



# Vital Living

*Promoting and Supporting  
Successful Aging*

The Newsletter of The Shepherd's Center of Greater Winston-Salem Summer/Fall 2023 Volume 38 Issue 2

## An Epidemic of Loneliness and Isolation

*One-in-two adults in America report experiencing loneliness*

Social isolation and loneliness have become widespread problems in the United States, posing a serious threat to our mental and physical health.

In recent years, about one-in-two adults in America reported experiencing loneliness. And that was before the COVID-19 pandemic cut off so many of us from friends, loved ones, and support systems, exacerbating loneliness and isolation.

Loneliness is far more than just a bad feeling—it harms both individual and societal health. It is associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and premature death. The mortality impact of being socially disconnected is similar to that caused by smoking up to 15 cigarettes a day, and even greater than that associated with obesity and physical inactivity.

Social isolation is the lack of relationships with others and little to no social support or contact. It is associated with risk even if people don't feel lonely. Loneliness is feeling alone or disconnected from others.



It is feeling like you do not have meaningful or close relationships or a sense of belonging. It reflects the difference between a person's actual and desired level of connection. This means that even a person with a lot of friends can feel lonely.

Our relationships and interactions with family, friends, colleagues, and neighbors are just some of what create social connection. Our connection with others and our community is also informed by our neighborhoods, digital environments, schools, and workplaces. Social connection—the

*Continued on Page 8*

## State Aging Certification Received



The Shepherd's Center of Greater Winston-Salem was re-certified as a Senior Center of Excellence by the North Carolina Division of Aging and Adult Services based on an on-site certification visit conducted March 21, 2023.

The certification is for a five year period, from March 2023 through March 2028. This represents the fourth time the Center has been recertified.

According to the Division of Aging and Adult Services, a multipurpose senior center is a community facility where older adults come together for services and activities that reflect their skills and interests and respond to their diverse needs. Centers are a resource for the entire community, providing services and information on aging, and assisting family and friends who care for older adults.

There are 170 senior centers in 95 of the 100 counties in North Carolina. There are 92 certified centers of which 83 are centers of excellence.

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## Planned Giving Opportunities

Contributions from individual donors are vital in supporting the Shepherd's Center mission of serving the needs of older adults in the greater Winston-Salem community by promoting and supporting successful aging.

Personal giving to financially support the Shepherd's Center can take many forms including individual financial donations, bequests through a will, gifts of property or stock or inclusion of the Shepherd's Center as a beneficiary of a charitable trust.

Over 40 individuals and couples have included the Shepherd's Center in their planned giving and estate plans. Some of these options require the advice and counsel of an attorney.

If you wish to support the Shepherd's Center in any of these ways, contact Sam Matthews, Executive Director.

## IRA Charitable Rollover Contributions

The IRA charitable rollover option allows certain individuals to donate funds from their individual retirement accounts (IRAs) directly to charitable nonprofits to support the work of social service programs, religious and other charitable organizations, including the Shepherd's Center.

Taxpayers age 70 ½ or older may "roll over," or transfer funds from an individual retirement account (IRA) or Roth IRA as a qualified charitable distribution. The amount transferred will be excluded from income of the taxpayer for federal income tax purposes and the amount transferred counts toward the taxpayer's minimum required distribution for the tax year.

A number of Shepherd's Center supporters have used this IRA rollover feature to support the vital services offered to older adults in our community. Please consider this option as you plan for your year-end giving.

## Shepherd's Center Financial Update

As of July 31, 2023

### Current Bank Balances

Checking Account	\$ 14,634
Money Market Accounts	568,212
Investments	196,325
Total Balance	\$ 779,171

### Cash Balances

Unrestricted Balance	\$ 676,436
Restricted Balance	102,735
<i>(Specific Funds &amp; Grants)</i>	
Total Cash Balance	\$ 779,171

### 2023 Operations Income and Expense Summary to Date

Income	\$ 585,687
Expense	521,364
Net Income	\$ 64,323

### Endowment Trust

#### The Winston-Salem Foundation

Endowment Trust	\$ 76,988
Grantable Funds	69,468
Total Balance	\$ 146,456



### MISSION STATEMENT

*The Shepherd's Center of Greater Winston-Salem is an interfaith ministry that promotes and supports successful aging by providing direct services, volunteer opportunities and enrichment programs for older adults.*

#### 2023 Officers and Board of Directors

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Luba Nemcow, Vital Living Pgm Assistant

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Lend a helping hand.



