The Center Post

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

Welcome 2024
Executive Board of Directors
Frank Robbins, President
Randall Jenkins, ${ }^{\text {st }}$ Vice President
Taylor Thornton, $2^{\text {nd }}$ Vice President
Susan Furmage, Treasurer
Logan Robbins, Assistant Treasurer
Beth Johnson, Secretary
Lisa Bugg, Past President

## New Board Members

Scott Alderman
Emily Farrell
Neil Street
Dr. Althea Taylor-Jones
Returning Board Members
Bill Dreshfield
Mindy Grubb
Joey Herman
David Jones
Sonia Martin
Amanda Ruark
Lisa Simmonds
Samia Wilson

## Board Members Emeritus

Curtis Campbell
Irvin Grigg
Sandra Jennings

## Spread the Love Summit Church

For the 3rd year in a row, we are partnering with


The Summit Church for a Valentine's Day Blessing Project. We plan to provide 50 Sweetheart Meals for our Friendly Caller service recipients around the week of Valentine's Day. We chose a hot meal, as many of our Friendly Caller recipients live alone, have lost their spouse, and may no longer cook. The Summit Church volunteers will purchase, plate, and deliver these meals to our service recipients. Our goal is to provide a special meal for a special someone and spread love throughout the community.


## Join Our Team!

Are you looking for a way to give back to your community? We are seeking 1-3 passionate and dedicated individuals to join our team as part-time program office volunteers. You can make a difference in the lives of adults and contribute to creating a vibrant and supportive community. Volunteers will work in an office setting for 3-4 hour shifts Monday-Friday to assist with programming office duties. Computer, office, and customer service skills and experience are required. Physical work includes standing and sitting for long periods of time, lifting 10-20 lbs . regularly, and assisting with table and chair setups for programs. Applications can be filled out at our front desk or online on our website. If you have any questions or are interested, contact Claire at 336-996-6696 or email claire@shepctrkville.com

## Dear Friends of The Shepherd's Center,

I want to express my heartfelt gratitude to all the incredible individuals I've had the privilege of meeting and collaborating with during my time at The Shepherd's Center of Kernersville (TSCK). As I retire from my role as Executive Director at the close of 2023, I am confident that the organization is in excellent hands. Lisa Miller will be serving as the Interim Director until a permanent replacement is chosen, and I'm pleased to share that Claire, Thomas, and Debbie will continue to excel in their current roles.
Kernersville is truly fortunate to have an exceptional organization dedicated to assisting seniors and adults with disabilities in aging gracefully. I urge everyone to help spread the word about the myriad of programs and services offered by The Shepherd's Center. A special note of appreciation goes out to our devoted volunteers who play a crucial role in meeting the diverse needs of those requiring transportation, a friendly call, handyman services, and more. I'm also grateful to our program instructors and attendees for their contributions and bringing new ideas and participants through our doors. The Shepherd's Center remains steadfast in its commitment to serving you. I encourage your ongoing support for the organization's programming and services through volunteering, attending classes, and generous donations. Here's to a fantastic 2024 for everyone. Should you need assistance from TSCK or if you'd like to make a positive impact on the lives of others through The Shepherd's Center, please don't hesitate to reach out.
As I retire, I look forward to what lies ahead. I will always keep The Shepherd's Center and the people close to my heart. Thank you for the past six wonderful years.

Best Wishes, Lynne Garms

## Thank you



We're blessed to have our community support our Holiday Blessing Project. These groups adopted our service recipients in order to allow them to open several gifts on Christmas.
We would like to share our thanks to:

- Kernersville Wesleyan Church
- The Summit Church
- Kernersville Women's Club
- Kernersville Lion's Club
- Morris Chapel UMC Faith \& Friendship Class
- The Crossing Church (Union Cross) Marshall's Group
Also, thank you to our many volunteers for helping with the delivery of these gifts.


Suellen Thompson Transportation, Personal Shopper \& Blessing Project Volunteer

## AARP Tax-Aide Free Tax Counseling Preparation \& E-Filing for In-Scope Taxpayers

## Monday - Friday from 9:00 am to 3:00 pm

You must pick up a tax preparation packet on our front porch with instructions. You must put a name and phone number for any packet that is picked up.

