The Benefits of Volunteering

Willie Beasley and Frank Beasley may not be blood brothers, but to hear them describe their relationship, they feel like family to one another, and they enjoy the reactions they get when they introduce themselves as brothers. The two met in early 2018 when Frank volunteered to visit Willie as a part of the Shepherd’s Center’s visitation program. “We clicked on the first visit.” That’s how Willie sums things up, and Frank agrees enthusiastically. “Our personalities are so similar, and we both like to laugh!”

During the past year and a half, Frank has set aside an hour each week to spend with Willie. Both agree that the hour flies as they talk about what’s happening in the news, share memories from the past, and just check in about what has gone on in their lives during the last week. “We never run out of things to talk about,” says Frank. “We thought about playing games together, but we never seem to have time!”

Their life experiences have been different in many ways, but when they sit down to talk, they are always surprised by how much they have in common. Each describes the other as a blessing. “We have truly become friends.”

Willie and Frank are just one example of the relationships that can develop through our visitation program which matches a volunteer with someone who expresses a desire for a weekly visitor.

What begins as a volunteer opportunity can be transformative. Willie puts it this way, “If people would just sit down together, communicate from the heart, and listen to one another, how different this world could be!”

We currently have a variety of volunteer opportunities throughout the county as a greater number of adults find themselves alone and socially isolated.

Scams and Frauds Target Older Adults

It only took two phone calls to rob an 81-year-old woman of her life savings.

The first came from a man claiming to be from the Social Security Administration. The woman thought the call was legitimate because her ID screen displayed the agency’s phone number. Plus the man knew her name and had her Social Security information.

The man said there was a problem with her account, and unless she immediately wired him the money to fix it, her benefits would be cut off. She agreed to send him the funds.

Soon after, she got a call from an accomplice claiming to be an FBI officer. He told the woman that the first caller was an imposter and had cheated her. He then convinced her that he needed money to go after the con man. She agreed to wire him funds as well. Now, in the twilight of her life, she has lost everything.

This is just one of thousands of so-called imposter scams reported each day and older adults are particularly vulnerable to such scams.

According to AARP’s fraud program, this is a growing problem.
New Board Members Elected

The Shepherd’s Center Board of Directors elected two new board members earlier in the year. Cindy McAuliffe and Burton Reifler, M.D., were elected to two year terms.

McAuliffe is a Lifestyle Advisor with Homestead Hills Retirement Community. She joined the board in March 2019 and represents a strong community partner who has been a consistent supporter of the Shepherd’s Center for many years.

Reifler is Professor Emeritus of Psychiatry with Wake Forest School of Medicine. Burton previously served on the board and returned in April following a year’s absence. He also previously headed up the National Faith In Action Program of the Robert Wood Johnson Foundation.

IRA Charitable Rollover Contributions

The IRA charitable rollover option allows certain individuals to donate up to $100,000 from their individual retirement accounts (IRAs) directly to charitable nonprofits to support the work of social service programs, religious and other charitable organizations.

Taxpayers age 70 ½ or older may “roll over,” or transfer, up to $100,000 annually from an individual retirement account (IRA) or Roth IRA as a qualified charitable distribution. The amount transferred will be excluded from income of the taxpayer for federal income tax purposes. The amount transferred does not generate a charitable income tax deduction, but it does count toward the taxpayer’s minimum required distribution.

A number of Shepherd’s Center supporters have used this IRA rollover feature to support the vital services offered to older adults in our community. You may want to consider this option as you plan for your year-end giving.

MISSION STATEMENT

The Shepherd’s Center of Greater Winston-Salem is an interfaith ministry that promotes and supports successful aging by providing direct services, volunteer opportunities and enrichment programs for older adults.