It is time to re-link your Harris Teeter VIC Card to the Shepherd's Center.

Re-linking begins in August, but can be done at anytime during the year. The sooner you link, the better!

A percentage of purchases of Harris Teeter products and prescriptions benefit our life-long learning programs offered throughout the year.

Simply ask the cashier to link your VIC card to our number.....

**Our Code is 4958**

## Stella's Commitment

For eleven years, the American Heritage Girls Troop NC 0608 has helped the Shepherd's Center pack gift bags for our Saturday Night Fellowship holiday project.

These bags contain donated gift items and are distributed annually to over 100 older adults who attend monthly Saturday night gatherings hosted by local faith communities.

One of the girls, **Stella Jamison**, was 5 years old when she first had the opportunity to help with the gift bag project.

She is now 13 and is in the eighth grade at Forbush Middle School and helps with this project every year. "It means a lot to me to be involved in this project. I love to organize the bags and I just like helping people", she said.



Stella at 5 years old

Stella hopes to attend college and study nursing. She also hopes to pursue her passion for horseback riding.

We look forward to this year's holiday gift bag project. The American Heritage Girls plan to pack bags on November 28 at Highland Presbyterian Church. Gifts will be distributed at the December 2nd Saturday Night Fellowship gathering at Highland.

■ ■ ■

## 2022 CONGREGATION OF THE YEAR

The Shepherd's Center depends on partnerships with local faith communities as we work to fulfill our mission of promoting and supporting successful aging. Financial support from congregations provides crucial funding for our services to older adults, such as transportation and home repairs.

**United Metropolitan Missionary Baptist Church** was honored as the Congregation of the Year for 2022. They have supported The Shepherd's Center faithfully and generously for 19 years by including us in their outreach budget, seeing this as an extension of their ministry and a tangible demonstration of their commitment to and concern for older adults in our community.

In addition, **United Metropolitan** has a history of hosting events such as Adventures in Learning and volunteer training. Most recently, when our Saturday Night Fellowship program was emerging from COVID and we needed a bus and driver, they graciously provided both for a period of several months, helping us to get that program back on sound footing. Later, their Stephen Ministers served as hosts for a Saturday Night Fellowship gathering, deepening their engagement with the Shepherd's Center and older adults who benefit from that monthly meal and social opportunity.

We were honored to recognize **United Metropolitan Missionary Baptist Church** as the 2022 Congregation of the Year during our 2023 annual volunteer luncheon. We welcomed pastor, **Dr. Alvin Armstead**, and members of their Stephen Ministry Team to receive the award.

## Medicare Annual Open Enrollment

The 2023 Medicare Annual Open Enrollment period will begin **October 15** and continues through **December 7**.

During this period, the following changes can be made:

- Change from Original Medicare to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Advantage Plan to another Advantage Plan.
- Switch from one Medicare Drug Plan to another Medicare Drug Plan.

Trained Medicare SHIP counselors will be available through the Shepherd's Center to assist with these changes during open enrollment beginning October 16.

Sessions will be conducted following current COVID restrictions

To register for a counseling appointment, call 336-748-0217. Sessions will be scheduled for one hour per person.

■ ■ ■

## Welcome to Medicare Sessions

Monthly sessions are regularly held for persons newly eligible for Medicare. Sessions are now offered in person. During Covid, monthly offerings were conducted virtually using Zoom.

All sessions are offered by the Shepherd's Center in conjunction with the **N. C. Seniors' Health Insurance Information Program (SHIP)**.

The Shepherd's Center serves as the Forsyth County Coordinating site for the SHIP program.

Call **336-748-0217** for more information or to register for an upcoming session.

# Health Span Versus Lifespan

Lifespan is the number of years someone lives from birth until death, while healthspan is the number of years someone is healthy without chronic and debilitating disease. The earliest mentions of healthspan describe it as, “the maintenance of full function as nearly as possible to the end of life.”

Often, people use these terms interchangeably, or solely use lifespan. If a community has a higher life expectancy, it makes sense that they would live longer, healthier lives, but that is not always the case. *The gap between health span and life span is roughly 10 years.*

People tend to live the last 10 years of their life burdened with disease or poor quality of life. According to recent research looking into life expectancy across the U.S., seven out of the 10 states ranking highest in life expectancy also ranked in the top 10 for states with the healthiest lifestyle.

