

Neighbors Helping Neighbors

Stories of Compassion and Community Made Possible By You



A New Place of Joy, Connection, and Respite: The Rest Stop Opens March 17

When a loved one is living with dementia, every day can feel like a balancing act between offering constant care and needing a moment to simply catch your breath. That's why The Shepherd's Center of Kernersville is thrilled to share that our new program, The Rest Stop, will officially open on Tuesday, March 17.

Thanks to your generosity, The Rest Stop will become Kernersville's first group respite ministry, a welcoming, volunteer-led program designed to support both individuals living with dementia and their caregivers.

Held every Tuesday and Thursday from 10 AM to 2 PM at Sedge Garden United Methodist Church, The Rest Stop offers participants the chance to enjoy music, art, light exercise, brain games, service projects, and even a shared family-style

lunch, all in a safe, structured environment filled with warmth, laughter, and companionship.

And while participants are engaged and cared for by trained volunteers, caregivers receive something just as important: peace of mind, the chance to rest, and the reassurance that they are not alone.

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

Launching this new program is only possible because of you. Your support is bringing hope, dignity, and joy to families facing dementia, and we are so grateful.

To learn more, contact Gina Floyd at 336-968-4726 or gina@shepctrkville.com

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



Legacy Dinner Returns This Spring

Last year, The Shepherd's Center celebrated its 40th anniversary with a special dinner that brought together friends, supporters, and community members for a truly special evening.

The positive response was overwhelming. Guests shared how meaningful the night felt — the fellowship, the stories, and the reminder of what can happen when a community comes together to support its neighbors. Because of that incredible response, we're excited to continue the tradition.

This year, the event returns as the Legacy Dinner, a celebration of the generosity that allows The Shepherd's Center to serve aging adults throughout our community.

Join us on **Thursday, April 16, at Woodland Hall at Triad Park** for an evening of celebration. We hope you'll join us for this important fundraiser as we celebrate our shared legacy and look ahead to the work ahead to help ensure that neighbors who need support, connection, and practical assistance can continue to count on us.

Tickets for the Legacy Dinner are available now. Scan the QR code below to reserve your seat or learn more about sponsorship opportunities.



reserve your ticket!

Dear Friends . . .

Welcome to 2026! As we begin a new year together, I want you to know how grateful we are to have you as part of The Shepherd's Center of Kernersville family.

Your support, encouragement, and belief in our mission mean more than words can fully express.

2026 is going to be a year full of promise. We're excited to share the programs, partnerships, and opportunities ahead, each one designed to better serve aging adults and caregivers right here in our community.

But the reality is that none of this work would be possible without you.

One of our most meaningful milestones this first quarter is the launch of The Rest Stop, our new group respite program for individuals living with dementia and their caregivers. You can read more about it in this newsletter, and I hope you'll feel as proud as we do of what your support has made possible.

Thank you for walking alongside us. Together, we are creating connection, dignity, and care for our neighbors throughout the year ahead.

With gratitude,

Asheley
Asheley Cooper
Executive Director



Calling All Friendly Faces

The Shepherd's Center of Kernersville is **looking for Front Desk and Greeter Volunteers** to help keep the center running smoothly and our visitors smiling. Interested? Reach out by calling 336-996-6696, or emailing Claire@ShepCtrKville.com

Thank you for supporting seniors in our community.

A Breath of Fresh Air: Your Impact Across Three Generations

When Eula's grandmother and mother moved to Kernersville from Virginia, they were starting over in a new community. Eula lived nearby, but not close enough to manage daily appointments, so when her grandmother needed transportation to medical visits, the family wasn't sure what they were going to do.

Then they found The Shepherd's Center. "It was a breath of fresh air," Eula says. "The services were trustworthy, so my grandmother was completely comfortable. She loved that she could call and schedule her own ride to the doctor, and it lifted such a weight for all of us."

Later, when Eula's mother's kidney disease advanced, and she began dialysis, the need for help became even greater. At the same time, Eula was caring for a sick husband and father-in-law. She remembers being placed on a transportation waiting list and wondering what they would do.

"And then I got a call," she recalls. "They said, 'Your mom just got bumped up on the list.' It was such a gift. We were able to find some solace."

After retiring, Eula knew she wanted to give back. For two years, she volunteered as a driver for the Shepherd Center, taking others to medical appointments just as someone had once done for her family. She still volunteers whenever she can, but The Shepherd's Center has become more than just transportation for her and her mom.

Eula has taken crochet, cardio drumming, and ukulele classes, and her mom attends luncheons, and her mother loves bingo. At the holidays, her mother received gifts through the Blessing Project,



and laid them across the sofa for a week so visitors could see them. "She made me take pictures and send them to everyone," Eula laughs. The same thing happened when volunteers delivered her mom's birthday flowers from The Shepherd Center.

"The classes, the caregiver support, the tax prep assistance — it's all so incredibly helpful," Eula says. "It gives me a place to ground myself, to breathe, to find balance and peace of mind."

When asked what she would say to donors, she pauses.

"Like most things in life, you don't know what you need until you need it. And when you need it, it's everything," says Eula. "You may not know how your donation impacts someone, but I can tell you it impacted our family threefold. One hundred percent."

You can hear the smile in Eula's voice when she shares what she tells anyone who asks about The Shepherd's Center.

"People always ask me, 'What is this place?' And I say, it is heaven."

"People ask me what this place is, and I say it is heaven."

The Power of Your Impact: 2025 Mission Recap

In 2025, you helped create something remarkable.

You may have noticed more energy in the hallways at The Shepherd's Center, such as fuller exercise classes, livelier Mahjong tables, and a growing open-watercolor studio.

This growth reflects a deeper story: together, we served 4,561 older adults, a **6% increase over 2024**. For an organization that has historically grown by about 2% each year, this is a significant and meaningful leap.

Why does this matter so much?

Because 17% of Kernersville's residents are age 65 and older — approximately 4,700 people — and 72% of those we served live in the 27284 zip code. Your support is directly impacting older adults right here at home. At the Senior Center alone:

- 3,856 participants engaged, a 17% increase
- 22,802 total visits, up 5% from 2024

Our home-based services — transportation, minor home repairs, grocery and pharmacy pick-up — served:

- 1,614 individuals, a 45% increase

We also helped 344 individuals find meaningful volunteer opportunities, strengthening purpose, connection, and community.

For the second consecutive year, our total community value exceeded \$1 million — reaching \$1.4 million in 2025.

These numbers represent more than growth.

They reflect:

- Increased trust in our mission
- Expanding community need
- Programs that are working
- Lives that are being changed

Most importantly, they reflect you. **None of this happens without your generosity** — your gifts, your time, and your belief in what is possible for older adults in our community.

Thank you for making 2025 an incredible year. Together, we're helping even more neighbors and building an even stronger community in 2026.

If you believe in what you just read, now is the time to act.

More neighbors are turning to The Shepherd's Center than ever before.

Participation is up. Home-based services are up. The need is growing. And unlike government funding, private support doesn't fluctuate with policy. It depends on people like you.

- If you value independence for aging adults.
- If you believe caregivers deserve relief.
- If you want Kernersville to remain a community that takes care of its own.

Please make your gift today. Your generosity is what keeps the doors open, the activities running, and the programs thriving.

DONATE SECURELY ONLINE
BY SCANNING THE CODE
WITH YOUR PHONE



Your generosity makes life brighter for aging adults.