

Twenty-five Years and Growing

The Shepherd's Center Celebrates Past and Looks to the Future



2010 marks the beginning of the 25th year of service by the Shepherd's Center with older adults in our community. After two years of study and review by a task force and conferences sponsored by the Forsyth County Council for Older Adults and the Downtown Church Center (later known as Winston-Salem Churches in Ministry), the Shepherd's Center began offering programs and services in 1985. While the two organizations that gave birth to the

Shepherd's Center are no longer in existence, their vision and commitment remains.

The task force implemented the first "Adventures in Learning" classes on January 23, 1986. The articles of incorporation as a non-profit organization were signed on February 22, 1989. **Sarah Vernon**, who had coordinated the Shepherd's Center program while serving as coordinator of older adult ministry at the Downtown Church Center, was hired as the first part-time Executive Director in 1989.

Originally co-located with the Downtown Church Center in the Augsburg Community Center, the Shepherd's Center relocated in 1990 to **First Christian Church** on Country Club Road. In 1996, the Shepherd's Center moved operations to **Maple Springs United Methodist Church** on Reynolda Road.

In this Issue

2010 Officers/Board	Page 2
Financial Update	Page 2
New Retirement Model	Page 3
Spring Adventures in Learning	Page 4
2010 Book Sale	Page 5
Senior Program News	Page 7
Recent Grants	Page 9
Congregational Nurse Program	Page 10
Older American's Month	Page 11

In 1998, the book processing center was moved to **Westview Baptist Church**. In December 2000, the Shepherd's Center relocated all operations to Westview Baptist Church so that the Senior Center programs could be formally established and office space could be expanded for staff and volunteers.

In August 2007, the Westview Baptist Church congregation donated the building and property to the Shepherd's Center as their legacy to the community as the church ceased operation.

Continued on Page 8

Statewide Aging Award Received

Messer Award Announced

The Shepherd's Center was selected by the North Carolina Division of Aging and Adult Services as a recipient of the **2009 Ernest B. Messer Award**. The



Messer Award recognizes a community or organization that has ex-

celled in addressing the needs of its older citizens. The other recipient of the Messer Award for 2009 was the Orange County Department of Aging.

The award is named for Ernest B. Messer, a champion for aging in the General Assembly and former assistant secretary for aging for the NC Department of Health and Human Services between 1981-1985. The Honorable Ernest B. Messer served ten terms in the NC House of Representatives from Haywood County, and also served as the director of the Division of Aging in the early 1980's.

The Messer Award is one of three

Continued on Page 6

**ADVENTURES
IN LEARNING**
April 20, 22, 27 and 29
**Peace Haven Baptist
Church**

See details on Page 4

The Shepherd's Center Elects New Board Members and Officers for 2010



2010 Officers: **Brewer, Burris, Webster and Gaydica**

New officers and board members were elected at the December Board of Directors meeting for 2010. The officers elected were **Greg Brewer**, President; **Dick Webster**, Vice President; **Nikki Burris**, Secretary; **Keith Gaydica**, Treasurer; and **Bob Pursley**, Assistant Treasurer (*not pictured*).

New members of the board of directors are **Ralph Atkinson**, Ralph J. Atkinson, CPA firm; **Linda Freeman**,

RN, Elder Life Nurse Specialist, Forsyth Medical Center; **Irshad Hasan**, retired Imam, Masjid Al-mu-minun; **Rev. Bud McManus**, Senior Associate Pastor, New Jerusalem Missionary Baptist Church; **Andy Watkin**, adjunct engineering professor, North Carolina A&T State University; and **Ron Zambor**, retired marketing executive.

Salemtowne Presenting Sponsor of Annual Book Sale

Salemtowne Retirement Community will be the Presenting Sponsor of the 2010 Annual Used Book Sale. Our Gold Sponsor is Arbor Acres Retirement Community. Silver Sponsors will be BB&T, Reynolds American and Right At Home. Currently nine other sponsors are on board and several more are actively considering their sponsorship. Our thanks go to Salemtowne and the other 2010 event sponsors. See the related book sale article on Page 5.



