



Vital Living

*Promoting and Supporting
Successful Aging*

The Newsletter of The Shepherd's Center of Greater Winston-Salem Winter/Spring 2023 Volume 38 Issue 1

Services Reach Record Levels

Results in 2022 Exceed All Prior Years

In 2022, the Shepherd's Center achieved record levels of service in all areas. Through the dedication of over 300 volunteers and a dedicated staff, more older adults in our community benefitted from the wide variety of services offered.

We were successful in responding to a record **15,584** one-way transportation requests during the year.

Participant surveys during the year indicated that **90%** of those served would have missed appointments had it not been for the transportation services we provided.

93% said that their need for medical transportation was met and **90%** reported that the transportation services we provide had helped them to be healthier while **80%** of participants surveyed said that the transportation program has allowed them to remain in their home longer than they would have been able to without our services.

2022 also saw a record number of requests for minor home repairs. A record **857** requests were responded to with **89%** of those served reporting that their repair needs were met. **74%** of the participants stated the repair program makes them



feel safer in their own homes and 68% stated the services are allowing them to remain in their home longer. **84%** indicated that they could not have paid for the services.

The demand for home repairs increased during COVID. While our volunteers were "sidelined" for indoor repairs, we were able to "sub-contract" many of these repairs to reputable contractors in the community.

Since mid-2021, our skilled minor home repair volunteers have returned and are responding to over 90% of all

Music and Memory

How Music Links to the Brain



Listening to music has been linked with activity in the brain to include regions responsible for emotions, creativity and memory.

According to experts, our brains are actively storing information and memories both explicitly and implicitly. Often, it's easier for us to remember information that is associated with beat or rhythm.

A study published in 2015 found that human brains don't just recognize the music, but that evolution has produced a dedicated brain circuit for music. It found that listening to music and singing together has been shown to directly impact areas in the brain, many of which play a role in closeness and connection.

Music can also connect to emotional centers in the brain. Our minds love to categorize information, We may categorize or associate a person to a specific song in time based on the emotional experiences of that time. It's easier to retrieve memories when they are linked to emotional connections like music and a person.

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Board Members and Officers Elected for 2023

Board members and officers of the Shepherd's Center of Greater Winston-Salem were elected for 2023 at the December 2022 Board of Directors meeting.

The officers elected for 2023 were **Jackie Brewer**, President; **Fred Johnson** Vice President; **Renaë Caldwell**, Secretary; and **Stephen Saxon**, Treasurer.

Jami Pinkert, Virginia (Ginnie) White and **Mildred Wood** were elected as new board members. Jami serves as Senior Director, Provider Experience & Medical Staff Operations at Novant Health. Ginnie is Senior Vice President of Clinical Operations at Trellis Supportive Care. Mildred returns to the board and is retired from the staff of the U. S. House of Representatives. Continuing members of the board of directors include **Ritchie Brooks, Rev. Angela Brown, Ty Fox, Juan Carlos Lebrija, Kathy Lowe, Cindy McAuliffe, Joel Motsinger, Burton Reifler, M.D., Gordon Slade, Aimee Smith** and **Joe Yoon**.

The board of directors and members of the Faith In Action and Vital Living Program Advisory Committees provide valuable guidance for the Shepherd's Center.

Valuable City and County Funding Continue

The City of Winston-Salem and Forsyth County Government have both awarded the Shepherd's Center continuing operating grants for 2022 - 2023. The grants are being used to provide essential services for older adults in the community.

The services funded include transportation to medical appointments and grocery shopping, minor home repairs, visitation and respite care as well as health and wellness programs and activities through our Vital Living Senior Center Program.

Considering expenditures, including volunteer time, over \$9.50 in value has been returned for every dollar invested by the city and county. Our deep appreciation is expressed to the Winston-Salem City Council and the Forsyth County Commissioners for their continued investment in our important mission.

Shepherd's Center

Financial Update

As of December 31, 2022

Current Bank Balances

Checking Account	\$ 21,669
Money Market Accounts	500,507
<u>Investments</u>	<u>192,671</u>
Total Balance	\$ 714,847

Cash Balances

Unrestricted Balance	\$ 576,894
Restricted Balance	137,953
<i>(Specific Funds & Grants)</i>	
<u>Total Cash Balance</u>	<u>\$ 714,847</u>

2022 Operating Income and Expense Summary

Income*	\$ 992,492
<u>Expense</u>	<u>788,184</u>
Net Income*	\$ 204,308

* Excludes estate gifts

Endowment Trust

The Winston-Salem Foundation

Endowment Trust	\$ 76,065
<u>Grantable Funds</u>	<u>64,190</u>
Total Balance	\$ 140,255

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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.