2018 Officers and Board of Directors

President: Brent Stephens
Vice President: Mildred S. Wood
Secretary: LIndley Curtis
Treasurer: Ray Hawley

Betty Alexander, Ph.D.
Judith Bailey, Ed.D.
Jackie Brewer
Mary Jo Brewer
Rev. Angela Brown
Deb Burcombe

Rene Caldwell
Florence Corpening
Keith Gaydica
Fred G. Johnson, Jr.
Kathy Lowe

Cindy McAuliffe
Joel Mosinger
Burton V. Reifler, M.D.
Rev. Beth Woodard
Joe Yoon

Staff

Sam Matthews, Executive Director
Susan Memy, Vital Living Prog Director
Marilee Ball, Faith In Action Pgm Asst.
Kristin Larson Vital Living Program Asst.
Vicki Poore, Outreach & Volunteer Coord
Carol Blackley, Transportation Assistant

Linda Lewis, Associate Executive Director
Lara Schantz, Faith In Action Pgm Asst.
Vicki Myers, Transportation Assistant
Kumu Kandiah, Office Manager
Theresa McGuinness, Office Assistant
Karen Siburt, Transportation Coordinator
Cathy Rucker, Office Assistant

Shepherd’s Center
Financial Update
As of July 31, 2019

Current Bank Balances
Checking Account $ 4,446
Money Market Accounts 85,036
Investments 182,694
Total Balance $ 272,176

Cash Balances
Unrestricted Balance $ 260,056
Restricted Balance 12,120
(Specific Funds & Grants)
Total Cash Balance $ 272,176

2019 Operations Income and Expense Summary to Date
Income $ 398,846
Expense $ 371,622
Net Income $ 27,224

Endowment Trust
The Winston-Salem Foundation
Endowment Trust $ 77,529
Grantable Funds 48,748
Total Balance $ 126,277

Lend a helping hand.
Re-link!

It is time to re-link your Harris Teeter VIC Card to the Shepherd’s Center.

Re-linking begins in August, but can be done at anytime during the year. The sooner you link, the better!

A percentage of purchases of Harris Teeter products and prescriptions benefit our life-long learning programs offered throughout the year.

Ask the cashier to link your VIC ard to our number.............

Our Code is 4958
Matthews Named SHIIP Coordinator of the Year

Sam Matthews, Executive Director and Forsyth County SHIIP Coordinator, was recognized as the statewide SHIIP Coordinator of the Year at the 2019 annual conference.

The Seniors’ Health Insurance Information Program (SHIIP) is a division of the N.C. Department of Insurance, SHIIP volunteers counsel Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D, and long-term care insurance. Counselors provide no-cost, unbiased information regarding Medicare health care products.

![Image of SHIIP coordinators]

Senior Deputy Commissioner, Susan Nestor; Sam Matthews, Melinda Munden, Deputy Commissioner and SHIIP Director

Sam has served as the SHIIP Coordinator for Forsyth County, North Carolina’s fourth highest-populated county, since 2005. There are currently thirty-two Forsyth County SHIIP Volunteer Counselors, with sixteen of those being staff members of partnering agencies – Financial Pathways, PTRC/AAA and Senior Services. Sam works closely with the Winston Salem Social Security office, the county Department of Social Services staff, as well as with City and County HR Managers.

Sam was the first SHIIP Coordinator in the state to offer a monthly “Welcome to Medicare” workshop, which is held in various rotating areas of the county – most of which are offered in the evening through the Forsyth County Public Library system.

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“It’s All About You”

Words Not Often Heard by Caregivers

Jean Wooten knows what it’s like to provide care for a loved one. For years, she provided care for her husband, Jack. Even though it was a labor of love, Jean sometimes felt the weariness and stress that caregivers inevitably experience. She began to dream about a way to lighten their load. One night, the phrase “It’s All About You” came to her in a flash of inspiration. An idea began to form. Jean’s profession as a travel and tour planner fueled her creativity, and she approached The Shepherd’s Center about offering a relaxing day out for caregivers, a day just for fun and just for them.