MISSION STATEMENT

The Shepherd's Center of Greater Winston-Salem is an interfaith ministry that promotes and provides volunteer opportunities, lifelong learning and support programs for older adults.

2010 Officers and Board of Directors

President:	Gregory Brewer
Vice President:	Dick Webster
Secretary:	Nikki Burris
Treasurer:	Keith Gaydica
Assistant Treasurer:	Bob Pursley

Betty Alexander, Ph.D.	Cecil A. Holland, Ph.D.	Kelly Swauger, RN, MHSA
Ralph Atkinson	Rev. Bud McManus	Harry B. Underwood
Judy P. Doggett	David Plyler	Andy Watkin
Linda Freeman, RN	Aimee Smith	Karl F. Yena
Irshad Hasan	Mary Lou Stott	Ron Zambor

Staff

Sam Matthews, Executive Director	Linda Lewis, Faith In Action Program Dir.
Teresa Edwards, Senior Center Director	Lara Schantz, Faith In Action Program Asst
Laura Rapp, Congregational Nurse Dir.	Debra Weston, Transportation Coordinator
Steve King, Office Manager	

Shepherd's Center Financial Update

As of December 31, 2009

Current Bank Balances

Checking Account	\$ 17,218
Money Market Accounts	353,062
Certificates of Deposit	100,290
Total Balance	\$ 470,570

Cash Balances

Unrestricted Balance	\$ 426,540
Restricted Balance	44,030
(Specific Funds & Grants)	
Total Cash Balance	\$ 470,570

2009 Income and Expense Summary

Income	\$ 429,223
Expense	414,333
Net Income	\$ 14,890

BB&T Grant Supports Renovations

The BB&T Charitable Foundation awarded the Shepherd's Center a grant of **\$15,000** to be used to further our capacity to serve older adults in our community through renovating the upper level of our building.



We will expand into additional space to support Senior Center activities, additional meeting space and restroom facilities.

Renovations are underway and we anticipate opening the new activity areas in the Spring. Exciting plans are being made by the Senior Center Committee for new programs and community involvement. Stay tuned for more exciting announcements about new programs and activities in our renovated space.

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To learn more, take a virtual tour of our community on our Web site, located at www.salemtowne.org. Or call us at 336-714-2157 to schedule a visit.

Advertisement

Preparing for a Doctor's Visit

It is important to be prepared when you meet with your doctor for any sort of visit. It can be frustrating when you leave a doctor's office and realize you forgot to ask many of the questions you have been thinking about for awhile. A doctor's appointment is a time for you to discuss your concerns and questions with your doctor.

Here are some helpful tips from Medicinenet.com for how to prepare for your next doctors appointment, including some key questions you can ask.

Preparation

- Keep a running log of questions you've had since your last doctor's visit. It might be helpful to put a notepad by your bed so you can write down questions.
- Create a list of any changes in your health since your last appointment.
- Gather all recent relevant materials (such as results from medical tests, x-rays and MRIs).
- Create a list of medications, supplements and vitamins that you take.

Newly Emerging Retirement Model

Against the backdrop of changing retirement plans and a U.S. economic recession, a recent MetLife survey of over 240 retirement plan sponsors at companies with 1,000 or more employees gives a better understanding of employer attitudes toward and concerns about older workers. The knowledge drain from baby boomers mass retiring is a primary worry.

Five years ago, worries about the pending retirement of aging baby boomers were prevalent. Dire predictions regarding "brain drain" from the workforce were widespread. But given present U.S. economic conditions, older workers are more apt to stay put past the time many expected them to retire, attempting to shore up their embattled retirement nest eggs.

MetLife's report indicates that a new retirement model—a more gradual approach to retirement—is emerging. Today, the burden of retirement security has shifted onto the individual worker away from the company, represented by moves from employer-paid, defined-pensions to employee-funded 401Ks. Employees are no longer seeking an abrupt break in work because they're facing a far riskier post-retirement future than generations before them. Employees are no longer seeking an abrupt break in work because they're facing a far riskier post-retirement future than generations before them.

