday, April 29	1:00 pm	Movie Matinee

The Shepherd's Center will be closed on Friday, April 15.

**AARP Tax Aide Appointments
for Free Tax Counseling
Preparation & E-Filing for
Low and Moderate Income Taxpayers
March 2 – April 8**

Wednesday – Friday, 9:00 am – 12:30 pm

AARP Tax-Aide is a free service offered in conjunction with the IRS. Tax-Aide volunteers are trained to help you prepare and file your federal and state income tax returns, including a variety of common forms and schedules. Limited appointments are available. **Call 336-992-3180 for more information.**

**5th Annual Healthy Living Expo
Monday, March 14 at 3:00 pm to 6:00 pm
Kernersville Seventh Day Adventist Church
896 Old Winston Road, Kernersville**

Get information regarding your physical, mental and financial wellness and enjoy all the event has to offer. There will be food samples, door prizes, freebies and much more. We hope to see you there!

For more information including sponsorships, vendor registration contact the Kernersville Chamber of Commerce at

ashleysinclair@kernersvillenc.com or call 336-993-4521.

**Choir Interest Meeting
Monday, March 21 at 11:15 am**

Join Carmina Jenks, Director of the choir at the Shepherd's Center in Winston Salem to learn more about the potential of forming a choir here at The Shepherd's Center of Kernersville. This will be an actual choir where you can sing several parts and not a sing-along group. Although not necessary, it will be helpful to have some experience reading music and singing. The choir will sing a wide variety of Pop, Rock, Country, Spirituals, Folk, Classical music and fun rounds. Performances will be in the Spring and Fall. Join us to learn more about this opportunity. **Call to RSVP 2 business days in advance: 336-996-6696.**

**Spring Advocacy Event
Tuesday, March 22, 9:00 am – 11:00 am
Wednesday, April 6, 1:00 pm – 3:00 pm**

We will be participating in a 2022 Spring Advocacy Event with other Senior Centers across the State. To show our appreciation to our North Carolina Elected officials for increased funding to North Carolina Senior Centers through the Home and Community Care Block Grant (HCCBG). It is vital state lawmakers understand how our Senior Center is making an impact in our community and how it enhances your quality of life. We need all of YOU to express your gratitude. We will be writing "Thank You" cards telling our State Legislators how much senior centers mean to our communities. **All supplies are provided. Call to RSVP two business days in advance: 336-996-6696.**

**Movie Matinee
Friday, March 25 at 1:00 pm
Friday, April 29 at 1:00 pm**

Join us for a movie at The Shepherd's Center of Kernersville. Bring your favorite snack and drink. **To RSVP or for more details, including movie title, call 336-996-6696.**



**Cooking Demonstration
and Nutrition Education
Hybrid Class
Monday, March 28
at 2:00 pm**

Second Harvest of Northwest NC presents fun nutrition tips/tricks and goodie bags, in partnership with *Share Our Strength's Cooking Matters*. Join demonstrator Sruthi as she creates healthy savory dishes, shares samples and fellowship on-site via Zoom. (You can also watch via Zoom from the comfort of your home). **Limited seating must RSVP by March 24 to 336-996-6696.**



**New Business
Development Update
Monday, April 4 at 1:00 pm**

Make plans to join the Staff of the Town of Kernersville's Community Development Department to learn about new businesses and housing developments coming soon to Kernersville.
Call 336-996-6696 to RSVP by March 30th.

Plants of the Bible

With Paul J. Ciener Botanical Garden

Tuesday, April 5 at 2:00 pm

Do you know? There are over 150 different types of plants named in the Christian Bible. In this lecture Josh Williams, Garden Manager will take a deep dive into just some of the most impactful and meaningful plants mentioned in the Bible. Covering their historical, cultural, and spiritual connotations. **RSVP required by calling 336-996-6696.**



**"Hoppy" Spring DIY
Bunny Candy Jar
Thursday, April 7 at 1:00 pm**

Spring is here and Easter is just around the corner. Join us for a one-of-a-kind easy and sweet treat for you to make a Bunny Candy Jar! **Limited seating. \$5.00 supply fee. Paid in advance (cash only) by April 5 and RSVP by calling 336-996-6696.**

**POAs, Wills, Living Wills & Estate Planning
Monday, April 11 at 2:00 pm**

Presented by Attorney Julie R. Whatley

Join us for an educational seminar with Julie Whatley to learn about some important documents, their function, and purpose. She will discuss how someone you trust can step into your shoes in times of crisis or necessity to handle all your legal and financial affairs, as well as the basics of preparing an estate plan/will. *It will give you peace of mind that your wishes will be followed, and your best interests protected in times of crisis [and death].* Amanda Singleton, AARP. **RSVP required by calling 336-996-6696.**



**Respectful
Communication in
Dementia
and Mental Illness**

Monday, April 13 at 10:00 am

Join Dawn Lillard, RN, with the Partners Geriatric Adult Specialty Team for a discussion about effective and respectful communication. If you have a friend or family member living with either dementia or a mental illness, you may have experienced unique challenges in communication. Learn why listening is so important. Examine your "style" of communication, and how it can help or hinder you. **RSVP required by calling 336-996-6696.**