Personal giving to financially support the ministry of the Shepherd's Center can take many forms: 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.

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, please contact Sam Matthews, Executive Director.

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

President:	Jackie Brewer
Vice President:	Fred G. Johnson, Jr.
Secretary:	Renaë Caldwell
Treasurer:	Stephen Saxon

Ritchie Brooks
Rev. Angela Brown
Carolyn (Ty) Fox
Juan Carlos Lebrija
Kathy Lowe

Cindy McAuliffe
Joel Motsinger
Jami Pinkert
Burton Reifler, M.D.

Gordon Q. Slade
Aimee Smith
Virginia White
Mildred Wood
Joe Yoon

Staff

Sam Matthews, Executive Director
Kristin Larson, Vital Living Pgm Director
Wanda Patterson, Vital Living Pgm Asst
Kumu Kandiah, Office Manager
Eliot Esparza, Office Assistant
Theresa McGuinness, Office Assistant

Linda Lewis, Associate Executive Director
Carol Ann Harris, Faith In Action Pgm Asst
Karen Siburt, Transportation Coordinator
Vickie Myers, Transportation Assistant
Carol Blackley, Transportation Assistant
LaShawn Best, Transportation Assistant
Cheryl Lane, Volunteer Coordinator



At Dedicated Senior Medical Center, we're committed to *keeping seniors healthy, happy and at home*. We understand these are uncertain times, but we're here to help. Dedicated doctors specialize in caring for seniors and that's why we make it easy for you to see a doctor.

Ask yourself:

- Does your doctor personally call and text to check on you?
- Does your doctor's office offer telehealth visits?
- Does your doctor allow walk-in visits?
- Do you have your doctor's cell phone number?
- Does your doctor help make sure you get to and from your appointments?
- Does your doctor make sure you get all of your prescription medications?

**If you answered no to any of these questions,
Cecelia (863) 370-4610**

Some services are not covered under all plans. Check your plan documents for details and service availability at each individual center. Due to space and time limitations, some services are not available at all centers. Limitations, copayments and restrictions may apply.

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May is Older Americans Month

Each May the Administration for Community Living leads our nation's observance of Older Americans Month.

The theme for 2023 is *Aging Unbound*.

In 2023, the focus will be on addressing ageism and exploring the many ways aging adults serve their communities..

We will be focusing on how planning, participation, accessibility, and making connections all play a role in our own aging – emphasizing that each person brings their unique gifts and service they provide to our community.

There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities.

The Shepherd's Center will celebrate Older Americans Month by continuing to offer programs and services which promote unbounding aging.



Retirement Reimagined

Taking a new view of the transition to retirement, *Next Chapter: Retirement Reimagined*, is a four-session workshop being offered by the Shepherd's Center.

The workshop will focus on the non-financial side of retirement planning such as: deciding when or if to retire; managing one's time; deciding where to live; the right volunteer or part-time work fits; interests and hobbies; couples in retirement; and other social, emotional, health and spiritual issues.

The workshop will explore meaning and purpose in one's retirement years, assess those interests and skills available to reinvest beyond one's chosen career, and create a personal plan from among the many options retirement presents for continued personal growth.

The workshop will take place on **March 21 & 28 and April 4 & 11, 2023** from 4 – 6:00 p.m. and is limited to 16 participants.

The facilitators are **Pamela Karr**, Certified Professional Retirement Coach and **Susan Hunsinger, M.D.**



Welcome to Medicare Sessions

Sessions are conducted for persons newly eligible for Medicare and are held monthly in various locations throughout the county.

All sessions are offered through the Shepherd's Center, the Forsyth County coordinating site for the **Seniors' Health Insurance Information Program (SHIIP)**, a division of the N.C. Department of Insurance.

Sessions are currently taking place via Zoom each month. Call 336-748-0217 or visit our website for more information or to register for a session.