Health span is increasingly being recognized as an important concept because it emphasizes the importance of not only living a long life but also living a healthy and productive life.

The motivating factor behind wanting to live longer and healthier is where to begin. Having a goal for making specific lifestyle habit changes makes it easier—and more worthwhile—to stick with them.

Having a goal to enjoy being a part of a grandson’s life may lead one man to more willingly adopt lifestyle factors that improve his overall health.



## September is National Senior Center Month

Celebrated every year in September, Senior Center Month is a time to shine a light on senior centers, showing how vital they are to the health and well-being of a community.

Senior centers provide countless hours of support and encouragement to older adults by offering opportunities to make friendships, build healthy lifestyles, find meaning and purpose as well as providing programs allowing for creative expression. And, Senior Centers provide a role in addressing an issue that we all knew was important even before the pandemic: social isolation.

Senior centers work with community partners to provide access to health, economic security, social engagement, purpose, creativity, mobility, nutrition—all in a social and fun environment.

This September, the Shepherd’s Center joins senior centers across the nation to celebrate how each person can discover their unique gifts by promoting programs which bring value to the older adults in our community.

### National Senior Center Month Discover your...



# Healthy Habits for a Long Life

Longevity is the payoff for adopting healthy habits by middle age, a large study of U.S. veterans shows

Eight healthy habits are most beneficial, researchers found. Compared to peers with none of the habits, men with all eight at age 40 could live an average 24 years longer. Women with all eight habit could live 21 years longer.

Those 8 habits were:

1. Be physically active.
2. Don’t smoke.
3. Don’t get addicted to opioids.
4. Don’t binge-drink on a regular basis.
5. Eat a healthy diet.
6. Manage stress.
7. Practice good sleep habits.
8. Maintain positive social relationships

The researchers were surprised by just how much could be gained with the adoption of one, two, three or all eight lifestyle factors,

The research findings suggest that adopting a healthy lifestyle is important for both personal wellness and public health.

The earlier the better, but even if you only make a small change in your 40s, 50s or 60s, it still is beneficial, the researcher’s said.



## 2023 Annual Used Book Sale Success Modern Toyota Served As Presenting Sponsor

Our 36th Annual Used Book Sale was held from May 4 - 6 in the Education Building of the Winston-Salem Fairgrounds. With a huge turnout, the event was our second best on record raising over \$120,000 including corporate and in-kind sponsorships!



It was estimated that we had over **125,000** books and other media for the event. There was a large opening-day crowd which was great following two years of cancelled events due to COVID.

We were pleased that, following the event, we were able to donate books to Goodwill Industries, the Educators Warehouses of Forsyth and Stokes County, and the Forsyth County Detention Center.

Currently over 25 dedicated volunteers gather most every day of the week to sort and price books which will go into the May 2024 annual sale set for May 2-4.

All proceeds from the event support the programs and services of the Shepherd's Center and allowed us to serve a record of over 7,700 older adults in 2022.

In addition to **Modern Toyota** other corporate sponsors this year included **Hanesbrands, Inc., Arbor Acres, Garner Foods, Brookridge Retirement Community, Buckeye Advisors, Homestead Hills, Truist, East Penn Manufacturing, Piedmont Federal Bank, Bermuda Village, Salem Senior Housing, Leonard Ryden Burr, Dedicated Senior Medical Center, Oak Street Health, Right At Home, Salemtowne Retirement Community, Craige Jenkins Liipfert & Walker, Wells Law, Lamar Outdoor Advertising and The Winston-Salem Journal.**



## New Vital Living Program Staff Member

**Luba Nemcow** joined the Shepherd's Center as a Vital Living Program Outreach Assistant in June.

This position was made possible through a new grant focused on providing activities outside of the conventional walls of a senior center.



Luba has served as a volunteer Medicare SHIP counselor since 2021 and has also instructed dance classes through the Vital Living Program.

Prior to her retirement, Luba worked as a Health Insurance Benefits Consultant for over 15 years. She has Bachelor's and Master's Degrees in Business Administration.

Luba came to the US in 1978 from Eastern Europe (Latvia, Baltics Region) and lived and worked in New York for 35 years before settling in Winston-Salem in 2015.