Appointments will be February 1- April 12, 8:30 to 12:00 pm Wednesday, Thursday, and Friday and a few Saturday Appointments Tax Preparation by Appointment Only (No walk-ins)<br>You may schedule an appointment beginning January 15<br>after you have picked up and completed your packet by calling 336-992-3180.

## Items you will need to provide to have your return prepared:

- Photo ID for taxpayer (and spouse, if married): driver's license, passport, etc.
- Social Security card for all persons on the tax return: taxpayer, spouse, and anyone claimed as a dependent
- Tax forms for all sources of income including W-2 forms from employers, 1099 forms for other income: interest or dividends
- Social Security, retirement, or pension accounts, non-employee income, credit card payments, unemployment benefits, cancellation of consumer credit card debt, etc.
- Tax forms for expenses such as childcare, higher education, health insurance purchased on the Marketplace, retirement contributions, Health Savings Accounts, etc.
- Any correspondence you received from the IRS
- If you are self-employed, a summary of expenses related to your self-employment. You must pick up and complete the Self- employment worksheet (available when you pick up the tax preparation packet).
- If you think you might be eligible to itemize deductions, a summary of your deductible expenses (this is not common). You must pick up and complete the itemized deduction worksheet (available when you pick up the tax preparation packet)
- Last TWO year's federal and state income tax returns you filed
- Power of Attorney documents if spouse is unable to attend. Death certificate if spouse is deceased


## For more information visit the AARP Tax-Aide Kernersville website.

 https://sites.google.com/view/aarp-tax-aide-kernersville/home or call 336-310-9007 or 336-310-6639 or email: ax-Aide.Kernersville@gmail.com

