



The Center Post

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

MAY 2023

Celebrating Older Americans Month

Aging Unbound, Older American's Month offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.



AGING UNBOUND: MAY 2023

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in *Aging Unbound*:

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
 - Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.



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

What's Inside

Announcements	Page 3
Annual Giving Campaign	Page 4
Services	Page 5
Volunteer Spotlight	Page 6
Program Guide	Pages 7-8
Announcements	Page 9
Program Calendar	Page 10



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

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.



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.

Thank You ~ 2023 AARP Tax-Aide Volunteers!

Ray Austin	Susan Canty	Patricia Gainey	Cecelia Swart
James Berry	Vincent Cimmino	John Gudat	Bob Spontak
Sandra Braham	Sharon Cole	Lorrie Kenward	Cheryl Voss
Cynthia Braman	Bill Dreshfield	Helen Kleinlein	Linda Wakefield
Valorie Burns	Ken Drewry	Maria Kucirka	Jeanne Weyant
Barbara Cannon	Mary Ann Fuhr	Walter Morgan	Robert Wilde

Because you gave your time, by the end of tax season we provided nearly 600 income tax returns!!!

Durable Medical Equipment Loan Closet Donation Guidelines

We accept donations of mobility medical equipment: wheelchairs, rollators, walkers, and canes. We do not accept: bed-side commodes, toilet lift seats or bath and shower chairs or benches. Equipment must be clean, sanitized and in good working condition.

We cannot accept equipment that is not clean, smells musty, or smells heavily of cigarette smoke, as many of our clients have respiratory conditions and allergies.

Please call us at 336-992-3180 to notify us ahead of time, to drop off medical equipment donations or for more information regarding the equipment we accept and loan out.

Wanted – Bookcases

We are in need of medium size to tall wooden bookshelves for our reading lounge and puzzle library. Please call Lynn or Lisa at 336-996-6696 to donate. Please do not drop off bookcases without speaking to us first.

Celebrating May

Adopt a Horse Month	May Day <i>May 1</i>	Salvation Army Week <i>May 15–21</i>	Victoria Day (Canada) <i>May 22</i>
Older Americans Month	Star Wars Day <i>May 4</i>	Mother's Day <i>May 14</i>	World Lindy Hop Day <i>May 26</i>
Mystery Month	Cinco de Mayo <i>May 5</i>	International Museum Day <i>May 18</i>	Memorial Day (U.S.) <i>May 29</i>

Annual Giving Campaign 2023

**The Shepherd's Center of Kernersville,
enhances the quality of life for many people in community.**

Whether you are giving or receiving, lives are enriched because The Shepherd's Center of Kernersville focuses on helping adults age gracefully. Are you currently involved at the Shepherd's Center? Do you need assistance with everyday living? Be active and engage in exercise, social occasions or learn about health improvement or learn a new hobby? Or maybe you would like to volunteer: picking up groceries, providing a ride, making a home visit, or delivering flowers?

Contributions in 2022 provided :

4,428 1-way Rides were scheduled for our service recipients
418 pieces of durable medical equipment were loaned to our recipients
2,994 enrichment programs were held

With your donation our services and programs can be expanded. Three ways to give:

- 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.
- Call us at (336) 996-6696.

Your Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Your Donation Amount: _____

I would like my recognition letter to be mailed to me: _____

I make this donation in honor or memory of: _____

Send my recognition gift to: _____

Name: _____

Address: _____

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 and Medicare Counseling: In partnership with other organizations, provide financial & insurance support via phone and in-person appointments with a Financial or Certified SHIP 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.

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

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





Volunteer Spotlight:



What's that in the sky?! Is it a bird? Is it a plane? No, it's one of our Super Volunteers! Everyone knows The Shepherd's Center of Kernersville has the best volunteers around, so for our Volunteer Appreciation Lunch this year, we decided to assemble the real heroes. You see them every day, helping out any way they can. Whether it is taking someone to a doctor's appointment, fixing a leaky sink, or flocking yards with sheep. No matter what it is, these amazing individuals go above and beyond to make our community a better place. Thank you to everyone who came out to celebrate our volunteers with us, we hope everyone enjoyed themselves, and we hope to keep performing meaningful impactful work together.



With over 90 volunteers in attendance, this event was a massive success. Volunteers that were awarded at the ceremony were Jane Anthony, Sandra Braham, Barbara Cannon, Ann Jones, Louise Lewis, Pam Link, Linda Meadows, Sara Toney, Erin Valentine, and David Whiteman. We also recognized several volunteer groups which were Kernersville Wesleyan Church, The Summit Church-Kernersville, The Crossing Church-Main Campus, and The Crossing Church-Union Cross Campus. Thank you to everyone who came out to celebrate our volunteers with us, we hope everyone enjoyed themselves, and we hope to keep performing meaningful impactful work together.