The idea seemed like a good fit since we are involved in providing volunteer respite for caregivers, coordinate a class called Powerful Tools for Caregivers, and partner with other organizations to provide caregiver education and support. In a few short weeks, collaborations developed with Jean’s church, Trinity Presbyterian, for some initial funding; ComfortCare Home Care and Senior Services Williams Adult Day Center for respite; St. Paul’s Episcopal Church for transportation; and Forsyth Court and RidgeCare for complimentary lunches.

This year, 25 caregivers have enjoyed the Himalayan Hideaway Salt Cave, the Paul J. Ciener Botanical Garden and other interesting locations. Relationships have formed. Feelings of isolation have decreased. In the words of grateful caregivers, “This was such a needed experience.” “Awesome! Thank you! Thank you!”

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Medicare Annual Open Enrollment

The Medicare Annual Open Enrollment period begins October 15 and continues through December 7. During this period, the following changes can likely be made:

- Change from Original Medicare to a Medicare Advantage Plan,
- Change from a Medicare Advantage Plan back to Original Medicare,
- Switch from one Advantage Plan to another Advantage Plan,
- Switch from one Medicare Drug Plan to another Medicare Drug Plan.

Trained Medicare counselors will be available through the Shepherd’s Center to assist with these changes during open enrollment clinics which will be held each Friday from 12 noon until 5 p.m. beginning October 18 through December 6.

To register for a counseling appointment, call 336-748-0217. Sessions will be limited to one hour per person and space is limited.

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Welcome to Medicare Sessions

Sessions are regularly held for persons newly eligible for Medicare. The next sessions will be held:

- September 17 - Lewisville Branch Library
- October 22 - Kernersville Senior Enrichment Center
- November 25 - Walkertown Branch Library
- December - TBD

All sessions are offered through the Shepherd’s Center as part of the Seniors’ Health Insurance Information Program (SHIIP). Call 336-748-0217 for more information or to register for a session.
Volunteers Recognized at Annual Luncheon

Dr. Gary Chapman was the keynote speaker at the 2019 Annual Volunteer Appreciation Luncheon in March. Chapman is an experienced and well-respected family counselor, and a well-known author. His Five Love Languages are known internationally and he shared with the audience how those love language influence our relationships and volunteer roles.

The Shepherd’s Center Volunteers of the Year that were recognized during the event were:

**Ann McLain** was recognized as the Faith In Action Care Program Volunteer of the Year. Ann who began volunteering because she thought older adults were interesting, admits that she has received as much as she has given, and she has given beyond measure. In the give and take of an authentic friendship, Ann learned about knitting and about life, and our volunteer continues to visit her companion and give the immeasurable gift of care and compassion through the inevitable transitions that come with growing older

**Carmina Jenks and Joel Everett** were recognized as the Vital Living Program Volunteers of the Year. Both have been instrumental to the creation and flourishing of our Shepherd’s Singer Singers. Carmina directs the Singers and was at Salem College as their Community Music Director. Joel, who accompanies the Singers, is an Emmy winner for his musical compositions for movies, not to mention being generally talented and just plain gifted.

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September is National Senior Center Month

National Senior Center Month is celebrated every year in September. It’s a wonderful opportunity to showcase our center and the valuable programs, activities, and services we offer. It’s also a great time to promote a positive image of aging, show our center’s importance in the community, and create interest among prospective new participants.

The national celebration theme is: Senior Centers: The Key to Aging Well!

This year’s theme was chosen to highlight how senior centers have the knowledge, programming, and resources to make a difference in people’s lives—the virtual key to unlocking the components that will give an individual the opportunity to age well.

Aging well means different things to different people. For some, aging well means Growing. They want to understand other cultures, meditate, and develop a more spiritual life or practice gratitude daily through journaling. Others see aging well as having time to devote to Learning, whether it is a new language, tap dancing, or taking up pickleball, a popular recreation sport.