Nearly two-thirds of employers believe the knowledge drain will hurt productivity. Those who have taken steps related to managing an aging workforce have used retraining, telecommuting, flexible/seasonal employment, technology-based tools, and retirement planning seminars to help.

Spring Adventures in Learning Series Begins April 20

The Two-week Series Will Be Hosted by Peace Haven Baptist Church

Format Offers 2 Days of Classes over a 2 Week Period

The Spring Adventures in Learning series will held on
Tuesday, April 20, Thursday, April 22, Tuesday, April 27 and Thursday, April 29.
The series will be held at Peace Haven Baptist Church located at 3384 York Road.

Morning Classes

8:30 – 9:15 a.m. - Registration and Refreshments

9:15 – 10:30 a.m. Session 1 - Choose Class A, B or C

- A. Legal Hot Topics** with Mike and Michael Wells
- B. Supernaturalism** with Tony Layng, Ph.D.
- C. Writing Stories From Your Life** with Diana Calaway and Naomi Foote

10:40 - 11:50a.m. - Session 2 - Choose Class D, E, F or G

- D. Local Authors from Second Wind Publishing**
- E. Hot Topics and Advocacy for Older Adults** led by Nancy Hall
- F. Current Events** with Richard Sears, Ph.D.
- G. Healthy Cooking** with Lorena Stephenson, RN

12:00 - 1:25 p.m. - Session 3 - H. Great Decisions Series (Lunch and Learn)

This series is part of the nation's largest nonpartisan study, discussion, and action program on contemporary foreign policy issues. It is based on the annual *Great Decisions* briefing book by the editors of the nonpartisan Foreign Policy Association. The sessions will be led by current Wake Forest University faculty members. The topics to be covered during our series include: **Enhancing Security Through Peacemaking; China Looks at the World: The World Looks at China; The Global Financial Crisis and its Effects; and Europe's "Far East": The Uncertain Frontier.**

Afternoon Classes

1:30 - 2:40 p.m. - Session 4 - Choose Class I or J

- I. Joan in the Garden** led by Joan Cox, Master Gardener
 - **April 20th - Butterfly Garden** with Jim Nottke, Master Gardener
 - **April 22nd - Tough Plants for Tough Places** with Joan Cox, Master Gardener
 - **April 27th - Rain Gardens** with Joan Cox, Master Gardener
 - **April 29th - Demonstration Garden Tour** at NC Cooperative Exentsion Service
- J. Line Dancing** led by Pam Beamon, Dance With Me Studios

Complete course descriptions and a registration form are included as an insert in the newsletter. Registration for the entire series is **\$15** for volunteers and members and **\$20** for non-members.

***Include your Registration Form
and Payment in the Enclosed Envelope***



**Host: Peace Haven Baptist Church
3384 York Road**

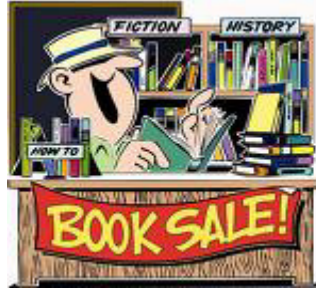
Day Sponsors

- **Providence Senior Care**
- **Harris Teeter**
- **California Fresh Catering**

2010 Used Book Sale May 6 - May 8

The **23rd** Annual Used Book Sale will be held from Thursday, May 6 through Saturday, May 8 in the Education Building at the Dixie Classic Fairgrounds.

Our dedicated crew of 20+ book center volunteers gather each Tuesday to sort and price books which go into the annual sale. We project that over 125,000 books will again be on hand for book dealers and avid readers alike. Come join us!



An estimated 3,000 people attended the 2009 sale and plans are being made for an even bigger crowd this year. Buyers from across the Triad as well as surrounding states attend as the sale continues to be the largest book sale in the region. Our goal for this year is to raise \$50,000 from the 3-day event.