Soccer Takes Volunteer to Denmark

Volunteer, Peter Jennings Shares His Experience

As part of the Triad's actively-aging population, I continue to play soccer, along with many other seniors. In August of 2022 a bunch of us flew to Copenhagen to enjoy the sights and sounds of Denmark, while we played in the **World Cup 70+** soccer tournament.

Two *over-70*, and two *over-75* North Carolina-based teams, traveled to compete.

Our longtime team manager, Kim Bergenser, arranged the details. Fortunately for us, Kim and his partner, Aase, are originally from Denmark.



Peter Jennings - standing third from right

They arranged all of our local transportation, which took us to museums, amusement parks, castles, and restaurants. We even had the opportunity to row old Viking boats out of the harbor and sail around the bay in Roskilde.

Of course, we were in Denmark to play soccer, so he also arranged for us to scrimmage three Danish teams before our tournament. During the tournament, we played 6 games in three days in our over-70 division. We played teams from England, Wales, Denmark and Germany. We lost to a German team in the last two minutes of overtime on an own-goal, to come in fourth out of fifteen teams.

The loss was softened by the incredible time we had exploring Copenhagen and surroundings, and made even better by doing so with friends. Wonderful food, a bright-shiny city, engaging locals, and easy-to-use mass transportation; easily made it one of the best trips we have ever taken. Can't wait to attend the next **World Cup 70+** which will be in Wales in July 2023!

Peter Jennings, 2021 Volunteer of the Year

WSSU Intern Joins the Staff For the Spring

The Shepherd's Center welcomes student intern **Shaniya Bradshaw** for the spring semester.

Shaniya is a senior gerontology major at Winston-Salem State University. She calls Corapeake, NC, home and says that being involved in the care of her grandmother inspired her to enter the field of aging services.

Her dream is to one day open an adult day center in her hometown. Outside of school, Shaniya enjoys shopping and cooking. She is enjoying learning about the many services and programs of the Shepherd's Center and says being here "feels like family." She hopes her internship experiences will help her determine exactly how she can best use her skills to address the needs of older adults when she graduates.



Holiday Gift Bags

After two holiday seasons that were impacted by COVID restrictions and safety concerns, the 2022 holidays marked a return to in-person opportunities to spread joy. Through two gift bag projects, holiday bags were distributed to over 200 older adults.

In November, Highland Presbyterian Church hosted two drive-through donation drop-off events to collect items for our **Saturday Night Fellowship** Holiday Gathering which took place at Highland on December 3.

This was the first holiday gathering for this group since 2019, so smiles were abundant as guests enjoyed a delicious meal, holiday music, and gift bags packed with useful and fun items which had been packed earlier by the **American Heritage Girls** of Lewisville. After the event, volunteers delivered gift bags to those who were unable to attend. In all, 125 people received gifts.

On December 2, more than 60 Shepherd's Center volunteers gathered for the first Holiday Gift Bag Party since 2019. Our upper level multi-purpose room was filled with happy volunteers who brought an abundance of gift items.

After enjoying refreshments, conversation, and dulcimer music provided by volunteer Gail Allred and Friends, everyone grabbed a bag and had a great time filling them with personal care items, food, and other donated items.

Volunteers then delivered gift bags to over 70 people who are served by our Faith in Action Program. This annual project is a source of joy for those who receive the bags and for our wonderful volunteers who love making others happy.

36th Annual Used Book Sale

May 4 - 6, 2023

Modern Toyota Serves as Presenting Sponsor

Our 36th Annual Used Book Sale will be held from Thursday, May 4 through Saturday, May 6 in the Education Building at the Winston-Salem Fairgrounds.



We are extremely pleased that **Modern Toyota** continues as our Presenting Sponsor!

An estimated **2,500** people are expected to attend our popular event. Book lovers from across the Triad as well as surrounding states attend the event each year as it continues to be the largest book sale in

the region. All proceeds from the sale benefit the programs and services provided by the Shepherd's Center.

Dedicated book center volunteers gather most every day throughout the year to sort and price books which go into the annual sale. We estimate that over 125,000 books and other media will be on hand for book lovers and avid readers alike.

