



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

## The Center Post

**JULY  
2022**

### How to Stay Safe During the Hot Summer Months

Summer is a great time to spend time with family and friends and enjoy walks and other outdoor activities. As the outdoor temperatures rise, seniors need to pay attention to their bodies to make sure they stay hydrated and do not get overheated.

When we age, our bodies are not able to adapt to changes in body temperature like they did when we were younger. We sweat less and our body stores fat differently as we age. This can affect the body's ability to regulate temperature. Thus, seniors are more susceptible to heat-related illnesses and injury. Chronic health conditions and medications can also increase the risk of developing heat-related illnesses. Every year more than 600 Americans die of health problems caused by excessive heat.

(HealthinAging.org)

#### Ways to Stay Cool:

- Drink plenty of fluids regardless of activity level.
- Limit caffeinated drinks as they can dehydrate you.
- Eat fresh fruits and vegetables as they are high in water content.
- Wear lightweight, light-colored, and loose-fitted clothing.
- Stay in air-conditioned areas when indoors when possible.
- Take cool showers or baths



### Program Preview



#### "Gran" Movie Days

**July, 8, 15, and 22 at 2:00 pm**

Lights, camera, action!!! Grandparents and grandchildren get out of the heat and enjoy a cool afternoon inside as you bond over family friendly movies and fun. Bring your own blanket and pillow or make use of a chair. Snacks are provided.



#### Annual Golf Tournament Fundraiser Friday October 7, 2022 at Pine Knolls

Join us for our annual golf tournament where teams will compete for prizes and bragging rights.

More Special Programs on Pages 5 & 6

**The best way to stay refreshed is to visit The Shepherd's Center for "cool" programs and activities!!!**

## Daily Activities

### MONDAYS

10:00 - Bridge  
 10:00 - Stretch & Flex Chair Exercise  
 11:00 - Caregiver Support Group (2<sup>nd</sup> Monday)  
 12:00 - Pinochle  
 1:00 - Tatting on Zoom  
 12:00 - Beginner Line Dance \$6.00/week  
 1:00 - Advanced Line Dance \$6.00/week  
 3:30 - Advanced Square Dance \$6.00/week

### 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 (3<sup>rd</sup> Tuesday)

### WEDNESDAYS

8:30 - 11:30 - Computer Lab Assistance  
*By Appointment Only ~ \$5.00 donation if we are able to help*  
 10:00 - Tai Chi \$5.00/week  
 10:00 - Games & Conversation  
 10:00 - American Sewing Guild (3<sup>rd</sup> Wed.)  
*Dues apply*  
 12:00 - Watercolor Open Studio  
 12:30 - Mah Jongg  
 1:00 - Bowling at Countryside Lanes  
*1005 Masten Dr., Kernersville  
 \$2.00 per game per person, \$2.00 shoe rental*  
 1:00 - Basket Weaving *Instructor fee \$5.00 per Person per week. Supply fees apply*

### THURSDAYS

10:00 - Needle Arts  
 10:00 - Stretch & Flex Chair Exercise  
 12:00 - Pinochle  
 1:00 - Chair Yoga On-site and Zoom \$5.00/week  
 2:00 - Beginner Square Dance Lessons  
 4:00 - Tedder Bear Stamping - YouTube Live

### FRIDAY

9:00 - 12:00 - Computer Lab Assistance  
*By Appointment Only ~ \$5.00 donation if we are able to help*  
 9:00 - Rubber Stamping with Mona (2<sup>nd</sup> Fri.)  
*Kit fees apply*  
 9:00 - 3:30 - Sit-n-Sew (3<sup>rd</sup> Friday)  
 10:00 - Bingo (Bring 2 prizes, win 2 prizes.)  
 12:00 - Hand & Foot  
 2:00 - Movie Matinee (2<sup>nd</sup> Fri.) August and Sept.  
 5:00 pm - Rubber Stamping with Mona (1<sup>st</sup> Fri.)  
*Kit fees apply*

## July 2022 Programs

Thursdays Beginning July 7	2:15 - 4:15 pm	New Class! Beginner Square Dance \$
Tuesday, July 12	9:00 am - 12:30 pm	Fall Risk Assessment Test by Best Care Always
Tuesday, July 12	1:00 pm	Beginner Quilting Lessons Interest Meeting
Wed. July 13	10:00 am	A Matter of Balance Information Session
Thursday, July 14	9:00 am	Sunflower Extravaganza at 2585 Dewberry Farm Lane \$
Monday, July 18	10:30 am	Summer Gardening for Beginners with <i>Paddison Memorial Library</i>
Monday, July 18	1:00 pm	New Time! Slower Paced Bingo
Tuesday, July 19 - Aug. 26	11:00 am	Telling Your Story <i>4-week workshop</i>
Tuesday, July 19 and 26	1:00 pm	Oasis – Meditation Onsite and Facebook Live <i>2-week session</i>
Wed., July 20 - Sept. 7	10:00 am	A Matter of Balance Classes <i>8-weeks of classes</i>
Friday, July 22	10:00 am - 4:00 pm	Christmas in July Stamp Camp \$
Friday, July 22	12:00 pm	Beach Blast Hot Dog Lunch
Wed., July 6	12:00 pm	Indoor Virtual Golf Interest Meeting