In addition to the dedicated volunteers who work tirelessly each week in the book center, over 100 volunteers make the sale a great success each year.

Time Warner Cable will provide pre-sale advertising on numerous cable channels prior to the sale. Door prizes will be drawn each day for those who register and get more information about the Shepherd's Center.

Our annual sale could not be a success without the support of our sponsors and members. Plan to attend the sale, donate books and volunteer! To volunteer, call the Shepherd's Center to get involved!

Bob Garner to Keynote Volunteer Luncheon

Bob Garner, communications director for AARP of North Carolina and producer and host of various food-related segments on UNC-TV, will be the speaker for the annual volunteer appreciation luncheon on March 23rd at Ardmore Baptist Church. The luncheon honors our valued volunteers and major contributors.

Garner is responsible for both media relations and communications within AARP-NC, making sure their programs and positions become more widely known to both members and the general public.



Outside of his affiliation with AARP, Garner is perhaps best known as an author and host of shows on North Carolina's statewide public television network. Bob was associated with UNC-TV for over ten years before joining AARP.

Garner's restaurant reviews are now seen regularly on *North Carolina Weekend* on UNC-TV.

Garner is the author of *North Carolina Barbecue: Flavored by Time* as well as *Bob Garner's Guide to North Carolina Barbecue*, a restaurant guide.



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- Lifeline Response System
- Salemtowne Retirement Community
- Senior Living Magazine

Messer Award Received

Continued from Page 1

awards presented each year to individuals, organizations or communities that have excelled in meeting the needs of older citizens in the state.

Given by the Division of Aging and Adult Services in the NC Department of Health and Human Services, in addition to the **Messer Award**, the awards are the **George L. Maddox Award** and the **Edwald W. Busse Award**. Drs. Busse and Maddox, and Mr. Messer were three pioneers in the field of aging in North Carolina.

The Shepherd's Center was recognized for serving the needs of older adults in Forsyth County for 25 years through the **Faith In Action Care Program** (transportation, minor home repair, visitation and respite care as well as family caregiver education and support services); **Senior Center** programs throughout the community, including life long learning, intergenerational programs and co-coordination of the Seniors' Health Insurance Information Program (SHIIP) for Forsyth County; and the **Congregational Nurse and Health Ministry Program** which coordinates faith community nursing through creative health and wellness partnerships with congregations and faith-based organizations.

Repeat Home Buyer Tax Credit

Looking to downsize or move to a less expensive home? The Worker, Homeownership, and Business Assistance Act of 2009 established a tax credit of up to **\$6,500** for qualified move-up/repeat home buyers (existing home owners) purchasing a principal residence after November 6, 2009 and on or before April 30, 2010 (or purchased by June 30, 2010 with a binding sales contract signed by April 30, 2010).

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Faith In Action Care Program Volunteer Training

Volunteers are needed to assist with

- transportation to medical appointments
- assistance with grocery shopping
- visitation and respite care
- minor home repairs

Sign up now to attend the next training session for new volunteers. To register for a class, call 748-0217.

If you have any questions or want more information ask to speak to Linda Lewis, Program Director.

Current volunteers are also challenged to recruit other volunteers!

Each time a new volunteer is recruited, your name gets put in a drawing for a \$100 gift certificate.



The Shepherd's Center Senior Programs



Westview and Lewisville Locations

Information and Classes...



Information
and Referral

- Did you know we could assist you, a family member or friend to locate information about a variety of services?

Call 748-0217
for assistance.
We care and want to help.



AARP Safe Driving Class
Westview Location—
1700 Ebert Street

Monday, March 15th
1:00- 5:00 pm
Call 748-0217
to register.

Computer Classes

We offer a variety of FREE computer classes for the very beginner to the more advanced computer user. Please call for more information and for the current schedule.

In-Home Computer Assistance

Minor computer assistance available, call 748-0217 to request assistance.