In addition to **Modern Toyota**, other sponsors are **Arbor Acres, Brookridge, Bermuda Village** and **Salemtowne** retirement communities, **Hanesbrands, T.W. Garner Food, Truist Bank, Truist Wealth, Oak Street Health, Buckeye Advisors, East Penn Manufacturing, Craige Jenkins Liipfert and Walker LLP, Piedmont Federal Savings Bank, Leonard Ryden Burr, Right at Home, Salem Senior Housing, Dedicated Senior Medical Center, Wells Law, Winston-Salem Journal, WSJS, WTOB** and **Lamar Outdoor Advertising**. Plan to attend the sale, donate books and volunteer!

To volunteer, call the Shepherd's Center to get involved!



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- Health & Beauty
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- News and Information

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Novant Health Grant



Forsyth Medical Center

Novant Health has provided funding to assist with our transportation program for 2023.

The grant funds will be used to provide for administration for this essential program which provided services for over 2,000 older adults in 2022 - a record for any one year - by responding to over 15,500 requests for transportation to medical appointments and grocery shopping.

The grant funds will enable us to address the growing number of transportation requests received from older adults throughout Forsyth County.

Referrals for the program come from other aging services providers, both hospital systems, local congregations, home health agencies and other social services organizations.

During Covid-19, we relied on private contractors to assist with trips. Fortunately, many of our volunteers have returned and are offering valuable time and skills to address the growing needs in our community.

Volunteers are always needed. Come join with others to make a difference!



Thanks to our Newsletter Sponsors

Dedicated Senior Medical Center

Modern Toyota

Senior Living Guide

Triad Retirement Resource Guide

Music and Memory

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A song or melody may be particularly relevant to a given time in life or a very emotional event and we may also make associations to people who are part of that time.

While going for a long walk we may be reminded of a song or piece of music that brings back fond memories.

Listening to music on the radio or TV (even some commercials), may bring evoke memories of the past, wonderful times, children, close friends or family.

While waiting for our cookies to come out of the oven, we may listen to a tune - or the words - which may remind of us of our high school or college days, a tune our mother, father or grandparents just loved during a time in the past.

One way to continue to remind yourself of good music is to join the Shepherd's Center Singers. The group meets every Tuesday afternoon to learn new music, sing old favorites, and enjoy the company of others who enjoy good music and friendships.

The Singers also bring their love of music to others by performing in locations around the community.

Contact Kristin Larson or Wanda Patterson with the Vital Living Program to join the Singers.

"We have to accept the fact that we are going to grow older and die someday."

Cicero



Advertisement



Volunteer Opportunities

Volunteers are needed to assist with

- **Transportation to medical appointments**
- **Assistance with grocery shopping**
- **Visitation and respite care**
- **Minor home repairs**
- **Health and wellness exercise class instructors**
- **Medicare counselors with the SHIP program**

If you have any questions or want more information call Cheryl Lane, Volunteer Coordinator at 336-748-0217.

Current volunteers are also challenged to recruit other volunteers!

A neighbor's independence depends on you!



The Vital Living Program Classes, Activities and Events

See the Vital Living Program News: **50 & Over Adult Content** for the weekly/monthly schedule.

What's happening...

Shepherd's Center

1700 Ebert Street, Winston - Salem

In Person Activities

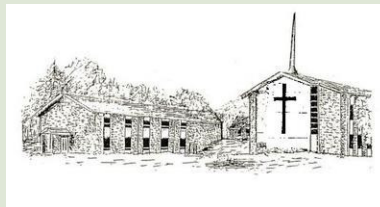
- Yoga for Healthy Aging (\$)
- Tai Chi for Older Adults (\$)
- Tai Chi Forms (\$)
- Tai Chi for Arthritis & Fall Prevention (\$)
- Ballroom Dancing (\$)
- Warm Water Exercise (\$)
- Beginners Bridge (\$)
- Intermediate Bridge
- Advanced Bridge
- Chess
- Artistic Expressions
- Cards & Board Games
- Knitting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

Virtual Zoom Classes

- Nutrition
- Exercises
- Health Presentation
- Mike Wells Law Presentations
- Wake Forest Law Presentations
- Winston Salem State University Presentations
- Way Back Wednesday
- Meditation
- Virtual Games
- Writing Workshop
- Thinking Out of the Box Discussion Group
- Welcome to Medicare
- SHIP Counseling



If you love to have fun and enjoy singing in 3-4 part harmony then please join the Shepherd's Center Singers and let's make beautiful music together!!
Email Carmina Jenks at pegjen2@gmail.com to join.



