



The Shepherd's Center
Connection
staying connected while we are apart



Naturally Occurring Retirement Communities: A Model for Aging in Place



In Naturally Occurring Retirement Communities or NORCs, aging in place isn't just an option; it's a way of life

Have you ever noticed a neighborhood in your community where older adults seem to have thrived, setting down roots and staying long after becoming empty nesters or even retiring? Perhaps certain aspects of the community in question have enticed them to stay, such as close proximity to health care organizations, access

to reliable public transportation or the presence of walkable streets leading to vibrant commercial districts.

While most people can think of at least one such place, what they may not know is that these communities have a name — Naturally Occurring Retirement Communities (NORCs). And in these neighborhoods, aging in place isn't just an option; it's a way of life.

Understanding NORCS: Characteristics and Benefits

Orion Bell, President and CEO of [Benjamin Rose](#), a Cleveland-based non-profit focused on supporting the aging journeys of older adults and those who care for them, has recently become a bit of an encyclopedia on NORCs after beginning work to bring the model to the organization's own neighborhood.

"NORCs create an opportunity for service coordination, an elevation of things that already exist."

"In a NORC, at least 40% of residents are aged 65 and older," Bell explains.

"NORCs are not planned communities for older adults. They are areas where, just through the normal pattern of people moving and establishing their homes there, the residents have chosen to stay and age in place."

NORCs should also be identifiable as neighborhoods, with set boundaries. "For a NORC to be effective, they need to be compact," says Bell. "About the size of an elementary school district is a good standard, or about 500-600 households if you're taking high rise apartments in cities like New York into account."

Most importantly, the services already existing within a NORC make it easier to provide for the needs of the older adults who live there. "NORCs create an opportunity for service coordination, an elevation of things that already exist," Bell adds. "They offer amenities like home- and community-based services, senior community centers, [transportation](#) services, and opportunities for minor home

modifications, all based on what already exists in the neighborhood and happens organically."

In the 90s, a federal grant program through the Department of Housing and Urban Development was established to award funding to neighborhoods that met these parameters and applied for formal designation. Though the specific funding mechanism that existed back then is no longer in place, avenues for funding and recognition still exist through other sources, and the NORC model continues to serve as a tool to think about service coordination and delivery.

Research into utilization of NORC offerings showed that these communities are about more than just health care for older adults.

Aging in Place: More Than Just Health Care

Bell's interest in NORCs follows in the footsteps of Dr. Georgia Anetzberger, a former researcher at Benjamin Rose and current consultant and adjunct at Case Western Reserve University. Anetzberger conducted a research study on Community Options of Great Cleveland, Ohio, a program designed to support local older adults living in NORCs.

Anetzberger's research into utilization of NORC offerings showed that these communities are about more than just health care for older adults. Residents reported that the resources and services they most frequently used were monthly group luncheons, community [newsletters](#), recreational outings and opportunities to get out into the community and volunteer. 82% of residents praised the support of NORCs in allowing them to continue living in their homes; 80% said they felt they had increased contact with neighbors; 71% reported better access to help when needed; and 65% felt they were given regular opportunities to give back to the community.

Larchmere: A Case Study in Cleveland

Bell had previously been involved in working with NORCs at a previous position with CICOA, the Area Agency on Aging in Indianapolis, but his interest was reignited when a longtime board member advocated for Benjamin Rose to explore whether the local Larchmere neighborhood qualified as a NORC.

"The Larchmere neighborhood where the Benjamin Rose headquarters sits is a community in the city of Cleveland, not terribly far from Case Western University, that is very much an identifiable neighborhood," says Bell. It neighbors Shaker Heights, a setting literary fans may recognize from the bestselling novel and Hulu series "Little Fires Everywhere."

"The idea and the concepts of a NORC can be applied to any neighborhood where there is a significant resident demand or need."

However, the process of establishing Larchmere as a NORC wasn't without its challenges.

"As we started to think about this project, we engaged with the Center for Community Solutions [CDC] and did a deep dive into census data," Bell explains. "If you walk the Larchmere neighborhood or attend community meetings, you see a lot of older adults, so on the surface, it looked like it would fit the necessary age demographics. However, when you take the aggregate of the neighborhood, there's a lot of student housing and some worker reentry programs based in the area with multiple apartment buildings, which pull the average age down. So in terms of a formal NORC designation, the Larchmere neighborhood doesn't perfectly fit the demographic criteria."