May 2023 Program Guide

Gastrointestinal Health and Why It's Important to Maintain It *With Digestive Health Specialists, P.A.*

Tuesday, May 16 at 1:00 pm

Onsite and Zoom

Did you know that your gastrointestinal system is the main “portal” for taking in and processing nutrients and also serves as the “communication center” and “disease fighter” for your body? There is often confusion around what disease states and illnesses a Gastroenterologist addresses. We want to make it easy to understand, and also address the importance of addressing gastrointestinal issues as they arise. We will discuss the importance of colonoscopy screenings, staying active, and eating healthy. Minimum number of participants is 25. **RSVP required two business days in advance and for Zoom link if needed by calling 336-992-3180.**

Remodeling and Upcycling Garments

Wednesday, May 17 at 10:00 am

Lynne Poteat with the American Sewing Guild will lead a talk about remodeling old garments by upcycling them into something new. Meet to brainstorm ideas and learn popular fashion trends in upcycling. **RSVP required two business days in advance by calling 336-992-3180.**

Diamond Art Class

Wednesday, May 17 and 24, 2:00 – 4:00 pm

Diamond Art an art form using tiny plastic shiny beads. The class includes a kit with everything you need to create a beautiful picture. It is an easy, fun, and relaxing hobby. No artistic talent needed. The finished picture is suitable for framing. If you are already doing this craft and are interested in joining a Diamond Art Group, stop by the class or call the center. You will need to bring a pair of scissors. **Kit fee \$19.00 is due (cash only) the first day of class. Absolute RSVP by May 10. Call 336-992-3180.**

Lessons

Ukulele Band

Monday, May 8 – July 3

(8 weeks) at 1:00 pm

\$40.00 (cash) class fee due first day of class.

Beginner Ukulele Lessons

Monday, May 8 – July 3

(8 weeks) at 2:30 pm

\$40.00 (cash) class fee due first day of class.

Crochet Lessons

Monday, May 8 - 22 and June 5

(4 weeks) at 2:00 pm

\$40.00 class fee (cash/check) due first day of class.

Knitting Lessons

Wednesday, May 10 – 31

(4 weeks) at 10:00 am

\$15.00 (cash) class fee due first day of class.

Pickleball Lessons

Thursday, May 11 - June 1

(4 weeks) at 9:30 am

You will need your own pickleball paddle. \$20.00 cash instruction fee due first day of class.

For information regarding supplies or and equipment and to RSVP two business days in advance call 336-992-3180.

Save the Date! Saturday, June 17

**The Piedmont Triad's 8th Annual Elder Abuse Awareness Walk, Stroll, and Roll
*At Triad Park in Kernersville***

Registration and Vendor Fair ~ 9:00 am

Opening Ceremony/Walk ~ 10:00 am

Every age is welcome. There will be personal document shredding, exhibitors, food and more. Registration forms are available at the Center. Make sure you put *The Shepherd's Center of Kernersville* as your team name and drop off your completed entry form at the Senior Center. **Sign-up no later than June 6 to reserve a t-shirt and to join our team.**

May 2023 Program Guide Continued

Sponsored by *Always Best Care*



DIY Derby Hat

Monday, May 15 at 10:00 am

Get ready for Derby Race Day by turning a plain straw hat into a good luck charm. Join us for an afternoon of crafting with all sorts of millinery. Everyone can join the fun of decorating your own fancy, beautiful, silly, or crazy hat. All supplies provided. **RSVP required two business days in advance by calling 336-992-3180.**

Derby Race Day

Tuesday, May 23 at 1:00 pm

It is off to the races, the horses are running neck and neck, they're in the straight away, who's horse will cross the finish line first? Wear your favorite or DIY derby good luck hat and join us for an afternoon at the races. Winners for each race and the grand prize is a television. Finger food provided. **RSVP required two business days in advance by calling 336-992-3180.**

Pen Pal Share Time

Monday, May 22 at 11:00 am

Senior Center pen pals will receive and share end of school year letters from their student pen pals in Mrs. Badgett's fifth grade class. Everyone and anyone is welcome to attend and listen. This year has been exceptional and great bonds have formed between pen pals. Join the new pen pals in September 2023 for the next elementary school calendar school year. **RSVP required two business days in advance by calling 336-992-3180.**

Local Travel Destinations

Wednesday, May 24 at 11:00 am

Are you ready to get out of the house this year but not interested in traveling too far? We have the perfect destinations for you right here in North Carolina! Lisa Jay, owner of *The Destination Magazine* will share her favorite adventures. Whether you want a day trip, weekend, or week get away, there is something for everyone. All attendees will get a free copy of the current *The Destination Magazine*. **RSVP required two business days in advance by calling 336-992-3180.**

Senior Services 101

Onsite and Zoom

Thursday, May 25 at 11:00 am

Join Tyler Smith, Volunteer and Community Relations Coordinator and learn more about Senior Services, Inc. one of our partnering agencies in Forsyth County. Tyler who will provide information about the programs and services offered (including eligibility criteria), and how to access other resources and assistance related to aging. The session will also cover the exciting new Intergenerational Center for Arts and Wellness! **RSVP required two business days in advance and for Zoom link if needed by calling 336-992-3180.**

Ageing Unbound Covered Dish Lunch Celebrating the 60th Anniversary Older Americans Month (OAM)