Others see their most important work as Connecting to family, old friends, and growing new relationships. And some see Giving back at the senior center and within the community as the thing that fosters purpose and a more meaningful life. But most people want to incorporate a little of all the above while they are on their journey to reach their full potential.

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Augsburg Lutheran Recognized as Congregation of the Year

Augsburg Lutheran Church has been supportive of the Shepherd’s Center since our beginning in 1985.

Each May, the church provides a warm welcome, a hot meal, and an inspiring program for the 80 or so older adults who attend the monthly *Saturday Night Fellowship* programs.

Augsburg provides regular financial support for the Shepherd’s Center’s services, seeing that as a way to extend its own ministry and impact in the community.

Augsburg has given generously to our mission. The majority of the funds have been designated for the most crucial areas of transportation and home repairs. Over 500 aging adults have benefited from their generosity.

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Protecting Against Frauds and Scams

- **Hang up.** Don’t engage with any unknown callers
- **Don’t trust Caller ID.** Scammers can make it look like their calls are coming from trusted institutions.
- **Don’t pay anyone who calls you over the phone.** If you get a call trying to get you to pay money, it’s almost certainly an unlawful call.
- **Never pay by wire transfer, gift card, or prepay card over the phone.** No legitimate company or government agency is asking to be paid with gift cards.
- **Resist the urge to act immediately,** no matter how dramatic the story is.

Report scam calls at donotcall.gov or call 877-382-4357. And, register for the Do Not Call Registry.

*Source: Consumer Reports and AARP Fraud Watch Program*
Annual Used Book Sale Success
Modern Toyota and Homestead Hills
Serve As Presenting Sponsors

Our 32nd Annual Used Book Sale was held from May 2 - 4 in the Education Building at the Winston-Salem Fairgrounds. This year’s event featured more books and participants than ever! It was estimated that over 150,000 books and other media were available for avid readers and used book dealers alike. We were pleased that we were able to raise over $73,000 from our booksale and post-sale activities.

An estimated 2,500 people attended the annual sale. Book lovers from across the Triad as well as surrounding states attended the sale as it continues to be the largest book sale in the region. All proceeds from the sale benefit the programs and services of the Shepherd’s Center offered throughout our community.

Currently over 25 dedicated volunteers meet several times each week to sort and price books which go into the annual sale. In addition to the volunteers who work tirelessly each week in the book center, over 125 volunteers made the event a great success this year.


Planned Giving Opportunities

Contributions from individual donors are vital in supporting the Shepherd’s Center mission of serving the needs of older adults in the greater Winston-Salem community by promoting and supporting successful aging.

Personal giving to financially support the Shepherd’s Center can take many forms including individual financial donations, bequests through a will, gifts of property or stock or inclusion of the Shepherd’s Center as a beneficiary of a charitable trust.

Over 30 individuals and couples have included the Shepherd’s Center in their planned giving and estate plans.

Some of these options require the advice and counsel of an attorney.

If you wish to support the Shepherd’s Center in any of these ways, contact Sam Matthews, Executive Director.

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Central Carolina’s Complete Guide for Those 55 Plus

- Travel & Leisure
- Retirement Living
- Health & Beauty
- Personal Wealth
- News and Information

*Pick up your free copy*
at Harris Teeter, Food Lion, real estate offices, senior centers, and rack locations throughout Central North Carolina.

Retirement Resource Guide
A Publication of Southern Trade Publications
Now in our 22nd year of publishing consumer and trade magazines

Thank You to our Newsletter Sponsors

Homestead Hills Retirement Community
Iora Primary Care
Modern Toyota
Senior Living Guide
Triad Retirement Resource Guide
Scams and Frauds
Continued from Page 1

Consumers can no longer trust the numbers that appear on their caller IDs. Also, the government will never request payment in the form of a wire transfer or a gift card.

Imposter scams are rising because criminals are doing more research—especially on social media, like Facebook—to target and earn the trust of victims they think might result in a big payday.