Don't miss the following classes at Pfafftown Baptist Church:

- Tai Chi for Older Adults
- Yoga for All Levels
- Chair Yoga

Please contact Kristin at klarson@shepherdscenter.org

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

Record Levels

Continued from Page 1

requests.

The need for minor home repairs has been identified as a significant need for older adults in our community and the Shepherd's Center is one of a very few organizations providing the services throughout the county.

A survey conducted by Age-Friendly Forsyth found that transportation and home repairs were among the top priorities of those surveyed.

The Vital Living Program offered a record of over 55 health and wellness activities as well as numerous opportunities for social interaction, life-long learning and support.

Activities include Tai Chi, Yoga, warm water exercise, bridge, chess, discussion groups, drumming and the Shepherd's Center Singers choral group.

A record **3,822** participants took advantage of the activities offered. The attendance in all activities exceeded **42,000!**

Also included in the program offerings is the Medicare counseling and educational offerings through the Seniors' Health Insurance Information Program (SHIIP). Over 1,100 beneficiaries were served during the year with services provided by trained volunteer counselors.

As noted, all of our programs and services are dependent upon the dedicated volunteers who are serving others in the community with the investment of their generous time, compassion and skills.

IN MEMORIAM

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

Virginia Bechdolt, 95, died on October 7, 2022. Virginia was a recipient of services and asked that memorials be made to the Shepherd's Center.

Wayne Foushee, 82, died on September 5, 2022. He was a long time volunteer driver for Saturday Night Fellowship from St. Paul's Episcopal Church.

Marie Tanner Hodge, 86, died December 19, 2022. Marie was an avid bridge player and played at the center several times per week. She and her husband, George, were also members of our Partner's Circle Legacy Society.

Susan Quick Phelps, 72, died on October 2, 2022. A retired education, Susan was an active member of the Shepherd's Center Singers Choral group.

Marvin Scherl, 85, died December 15, 2022. Marvin was a dedicated volunteer in a pre-school reading program conducted by the center prior to 2021. He and his wife, Linda, were members of our Partner's Circle Legacy Society.

Roger Squier, 84, died October 10, 2022. Roger served on the Board of Directors and as Treasurer of the board for many years. He was also a stalwart in the book center, loading uncountable boxes in our storage trailers and also helped staff the annual used book sale,

Dorothy Jenkinson Trotman, 101 died on August 29, 2022. She was a long time participant and donor to our mission..

Notes of Appreciation

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

"When the holiday gifts were delivered to my door, I was almost speechless. There was such a variety of things for me to use. Thank you. Thank you!"

"Thank you for offering the Welcome to Medicare seminars. It really helped me understand my choices prior to enrolling in Medicare"

"Thank you for installing the grab bars in my bathroom in such a timely manner. They have truly been a life-saver"

"Thank you for the holiday gift bag. I cried so much, as no one has ever given me such nice things. I am in a wheelchair and cannot walk now. I did not think I was going to get anything for Christmas, but your gifts were a blessing"

"Thank you for my transportation back and forth to my doctors and for my dialysis treatments"

"The Retirement Reimagined workshop helped me better determine what path I wanted to take in retirement and the relationships I wanted to focus on"

"Please thank both men for all of their hard work in fixing my front deck. They did an awesome job!"

"I would not be able to manage to get my food if you did not provide your grocery shopping service. Thank you!"

"Words cannot express how pleased and satisfied I am with the repairs that were completed in my home. Thank you very much!"

Truist Volunteers Provide Assistance

The Shepherd's Center is honored to have benefited from a number of Truist Lighthouse Project Teams through the years. We are glad that Truist continued



Truist Volunteers Provided Landscaping

that tradition of service by selecting us for several projects this fall. Volunteers provided needed landscaping assistance and painting which contributed to making our facility so much more inviting!

Volunteers also served two older women who benefited from the work that teams did at their homes. They were both elated to get those projects done and were so appreciative.

We express our appreciation to the entire Truist team. We believe our collaboration certainly makes this a more liveable community!