Health and Wellness Classes First Class Free

Monday

9:00 am Pilates (PHBC)
10:00 am Yoga (Lewisville)
11:00 am Warm Water Exercise (AA)
7:00 pm Intergenerational Tai Chi (all ages)

Tuesday

12:00 pm Qigong
1:00 pm Warm Water Exercise (ST)

Wednesday

9:45 am Pilates
12:00 pm Tai Chi

Thursday

11:15 am Warm Water Exercise (AA)
12:30 pm Tai Chi (Hg St)
1:00 pm Warm Water Exercise (ST)

Friday

10:00 am Yoga (PHBC)
1:00 pm Fit Friday (Free)

ST—Salemtowne; AA—Arbor Acres; PHBC—Peace Haven Baptist Church; HgSt—331 High Street; Lewisville Locations vary, call for details

Fees: Warm Water Exercise Classes are \$22 for members, \$30 for non-members per session. All other classes are \$32 for members and \$40 for non-members per session. Eight (8) classes equals one session. Call 748-0217 for more information or to register.

Ongoing Programs...

Discussion Groups

Book Club meets the third Thursday of the month at 1 pm. Guest authors and/or discussion. Call for information.

Coffeehouse Discussion Group meets every Thursday from 4 pm—5:30 pm. Everyone welcome!

Veteran's Fellowship meets second Friday of every month from 2-4pm. Newcomers Welcome!

Arts and Crafts

Knitting and Crochet-ing—Tuesday 1-3 pm
Art Studio—Fri. 10-noon
Polo Park Recreation Center

Drop In Activities

Available most days.

Activities include:
Piano, computer access; puzzles and games; social area/reading corner.

Fun and Games

Bridge

Monday 10 am to noon
Tuesday 9:30 - 11:30 am
Thursday 10 am to noon
Friday 10 am to noon

Pre-registration required.

Fellowship Group meets Wednesdays from 2 pm to 4 pm; card and board games, refreshments and friends.

Pre-registration required for the following...

Peace Haven Baptist Church Location

Brain Fitness—Mondays 11 am

Game Day—Mondays 1 pm

Lewisville Senior Programs

Writing Stories From Your Life

Mondays 10 am
Lewisville Library

Game Night Social

Fridays 6:30 pm
Lewisville UMC

Fitness Center for Lewisville Residents—Open

24/7

25 Years and Growing

Continued from Page 1

The annual book sale fundraising event was begun in 1988 and currently is the largest sale in the Triad area. The **Respite Care** and **Adventures in Learning** programs begun in 1985 were soon joined by the Handyperson (minor home repair) Program, Intergenerational activities and health awareness education programs. The **Faith In Action Care Program** was initiated in 1998 and **Senior Center** operations began in 1999. The Shepherd's Center was designated a **Senior Center of Excellence** in 2008.

The **Coalition of Ministries with Older Adults** was initiated in 2001 and the transportation and **Saturday Night Fellowship** programs of Winston-Salem Churches in Ministry were assumed when that ministry closed in May 2003. The transportation and minor home repair programs of **Serving Our Savior** also merged with the Shepherd's Center in June 2003.

The **Winston-Salem Urban League Senior Center** became a satellite senior in August 2003 and operated until 2009. In July 2009, the **Lewisville Senior Program** was initiated to offer programs and activities in the Lewisville community.

In 2009, the **Congregational Nurse and Health Ministry Program** was launched to coordinate faith community nursing programs throughout Forsyth County to promote health and wellness programs. Active and retired nurses and other health care professionals are recruited to serve in congregation and agency settings.

During 2009, over **3,000** older adults benefited from the services offered through our programs. **500+** volunteers devoted over **27,000** hours in service to others. With these results, we look forward to exiting years ahead.

IN MEMORIAM

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

Annie Alexander, 71, died on August 26, 2009. Annie, a retired nurse, was a former member of the Board of Directors as well as a volunteer with the Faith In Action Care Program. She was a member of First Baptist Church, East Winston.

Neil Chafin, 73, died on January 16, 2010. Neil was very active in the community and with his church as well as a volunteer with the Faith In Action Care Program. Neil was a member of St. Paul's Episcopal Church.

