

Neighbors Helping Neighbors

Stories of Compassion and Community Made Possible By You



Finding a Second Family Through Service: Thanks to You, Jo Brightens Lives with Every Ride and Friendly Call

When Jo Crawley retired after a long and fulfilling career as a nurse, she knew she wasn't done caring for others.

A friend suggested she try volunteering with The Shepherd's Center, and Jo quickly discovered a new calling — one filled with laughter, friendship, and the simple joy of showing up for her neighbors.

Now, Jo is one of our most dedicated volunteers. Whether she's driving someone to a doctor's appointment, playing cards, or making a friendly call, Jo brings warmth and connection to every interaction.

"A typical volunteer day for me might be just a couple of hours," Jo shares. "Sometimes it's a quick grocery run, sometimes it's a longer drive. But what matters most is the time we spend together. Just being present makes such a difference."

For Jo, volunteering has brought unexpected blessings. "My grandkids are growing up, but I've found a second family here at The Shepherd's Center. It's become such a big part of my life, and I really feel like I'm making a difference."

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Together, we're making Kernersville a caring place for aging adults.

Jo also encourages others to give volunteering a try. “You don’t have to sign up for the rest of your life — just start. Chances are, you’ll make friends, feel good about what you’re doing, and discover how much joy comes from helping someone else.”

Jo is just one example of the heart and compassion behind The Shepherd’s Center. And it’s your generosity that provides the programs, training, and support that make her service — and the service of so many others — possible. Because of you, volunteers like Jo can change lives, one neighbor at a time.

Come Join Us!

We’d love to welcome you into our family of volunteers! Call Claire Winfrey, Volunteer Services Manager, at 336-996-6696 or email claire@shepctrkville.com to learn more.



Dear Friends . . .

Welcome to the very first issue of *Neighbors Helping Neighbors*. This new newsletter is our way of sharing the stories and impact you make possible through your generosity.

Inside, you’ll meet volunteers who give their time with open hearts, see new programs taking shape because of your support, and read about the impact you have on neighbors right here in Kernersville.

Most of all, I hope you see yourself in these pages. Every ride to the doctor, every covered dish luncheon, every new friendship — it all begins with you.

With gratitude,

Asheley
Asheley Cooper
Executive Director



Dementia Training

Thursday, October 23 at 11 am

TSCK is partnering with the Alzheimer’s Association of Greensboro to provide a unique training on how to Respond to Dementia-Related Behaviors. Ben Yeager will share effective strategies for addressing communication challenges faced when caring for a loved one with dementia. Often, how we choose to respond impacts our loved one’s behavior or responses.

Call 336-992-3180 to register for the training class on Thursday, October 23, at 11 am.

Thank you for supporting seniors in our community.

Finding Peace of Mind at 90: How Your Generosity Gives Ellie Comfort and Confidence

At 90 years old, Ellie Peterson knows the value of connection. When she moved from Loraine, Ohio, to Kernersville in 2020, she hoped to find a place where she could belong. Thanks to her daughter's search online, Ellie discovered The Shepherd's Center — and a community that has supported her ever since.

Because of your generosity, Ellie has been able to get the help she needs to live independently and safely. Reliable transportation to medical appointments has been especially life-changing — and possibly life-saving.

"Without the rides, I simply wouldn't go," Ellie shares. "I don't have anyone else. Using Uber frightens me, but TSCK drivers are safe and reliable. I've even become friends with my driver."

Ellie has also benefited from help with yard maintenance, home repairs, and medical equipment that make her home more accessible. And through our Low Vision Support Group, she's found resources — and relationships — to help her navigate vision loss with dignity.

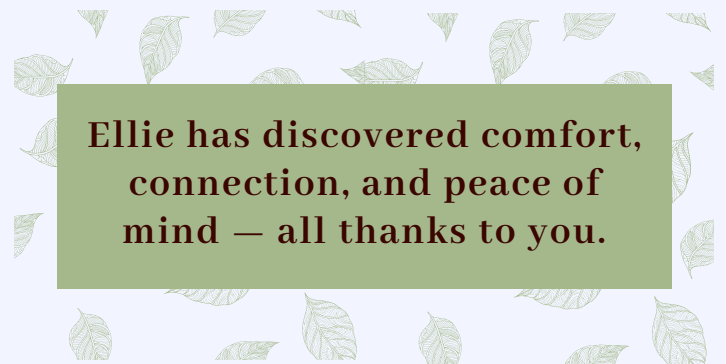
But it's the thoughtful touches that mean the most. "The first birthday I received flowers through Project Joy was so special," Ellie recalls. "When someone rang my doorbell and handed me flowers, it made me feel like I mattered to someone." Last Christmas, she received a soft, fuzzy robe through our Blessing Project. "I think of you all every time I put it on. It keeps me warm, and it reminds me I'm not alone."



For Ellie's daughter, who lives out of town, The Shepherd's Center has provided peace of mind. And for Ellie, it has brought comfort and confidence. "If I ever need anything, I know I can call and they will do their very best to help. I don't like to ask for help, but they make me feel comfortable and independent. I am so grateful."

Ellie's story is one of many made possible through your kindness. From safe rides to meaningful friendships, and even the robe that literally wraps her in warmth, your generosity surrounds Ellie with comfort and care. Thank you for being the reason neighbors like Ellie can find safety, dignity, and a sense of belonging right here in Kernersville.

**Ellie has discovered comfort,
connection, and peace of
mind — all thanks to you.**



Your kindness makes Kernersville a caring place for older adults.

The Rest Stop: A Place of Renewal

When a loved one is living with dementia, every day can feel like a balancing act between wanting to provide constant care and needing moments of rest yourself.

But thanks to your generosity, The Shepherd’s Center is starting a new program in Spring 2026 designed to meet both of those needs.

The Rest Stop will be Kernersville’s first group respite ministry. Twice a week, aging adults with dementia will gather for music, light exercise, art, service projects, and even a shared family-style lunch. Surrounded by trained volunteers and caring friends, they’ll experience joy, dignity, and connection.

And while participants thrive in this safe, welcoming space, their caregivers receive something just as valuable — peace of mind and the freedom to rest, recharge, or simply take a breath.



“This ministry provides not only rest for caregivers, but renewal and connection for all who participate,” says Asheley Cooper, Executive Director.

The Rest Stop exists because of you. By supporting The Shepherd’s Center, you’ve made it possible for families in Kernersville to face dementia with more hope, more joy, and more community.

MEDICARE OPEN ENROLLMENT

Medicare Open Enrollment 2025 will be October 15-December 7. You can make an appointment with a SHIIP (Seniors’ Health Insurance Information Program) counselor who will meet with you at no cost to help you navigate your Medicare insurance needs.

This year, we expect significant changes to policies that could impact you financially compared to previous years. Please take advantage of this opportunity by calling 336-992-3180 and scheduling an appointment at The Shepherd’s Center of Kernersville.



give now!

Because of you, neighbors like Ellie (story page 3) have friendship, care, and hope. If you’d like to help even more seniors live better lives, please scan the QR code above to make a quick and secure gift. Together, we’re building a community where no one grows older alone.