New Vital Living Program Assistant

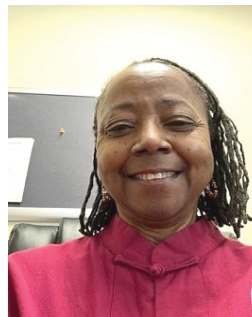
Wanda Patterson came to the Shepherd's Center to practice Tai Chi in 2019. After participating for several years, she became trained in Tai Chi and began teaching at the Shepherd's Center in the Fall of 2021, teaching Tai Chi for Arthritis and Fall Prevention and Tai Chi for Diabetes.

After becoming familiar with the Shepherd's Center, its mission and the staff, Wanda joined the Shepherd's Center as our Vital Living Program Assistant in November 2022.

Wanda enjoys teaching her Tai Chi classes in our very peaceful setting. Wanda is a native of North Carolina and a retired mathematics professor.

We are glad to have Wanda as an important "spoke in the wheel" of the Vital Living Program of the Shepherd's Center where she finds the activities to be so valuable to her peers and the community of Winston Salem.

Welcome aboard, Wanda!



VOLUNTEER OPPORTUNITIES

- Transportation drivers
- Minor home repairs
- Friendly visitors
- Landscaping
- Computer assistants
- Office assistants
- SHIIP Counselors
- Shepherd's Center Singers
- Book Sale volunteers for May 4 - 6, 2023
- Book Center volunteers

The Age Tipping Point

The number of Americans aged 65 and older has increased to approximately **56 million** - **17 %** of the population, nearly double the 1960 level of 9%.

The majority, about 55 percent, are women, and among those 85 years and older, nearly two-thirds are women.

In 2030, America will experience a demographic turning point when all baby boomers will be older than 65. That will equal 20% Americans. Also, by 2034, those older than 65 are expected to *outnumber children for the first time in U.S. history.*

Although COVID-19 reduced life expectancy of older Americans by approximately a year, Americans at age 65 years in 2021 could expect to live an additional 18 years on average.

Life expectancy at age 65 vary across America's racial/ethnic groups, with Asians experiencing the highest at 21 years, followed by Hispanics at 19 years and white Americans at 18 years. The lowest life expectancies at age 65 are among the Native American and Black population.



Services Offered for Caregivers

Recent funding from the American Rescue Plan Act supports two new programs. The **Caregiver Activity Pack** program provides carefully chosen objects, projects, and activities that (a) are appropriate for families living with individuals in cognitive decline and (b) can be carried out in the home as caregivers may find the need for new ways of relating or relaxing with care partners. Eligibility and enrollment requirements must be met.

The **Caregiver Book Discussion Group** is designed for those family caregivers with flexibility in their daily caregiving responsibilities. The intent of this project is to provide opportunities for education and socialization around a commonly read book. The ARPA grant allows us to provide books and lunch for Book Group discussions. Eligibility and enrollment requirements must be met for both of these programs.

The **Alzheimer's Association** offers a **Caregiver Support Group** at The Shepherd's Center on the second and fourth Thursdays of each month from 10:00 to 11:30. Register at act.alz.org/NCmonthlyprograms or **800.272.3900**.

It's All About You program is all about caregivers. The daily responsibilities of caring for a loved one can feel overwhelming. While caregivers are often told to take care of themselves, finding ways to actually do that can be challenging. Activities include free outings and activities in each season of the year, with outside events planned in spring and fall and indoor activities in summer and winter. This program is funded by the Family Caregiver Support Program and is coordinated by a team made up of Jeane Wooten and Sue Baker from Trinity Presbyterian Church, Ryan Gragg from ComForCare Home Care, as well as Linda Lewis and Carol Ann Harris from The Shepherd's Center.

To get your name on the contact list for It's All About You and other caregiver-specific programs and resources, contact Carol Ann Harris, charris@shepherdcenter.org, 336-748-0217.

Arbor Acres Provides Major Gift

In December 2022, the Board of Directors of Arbor Acres Retirement Community provided a major donation to the Shepherd's Center in recognition of our work with older adults throughout the community. It was a one-time grant with specific guidelines to help older adults with home repairs so they can continue to live independently and safely in the community.

The letter accompanying the donation read, in part, that "Arbor Acres is able to provide this gift due to unique circumstances we experienced this year. Our mission of "cultivating community, comfort and wellbeing of senior adults" includes support of our own residents.