Connie Hardin, 80, died on October 13, 2009. Connie retired from Wachovia Bank and later worked for Hawthorne Pharmacy. He was a long-time member of Westview Baptist Church and a member of Wesley Memorial United Methodist Church. Connie and his wife, Joan, were faithful volunteers with the Shepherd's Center.

Frank Harrelson, 68, died on January 11, 2009. Frank served others through the Faith In Action Care Program as a transportation volunteer for several years.

Katherine Mellert-Lorch, 81, died on November 6, 2009. Katherine and her husband, Allan, were active members of several bridge groups at the Senior Center. She was a member of Calvary Moravian Church..

Murray Senkus - 95, died on November 12, 2009. Murray retired from R.J. Reynolds where he had been director of research. Murray was a faithful bridge player at the Senior Center and supporter of the Shepherd's Center. He was a member of Centenary United Methodist Church.

Notes of Appreciation

Individuals and families who benefit from the programs and services offered by the Shepherd's Center often send expressions of thanks and notes of appreciation. The following are some of the most recent comments:

"I want to thank you for providing transportation for my mother for many years. Her family and I are very grateful for your assistance."

"Thank you for assisting in the repairs of our home. The project would not have been possible without your wonderful support."

"Thank you for the rides to my doctor. I thank God that you are there for me. Everyone is so pleasant and understanding."

"Thank you for sending a volunteer to hang pictures for me. He was so very gracious and had excellent judgment about the placement of my pictures."

"Thank you for assisting with repairs in my bathroom. Your volunteer was a tremendous help."

"Thank you for the great work you are doing. I am so pleased with the repairs you did for me."

"I truly and sincerely appreciate your help with my transportation. I do not know what I would do without you."

"Volunteering at the Shepherd's Center with all of you is such a joy! Thank you for what you do each day."

"During my visits, I have seen so much progress from the person I see and it is truly an enjoyable experience." (from a nursing student who visits with one of our care receivers)



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2010 Census Begins

The first phase of the 2010 U.S. Census is under way as workers have verified the addresses of households across the country. Eventually, more than 140,000 U.S. Census workers will count every person in the United States and will gather information about every person living at each address including name, age, gender, race and other relevant data.



While the U.S. Census Bureau may conduct other census surveys throughout the year requesting various types of information, during the U.S. Census 2010, households will be contacted by mail, telephone, or visited by a U.S. Census worker who will inquire about the number of people living in the home.

The data collected by the Census will be used to determine a host of issues critical to the our community, including the drawing of Congressional, State House and State Senate district lines and allocation of Congressional seats.

The census also helps with decisions about what community services to provide, and how to distribute federal funds to local, state governments each year for the next 10 years. Examples include spending for programs for the elderly, educational agencies and school districts, public transportation, road rehabilitation and construction and emergency food and shelter

Congregational Nurse and Health Ministry Program Receives Grants

The Shepherd's Center received grant funding of \$ 3 5 , 0 0 0

from The Winston-Salem Founda-
tion for continuation of the Congrega-
tional Nurse and Health Ministry Pro-
gram for a second year. The pro-
gram, begun with



Foundation funding in 2008, made significant gains during 2009, working actively with 17 congregations who served over 2,700 people in the community.

Grants for the program were also received from the RJ and Marie Reynolds Foundation, John and Anna Hanes Foundation, Forsyth Medical Center Foundation, Walmart Foundation and the Board of Evangelism and Home Missions of the Moravian Church, Southern Province.



VOLUNTEER OPPORTUNITIES

- Transportation drivers
- Friendly visitors
- Book Center volunteers
- Computer class leaders and assistants
- Office assistants
- SHIIP Counselors
- New Horizons Band members
- Intergenerational Reading and Storytelling Volunteers
- Book Sale volunteers for May 6 - May 8, 2010

Congregational Nurse and Health Ministry Program Completes Successful First Year



During the first year of operations, the Congregational Nurse and Health Ministry program established strong working relationships with nearly **40** congregational nurses representing over **17** congregations throughout Forsyth County. Partnerships were also established with the Green Street UMC Clinic and the Prodigals Community to offer faith community nursing as part of their programs and services. A strong nurse network was formalized for continuing education and collaboration.