Patriotic Holiday Craft Project

Presented by Taylor Thornton with Navion

Friday, April 22 at 2:00 pm

Summertime will be here soon. Celebrate the patriotic holidays with an easy handmade red, white, and blue plaque. Materials will be provided. **Limited seating. RSVP required by Wednesday, April 19 by calling 336-996-6696.**

Laughter Yoga with Claire Winfrey

Monday, April 25 at 2:00 pm

In observance of World Laughter Day, our own Certified Laughter Yoga Leader, Claire Winfrey will lead a Laughter Yoga session. Laughter Yoga is not a comedy but is an exercise program for Health and Wellbeing. You will experience the combination of Laughter Exercises with yoga breathing techniques. We are excited to offer this NEW program and to see what Laughter Yoga is all about. For more info, you can visit <https://laughteryoga.org/>. **Masks will not be worn during this program. RSVP required by calling 336-996-6696.**

**Please arrive 10-15 minutes before
your program begins so that
programs can start and end on time.**

Powerful Tools for *Caregivers*



Caring for an older relative or friend with a chronic illness such as dementia, heart disease, Parkinson's disease or stroke can be stressful physically, emotionally and financially. Powerful Tools for Caregivers is an educational program designed to provide you with the tools you need to take care of yourself.



You Will Learn To: Reduce stress; Improve self-confidence; Better communicate your feelings; Increase your ability to make tough decisions; Locate helpful resources; Balance your life.

Each course consists of consecutive weekly sessions. Participants receive a copy of The Caregiver Help book. Refreshments provided. Donations are accepted to defray the cost of the course, but not required to attend.



Upcoming Class

**Mondays, March 28 - May 2, 2022
10:00-11:30 AM**

**The Shepherd's Center of Kernersville - Senior Center
636 Gralin Street, Kernersville**



To register, contact:
Carol Ann Harris

The Shepherd's Center of Greater Winston-Salem
charris@shepherdscenter.org, (336) 748-0217.
Registration is Required! Space is Limited.



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 Class

9:00 am, (2nd Friday)

Sit - n - Sew 9:00 am - 2:00 pm
(3rd Fri.)

Tedder Bear Stamping ~ 4:00 pm,
Thursdays, *YouTube Live*

Tatting ~ via Zoom 1:00 pm

Watercolor Studio ~

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 ~

1:00 pm, 3rd Tuesday

Lectures and Lessons on a variety
of topics are offered monthly.
Check the monthly calendar
for current schedule.

Bill Radisch Computer Learning

Center ~ Wednesday and Friday
mornings by appointment. *\$5.00 fee
if your problem is solved.*

HEALTH & WELLNESS

Bowling at Countryside Lanes ~

1:00 pm, Wednesday \$2.00 per game,
per person, and \$2.00 for shoe rental.

Chair Yoga ~ 1:00 pm, Thursday

First class free. \$5.00/week

Line Dance ~ *\$6.00/week*

Beginner: 12:00 pm, Monday

Advanced: 1:00 pm, Monday

Square Dance ~ 3:30 pm Monday

Fees apply

Stretch & Flex Exercise ~

10:00 am, Mon., Tues., & Thurs.

Tai Chi ~ 10:00 am, Wednesday
\$5.00/week

FUN & GAMES

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

Bridge ~ 9:00 am, Monday

12:30 pm, Tuesday

Games & Conversation ~

10:00 am, Wednesday

Hand & Foot ~

12:00 pm, Tuesday & Friday

Mah Jongg ~ 12:30 pm, Wednesday

Pinochle ~ Mon. & Thurs. 12:00 pm

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

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.

Financial Care Counseling: Providing financial and health insurance counseling appointments with a certified financial and/or SHIP 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.*

Legal Aide Consulting: 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 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.



SERVICES

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

Friendly Caller: Volunteers place weekday calls to recipients for a "friendly hello".

Visitation: Volunteers provide short visits for socialization and/or longer visits to relieve family caregivers.

Personal Shopper: Volunteer shoppers pickup, fulfill, & deliver grocery, food pantry and pharmacy orders.

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

**New Van Transportation Stop Added
Kernersville Senior Transit Service
The Shepherd's Center of Kernersville
636 Gralin Street**

Tuesday and Thursday, 9:00 – 1:00 pm

If you are elderly and/or disabled and are interested in transportation service to The Shepherd's Center of Kernersville – this scheduled route service could be for you. Service is provided every Tuesday and Thursday, 9:00 – 1:00 pm on a first come first serve basis.

The service also provides pick-up and drop-off in Kernersville at select locations. Printed schedules are available at The Shepherd's Center. **Additional locations are available with a 24-hour notice by calling Anchor Mobility 336-505-7545.**

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.

No ZOOM? No Problem!!

Join a Zoom Meeting by Phone

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.

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.**

**The Bill Radisch
Computer Learning Center
Computer and Technology
Assistance by Appointment
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



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. See Faith, Debbie or Lisa or call 336-996-6696 to schedule your appointment.**

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.**

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>

**Computer Training Bridge
Forsyth County Library**

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

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>



Financial information about The Shepherd's Center of Kernersville 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.