In 2022, we found ourselves in a situation where we had more charitable resources to be used for the benefit of older adults with needs than we could provide ourselves. As a result, we feel assisting your organization is a wonderful opportunity for Arbor Acres to fulfill and extend its mission in a unique and impactful way. It is truly our pleasure to be in a position to partner with you in meeting the Shepherd's Center's mission while also expanding our own mission."

We are most grateful for the support Arbor Acres continues to provide for our mission of serving older adults in our community!

New Vital Living Offerings

Wanda and Kristin have been working hard to add fun and exciting classes and activities to the Vital Living Program calendar!

Here are some of our newest additions:

Ball Room Dancing - Luba Nemcow will be teaching different dance styles for four weeks beginning Monday, February 27, 2023 with the Waltz. Studies have shown that dancing regularly helps reduce the risk of falls and the development of dementia. Join this wonderful class! No partner needed!

Around the World Book Club. We are happy to announce that our Wednesday book club will return on Wednesday, March 15th, 2023 with a brand-new name. The Around the World Book Club will focus on different books from... you guessed it...around the world. Being part of a book club provides a great opportunity to socialize, expand horizons, stay current on social events and much more. For more information please contact Bonnie VanderVelde at bonnie2honden@gmail.com.

Beginner's Bridge - will be back on Monday, April 3rd for 6 weeks with our Spring Beginner's Bridge series. Bud Munnely teaches you all the in's and out's of bridge to prepare you for our Intermediate and Advanced Bridge classes. Studies show that playing cards can improve mental health and stimulate brain activity.

For a full list of our ongoing and upcoming activities please contact Kristin Laraon or Wanda Patterson at 336-748-0217 or Info@shepherdscenter.org to be added to our weekly e-newsletter.

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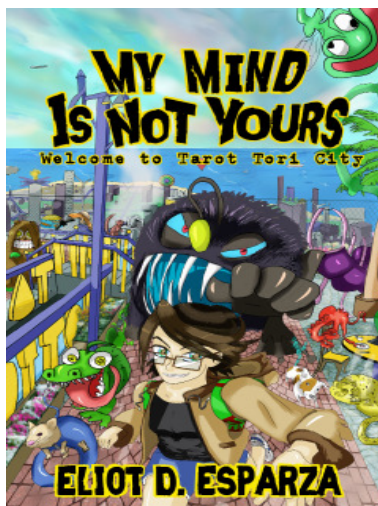
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Employee Publishes First Book

Eliot Esparza, Shepherd’s Center office assistant, is about to become a first-time book publisher. He works part time in the afternoon and spends his off hours authoring books for young adults.

His soon to be published book, *My Mind Is Not Yours*, is a story about a young detective, Florian Lilly Cobblestone, with a unique ability to inter-operate and decipher spirit animals. The book series explores unique confident characters, a futuristic city, and criminal masterminds. This is the beginning of a grand eccentric detective series.

Eliot was born in Winston-Salem. He’s helped the community with The Center for New North Carolinians, Habitat for Humanity, and now the Shepherd’s Center.



He loves analyzing thought-provoking stories across all mediums and strives for the most entertaining story-telling possible. Check out EliotDEsparza.com to order his new book and find more stories by Eliot.

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 by the Shepherd’s Center.

The Powerful Tools for Caregivers course has been offered for many years working in partnership with other organizations in the community. Trained, experienced instructors lead these supportive sessions.

Hundreds of caregivers have participated over the years and have found the course to be very helpful in their role as caregivers.

Upcoming classes are being planned for the Spring and later in the year.

If you would like to enroll in an upcoming class, contact Carol Ann Harris at 336-748-0217.

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**“Old and young,
we are all on our last
cruise.”**

Robert Louis Stevenson

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For more information
scan here



Exciting Vital Living Programs and Activities See Details Inside!

Calendar of Events

March - September

March - April

March 30

May

May 4 - 6

- Vital Living Program classes and activities (see Page 7)
- Powerful Tools for Caregivers Classes (see Page 11)
- Volunteer Appreciation Luncheon - Ardmore Baptist Church
- Older American's Month Theme - "Aging Unbound"
- Used Book Sale, 9 am - 9 pm (Thurs & Friday); 8am - 2 pm (Sat)
Education Bldg, Winston-Salem Fairgrounds



Check our Website at www.shepherdscenter.org for the monthly Calendar of Events