Aging adults are often targeted in these attacks because older victims tend to lead to bigger paydays for crooks.

There is an endless variety of frauds being perpetrated but there are a few popular ones for which you should be on the alert.

The Tech Support Scam - Callers contact victims impersonating a technology customer service company saying there’s a problem with your account or computer. In this fraud, the number is spoofed to make the call look like it’s coming from the company’s 800 number - or even your own number!

Government Imposter Scam - It’s one of the most prevalent frauds today. In this scam, criminals use phone number spoofing technology to fraudulently make a government agency’s phone number appear on victims’ phones to fool victims into believing that the IRS or Social Security Administration is calling seeking payment. They often have your name, Social Security number, or other personal information.

Medicare Scam - The caller pretends that they are a Medicare representative or a medical supply company. Often they will say they need your Medicare number so that you can get a back or neck brace. Sometimes the scammers will call offering free services, DNA testing or equipment in exchange for your Medicare information.

See how to protect yourself from these scams and frauds on Page 4.

New Volunteer Orientation Offered

Volunteers are needed to assist with

- transportation to medical appointments
- assistance with grocery shopping
- visitation and respite care
- minor home repairs
- Medicare counseling
- used book center processing
- activity coordination and planning

The next volunteer training sessions will be held on
September 18th from 10-11:15 am and
Wednesday October 9th 10-11:15 am

To register, call 336-748-0217.

If you have any questions or want more information call Vicki Poore, Community Engagement and Volunteer Coordinator at 336-748-0217.
The Vital Living Program Classes, Activities and Events
See the Vital Living Program News: 50 & Over Adult Content for the weekly/monthly schedule.

What’s happening...

Shepherd’s Center
1700 Ebert Street, Winston - Salem

On-going Weekly Activities
Chair & Mat Yoga
Tai Chi for Older Adults
Tai Chi for Arthritis & Fall Prevention
Tai Chi for Memory ($)
Line Dancing ($)
Warm Water Exercise ($)
Beginners Bridge ($)
Intermediate Bridge
Advanced Bridge
Adult Coloring
Cards & Board Games
Knitting & Crochet
Discussion Group
New Horizons Band ($)
Shepherd’s Center Singers ($)
Intergenerational Community Drumming
Book Center Volunteers
Community Dharma

Monthly Programs & Events
1st Thursdays - Potluck Jam
2nd Wednesday - Wayback Wednesday
3rd Wednesday - Book Club
3rd Thursday - Healing Intention
3rd Friday- Writer’s Group
Last Wednesdays - Health Care Talks

Classes & Workshops
Finances over Fifty
Welcome to Medicare
Radical Age Lab
Retirement Reimagined ($)
Appalachian Dulcimer ($)
Open Doors Arts ($)

Drop-in - Activities
Drop in activities include social corner, puzzles, card and board games, piano, book & puzzle exchange, refreshments, Wi-Fi and computer access by appointment.

New Evening Event at the Center
Potluck Jam: First Thursdays, 6:30pm - 8:00pm
Bring a dish to share!

Vital Living Fall Feature events...
Judged Art Show
Exhibits will remain on display for viewing/sale from Sept 16 - Oct 18
Reception will be Friday, October 18, 3:00pm - 5:00pm
Accessor-wise Fun Raiser (door prizes & sale)
Saturday, October 26, 10:00am - 2:00pm

Fee Structure
Activities In and Out of the Center
A $2 donation is requested per activity per session but is not required to participate in activities

Offerings for Fee ($)
Line Dancing For Fun & Fitness
$20 per 4 week session
Call Brenda at 336- 816-5544

Tai Chi for Health & Tai Chi for Memory
$4 class members; $5 non-members
Call Sandy at 336-409-8591

Warm Water Exercise
Unlimited # of Classes: $25 monthly for members; $30 for non members
1 Class per week: $12 monthly for members; $15 for non members