However, the CDC did uncover through census data that there were adjoining block groups in Larchmere that aligned more closely with NORC criteria.

Larchmere also has a better than average AAARP Livability Index score, as well as several community assets, such as area development groups, community and merchants associations, two dedicated ward councils, and two nonprofits within

Cleveland's aging network, Benjamin Rose and Fairhill Partners. Larchmere also falls within Cuyahoga County, which is currently spearheading an exciting "[livable community](#)" initiative to approve the area's overall age-friendliness.

These findings laid the groundwork for the establishment of a steering committee made up of these community groups, which aimed to adapt the NORC model to the areas of Larchmere older adult residents called home.

"The idea and the concepts of a NORC can be applied to any neighborhood where there is a significant resident demand or need," Bell explains. "NORCs provide a good, research-supplemented framework of the kinds of things people in these communities benefit from and look for."

"What residents want should be just as big a part of the conversation as what they need."

The Larchmere steering committee has already seen their work take root in the committee. "One of the things that we've found is that many residents, even if they've lived here a very long time, don't know many local groups and services exist," says Bell. "Or they might know us, but aren't aware how our organizations can connect them with our programs or opportunities. Beginning these conversations has opened the door to a lot of important information sharing and community network building."

For individuals seeking to replicate the NORC model in their own communities, Bell offers a pragmatic roadmap grounded in community-driven action. "Check with a [local](#) Area Agency on Aging to see if you're already in a NORC," he advises. "If not, look into neighborhood census data and see what you find. Is a significant part of the population over the age of 65? Are there existing amenities in your area that can support aging in place? Would residents benefit from better structure and collaboration across local programs, entities and initiatives?"

Bell underscores the importance of prioritizing resident input in shaping NORC initiatives. "For a NORC to work, they should be person-centered," he says. "What residents want should be just as big a part of the conversation as what they need."

Drawing attention to communities where older adults thrive can also have wider benefits for cities and towns. "One of the most important things I've taken away from my work is that the NORC conversation is not just about livability for older residents," Bell concludes. "The amenities and features in the community that make it an attractive place for older adults also make it appealing to parents, or first-time homebuyers just starting out."

He continues, "Conversations about economic development, neighborhood revitalization and age friendliness should all be happening at the same time. They're not either/or choices. They're all compatible with each other in terms of what elevates the community."

[Source](#)

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Virtual Programs

(all programs are free unless noted)

Please note: Shepherd's Center Staff can only provide Zoom assistance for events we are hosting (all Shepherd Center Zooms are marked with an *). If you have trouble with other meetings, you will need to contact the organization hosting the program.

Tuesday

***4:30 PM: Writing Workshop on Zoom:** Have you always wanted to write your story but you don't know how to start? Susan Surman, award winning author and playwright, will inspire attendees to jump start their creative juices related to their personal life and journey. The workshop is open to everyone. Feel free to join at any time. **Join us by [clicking here](#). The meeting ID is 964 9593 4742 and passcode is 348466. You may join by phone by dialing 1-929-205-6099.**

Ongoing & Upcoming Virtual Events

Aging Well Series, 2nd Tuesday of each month, 5:30PM-6:30PM sponsored by the Wake Forest Baptist Health, Sticht Center for Healthy Aging and Alzheimer's Prevention
[JOIN IN HERE](#) Passcode: 554736

Free Virtual Chair Yoga Classes with Anthony Serpiello. [Click here](#) to visit his YouTube channel.

Programs at The Shepherd's Center

Mondays

1:30pm – 3:45pm: Euchre No cost. Meets on lower level.

1:30pm - 4:00pm: Chess and Cards with Paul Sluder No cost. Meets on the upper level.

Tuesdays

9:15am - 10:15am: Tai Chi for Older Adults with Misako Kay \$2 donation suggested. Class meets on the upper level.

9:30am - 11:30am: Intermediate Bridge \$2 donation suggested. Meets on upper level.

12:00pm - 1:00pm: Tai Chi for Arthritis and Balance I and II with Wanda Patterson. No cost. Meets on upper level.

1:00pm - 3:00pm: Knitting & Crochet No cost. Meets on the lower level.