Luba is fluent in Russian and encourages people to learn different languages.

We are delighted to have Luba in this new role with the Shepherd's Center.

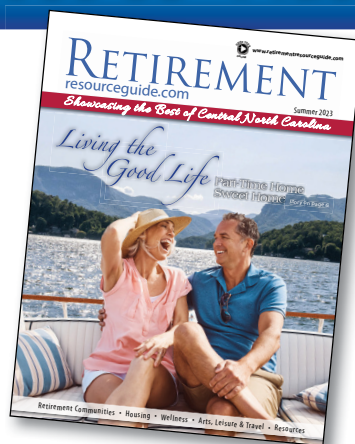


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## Aging Certification

*Continued from Page 1*

The Shepherd's Center of Greater Winston-Salem is one of two state-certified senior centers of excellence in Forsyth County.

The review team that conducted the certification visit included representatives from the Division of Aging and Adult Services, the Area Agency on Aging and two other senior center directors from the region.

**Kristin Larson**, Vital Living Program Director, said that the review team noted the Shepherd's Center does an excellent job of establishing and maintaining strong community partnerships and collaborations, as evidenced by the many co-sponsored programs and off-site locations for activities with partnering organizations.

Additionally, the center was cited for the use of many sites in the community for program activities, making it one of the best examples in the state of a "center without walls".

Currently, the Vital Living Program is offering 32 activities per week at our Westview Campus location.

Additionally, 18 activities are now being offered in numerous sites throughout the community including Lewisville, Clemmons, Pfafftown and Walkertown.

Individuals ages 50 and above are welcome to join in the many activities offered each week. These include Tai Chi, Yoga, warm water exercise, bridge, adult coloring, arts and crafts, life long learning classes, discussion groups, billiards, and much, much more.

Come join us to enjoy friendships, health and wellness activities as well as spark the creativity within.



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## New Volunteer Orientation Offered

Volunteers are needed to assist with

- Transportation to medical appointments
- Assistance with grocery shopping
- Visitation and respite care
- Minor home repairs
- Medicare counseling (SHIP)
- Activity coordination and planning

**Volunteer training sessions are currently being held in person.**

**If you want more information about these volunteer needs or dates of upcoming sessions, call**

**Cheryl Lane, Volunteer Coordinator  
at 336-748-0217.**



# The Vital Living Program Classes, Activities and Events

To receive the Vital Living weekly e-newsletter via email, contact Kristin at [klarson@shepherdscenter.org](mailto:klarson@shepherdscenter.org)

## What's happening...

### Shepherd's Center

1700 Ebert Street, Winston - Salem

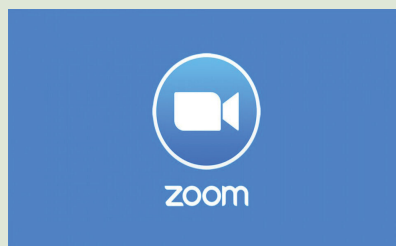
### In Person Activities

- Yoga for Every Body(\$)
- Tai Chi for Older Adults (\$)
- Tai Chi for Energy
- Tai Chi for Arthritis & Falls Prevention
- Drawing 101
- Warm Water Exercise (\$)
- Beginners Bridge (\$)
- Intermediate Bridge
- Advanced Bridge
- Chess
- Artistic Expressions
- Cards & Board Games
- Knitting & Crochet
- Discussion Groups
- Writing Stories from Your Life
- Shepherd's Center Singers (\$)
- Book Center Volunteers
- Community Dharma
- Puzzle Exchange
- Open Doors Art Classes (\$)



We are proud to partner with Break Time Billiards, t420 Jonestown Rd, to offer FREE sessions of pool!!

We are also honored to have an amazing pool instructor, Robin Kelly, provide FREE pool instruction as well!! Make sure to call or stop by the Shepherd's Center to get your FREE tickets!!



Don't miss the following Zoom classes:

- Thinking Outside the Box
- Writing Workshop

Please contact Kristin at [klarson@shepherdscenter.org](mailto:klarson@shepherdscenter.org) for more information.