Membership in the Shepherd’s Center is not required but may earn discounts on fees

Shepherd’s Center Membership:
$25 minimum annual donation or a donation of your time as a volunteer

Classes for fee are marked by a ($) $2 donations are requested for ongoing program support but not required to participate

Many Vital Living Programs for health and wellness are provided at no charge for anyone age 50 and over

Call 336-748-0217 for assistance

Check our Website at www.shepherdscenter.org for the monthly Vital Living Calendar of Events
Volunteer Benefits

Continued from Page 1

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering may be significant for you and our community. The right opportunity can help you find meaningful connections, make friends and even learn new skills. Giving to others may also help protect your mental and physical health.

Volunteering offers vital help to those the Shepherd’s Center serves, but the benefits can be even greater for the volunteer. Many studies have shown that helping others kindles happiness.

One of the better-known benefits of volunteering is the impact in the community. Volunteering allows you to connect to our community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people and organizations in need. And volunteering is a two-way street: It can benefit you as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

Volunteering provides many benefits to both mental and physical health. The social contact aspect of being with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person.

Older adults, especially those who have retired, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

Come join us as a volunteer. It may well change your life!

IN MEMORIAM

The Shepherd’s Center mourns the loss of those who have contributed to our mission and purpose

Ron Alberter, 83, died on April 5, 2019. Ron was a dedicated visitation volunteer for many years serving multiple recipients.

Flora “Flo” Ball Bassett, 88, died on April 3, 2019. Flo was a recipient of services for a number of years.

Jeffrey Coltrane, 91, died on September 10, 2018. He was an active participant in our life-long learning programs for many years.

Harvey Lee Davis, 82, died August 20, 2019. Harvey was a service recipient of the Center.

The Reverend Doctor James W. Ferree, 92, died on March 26, 2019. Dr. Ferree served the Methodist Church for many years and was a dedicated transportation volunteer for over 12 years.

Anne Hartz, 81, died on August 25, 2019. The Shepherd’s Center’s Adventures in Learning classes helped satisfy her enthusiasm for ongoing eclectic education for many years.

Robert “Bob” David Matthews, 80, died on July 22, 2019. He was a dedicated bridge player at the center for many years.

Ralph Charles Murphy, 89, died on May 19, 2019. Ralph participated in Vital Living Program activities as well as Saturday Night Fellowship.

William “Bill” A. Peck, Jr., 82, died on August 1, 2019. Bill was a long time bridge player and avid supporter of the Shepherd’s Center along with his wife, Nita.

James A. “Jim” Walsh, M.D., 83, died on March 29, 2019. Jim sang with the Sharps & Flats chorus at Arbor Acres and with the Shepherd’s Center Singers along with performing in several theater productions.

Notes of Appreciation

Individuals often send expressions of thanks and notes of appreciation. The following are some of the most recent comments:

“The Shepherd’s Center saved my life! I was about to give up on my dialysis treatments because I lacked transportation. I then found you could provide the needed trips for me. I am so very grateful for your help!”

“Thank you so much. It is a great comfort to know that you are there to back me up on my Medicare decisions.”

“The Shepherd’s Center has been so helpful to my mother. I live in Raleigh and my brother who lives in Winston-Salem works full time and is on call frequently. The Shepherd’s Center and its volunteers have allowed us to keep her in her home and to get her to her doctor’s appointments. It’s been so helpful! Thank you for all you do!”

“The Tai Chi offerings have allowed me to remain active and engaged. They have improved my balance and I have regained my confidence. Thank you.”

“The many educational programs you provide have given me an insight into new ideas and I have met so many new friends as well. The range of classes, from history, to medicine and so much more are wonderful. Keep up the great work.”

— Marie Curie

“Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.”
New to Winston-Salem: Iora Primary Care
Primary care designed for adults on Medicare

- No rushed appointments
- Accessible team via phone, text, email or video call
- Coordination of care with hospitals, specialists and your loved ones
- Convenient on-site labs

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Visit exploreiora.com or call 336-890-6828 to learn more!