\$ = fees or cost



**Closed on  
July 4th in  
observance  
of Independence  
Day**

**RSVP for ALL Activities at least two business days in advance (unless otherwise noted)  
by calling 336-996-6696 and for more information.**

Shepherd's Center of Kernersville, Inc.

636 Gralin Street, Kernersville, NC 27284 Phone: 336-996-6696

Mailing Address: P.O. Box 2044, Kernersville NC 27285-2044 www.shepctrkville.com

purpose compassion ENRICHMENT life



2022 Annual Giving Campaign

The Shepherd's Center of Kernersville strives to champion and sustain adults who are aging or with disabilities in our community. In order to continue to provide programs and services to our participants, we rely on the generosity of individuals and businesses through charitable donations. Because of generous donations, last year we were able to:

- Schedule 3,904 rides to medical appointments for participants
• Make 139 trips to pick up and deliver medication and groceries
• Hold 2,130 health and wellness programs and classes
• Make 6,388 calls for reassurance check-ins and chats

We need your continued support in order to expand our existing offerings and provide new and engaging programs and services to our community.

To give your support, you can:

- Complete the form below and send it along with your check in the enclosed envelope.
➤ Make an on-line electronic donation at www.shepctrkville.com or scan the QR code to go directly to website and give through our donation page.
➤ Contact us at (336)-996-6696.

We encourage you to consider donating at one of the giving levels below. Each partnership level comes with a corresponding recognition item:

- ❖ Bronze Sheep: \$1-\$364: mention in The Shepherd's Center of Kernersville (TSCK) newsletter;
❖ Silver Sheep: \$365-\$999: mention in TSCK newsletter & on TSCK's Social Media;
❖ Gold Sheep: \$1,000-\$2,499: mention in TSCK newsletter as a gold sponsor, TSCK's Social Media & Kernersville News;
❖ Platinum Shepherd: \$2,500 and up: mention in TSCK newsletter as a platinum sponsor, TSCK's Social Media, Kernersville News, & a free 12 sheep flocking



✂ Detach Along Perforation

Your Name:
Address:
City/State/Zip:
Phone:
Email:
Your Donation Amount:
Check/Online/In-person:

This donation is in [ ] honor of
in [ ] memory of:

Send acknowledgment
to:

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.