Friday, May 26 at 11:30 am

At our covered dish lunch, join us as we recognize the 60th anniversary of OAM and challenge: *Ageing Unbound*. Embrace the opportunity to change, explore the rewards of growing older, stay engaged in your community and form relationships. Encourage all of your fellow Senior Center participants to attend. Bring your favorite recipe: entrée, side dish, salad, dessert, or drink. **RSVP by calling two business days in advance 336-992-3180.**

Cooking Demo and Nutrition Education with Chef Tom Peters

Onsite and Facebook Live

Tuesday, May 30 at 3:00 pm

Second Harvest of Northwest NC presents fun nutrition tips/tricks, in partnership with *Share Our Strength's Cooking Matters*. Meet Chef Tom as he creates a healthy savory dish, provides samples and Sruthi shares nutrition and healthy eating tips. Limited seating. **RSVP required by May 24 by calling 336-992-3180.**

**The Shepherd's Center
and Senior Center will be Closed
Monday, May 29 for Memorial Day**

May 2023 Announcements

Drop-In and ...

- Check your e-mail, use the Internet or post to Facebook: Visit our COMPUTER LAB, available most days for drop-in at no charge. One-on-one assistance by appointment only on Wednesday and Friday mornings for technical help and assistance with computers, laptops, tablets, e-readers and questions (\$5.00 donation for appointments if we are able to help).
- Play Games: CARDS, BOARD GAMES, Wii, portable SHUFFLE BOARD set, CORNHOLE BOARDS, and LADDER BALL are all available on-site.
- Read a little easier with our MagniSIGHT JOURNEY magnifier.
- Work a puzzle at our PUZZLE TABLE. PUZZLES can also be borrowed from our Puzzle Library.
- Be creative: ARTS & CRAFTS, YARN, EMBROIDERY, CROCHET HOOKS, KNITTING NEEDLES, COLORING SUPPLIES can be used, as well as, a CRICUT & CRICUT SUPPLIES for your creative outlets.
- Watch a Movie: We have a small MOVIE LIBRARY you can stop by and watch as space allows using our TV & DVD PLAYER* See staff to use the TV/DVD player. (Movies must comply with our Movie License.)
- Workout: We have a variety of HANDWEIGHTS and STRETCH BANDS. We even have YOGA MATS, BLOCKS and BANDS. You can also workout using the Wii FIT.
- Practice Pickleball: We have a SMALL INDOOR “LEARNING” PICKLEBALL COURT and an OUTDOOR PRACTICE PICKLEBALL COURT to practice your mad pickleball skills. Courts are not regulations size, they are for learning or practice only.
- Check your blood pressure: See any staff person to use one of our BLOOD PRESSURE MONITORS.
- Meet a friend: Utilize available MEETING SPACE during normal office hours (based on availability of course) to hang out between activities, work on a project together or play a game.

For more information regarding these Drop-In Activities, see Lisa or Debbie, Monday - Friday from 8:00 am - 4:00 pm. It is always best to call ahead for availability as some activities may be unavailable due to scheduled programs and classes.



May 2023 Calendar

The Shepherd's Center of Kernersville - Senior Center
 636 Gralin St. Kernersville, NC 27284 Call: 336-992-3180

WEEKLY PROGRAMS		SPECIAL PROGRAMS		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 - Bridge 10:00 - Stretch & Flex 10:00 - Cards by Robin (2nd Mon.) \$12 11:00 - Caregiver Support Group (2nd and 4th Monday) 11:45 - Beginner's Line Dancing \$6 12:00 - Pinochle 1:00 - Tattng on Zoom 1:00 - Ukulele Band \$ 1:15 - Intermediate Line Dance \$6 2:00 - Chair Yoga I \$5 2:30 - Beginner Ukulele Lessons \$ 3:00 - Square Dancing \$6	9:30 - Bee Quilters 10:00 - Music Jam Session 10:00 - Stretch & Flex 11:30 - Hand & Foot 12:30 - Bridge 1:00 - Books Ignite Book Club (3rd Tuesday)	9:00 - 12:00 Computer Lab by Appointment \$5 Donation 10:00 - American Sewing Guild Fee \$ (3rd Wednesday) 10:00 - Games & Conversation 10:00 - Knitting Lessons \$ 10:00 - Tai Chi \$5 12:00 - Open Watercolor Studio 12:30 - Mah Jongg 1:00 - Basket Weaving Kit Fee \$ 1:00 - Bowling at Countryside Lanes \$8 (shoe rental and 3 games)	9:30 - Beginner Pickleball Lessons \$ 10:00 - Needle Arts 10:00 - Stretch & Flex 12:00 - Pinochle 1:00 - Chair Yoga I \$5 1:00 - Easy Pace Bingo 2:15 - Beginner Square Dance \$6	9:00 - 12:00 Computer Lab by Appointment \$5 Donation 9:30 - Rubber Stamping with Mona (2nd Friday) \$ Kit Fee 9:00 am - 3:30 pm Sit-n-Stitch (3rd Friday) 10:00 - Bingo (Bring 2 prizes and win 2 prizes) 11:30 - Hand & Foot 1:00 - Movie Matinee (2nd Friday)
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31	\$ Supply and/or Instructor Fees Call 336-992-3180 for information	