Volunteers Respond

In early August, Karen Siburt, Transportation Coordinator, was informed that one of our new transportation recipients was in need of daily transportation support for 5 weeks to receive cancer treatments.

The recipient could not go by means other than a personal automobile.

An email to our dedicated transportation volunteers resulted in an overwhelming response. Within 24 hours, all of her 25 appointments were assigned! Many volunteers responded to more than one appointment.

This was teamwork in action! Our volunteers respond daily to the needs of aging adults in our community in a professional and caring manner. And, as demonstrated by this example, go out of their way when the call comes.

We are grateful for each and every volunteer who responded to this life-giving transportation need!

Volunteer Teams Add To Our Impact

Over the last six months, numerous and diverse groups have assisted individuals we serve as well as helped with projects around our facilities. These dedicated groups contributed countless hours to help folks in their homes, visit older adults in their home and help maintain our buildings and grounds so they are more inviting to participants and visitors.

Among the groups were team members with the BB&T Lighthouse Project (repairs, painting and furnishings), the Forsyth Tech Employees (nature trail maintenance), WFU Student Life (yard work for participant), Wake Forest Medical Scholars (visiting and yard work for participant), WFU Counseling Students (yard work for participant), and Harvest Bible Chapel (home repair projects for participants).

We have been able to extend our reach into the community through the valuable assistance of these wonderful community groups. If your organization or community group would like to assist in one or more projects in the coming months, contact Vickie Poore at 336-748-0217.

Harvest Bible Chapel Project Volunteers assist with a minor home repair project in August

VOLUNTEER OPPORTUNITIES
- Transportation drivers
- Friendly visitors
- Respite Care Volunteers
- Landscaping
- Computer class leaders and assistants
- Office assistants
- Medicare/SHIIP Counselors
- New Horizons Band
- Volunteers for Book Processing and 2020 event
Tai Chi For Memory

In October, 2018, the Shepherd’s Center of Winston-Salem sent two representatives to be trained in Tai Chi for Memory (TCM). Vital Living Director, Susan Meny, and Tai Chi Instructor, Mike Simpson, were among the first 50 instructors in America to be trained in this form of Tai Chi, which is intended to stave off or slow the progress of cognitive impairment.

Following their training, Meny and Simpson began offering TCM in January of 2019, the first such classes offered in North Carolina. After two training segments of two months each, Simpson was asked to offer the form twice weekly to memory care patients at Salemtowne Retirement Community.

TCM was created by a group of researchers at the Tai Chi for Health organization in Australia. The developers included neurologists, memory care professionals and other caregivers. It was led by the renowned Dr. Paul Lam, who has developed a number of Tai Chi forms to address specific health issues, including arthritis, heart disease, diabetes and rehabilitation for the short list. Lam and three other members of the TCM development team had close family members who suffered with some form of cognitive impairment and thus were personally inspired to evolve the form.

While no medicine or treatment, including TCM, can currently stop or completely reverse the progress of dementia, TCM has shown great promise in slowing the progression of the memory loss. The form is currently undergoing a number of studies and double-blind tests to determine the degree to which TCM can help forestall the advance of dementia.

“This has been an amazing experience for me in a number of ways,” Simpson remarked in reflecting on working with memory care patients. “It’s been remarkable to watch people with cognitive issues learn these new exercises. Sharing this form of Tai Chi with them has been a truly joyful experience, because I’ve watched folks improve in their physical abilities while making mental gains as well. TCM has opened many doors of hope and new possibilities for both caregivers and receivers.”

Retirement Reimagined
Your Next Chapter

As a new perspective on retirement, Retirement Reimagined, is a workshop offered by the Shepherd’s Center of Greater Winston-Salem.

The workshop is for anyone who is already retired or contemplating retirement and focuses on the practical, social, emotional, and spiritual issues that retirement brings with it.