Thomas Canterbury
Dir. of Fundraising

Lynne Garms
Exec. Director

Beth Johnson
Annual Giving Chair

Pam Link
President, BOD

<p><b>Purpose</b></p> <p>The Shepherd's Center of Kernersville provides many services to our program participants. We provide transportation, telephone reassurance, visitation, counseling, advocacy, and much more. These services empower and enrich the lives of our community members.</p>	<table border="1"> <thead> <tr> <th data-bbox="802 182 964 218"><u>Arts &amp; Crafts</u></th> <th data-bbox="969 182 1131 218"><u>Enrichment</u></th> <th data-bbox="1135 182 1297 218"><u>Health</u></th> <th data-bbox="1302 182 1464 218"><u>Fun &amp; Games</u></th> </tr> </thead> <tbody> <tr> <td data-bbox="802 224 964 470">American Sewing Guild, Stamping, Tatting, Basket Weaving, Bee Quilters, Needle Arts, Watercolors, Etc.</td> <td data-bbox="969 224 1131 470">Acoustic Jam Session, Book Club, Lectures and Lessons, Bill Radish Computer Learning Center, Etc.</td> <td data-bbox="1135 224 1297 470">Bowling, Chair Yoga, Line/Square Dancing, Stretch &amp; Flex Exercise, Tai Chi, Etc.</td> <td data-bbox="1302 224 1464 470">Bingo, Bridge, Hand &amp; Foot, Mah Jongg, Pinochle, Games, Etc.</td> </tr> </tbody> </table> <p style="text-align: right;"><b>Programs</b></p>				<u>Arts &amp; Crafts</u>	<u>Enrichment</u>	<u>Health</u>	<u>Fun &amp; Games</u>	American Sewing Guild, Stamping, Tatting, Basket Weaving, Bee Quilters, Needle Arts, Watercolors, Etc.	Acoustic Jam Session, Book Club, Lectures and Lessons, Bill Radish Computer Learning Center, Etc.	Bowling, Chair Yoga, Line/Square Dancing, Stretch & Flex Exercise, Tai Chi, Etc.	Bingo, Bridge, Hand & Foot, Mah Jongg, Pinochle, Games, Etc.
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<p><b>Hope</b></p> 												
<p><b>Compassion</b></p> <p>We invite you to share in the joy of service through a variety of volunteer opportunities. Share your time, experience, and talents. The Shepherd's Center of Kernersville offers flexible schedules, projects, or volunteering opportunities. YOU will make a difference in someone's life, and your heart will be touched more than you can imagine.</p>	<table border="1"> <tbody> <tr> <td data-bbox="802 770 1131 1045">Transportation, Visitation, Friendly Caller, Personal Shopper, Counseling, Caregiver Support Group, Advocacy, Medicare Counseling and Enrollment</td> <td data-bbox="1135 770 1464 1045">Project Joy, Handy Person, Financial Counseling, Legal Aid, Equipment Loan Program, Income Tax Preparation Resource &amp; Information Referrals, Legal Consulting</td> </tr> </tbody> </table> <p style="text-align: right;"><b>Services</b></p>				Transportation, Visitation, Friendly Caller, Personal Shopper, Counseling, Caregiver Support Group, Advocacy, Medicare Counseling and Enrollment	Project Joy, Handy Person, Financial Counseling, Legal Aid, Equipment Loan Program, Income Tax Preparation Resource & Information Referrals, Legal Consulting						
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<p><b>Life</b></p> <p>"I am really glad that I am able to get rides with The Shepherd's Center because I am legally blind, on dialysis, and cannot drive. I currently have a catheter, use an electric wheelchair, and have quite a bit of other health issues. I do not expect rides to stores or other places in the community, just to my necessary medical appointments. I truly thank The Shepherds Center for helping me with these rides so that I can remain healthy and live comfortably."</p> <p style="text-align: center;">W.C. Wheelchair Transportation Recipient</p>	<p>"The Shepherd's Center helps my sister with her dialysis appointments 3 x /week and without this assistance we would not know where to turn for assistance. My sister wouldn't have the healthcare that she needs to live. The cost of wheelchair assessable van services is too expensive even for 1-way rides for the limited income we have. There are not any dialysis centers to provide services currently in Kernersville that are local either. We are very blessed that this service is offered through The Shepherd's Center at their cost so that my sister can stay home longer and live independently." R. J.</p>											

- The Shepherd's Center of Kernersville's Board of Directors 2022**
- |                                  |                                |                                    |
|----------------------------------|--------------------------------|------------------------------------|
| Pam Link– President of the Board | Lisa Bugg– 1st VP of the Board | Frank Robbins– 2nd VP of the Board |
| Susan Clark– Secretary           | Laurie McDaniel– Treasurer     | Kristal Hungate– Asst. Treasurer   |
| Wayne Boger                      | Gwyn Grubbs                    | Delane Johnson                     |
| Rick Lowe                        | Kristi Record                  | Susan Furmage                      |
| Logan Robbins                    | Beth Johnson                   | David Jones                        |
| Taylor Thornton                  | Samia Wilson                   | Mindy Grubbs                       |
| Randall Jenkins                  |                                | Chad Loflin                        |

Thank you so much for your donation. The impact this will bring to the lives of our recipients and to the community is immeasurable. From the bottom of our hearts, we appreciate you and all of your support.

# Updates

## The Shepherd's Center "Robo" Calls

Occasionally, we may need to send out a "Robo" call: a phone call which auto dials your number and delivers a recorded message. This is a quick and efficient way for us to update you on the latest events. When you receive a call from The Shepherd's Center, please be sure to listen to the entire message for instructions and details.

## Bingo News – Christmas in July

Join us every Friday at 10:00 am to play Bingo at the Senior Center. Bring 2 prizes, win 2 prizes. Bring Patriotic or Christmas themed prizes in July.

## New! Reading Lounge Drop-in Activity

Visit a peaceful cozy nook with comfortable places to sit and relax. Browse the book library and take advantage of spending quite time to read or borrow a book to take home.

## New Time! Open Watercolor Studio Wednesdays at 12:00 pm

Everyone welcome. Enjoy a time of visiting, socializing, sharing techniques, and learning from one another. No skill required.

**RSVP for ALL Activities at least two business days in advance by calling 336-996-6696**

# Special Programs



## **Fall Risk Assessment Test with *Always Best Care Senior Services***

**Tuesday, July 12, 9:00 am**

Learn what your fall risk is by taking a balance test. It can be used to measure your postural sway and ability to balance. Call to schedule your free assessment or feel free to drop in.



## **Ukulele Lessons Mondays, July 11, 10:00 am (8 weeks)**

Meet instructor Allen Alston. You can learn to play the ukulele. \$40.00 instruction fee for 8 weeks.