# PIEDMONT PLUS 

## SENIOR GAMES \& SILVER ARTS

## 2024

# KICK-OFF PARTY 

YOU'RE INVITED FRIDAY JAN. 19 2024 HANES HOSIERY RECREATION CENTER


501 Reynolds Blvd. Winston-Salem, NC 27015

Anna Marino - annam@cityofws.org - 336.727.2313


|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 20 | 9:30 - Bridge <br> 10:00 - Stretch \& Flex 10:00 - Cards by Robin <br> (2nd Mon.) \$12 Kit Fee <br> 11:00 - Caregiver Support <br> Group (2nd and 4th Monday) <br> 11:15 - Line Dance Group A \$6 <br> 2:00 - Pinochle <br> 1:00 - Tatting on Zoom <br> 1:15 - Line Dance Group B $\$ 6$ <br> 1:00 - Ukulele Troupe \$ * <br> 2:30-Ukulele Lessons \$ * <br> 2:00 - Chair Yoga II \$5 <br> 2:30-Advance <br> Square Dance $\$ 6$ | 9:30 - Bee Quilters <br> 10:00 - Music Jam Session <br> 10:00 - Stretch \& Flex <br> 11:30 - Hand \& Foot <br> 12:30 - Bridge <br> 12:30 - Bridge Day (3rd Tues) <br> 1:00 - Books Ignite <br> Book Club (3rd Tues) <br> 2:00-Cardio <br> Drumming | 9:00-12:00 Computer <br> Lab by Appt. Only $\$ 5$ Donation <br> 10:00-American Sewing Guild <br> Fee \$ (3rd Wednesday) <br> 10:00-Games \& Conversation <br> 10:00 - Tai Chi \$5 <br> 12:00 - American Sign <br> Language Practice <br> 12:00 - Open Watercolor Studio <br> 12:30 - Mah Jongg <br> 1:00 - Basket Weaving \$ <br> 1:00-Bowling at Countryside <br> Lanes $\$ 9.50$ shoe rental/3 games <br> 2:00 - Pick \& Play Dulcimer Players | 9:30 - Pickleball Lessons\$ * <br> 10:00 - Euchre <br> 10:00 - Needle Arts <br> 10:00 - Stretch \& Flex <br> 12:00 - Pinochle <br> 12:30 - New! Beginner Line Dance $\$ 6$ <br>  <br> Neighbors Bridge $3^{\text {rd }}$ Thurs <br> 1:00-Chair Yoga I \$5 <br> 1:00 - Dominoes <br> 2:15-Begin. Square Dance \$6 <br> 4:00-TedderBear <br> Stamping YouTube <br> Live (2nd \& 4th Thurs.) | 9:00-12:00 Computer <br> Lab by Appt. Only <br> $\$ 5$ Donation <br> 9:00-3:30 pm <br> Sit-n-Stitch (3rd Fri.) <br> 10:00 - Rubber Stamping with Patti <br> (2nd Fri.)\$ <br> 10:00 - Bingo (Bring 2 <br> prizes and win 2 prizes) <br> 11:30 - Hand \& Foot <br> 1:00 - Movie Matinee <br> (2nd Friday) |
| 解 | $1 \quad \begin{gathered}\text { Closed for } \\ \text { New Year's Day }\end{gathered}$ | 2 | 3 | 4 | 5 |
|  | 8 | 9 <br> 1:00 - Quilted Jacket Lessons\$ 1/5 | 10 <br> 11:30 - Lunch Bunch <br> Monte De Rey\$ <br> 2:00 - Beginner Crochet 1/4 | 11 <br> 9:30 - Beginner Bridge <br> Lessons 1/6 | 12 <br> 1:00 - Movie Matinee: Call for Movie Title 336-992-3181 |
|  | 15 <br> 9:30 - Beginner Acrylic Painting Lessons \$ 1/6 | 16 9:30-Blood <br> Pressure Screening <br> 1:00-Quilted Jacket <br> Lessons\$ 2/5 | ${ }_{2: 00}^{17} \text { - Beginner Crochet } 2 / 4$ | 18 <br> 9:30 - Beginner Bridge Lessons 2/6 | ${ }_{\text {1:00 - Winter Wreath }}^{19}$ |
|  | 22 <br> 9:30 - Beginner Acrylic Painting Lessons \$ 2/6 | 23 <br> 11:00 - National Pie Day <br> 1:00 - Quilted Jacket Lessons\$ 3/5 | $\text { 24 } 200 \text { - Beginner Crochet } 3 / 4$ | 25 <br> 9:30 - Beginner Bridge Lessons 3/6 <br> 2:00 - Art and Wellness Cancer Therapy | 26 <br> 11:30 - Salad, Sandwich and Soup Covered Dish Lunch |
|  | 29 <br> 9:30 - Beginner Acrylic <br> Painting Lessons \$ 3/6 <br> 11:00 - National Puzzle Day <br> Contest | 30 <br> 1:00 - Quilted Jacket Lessons\$ 4/5 | 31 <br> 11:00 - Smart Phone Photography Onsite and Zoom 2:00 - Beginner Crochet 4/4 | \$ = Supply and/or Instructor Fees <br> * Call for lessons dates <br> Call 336-992-3180 for More Information |  |



## New Class - Beginner Line Dance Thursdays at 12:30 pm

Line Dancing is great for those who have never danced before or are just starting to line dance. Dance patterns are basic and easy to memorize. $\mathbf{\$ 6 . 0 0}$ class fee. Register two business days in advance:
336-992-3180.

## Ukulele Troupe

Monday, January 8 - February 26
( 8 weeks) at 1:00 pm
This group of ukulele players offers an opportunity for all levels of ability to learn and practice music together. They not only gather at the Center to hone their skills but also showcase their talents at different locations in the community. $\mathbf{\$ 4 0 . 0 0}$ (cash) instruction fee due first day of class. Register two business days in advance: 336-992-3180.

## Beginner Ukulele Lessons

Mondays, January 8 - February 26 ( 8 weeks) at $2: 30 \mathrm{pm}$
Instructor, Allen Alston will provide beginner lessons for those who want to learn how to play the ukulele. You will need to bring a ukulele. $\mathbf{\$ 4 0 . 0 0}$ (cash) instruction fee due first day of class. Register two business days in advance: 336-992-3180.