Through presentations, interactive group discussion, personal learning, and opportunities for individual coaching, the workshop allows participants to explore meaning and purpose in one’s future years, assess the interests and skills available to reinvest beyond our chosen careers, and create a personal plan from among the many options retirement presents for continued personal growth.

The program was introduced in late 2017. Four workshops were offered in 2018 and two this year.

The leaders of the workshop this fall are C. Michael Thompson, Dr. Susan Hunsinger and Pamela Karr.

The registration fee includes a book, The Spirit of Retirement, resource materials and the Strong Inventory, a professional instrument that gives insight into one’s occupational interests, valued skills, and preferred work environments. Limited scholarships are available.

Registration is limited and reservations are required. The workshop is limited to 16 individuals on a first-come basis.

If you have questions or wish more information on the workshop, contact the Shepherd’s Center at 336-748-0217 or Info@Shepherdscenter.org.
The Impact of Social Isolation

To be socially isolated doesn’t simply mean dealing with the occasional bout of loneliness. It means being substantially disconnected from other people and the community in general.

As the population ages, both in the U.S. and across many other countries, the problem of social isolation is getting much worse.

Evidence shows that social isolation is bad for your health, and that is especially true if you are older, have two or more chronic illnesses or physical or cognitive limitations. That is because if a person is sick, being socially isolated makes them sicker and can even result in early death.

About one-third of Americans older than 65, and half of those over 85, live alone. Many suffer from feeling isolated, which worsens their health.

Like the chronic illnesses social isolation complicates, it can be addressed. A review of studies targeting social isolation among older adults found that several steps can improve a person’s physical and mental-health.

Being connected to social-support services such as transportation, friendly visits, caregiver respite care and participating in activities are just a few of the ways of feeling less isolated.

Participating in activities offered through the Vital Living Program as well as participating in transportation or visitation services are ways those who are isolated and seeking community can be served by the Shepherd’s Center.

Family Caregiver Training Classes

Powerful Tools for Caregivers

If you provide care for a relative or friend, you would benefit from the Powerful Tools for Caregivers classes coordinated through the Shepherd’s Center.

The next session will be held from October 17 to November 21, 10:30 a.m. to 12 noon at the SECU Family House, 1970 Baldwin Lane, Winston-Salem, NC 27103.

The Powerful Tools for Caregivers course is offered through a partnership of the Shepherd’s Center of Greater Winston-Salem, Senior Services, Inc., Trellis Supportive Care, DayBreak Respite Care of Centenary United Methodist Church, The SECU Family House and the N.C. Family Caregiver Support Program.

Trained, experienced instructors lead these supportive sessions. Call the Shepherd’s Center (748-0217) for more information or to register.

United Way Giving

United Way of Forsyth County

Even though the Shepherd’s Center is not a United Way agency, you can still contribute to us through the annual United Way campaign!

The Shepherd’s Center organization code with the United Way of Forsyth County is 2135.

You can support us by designating your forthcoming United Way pledge to us with our code.
National Senior Center Month - September 2019

Growing | Learning | Connecting | Giving

Exciting Vital Living Health and Wellness Options...... See Details Inside!

Calendar of Events

August -
September
September - March
October 17 - November 21
September 18 and October 9
October 30
March 21, 2020
May 7 - 9, 2020

- Re-link Harris Teeter VIC cards for life-long learning (see Page 2)
- National Senior Center Month (see Page 4)
- Vital Living Senior Center classes and events (see Page 7)
- Powerful Tools for Caregivers Classes (see Page 11)
- New Volunteer Orientation (see Page 6)
- Partners’ Circle Legacy Luncheon - Arbor Acres
- Annual Volunteer Appreciation Luncheon - Ardmore Baptist
- Annual Used Book Sale - Winston-Salem Fairgrounds

Check our Website at www.shepherdscenter.org for the monthly Calendar of Events