Membership in the Shepherd's Center is not required but may earn discounts on fees  
**Shepherd's Center Membership:**  
\$25 minimum annual donation or a donation of your time as a volunteer

Classes for fee are marked by a (\$) \$2 donations are requested for ongoing program support but not required to participate

Many Vital Living Programs for health and wellness are provided at no charge for anyone age 50 and over

**Call 336-748-0217 for assistance**

## Lonliness

*Continued from Page 1*

quality of our relationships with others - is a critical and underappreciated contributor to individual health, community safety, resilience, and prosperity.

However, far too many Americans lack social connection in one or more ways, compromising these benefits and leading to poor health and other negative outcomes.

Loneliness and isolation may be shaped by many factors, including culture, demographics, and the places where people live, work, learn, and play.

Factors that might increase a person's risk of social isolation and loneliness include

- Having a low income or resources
- Being marginalized or discriminated against.
- Challenges accessing resources, such as living in a rural areas
- Limited transportation or language barriers.
- Stress due to a lack of resources.
- Having a chronic disease or illness.
- Having a long-term disability.
- Living alone.
- Being a victim of violence or abuse.
- Major life transitions like getting divorced, losing a job, or loss of a loved one.

Being involved with the Shepherd's Center by participating in activities, meeting new friends and volunteering have helped many participants feel less isolated and, through connection with others, less lonely.

## IN MEMORIAM

*The Shepherd's Center mourns the loss of those who have contributed to our mission and purpose*

**Carolyn Welch Alexander**, 80, died August 2, 2023. Carolyn was an avid supporter of the Shepherd's Center.

**David Kelso Carr**, 70, died on April 15, 2023. David was a recipient of our transportation services.

**Ruby Peoples Gentle**, 94, died on March 25, 2023. Ruby was a long-time Vital Living Program participant.

**Brenda June Dowell Green**, 54, died April 2, 2023. Brenda volunteered for many years as a visitation volunteer.

**Muriel Susan Kovacs Jones**, 72, died on August 7, 2023. She was a faithful transportation volunteer.

**Carolyn Brockman Hooper**, 83, died on Wednesday, June 7, 2023. Carolyn was a Vital Living participant for many years.

**Nancy Carol Huettel**, 85, died April 14, 2023. Nancy was a loyal supporter and member of our legacy society.

**Jean Badgett Kidd**, age 96, died on June 10, 2023. Jean was a long-time book center and book sale volunteer.

**Betty Agnes Glass Leslie**, 78, died on March 19, 2023. Betty and her husband, James, were loyal supporters of our mission and legacy society members.

**John Henry McPherson, Sr.**, 99, died on September 15, 2023. John was a dedicated bridge player and supporter.

**Phyllis Holloway Newsome**, 100, died on June 14, 2023. Phyllis was a devoted office, book center and book sale volunteer for many years.

**Ralph Alexander Peeples**, 71, died on May 12, 2023. A retired law professor, Ralph was an admired SHIIP Medicare Counselor.

**Robert Ramraj**, Ph. D., 76, died on March 2, 2023. Robert was an ardent bridge player each week at the center.

## Notes of Appreciation

Individuals often send expressions of thanks and notes of appreciation. The following are some of the most recent comments:

*Thank you so much for sending me cards on special days in my life. God bless you.*

*I want to thank you for the handrails that were installed this morning. They look wonderful and I feel safer entering my home.*

*Thank you so much for installing grab bars in my bathroom. I now really feel so much safer taking a shower.*

*Thank you for installing grab bars in my mother's home. You have wonderful and friendly volunteers.*

*Several volunteers installed handrails leading down to my yard. As I am getting older the rails are a godsend. Thank you so much.*

*I have enjoyed taking Tai Chi for some time and find that it has improved my balance significantly. The instructors are phenomenal.*

*My husband and I took the Retirement Reimagined workshop. It helped identify many areas we have discussed as we are planning our next chapter. Thank you for having these classes.*

■ ■ ■

**“Perhaps one of the gifts of old age is that nothing stands between us and what we see.”**

**-May Sarton**



## An Enduring Friendship

What does it take to build a friendship? For some, all it takes is common interests or mutual location. For some, a common experience forges a life-long friendship. For others, it takes time to build a friendship. People may come and go throughout our lives as “someone we know.”

The friendly visitor program of The Shepherd’s Center matches volunteers with older adults who typically live alone and may be experiencing loneliness and social isolation. Sometimes there are common interests.

Sometimes there is nothing openly connecting these assigned pairs. So, there is something truly remarkable about those strangers that become friends, and friendships that stand the test of time.