## Quilted Jacket Lessons

Tuesdays, January 9 - February 6 ( 5 weeks) at 1:00 pm
In this class, Linda Whicker will show you how to make a "one-of-a-kind original" quilted jacket. This class combines patchwork, quilting, and sewing. It is for the intermediate sewer/quilter. You will enjoy your finished jacket and will want to make more than one! Class size is limited. The class fee is $\$ 35.00$ (cash) on the first day of lessons. Registration is required by January 5 call 336-992-3180.

Lunch Bunch at Monte De Rey<br>838-A1, South Main Street<br>Wednesday, January 10 at 11:30 am<br>Make plans and get to know others with light conversation while enjoying lunch at a local restaurant. Bring money for your lunch. Limited seating. Register two business days in advance: 336-992-3180.

## Free Crochet Beginner Lessons Wednesdays, January 10, 17, 24 and 31 (4 weeks) from 2:00-4:00 pm

To get started with crochet, it is important to learn the basic stitches and how to understand written patterns. Acquiring these skills will provide a strong foundation for tackling various crochet projects. Projects are coaster, dish cloth, hot pad, and cup cozy. Ensure you have a G or H hook or contact the Center to inquire about the availability of crafting supplies. Scrap yarn will be available but feel free to bring your own.
Register two business days in advance: 336-992-3180.

> Free Crochet Intermediate Lessons Mosaic, Corner to Corner and Rose Granny Square(s) Wednesdays, February $\mathbf{7 , 1 4 ,}$ and 21 ( $\mathbf{3}$ weeks) from $\mathbf{2}: 00-\mathbf{4}: 00 \mathrm{pm}$
> The intermediate crochet lessons build upon the beginner's course, providing additional support in comprehending and implementing crochet patterns. The curriculum covers topics such as changing colors, increasing stitches and achieving neat edges for projects like blankets. Scrap yarn will be available but feel free to bring your own along with a G or H crochet hook. Register two business days in advance: $\mathbf{3 3 6 - 9 9 2 - 3 1 8 0}$.

## Free Advanced Crochet <br> Amigurumi Technique <br> Round Ball Key Chain, Jelly Fish, Mini Minion, Mini Baby Yoda \& Baby Groot February 28, March 6, 13, 20 and 27 <br> ( 5 weeks) from 2:00-4:00 pm

New to amigurumi? If you can crochet in rounds and you know the single crochet stitch then you can create beautiful amigurumi. The only difference between regular crocheting and creating amigurumi projects is sewing and stuffing and learning a few tricks that will take your amigurumi up that extra notch. Amigurumi does not have to be intimating. Scrap yarn will be available but feel free to bring your own along with a G or H crochet hook.
Bring safety eyes for each project. Register two business days in advance: 336-992-3180.

## Free Beginner Bridge Lessons

 Thursdays, Jan. 11 - Feb. 15 (6 weeks)9:30 am - 11:30 am
Join us for Judy Hedin's 6 -week beginner bridge lessons. Perfect for those who have little knowledge. Challenge your brain power and have fun while learning. Must have 4 or 8 players. Register two business days in advance: 336-992-3180.

## Beginner Acrylic Painting Lessons Monday, January 15 - February 19 from 9:30-11:30 am ( 6 weeks)

Ready to try acrylic painting but not sure where to start? Or maybe you have already started painting but just need a few pointers. Learn acrylic painting techniques with John Mitchell in this six-week course. The first class is an introduction and discussion of supplies. Five sessions of painting lessons will follow. Registration and lesson fee of $\$ 35.00$ (cash only) due two business days in advance. Call 336-992-3180.

## Blood Pressure Screening

 by Novant HealthTuesday, January 16, 9:30-11:30 am Drop-in and meet Michelle Comp with Novant Health's Stroke Program for a free blood pressure check.

## Winter Wreath

Friday, January 19 at 1:00 pm
Handcraft you own personal winter wreath to warm up your home and brighten the winter days. $\$ 5.00$ (cash only) supply fee due and RSVP two business days in advance:
336-992-3180.

## National Pie Day

Tuesday, January 23 at 11:00 am
Celebrate this day by eating some pie! Whether you want to bake one or buy one from a bakery or the supermarket, this day is the perfect excuse to eat pie. Bring your favorite traditional fruit pie, savory pie (think chicken or pizza), cream pie or sugar free pie with enough to share. Register two business days in advance: 336-992-3180.