## **Sunflower Extravaganza at 2585 Dewberry Farm Lane, Kernersville**

**Thursday July 14th at 9:00 am**

Pick your own sunflower blooms for \$1.50 per stem, or simply enjoy nature's beauty for a small admission price. **Tickets must be purchased online** in advance and are scheduled for a two-hour time frame, but guests may stay as long as they like.

**Fees:** \$8 per adult, \$5 for children over 2.

## **Oasis – Meditation Onsite and Facebook Live, Tuesdays,**

**July 19 and 26 at 1:00 pm**

A thirty-minute meditation session where body, mind, and spirit meet. \$2 class fee.



## Special Programs Continued

### Music at Twilight at Paul J. Ciener Botanical Garden July 28 at 6:00 pm

Enjoy live music at the beautiful Paul J. Ciener Botanical Garden. Bring a lawn chair and come hungry, with the whole family. Be sure to stop by The Shepherd's Center table and visit us

### New Class! Beginner Square Dance Thursdays, beginning July 7 at 2:15 pm

Come learn the basic steps for square dance in this beginner-friendly class. *\$6.00 per week class fee.*

### Beginner Quilt Lessons Interest Meeting Tuesday, July 12 at 1:00 pm

This is a time for questions and answers about the art of quilt making.



### A Matter of Balance Program Information Session, Wednesday, July 13 at 10:00 AM

#### Classes: Wednesday, July 20 – Wednesday, September 7, 10 am – 12 pm

The program empowers participants to reduce the fear of falling by learning to view falls as preventable. The class includes group exercises for increasing flexibility, strength, and balance

### Summer Gardening for Beginners Series in Collaboration with Paddison Memorial Library, 248 Harmon Lane, Monday, July 18 at 10:30 am

Learn from Master Gardener Bob Le Pere as he shares best practices for managing a successful summer garden.

### NEW TIME! Slower Paced Bingo, Monday July 18 at 1:00 pm

Bingo called at a slower pace using large size playing cards.

### Telling Your Story - Reminiscing Can Help Tap Into Resilience Tuesdays, July 19-August 9 at 11:00 am

When you tell your story, you are giving a priceless gift to your loved ones. In a four-week work shop with focus, guidance, and discussion, you can get started writing your memoirs and telling your story.

**\$2.00 class fee per week.**

TELL YOUR STORY

### Christmas in July Stamp Camp Friday, July 22 10:00 am – 4:00 pm

It is never too soon to get started on your Christmas cards

### Beach Blast Hot Dog Luncheon Friday, July 22 at 12:00 pm

#### Sponsored by Navion Senior Living

This is sure to be a great afternoon of food, fellowship, and fun and games. Wear your favorite tropical or beach outfit (sorry no swimsuits).

Navion will provide hot dogs, buns, chili, and condiments. Senior Center participants will need to supply side dishes, desserts, and drinks for the event.

RSVP required by July 19 and let us know what food item(s) you plan to bring.



RSVP for ALL Activities at least two business days in advance by calling 336-996-6696

## 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  
debbie@shepctrkville.com

### *Volunteer Services*

Claire Winfrey  
claire@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

**Office Hours**  
Monday - Friday  
8:00 am - 4:00 pm

## 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/CG8pmOZiWmJ/>

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

**RSVP for ALL Activities at least two days in advance by calling 336-996-6696**



**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.**

## Overview of Programs and Services

**Transportation:** Provide rides to and from medical appointments.

**Friendly Caller:** Weekday calls to homebound recipients for a "friendly hello".

**Visitation:** Provide short visits for socialization and/or longer visits for relieving family caregivers.

**Personal Shopper:** Pickup, fulfill, & deliver groceries, food pantry requests, and prescriptions.

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

**Handy Person:** Provide assistance with minor home repairs inside or outside the home.

**Pastoral Counseling:** Counseling sessions offered by appointment only with a certified volunteer counselor.

**Financial Care Counseling:** In partnership with other organizations, provide financial & insurance support via phone and in-person appointments with a Financial and Certified SHIIP Counselor.

**Legal Aide Consulting:** In partnership with Legal Aid of NC, provide legal support with civil matters involving basic human needs such as safety, shelter, income, and more via phone and in-person appointments.

**Senior Enrichment Programs:** A full-time "Center of Excellence" offering a variety of life enriching activities and classes in: arts, education and enrichment, fun and games, and health and wellness.

**Bill Radisch Computer Center for Seniors:** Offer one on one computer and other electronic device operational education and assistance.

**Caregiver Support Group:** Monthly meetings held for caregivers needing support.

**Equipment Loan Program:** Loan out durable medical equipment such as canes, walkers, and wheelchairs for short-term or long-term needs on a renewable basis.

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

**Information & Referrals:** Provide a variety of resources for aging and/or disabled adults.

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