Effective partnerships were established with Wake Forest University Baptist Medical Center, Forsyth Medical Center, the Forsyth County Department of Public Health and the Winston-Salem State University School of Nursing.

Other exciting outcomes achieved during the first year included the hiring of Laura Rapp, RN, MSN, as Director of the Program in February 2009; conducting monthly nurse network educational meetings; offering of continuing education credits required for nursing certification were provided to the program at no cost by the Nursing Education and Research Division of N.C. Baptist Hospital; attendance by Ms. Rapp at the Faculty Training program of the International Parish Nurse Resource Center enabling her to lead basic parish nurse training classes in our region. Additionally, two basic faith community nurse training classes were held with 25 persons in attendance in the year and a half prior to the formal establishment of the program with support from the Shepherd's Center and community partners.

The Shepherd's Center website was updated to include comprehensive resource about the Congregational Nurse and Health Ministry Program and the Congregational Nurse and Health Ministry Council was formalized as an advisory body to the Shepherd's Center Board of Directors.

A 12-week American Heart Association **START! Walking Program** partnership was formed between Zion Memorial Baptist, Mount Zion Baptist, Solid Rock Baptist, 2nd New Bethel, St. Benedict the Moor, Our Lady of Fatima Chapel and Our Lady of Mercy, the Forsyth County Department of Public Health. This collaborative program was also presented as a model to the WSSU African American Health Disparities Conference in November.



4 Healthy Habits That Cut Disease Risk

Don't smoke. Get off the sofa and take a walk. Stay away from the junk food. Watch your waistline.

You may have heard the advice before. But did you know that if you follow all four of these healthy habits together, you could decrease your chances of developing some of the most common and deadly chronic diseases by nearly 80%?

The following habits may help you lower your risk of developing chronic diseases.

1. Maintain a healthy weight. Your body mass index should be lower than 30.
2. Never smoke. (But if you already do, you should quit.)
3. Get at least 3.5 hours of exercise every week.
4. Follow a healthy diet. Ask your doctor for recommendations.

Congregational Nursing and Health Ministry Advisory Council Elected for 2010

At the November 2009 meeting of the Council, officers and members were elected for 2010.

The Council's mission is to be an advocate and community resource for the promotion of holistic health through the faith communities of Forsyth County, to advise the Program Director on the Congregational Nurse and Health Ministry Program, to oversee the operations and periodic evaluation of the program, to assist in soliciting the support of congregations and the services of volunteers and to advise and make recommendations to the Board of Directors of the Shepherd's Center on matters relating to the Program.

The officers elected were:

Chairperson - Dr. Cecil Holland, RN, MSN

Vice Chairperson – Lori Carter, RN

Secretary – Rosemary Niles, RN

Council members elected were:

Kelly Swauger, Director of Nursing Forsyth Medical Center; **Dr. Kay Sackett**, Director of Nursing Education and Research, WFU Health Sciences; **Rev. Linda Browne**, Chaplain, Salem Towne Retirement Community; **Peggy Lemon**, RN, Board of Evangelism and Home Missions of the Moravian Church; **Dr. Cecil Holland**, Winston-Salem State University School of Nursing; **Jackie Boggs**, Director of Nursing Services, Forsyth County Department of Public Health; **Carol Ford**, Hospice and Palliative Care; **Elvenia Johnson**, Mt. Zion Baptist; **Velma White**, Galilee Missionary Baptist; **Anne Harrison**, Knollwood Baptist; **Helen Keck**, Clemmons Moravian; **Lori Carter**, First Baptist; **Rosemary Niles**, St. Paul's Episcopal; **Barbara Carter**, Kernersville Moravian; **Rev. Moses Goldman**, St. John CME.

