



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



How Social Support Contributes to Psychological Health



Social support is often identified as a key component of solid relationships and strong psychological health, but what exactly does it mean? Essentially, social support involves having a network of family and friends that you can turn to in times of need.

Whether you are facing a personal [crisis](#) and need immediate assistance, or you just want to spend time with people who care about you, these relationships play a critical role in how you function in your day-to-day life.

It is social support that builds people up during times of [stress](#) and often gives them the strength to carry on and even thrive.

But social support is certainly not a one-way street. In addition to relying on others, you also serve as a form of support for many people in your life.

Why Strong Social Support Is So Important

Psychologists and other mental health professionals often talk about the importance of having a strong social support network. When trying to reach our goals or deal with a crisis, experts frequently implore people to lean on their friends and family for support.

Research has also demonstrated the link between social relationships and many different aspects of health and wellness.¹ Poor social support has been linked to depression and [loneliness](#) and has been shown to alter brain function and increase the risk of the following:

- Alcohol use
- Cardiovascular disease
- Depression
- Suicide

In one study of middle-aged men over a seven-year period, those with strong social and emotional support were less likely to die than those who lacked such relationships.²

Social Support vs. Integration

So, which aspects of our social environments are so vital to health? And how exactly do our social environments impact our overall well-being? There are two

essential aspects of our social worlds that contribute to health: social support and social integration.³

Social Support

Social support refers to the psychological and material resources provided by a social network to help individuals cope with stress. Such social support may come in different forms, and might involve:

- Helping a person with various daily tasks when they are ill or offering financial assistance when they are in need
- Giving advice to a friend when they are facing a difficult situation
- Providing caring, [empathy](#), and concern for loved ones in need

Social Integration

Social integration is the actual participation in various social relationships, ranging from romantic partnerships to friendships.⁴ This integration involves [emotions](#), intimacy, and a sense of belonging to different social groups, including being part of a:

- Family
- [Partnership](#)
- Religious community
- Social activity

Experts suggest that being integrated into such social relationships confers a protective benefit against maladaptive behaviors and damaging health consequences.

Types of Social Support

Supportive social networks can come in different forms and play different roles in your life. Three of the main types of social support are emotional support, instrumental support, and informational support.

Emotional Support

Sometimes the people in your life provide emotional support. They back you up when you need it and are there with a shoulder to cry on when things don't go your way. This type of support can be particularly important during times of stress or when people are feeling lonely.⁵

Instrumental Support

In other cases, the people in your social network might provide instrumental support. They take care of your physical needs and offer a helping hand when you need it.⁶ This might involve bringing you a hot meal when you are sick or giving you a ride when your car is in the shop. Such support is important when people have immediate needs that must be addressed.

Informational Support

People can also provide what is known as informational support. This can involve providing guidance, advice, information, and mentoring. Such support can be important when making decisions or big changes in one's life.⁷

By having this form of support, people may feel less anxious and stressed out about the problems they are trying to solve thanks to the advice of a trusted friend, mentor, or loved one.

As you might imagine, people in your social networks may take on different roles. A teacher might provide informational support, while a parent might provide all three types. By having a solid social support network, you are more likely to receive the type of support that you need when you really need it.

Examples of Social Support

Social support can occur in many forms and from many different people in your life. Co-workers may offer support in the workplace, while friends and family may provide emotional or practical support in other areas of your life.

A few examples of social support include:

- Listening to a friend talk about a stressful situation
- Validating another member of a support group when they talk about their feelings
- Cooking meals for a neighbor who has been feeling ill
- Praising an employee for doing a good job
- Providing constructive feedback on someone's work to help them improve
- Helping someone with housework when they are struggling with feelings of depression

Health Benefits of Social Support

So now that we understand that our social support systems involve both different types of social support as well as integration into different social groups, it is time to take a closer look at exactly how these social relationships influence both physical and mental health.