2:00pm - 4:00pm: The Shepherd's Center Singers Meets on the upper level.

Donations Suggested. Please contact Carmina Jenks to join at pegjen2@gmail.com.

6:30pm - 8:00pm: Community Dharma Open group meeting. For more information; please contact wsdharmacommunity@gmail.com.

Wednesdays

9:30am - 11:30am: Advanced Bridge \$2 donation suggested. Meets on lower level.

12:00pm - 1:00pm: Tai Chi for Body, Mind and Spirit with Sandy Seeber. This is an ongoing class which meets at Miller Park Shelter #10 (located beside Shelter #1 and the restrooms). Beginners are welcome! If you are interested in joining, please contact Sandy at sandyseeber2014@gmail.com, or call at 336-409-8591.

1:30pm - 4:00pm: Adult Coloring No Cost. Meets on upper level.

1:30pm - 4:00pm: Fellowship & Games No cost. Meets on lower level.

4:30pm: Arthritis Workshop No cost. Meets on upper level. ***Meets once a month.** Stay tuned to our e-newsletter and flyers for specific date and topic.

Thursdays

9:30am - 11:30am: Advanced Bridge \$2 donation suggested. Meets on lower level.

10:00am – 11:30am: Alzheimer's Support Group Meets 2nd and 4th Thursday on the upper level.

11:00am - 11:45am: Tai Chi for Arthritis and Fall Prevention with Wanda Patterson No cost. Meets on the upper level.

12:00pm – 1:00pm: Tai Chi for Energy with Wanda Patterson No cost. Meets on the upper level.

12:00pm - 1:00pm: Adult Children of Alcoholics Support Group Class will meet in person on the upper level. If you are interested in attending please contact Kristin at klarson@shepherdscenter.org.

1:00pm - 3:00pm: Chess and Cards with Paul Sluder No cost. Meets on the lower

level.

3:00pm - 4:30pm: Thinking Outside the Box Open discussion group. No Cost.
Class will meet in person on lower level.

Fridays

9:30am - 11:30am: Advanced Bridge \$2 donation suggested. Meets on lower level.

10:00am - 12:00pm: Writing Stories for Your Life No cost. Meets on upper level.
Meets every third Friday. **GROUP IS FULL

Drop-in Activities at the Center - Tablet and laptop access offered by appointment.
Activities include: social corner; puzzle exchange; card & board games; piano; book exchange; Wi-Fi; tablet games; chess and adult coloring books. Check out our new meditation area located at the old walking trail!



Our Shepherd's Center Singers are proudly sponsored by Carruthers & Roth, P.A. Carruthers & Roth, P.A. has a team of wills, trusts and estate planning attorneys who focus on strategies that can help you preserve and safeguard wealth. We offer a complete range of solutions involving estates, trusts, business succession, asset protection, wealth transfer, tax planning and estate administration – all focused on helping you achieve your personal and financial goals. **Please contact Pat Haywood at jph@crlaw.com or (336) 404-6368 for more information.**

Classes/activities that are located out of the Center

Salemtowne Retirement Community 1000 Salemtowne Dr, W-S

-Warm Water Exercise: Pricing: Unlimited sessions: \$25/month for Shepherd's Center members and \$30/month for nonmembers. One Session per week: \$12/week for Shepherd's Center members and \$15/week for nonmembers. Please mail or drop off payments at the Shepherd's Center of Greater Winston-Salem 1700 Ebert St. Winston-Salem, NC 27103.

Tuesdays, Thursdays & Fridays at 11:00am

Tuesdays & Thursdays at 1:00pm

Pfafftown Baptist Church 4336 Transou Rd, Pfafftown

- Tai Chi for Older Adults with Misako Kay - **Mondays 2:00pm** \$2 Donation suggested
- Yoga with Susan Hunsinger - **Thursdays 1:00pm** \$2 donation suggested.