## Art and Wellness Cancer Therapy Onsite and Zoom

Thursday, January 25 at 2:00 pm Join Cancer Services and Sawtooth for Visual Arts for a monthly wellness group with a focus on art. The group will meet every month on the 4th Thursday at The Shepherd's Center of Kernersville. The group will use Zoom. Art supplies will be provided. Register by calling 336-992-3180 before January 19th and for Zoom link if viewing at home.

## Salad, Sandwich, and Soup Covered Dish Lunch

Friday, January 26 at 11:30 am
Celebrate National Soup Month with us. Meet your friends or make new ones as we enjoy a meal together during the winter season. Bring your favorite crock pot of soup, salad, sandwiches, dessert, or drink with enough to share. Register by calling 336-992-3180 two business days in advance.

## National Jigsaw Puzzle Day Contest Monday, January 29 at 11:00 am The Shepherds Center of Kernersville - Senior Center is hosting a jigsaw puzzle contest on National Puzzle Day. Participants can join with a partner or be paired with someone to compete in a fun and lively competition. The teams that completes a 300 -piece puzzle first or has the most pieces connected will be awarded prizes for 1st, 2nd, and 3rd place. Limited to 10 teams. Register by calling two business days in advance 336-992-3180.

## Smart Phone Photography <br> Onsite and Zoom

Wednesday, January 31 at 11:00 am
Come to this lecture to explore your smartphone's camera and some features like recording video, adding filters to pictures, and using your camera's timer! Provided on Zoom through AARP onsite and view from your home. Register by calling two business days in advance 336-992-3180 and for Zoom information.

Pickleball Lessons
Thursday, February 1, 8, 15 \& 29
at 9:30 am
This 4-week course will cover the basics of Pickleball rules: safety, dinking, serving, etiquette on the court, and more. Pickleball balls will be provided for use during class time. Practice will be indoors or outdoors on a modified court. Bring a bottle of water and wear comfortable clothing and tennis shoes. A pickleball paddle is helpful but not required. A $\mathbf{\$ 2 0 . 0 0}$ (cash only) instruction fee is due on the first day of class. Register for the 4-week session by calling two business days in advance at 336-992-3180.

## Lantern Valentine

Monday, February 5 at 10:00 am
Let love shine through with this pretty DIY
Valentine papercraft. A simple design using paper, glue and tealight just in time for Valentine's Day. $\mathbf{\$ 5 . 0 0}$ (cash only) supply fee due and Register by calling two business days in advance 336-992-3180.

## February is American Heart Awareness Month

National Wear Red Day Saturday, February 3

Join NHLBI, The Heart Truth $®$, and organizations around the country promote American Heart Month throughout February and National Wear Red Day (February 3rd) to bring greater attention to heart disease as a leading cause of death for Americans. https:/ / www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month/wear-red-day

## Early Heart Attack Care (EHAC) Wednesday, February 7 at 10:00 am by Novant Health

This EHCAC education program is designed to educate individuals on how to identify early indicators and symptoms of a heart attack. It involves an assessment of personal risk factors, as well as providing information on the causes of chest pain, risk reduction strategies, and appropriate actions to take in the event of experiencing such symptoms. Register two business days in advance: 336-992-3180.


#### Abstract

Chocolate and Tea Pairing Wednesday, February 7 at $1: 30$ pm You have heard of wine and cheese, but what about tea and chocolate? Martha Isenberg, Tealightful Brand Ambassador, will lead a taste test of this unusual combination. She will demonstrate brewing techniques for loose leaf tea and share health benefits of tea. We will learn how pairing different types of tea with various kinds of chocolate can provide a double whammy when it comes to the amount of antioxidants consumed and how moderate chocolate consumption can be good for us. Have fun learning which flavors combine best together and sample some chocolate tea. Bring a teacup and saucer if you have them. RSVP required and class fee of $\$ 6.00$ must be made no later than February 1st. There is a class minimum of 10 paid participants.