Friends **Maggie Gant** and **Anita Hatchett** (*pictured*) have shared visits, family members, and a few fast food lunches over the last twelve years.

In 2009, Maggie Gant was referred to the visitation program. She was single, living alone in her apartment, and blind. Any one of these factors could lead to great amounts of time spent alone, especially for an older adult. Maggie’s willingness to participate in the Friendly Visitor program was a first step to more active socialization.

Anita Hatchett moved to Winston Salem in 2010 and, inspired by something she read, sought out the Shepherd’s Center and ways to get involved. “The rest,” Anita said, “is history!” In 2011, Anita was matched with Maggie. Anita admits that, at first, it was not easy to wiggle into Maggie’s life. After all, they were strangers. They had to get to know each other’s stories and to build trust. And Anita wanted to encourage socialization even on days when she did not visit.

In the early days when Maggie was able, Anita and Maggie would walk the halls of Maggie’s apartment building together. Sometimes they went to the exercise room to meet neighbors. Anita never failed to decorate Maggie’s apartment door for each season, prompting conversation from neighbors even when Anita was not present.

Anita’s loyal visits and Maggie’s willingness to trust built their friendship. Their connection deepened as they shared life’s joys and challenges along the way. Anita learned more of Maggie’s life story, the cause of her blindness, and about her family. Anita, too, shared her life with Maggie, shared a few lunches with her, and even brought her grandchildren for visits – things friends do together. Even when a pandemic paused in-person visitation, Anita and Maggie stayed in touch through regular phone calls, just waiting on the day to be in the same room again.

Over the course of 12 years, Maggie has experienced many issues and the Covid quarantine. Anita has stayed in touch with Maggie through all of these challenges and never failed to mention Maggie’s positive attitude at every visit.

After 12 years of visits – in her home, in hospitals and other health facilities, Maggie’s sister made the decision to move her closer to family; however, Anita and Maggie’s story reminds us of the beauty and strength of true friendship. Each calls the other “friend,” “family,” “my people.” Their journey teaches us valuable lessons about the importance of making time for the people who matter and about providing unwavering support during life’s ups and downs.

## Flu Shots and COVID Booster Needed Now

As the flu season approaches, health experts are warning that the addition of another respiratory illness on top of the ongoing COVID-19 infections could overburden the health care system, and increase the risk of catching both diseases at once.

In a bad flu season, which peaks from December to February, 40 to 50 million Americans may catch the flu, with some 800,000 requiring hospitalization.

With the onset of the flu season, we may see peaks of flu and COVID-19 cases at the same time.

Even with a mild flu season, the convergence with a COVID surge could very rapidly overwhelm our hospital systems.

For both the flu and COVID-19, the elderly and those with underlying conditions are more susceptible. The more people in all age groups get these vaccines, the more protected our community will be.

■ ■ ■

### VOLUNTEER OPPORTUNITIES

- Transportation drivers
- Friendly visitors
- Respite Care Volunteers
- Landscaping
- Computer class leaders and assistants
- Office assistants
- Medicare/SHIIP Counselors
- Volunteers for Book Processing and 2024 event

## Fun Fatale Trio

Laura and Sandra met at a music camp in North Carolina. Both were grown women working on becoming better players and enjoying being part of a community of like-minded people. That summer, they had no idea that the following January, Laura would be given a diagnosis of Stage 4 cancer.

When treatment was over, Laura was pronounced “cancer free” and they recorded a CD and named it “*Fun Fatale Trio - Live* (a verb)”. They played at all the local nursing homes and assisted living centers, libraries, fund raisers, community events, and senior centers in South Carolina but then they decided to move.

When investigating different communities, they focused on places where they could continue to have opportunities to spread some happiness with their music and they chose Winston-Salem. Shortly after arriving, they contacted area organizations that provide services that support older adults, including the Shepherd’s Center.

They knew the Shepherd Center was looking for home visitation volunteers, and suggested that maybe there were people who could use a visit accompanied by music. They discussed the idea with **Carol Ann Harris** and how the Shepherd’s Center might deliver some kind of music-related activity in a “package” provided for caregivers of persons with dementia.

The very first woman they visited through the program was in the process of gathering together family to say final goodbyes to her husband, who was resting in the living room in his hospital bed. Laura and Sandra let them know that we didn’t want to intrude, but the family insisted they wanted to hear them play.