Mary Alice Warren Community Center 7632 Warren Park Dr, Lewisville

- Write Place, Write Time - **Every 1st & 3rd Monday 10am-11:30am**
- Writing Stories from your Life - **Every Second Monday 10am-12pm.**

St. Clement's Episcopal Church 3600 Harper Rd, Clemmons

- Drawing 101 with Margaret Miller - **Tuesdays 9:30am-12pm. No cost**

The Unitarian Universalist Fellowship of Winston Salem 4055 Robinhood Rd,
Winston Salem

- Flexibility and Mobility for Living Your Best Life - **Wednesdays 1:30pm-2:30pm.**
No cost

Break Time Billiards 420 N Jonestown Rd, Winston-Salem

- Free session of pool and free instruction with Robin Kelly - **M-Th 4:00pm-6:00pm**
& **F 12:00pm-6:00pm. Must have a ticket to play. Tickets can be picked up at Break**
Time or the Shepherd's Center.

Parkway United Church of Christ 1465 Irving St. Winston Salem

- Community Drumming Circle - **Every 2nd & 4th Thursday 5:00pm-5:45pm. No cost**
- Tai Chi with Misako Kay - **Fridays 9:00am-10am. No cost**

Brown & Douglas Neighborhood Center 4725 Indiana Ave, Winston-Salem

- Zumba Gold - **Mondays and Fridays 12:00pm. No cost.**

For more information please contact Kristin Larson at
klarson@shepherdscenter.org



The Shepherd's Center of Winston-Salem &
St. Clement's Episcopal Church
present...



Drawing 101 Plus



**Tuesdays,
9:30am-12:00pm**

**Classes will be held at St. Clement's
3600 Harper Rd, Clemmons**

Lets jazz up our art classes and have fun creating.
Your choice from portraits to landscapes. Yes, you Can
do it, bring your imagination along and you will be
amazed!

No cost to attend.



The Shepherd's Center of Greater Winston-Salem

Presents a FREE seminar:

“Welcome to Medicare”

If you will be eligible for Medicare soon, learn about the many options available so you can make the choices that are right for you!

Monday, May 20, 2024
4:00 - 5:30 p.m.

Virtual Workshop
Via Zoom

Space is limited.
Reservations are required!

If you have questions or would like to reserve a seat, call or email:

The Shepherd's Center
(336) 748-0217

Info@Shepherdscenter.org



Seniors' Health Insurance Information Program





Personalized Physical Therapy and Wellness
&
The Shepherd's Center of Winston-Salem



Improve Your Golf Game & Prevent Injuries



**Wednesday, May 22, 2024
4:15pm**

Join us on the Shepherd's Center's upper level
at 1700 Ebert St., Winston-Salem

Join Dr. TJ McClurg with Personalized Physical Therapy and Wellness. Dr. McClurg will be hosting a FREE workshop that will focus on Improve your golf game and prevent injuries with our specialized workshop designed to enhance your mobility and flexibility on the golf course. Led by a Physical Therapist certified by the Titleist Performance Institute.

You must be registered to attend. Space is limited.
Please scan QR code to register





Yoga for the Pelvic Floor Workshop

Karen S. Hoglund
Certified Yoga Therapist (C-IAYT)
&
Yoga Teacher (815-hour RYT)

1:00 – 3:00 pm
May 23, 2024
Pfafftown Baptist Church



This workshop will introduce ...

- * Information about stress incontinence & urge incontinence & why Kegels are not always the answer.
- * Learn yoga poses that strengthen & stabilize too loose (hypotonic) pelvic floor muscles & other poses/breathing techniques that relax & stretch too tight (hypertonic) pelvic floor muscles.
- * Beginners are welcome! If you cannot transition down to the floor, please notify Karen.
- * Handouts will be provided after the workshop.

You MUST be registered to attend!

Call The Shepherd's Center (336) 748-0217 to sign up.





The Shepherd's Center's Vital Living Program presents....



Tai Chi with Misako Kay



**Four Fridays, Beginning June 7, 2024
9:00am-10:00am**

**Classes will be held at
Mary Alice Warren Community Center
7632 Warren Park Drive, Lewisville**

Tai Chi is a slow, graceful form of exercise often described as “a moving meditation.” It originated in ancient China and was once performed only by royal families as a secret to longevity. Today it is practiced regularly by millions of people around the globe, because it improves balance, reduces stress and offers pain relief for those with arthritis and other chronic conditions.

No cost. You must be registered to attend. Class is limited.

Call 336-748-0217 to register.