Older Americans Month 2010 *Age Strong! Live Long!*

May is Older Americans Month—a tradition dating back to 1963. The Shepherd's Center is joining communities nationwide in celebrating the month with special activities and events.

This year's Older Americans Month theme—**Age Strong! Live Long!**—recognizes the diversity and vitality of today's older Americans who span three generations. Older Americans are living longer and are more active than ever before. And with the aging of the baby boomer generation—the largest in our nation's history—America's senior population is expected to number 71.5 million by 2030.

Older Americans are a core component of service delivery to seniors—embodying and modeling the drive to *Age Strong! Live Long!* They volunteer at group meal sites and deliver food to homebound seniors; they act as escorts and provide transportation for older adults who cannot drive; they help seniors with home repair, shopping and errands; and they provide vital counseling, information and referral services.

The Shepherd's Center is truly honored to count over 500 volunteers who make the theme of *Age Strong! Live Long!* a reality in our community.

■ ■ ■

Putting the Grand in Grandparent

North Carolina ranks in the top 10 nationwide for the number of grandparents caring for the basic needs of their grandchildren. Nearly 7 percent of North Carolina's children are living in grandparent-headed households.

These grandparents – most are grandmothers – are incredibly special people willing to take on the responsibility all over again later in life. And in Winston-Salem, they're getting help from a program at Winston-Salem State University.

The Grandparenting Program is the *only* program in North Carolina that addresses the *medical* needs of custodial grandparents who are raising their grandchildren. Custodial grandparents do not qualify for the state and federal funding available to foster and adoptive parents, and therefore oftentimes have difficulty making ends meet. Most are African-American women, over the age of 50, who work full-time but are struggling with the costs to provide consistent health care.

That's where The Grandparenting Program at Winston-Salem State steps in. They connect custodial grandparents with a primary care provider, so caregivers can receive full medical exams and recommended treatment for health conditions, including medications, diagnostic care and specialist care. In the near future, the program will open a health clinic where they can work with caregivers one-on-one to help them monitor and manage their health.

And, they're looking beyond health care. The program intends to help grandparents become self-sufficient so they can access needed health, social, legal, financial and housing assistance.



Family Caregiver Training Classes Offered

**POWERFUL
Tools
for Caregivers**

A Mather LifeWays Program

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.

Family caregiver training classes are offered each quarter in conjunction with other agencies who provide caregiver services. Trained, experienced instructors lead these supportive sessions.

Classes are held at different times during the week to accommodate those who attend. Light refreshments are served and an excellent workbook is offered.

The next classes will be offered at **St. Paul's Episcopal Church** on **Thursdays, April 8** through **May 13**, from **4:00 to 6:00 pm**

Call the Shepherd's Center (748-0217) for more information or to register for the class.

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Caregiver Lunch and Learn 2010

March 11, 11:00-1:30, at Senior Services. Topics will be Mental Health and Dementia Issues, Pain Management, and a presentation by a Recreational Therapist. Lunch will be provided.

Sponsors

Alzheimer's Association
NW Piedmont Area Agency on
Aging
The Shepherd's Center
Senior Services, Inc.
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Adventures in Learning Begins April 20 Exciting Options..... See Details Inside!

Calendar of Events

February - September

March 6 and 18-21

March 23

April 8 - May 13

April 20, 22, 27 and 29

May

May 6 - May 8

May 25 (9 a.m. - 2 p.m.)

- Senior Center classes and events (see Page 7)
- Faith Community Nurse Basic Preparation Course (See Page 10)
- Volunteer Appreciation Luncheon - 11:30 - 1:30 - Ardmore Baptist
- Powerful Tools for Caregivers Classes (see Page 11)
- Adventures in Learning - Peace Haven Baptist Church
- Older American's Month - *Age Strong! Live Long!*
- Used Book Sale, 9 am - 9 pm (Thurs & Friday); 9am - 2pm (Sat)
Education Bldg, LJVM Coliseum Complex
- Spring Fling Senior Health & Wellness Expo - LJVM Ed. Bldg

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