The woman and her daughter sat on the sofa and cried during one of the memory-evoking songs, and laughed through another, while her husband tapped his foot to the beat. They couldn’t help but feel they were doing something important. And it couldn’t have happened without their connection with the Shepherd’s Center.



## Continued Partnership With WSSU Helps Older Adults Live Safely

The Shepherd’s Center is pleased to continue to partner with Winston-Salem State University’s Physical Therapy Department through their REACHE Program (Rams Employment And Community Health Equity) for another year.



The program is a United Way funded program which focuses on aging in place and decreasing falls risk and frailty among older adults in underserved communities within our city.

The Shepherd’s Center has continued to receive funding to cover the cost of grab bars and other essential repair needs. Labor is provided by our minor home repair volunteers.

Staff and students from the Physical Therapy Department assist with home safety screenings as well as occupational and physical therapy evaluations.

This partnership allows the Shepherd’s Center to further enhance our minor home repair program and offer an extra level of service and support to vulnerable older adults.



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The advertisement features three overlapping images: a printed magazine cover for 'Senior Living Guide' (North Carolina Edition, Summer/Fall 2020), a screenshot of the website's homepage, and a 'Healthcare Referral Directory' page. The text 'Are you?' is written in large, red, cursive font across the middle. At the bottom, it says 'In the Hands of Social Workers and Case Managers'.

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## Volunteers Honored

When the 2023 Forsyth County North Carolina Governor's Volunteer Service Awards winners were announced recently, several were volunteers with the Shepherd's Center and our mission to promote and support successful aging.

Winners included **Frank Beasley, The American Heritage Girls Troop NC 0608** and **Tom & Julie Dubuisson**.

Beasley, a former sales executive has devoted years to the Shepherd's Center as a transportation and visitation volunteer; spending time with participants or driving them to and from doctor appointments. Frank appreciates connecting with individuals; some whose paths he wouldn't likely cross in his everyday life. His legacy of volunteerism began with his parents growing up in Louisiana.

The American Heritage Girls Troop NC0608 has supported the efforts of the Shepherd's Center for the past 11 years. They've been instrumental in putting together holiday gift bags each year which are delivered to older adults and thereby bringing comfort and joy to a population that is often overlooked.

Tom Dubuisson and Julie were recognized with the Veteran/Military award. In addition, Tom has been a consistent Minor Home Repair volunteer with the Shepherd's Center. His generosity and talent in the areas of carpentry and construction has provided ways for those served to continue to feel safe and comfortable in their own homes.

We salute these very valued volunteers for continuing to support older adults through their dedication and community involvement.

## Family Caregiver Training Classes **Powerful Tools** for *Caregivers*

If you provide care for a relative or friend, you would benefit from the **Powerful Tools for Caregivers** classes coordinated through the Shepherd's Center.

The Powerful Tools for Caregivers course is offered through a partnership of the Shepherd's Center of Greater Winston-Salem, Senior Services, Inc., the Area Agency on Aging and the N. C. Family Caregiver Support Program along with other community agencies.

Classes are being offered on a regular basis throughout the community.

Trained, experienced instructors lead these supportive sessions. Call **Carol Ann Harris** at the Shepherd's Center (336-748-0217) for more information or to register.

■ ■ ■

## United Way Giving



Even though the Shepherd's Center is not a United Way agency, you can still contribute to us through the annual United Way campaign!

The Shepherd's Center organization code with the United Way of Forsyth County is **2135**.

You can support us by designating your forthcoming United Way pledge to us with our code.





of Greater Winston-Salem

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## Exciting Vital Living Health and Wellness Options..... See Details Inside!

### Calendar of Events

September  
September  
September - March 2024  
September - March 2024  
March 31, 2024  
May 2 - 4, 2024

- Re-link Harris Teeter VIC cards for life-long learning (see Page 2)
- National Senior Center Month (see Page 4)
- Vital Living Senior Center classes and events (see Page 7)
- Powerful Tools for Caregivers Classes (see Page 11)
- Annual Volunteer Appreciation Luncheon
- Annual Used Book Sale - Winston-Salem Fairgrounds



Check our Website at [www.shepherdscenter.org](http://www.shepherdscenter.org) for the on-going Calendar of Events