## Pen Pal Share Time <br> Monday, February 12 at 1:00 pm

We will continue our special pen pal program where senior pen pals exchange letters with fourth -grade students from Mrs. Badgett's class. The letters will be read aloud to everyone and all are invited to attend and listen. It has already been an exceptional year and we anticipate reading heartwarming messages from the students. It is wonderful to witness and cherish the bonds that are formed through these pen pal connections.
Register two business days in advance: 336-992-3180.

## Blood Pressure Screening

 by Novant HealthTuesday, February 13, 9:30-11:30 am Drop-in and meet Michelle Comp with Novant Health's Stroke Program for a free blood pressure check.

## Valentine's Day Make \& Take

 Sponsored by Oak Street Health Wednesday, February 14 at 11:00 am Love hand crafting when it comes to Valentine's day? Make a fun pom-pom heart with yarn and roses made out of paper. Two distinct designs just in time to share with a friend, neighbor, or sweetheart. Register by calling two business days in advance 336-992-3180.
#### Abstract

Mack's Mindfulness Meditation Monday, February 19 at 10:00 am Mack's Mindfulness Meditation session allows participants to explore themselves and find inner peace. Through various practices like stimulating the senses, subtle movements, chanting, and breathwork, individuals can learn to calm anxiety, let go of negativity, and gain control over their thoughts and emotions. This practice ultimately may lead to a sense of well-being and inner tranquility. \$5.00 (cash only) class fee due day of class. Register two business days in advance: 336-992-3180.


## Myth or Truth: Is it Normal to be Forgetful as We Age? <br> Thursday, February 22 at 10:00 am

Dr. Frank Crowell, with decades of experience in the clinical and research fields of Neurology, will provide insights and facilitate a discussion on memory loss, Alzheimer's disease, and related topics. He will address questions on the normality of forgetfulness with aging, along with potential supplements, lifestyle changes, OTC and prescription therapies, current research, prognosis, and the impact of Alzheimer's on family, friends, and society. Register two business days in advance: 336-992-3180.

## Art and Wellness Cancer Therapy Onsite and Zoom <br> Thursday, February 22 at 2:00 pm

Join Cancer Services and Sawtooth for Visual Arts for a monthly wellness group with a focus on art. The group will meet every month on the 4th Thursday at The Shepherd's Center of Kernersville. The group will use Zoom. Art supplies will be provided. Register by calling 336-992-3180 before February 16th and for Zoom link.

## Covered Dish Lunch <br> Friday, February 23 at 11:30 am

Join us for a late winter covered dish lunch. This is sure to be a great time of food and fellowship. Encourage all of your fellow Senior Center participants and friends to attend. Bring your favorite main dish, side dish, dessert, or drink with enough to share. Register two business days in advance: 336-992-3180.

## Pickleball Training Courts

By Reservation Only
Monday - Friday, 8:30 am - 3:30 pm
Now available for practice and playing pickleball. The indoor and outdoor courts are smaller than a regulation court. You must bring your own paddles and balls. No walk-ins are allowed. Call to reserve practice/play time: 336-992-3180.

## Need Help with Your Computer, Tablet, or Cellphone?

Get expert help for Google Docs, Microsoft Office, Facebook, Twitter, Instagram and other platforms as well as technical assistance. Whether you are struggling to manage your social media accounts or need assistance with online document creation, we have got you covered! Our team of volunteers can provide assistance and answer any questions you may have. Call 336-992-3180 today to learn more or to set up an appointment.

## Free Covid Tests

COVID-19 tests are available to take at home for rapid results ( 2 per person). Drop by the Center between 9:00 am - 3:00 pm and pick up your tests. For more information call 336-996-6696.

## The Cold and Flu Season is Upon Us!

If you are not feeling well, please be considerate of others and stay home until you are feeling better. Please practice safe hygiene and prevent the spread of illness: Cover your mouth with a tissue, your sleeve, or the inside of your jacket if you cough or sneeze, wash your hands, don't share personal items, clean/disinfect surfaces in your home, and avoid close contact with others if you are unwell or if they are unwell.