Healthy Choices and Behaviors

Participation in social groups has a normative influence on behaviors, often influencing whether people eat a healthy diet, exercise, smoke, drink, or use illegal substances.⁸

Clearly, social groups can sometimes have a negative influence in this regard when peer pressure and influence leads to poor or even dangerous [health choices](#). However, group pressure and support can also lead people to engage in healthy behaviors as well.

If you have ever tried to give up a bad habit, such as smoking, you probably realize just how important social support can be. If your social connections do not support you, it can make success much more difficult. If your friends and family offer support and encouragement, you may find achieving your goal much more possible.

Coping With Stress

Social support also helps people to cope with stress. Stress has been shown to have serious health consequences ranging from reduced immunity to increased risk of heart disease.

Being surrounded by people who are caring and supportive helps people to see themselves as better capable of dealing with the stresses that life brings.

Research has also shown that having strong social support in times of crisis can help reduce the consequences of trauma-induced disorders including PTSD.⁹

Improves Motivation

Social relationships can also help people to [stay motivated](#) when trying to achieve their goals. People who are trying to lose weight or quit smoking, for example, often find that it helps to connect with people who are actively trying to attain those same goals.

Talking to people who are going through the same experience can often be a source of support, empathy, and motivation.

A Word From Verywell

Every once in a while, it can be important to assess your relationships:

- Do you have enough social support?
- Would you benefit from deepening your current relationships?
- Could you use some new social contacts or social outlets?

You might decide to get more proactive about giving and getting emotional support. It could greatly improve the quality of your life.

And if you're struggling to make friends or keep them, you might reach out to a therapist. A mental health provider may be able to assist you in managing your relationships in a healthy way so you can have the social support you need to be your best.

[Source](#)

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NEWSLETTER CONTENTS

May 6 - May 10

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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:** No workshop this week.

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 Winston-Salem
& Parkway United Church of Christ present



Beginning Jewelry-Making



**Wednesday, May 15, 2024
9am-11am or 11am-1:00pm**

**Classes will be held at
Parkway United Church of Christ
1465 Irving St. Winston Salem**

Learn how to choose your jewelry-making materials and put them together into a simple, pretty necklace or bracelet set. Experienced designers will be present to guide you through the process from beginning to end.

No cost. Supplies and instruction included.

You must register for either the 9:00am or 11:00am session to attend. To register call 336-748-0217.



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.





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/>

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



SPRING YOUTH DIALOGUE SERIES



EXAMPLE TOPICS:

What is the value of kindness?
What is challenging about being your age?
What is strength through struggle?
What is great leadership?
What does it mean to be alive?

WHAT PARTICIPANTS ARE SAYING:

"This dialogue really helped us to expand what we think on everyday topics"
"by putting aside judgments...it feels joyful and serene"
"I liked that it was more of a discussion and not a debate"
"really trusting each other feels good"
"more freeing - your armor is shedding"
"I am learning so much" "I really needed this"

7:30 - 8:30PM ET

APR 11, 18, 25 | MAY 2, 9

JOIN ONE OR MORE OF OUR FREE SESSIONS

CALLING ALL STUDENTS, TEACHERS, PARENTS, YOUTH
PROGRAM LEADERS & ANYONE INTERESTED IN
ENGAGING ACROSS GENERATIONS

Come be a part of a youth dialogue experience, an ongoing project affiliated with the Leadership Forum Community. We are building off of our success from last year and are excited to keep the momentum strong. We recommend coming to several sessions to gain the full experience, but even come to one first and give it a try.

The dialogues are a moderated space where small groups of students and adults are immersed in a different kind of dialogue - one that creates an open space to think together and share without judgement - one that inspires creativity, leadership and seeing today's challenges in a new light.

For more information or to sign up, please contact:
suerose13@gmail.com



****If this is your first time coming, please plan to join the Zoom call 15 minutes early (7:15pm) for a short introduction to this method of**

Dialogue. Thanks!

[Click here to join](#). Meeting ID: 895 2559 1323 Passcode: 194979



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





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**



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!](#)