Embracing Wellness: Tips for Healthy Aging

We are all aging but how we do it is up to us. Join us to learn ways to embrace wellness as we age, including tips about physical activity, food choices, managing chronic conditions, and more.

This is a virtual workshop presented by the North Carolina Cooperative Extension that will be on view at the Lewisville Branch Library. It is part of the 2024 Extension at Home series, which features a new topic each month related to Family and Consumer Sciences. There is no advance registration to attend at the library. Drop by with your lunch and learn with others.



If you wish to participate from home, scan the QR code to register.



Lewisville Branch Library
6490 Shallowford Road
Lewisville, NC 27023
336-703-2940



Eldercare Series

Understanding Trauma and PTSD in Older Adults

Wednesday, May 8 at 10 a.m.
Lewisville Branch Library

Understanding Chronic Stress

Thursday, May 16 at 11 a.m.
Forsyth County Central Library



This series seeks to increase the community's knowledge and understanding of mental health and substance use issues facing older adults. Presented by the Geriatric Adult Specialty Team of Partners Health Management.

Upcoming Eldercare classes: Understanding Loneliness and Social Isolation, Understanding Late Life Depression, and more throughout 2024. For a full listing of topics and dates, go to bit.ly/496FnJp or use the QR code.



Scan here
to learn more.

Registration is requested. Please call the branch of the program you wish to attend.

Forsyth County Central Library
660 W. Fifth St.
Winston-Salem, NC 27101
336-703-3020

Lewisville Branch Library
6490 Shallowford Road
Lewisville, NC 27023
336-703-2940



NH

Stroke Support Group

**May is National Stroke Awareness
Month**

"Your Mental Health after a Stroke"

&

**"Know your brain"
and**

**"My Stroke of Insight"
by Dr. Jill Bolte Taylor**

**A Neuroscientist's personal journey of stroke
recovery**

(Interactive discussion and book review)

Stroke Support Group Meeting:

When: May 14th, 2024 at 2pm-4pm

Where: Forsyth Medical Center in the
Conference Center Meeting Rooms

Making healthcare remarkable

Speakers:

Dr. Lauren Peruski, Neurologist

Sanchela K Sen, OTD, MS, OTR/L, BCPR

AOTA Board Certified in Physical Rehabilitation

Jessica Bruno, MS, LMFT

Clinical Director of House Call Counseling

Music by Tom Deaton-Stroke Survivor-musician

Please feel free to bring a family member or friend!

Allison Hooker RN, BSN, SCRNI

April Acquaviva, RN, BSN, SCRNI, CNRN

Clarissa Lowery, RN, BSN, CCM, SCRNI

Phone: (336)-718-5284 or via E-mail

***Park in the Visitors Parking deck-parking
passes will be issued at meeting**

**NH NOVANT
HEALTH**

BROWN & DOUGLAS RECREATION CENTER 4725 INDIANA AVE.

**OLDER
AMERICANS
MONTH**



SPRING FLING

FRIDAY, MAY 17, 2024
10 A.M.– 2 P.M.



Join us for BINGO, fitness class demonstrations, information and entertainment.

Contact Serena for more info
336.661.4987 or serenam@cityofws.org



BROWN & DOUGLAS NEIGHBORHOOD CENTER
4725 INDIANA AVENUE

Movement & Memory *with Deborah*

1st and 3rd THURSDAYS at 11 A.M.

Contact Serena Mumford
336.661.4987 | serenam@cityofws.org



WATCH OUR VIDEO!



Chair Yoga For Chronic Pain

Do you have chronic pain and feel you would benefit from some gentle movement while learning about how to reduce pain? Come learn relaxation techniques and coping strategies while incorporating movement into your week. Curriculum handouts are provided and are designed for people with little to no yoga experience.

Wednesdays July 10th through July 31st
5pm-upper level of the Shepherd's Center
\$35 for the 4 session weekly program

Led by Jennifer Oblinger, PT, DPT, CSCS, TPS

To register: contact Jennifer at 336-283-3138, texting preferred



Images from <https://australiancarersguide.com.au/chair-yoga-poses-for-seniors/>

Our programs and services are of no cost to those we serve, but we are only able to provide them through the financial support of folks like YOU. Please consider making a donation today. [Click HERE for](#)

*[more information and ways to donate](#), or **click the button below to donate online.***

[Forward this email to a friend!](#)