## Inclement Weather Policy

In the event of inclement weather, we will in most cases follow Winston Salem Forsyth County Schools. Watch WXII (NBC) Channel 12 and check our Facebook page for "The Shepherd's Center of Kernersville" closing or delayed opening announcements.
If no announcement is listed, please call the Senior Center (336-992-3180) prior to leaving home to make sure your program, event or trip will be held. Be sure you speak to a staff person or volunteer directly before leaving home for an activity.

# Overview of Services and Programs 

Transportation: Provide rides to and from medical appointments.
Friendly Caller: Weekday calls to homebound recipients for a "friendly hello".
Visitation: Provide short visits for socialization and/or longer visits for relieving family caregivers.
Personal Shopper: Pickup, fulfill, \& deliver groceries, food pantry requests, and prescriptions.
Project Joy: Procure, arrange, and deliver donated flowers to those suffering illness or loss, celebrating milestones, or just needing a "lift".
Blessing Project: Procure, arrange, and deliver seasonal meals, gifts, goody bags and other necessities to our homebound service recipients.
Handy Person: Provide assistance with minor home repairs inside or outside the home.
Pastoral Counseling: Counseling sessions offered by appointment only with a certified volunteer counselor.
Medicare \& Financial Care Counseling:
In partnership with other organizations, provide financial \& insurance support via phone and in-person appointments with a Financial or Certified SHIIP Counselor.
Caregiver Support Group: Monthly meetings held for caregivers needing support.

Advocacy: Provide meetings and events to raise awareness of elder abuse, neglect, and exploitation in conjunction with local law enforcement.
Legal Aide Consulting: In partnership with Legal Aid of NC, provide legal support with civil matters involving basic human needs such as safety, shelter, income, and more via phone and in-person appointments.
Senior Enrichment Programs: A fulltime "Center of Excellence" offering a variety of life enriching activities and classes in: arts, education and enrichment, fun and games, and health and wellness.
Bill Radisch Computer Center for Seniors: Offer one on one computer and other electronic device operational education and assistance.
Equipment Loan Program: Loan out durable medical equipment such as canes, walkers, and wheelchairs for short-term or long-term needs on a renewable basis.
Income Tax Preparation: Free annual income tax return preparation appointments. February through mid-April in partnership with AARP Foundation Tax-Aide Program.
Information \& Referrals: Provide a variety of resources for aging and/or disabled adults.

> The Shepherd's Center of Kernersville is an interfaith ministry of volunteers which champions and sustains adults who are aging and adults with disabilities.

## The Shepherd's Center Of Kernersville Staff

Interim - Executive Director
Senior Center Director
Lisa Miller
lisa@shepctrkville.com
Director of Fundraising
Thomas Canterbury thomas@shepctrkville.com

Program Coordinator
Debbie Cornatzer debbie@shepctrkville.com

Volunteer Services Manager
Claire Winfrey claire@shepctrkville.com

## Contact Us:

The Shepherd's Center of Kernersville
636 Gralin Street
PO Box 2044
Kernersville, NC 27285-2044
https://www.shepctrkville.com
336-996-6696
Office Hours
Monday - Friday
8:00 am - 4:00 pm

## Durable Medical Equipment Loan <br> Closet Donation Guidelines

We accept donations of mobility medical equipment: wheelchairs, rollators, walkers, and canes.

- Equipment must be clean, sanitized and in good working condition.
- We do not accept bedside commodes, toilet lift seats or bath and shower chairs or benches.
- We cannot accept equipment that is not clean, smells musty, or smells heavily of cigarette smoke, some of our clients have respiratory conditions and allergies.

Please call us at 336-996-6696 to notify us ahead of time, before you drop off medical equipment donations or for more information regarding the equipment we accept and loan out.


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

Link your Harris Teeter VIC card to The Shepherd's Center of Kernersville account (\#5447) by going to the customer service desk at Harris Teeter grocery store. We will receive a gift for our Bill Radisch Computer Learning Center when individuals purchase Harris Teeter brands.

Financial information about The Shepherd's Center of Kernersville and a copy of its license are available from the State Solicitation Licensing Branch at 1-888-830-4989 (within North Carolina) or (919) 807-2214 (outside of North Carolina). The license is not an endorsement by the State.

