



July 2021

Aging Matters: Leading Independent Lives

Recently, Americans across the country celebrated Independence Day. This holiday means many things to people – it all depends on who you ask. Historically the 4th of July, in the simplest terms, marks the birthday of our country. It was the day, after long years of struggle and months of debate, the duly elected representatives of the original Thirteen Colonies announced to the world that they had formed a new nation.



Since that warm summer day in Philadelphia, our country has grown and transformed in numerous ways. While thoughts of Independence Day may conjure memories of celebrations with family, friends, food, and fireworks, it also is a day of reflection to recognize our struggle to live up to the ideals put forth in the Declaration of Independence, as we continue to foster conversations that affirm and protect the unalienable rights of life, liberty, and the pursuit of happiness for all people.

My reflection always brings me a sense of pride knowing that I am working for an organization that works tirelessly to provide personal independence for older adults, so they are able to live with a sense of dignity and purpose in their own homes. Shepherd's Centers around the country work to remove barriers to assist older adults with home maintenance, access to healthcare, food insecurity, educational opportunities, physical wellness, and fellowship.

The Shepherd's Center network continues to strive to bring older populations independence free of social isolation through engagement in educational opportunities, support services for daily living, and volunteerism. We hope you celebrate your independence this year by joining the Shepherd's Center movement.

Teresa Davis, Director of Programs and Services



Sisterhood of the Traveling Vase

The vase wasn't an heirloom. It hadn't been hand-blown by an artisan. It didn't have a unique shape or color, but it had magical powers once it left the workroom at the **Shepherd's Center of Kernersville (NC)**. Holding the season's most delicate and fragrant of blossoms, one week it might cheer up someone recovering from a hospital visit only to be returned, refilled, and delivered to someone celebrating a special event. But somehow the vase always found its way back to the Shepherd's Center where it was cleaned, its next assignment contemplated, and it was refilled beautiful flowers.

After a time, the vase finally made it to Martha's home where it found a lengthier stay. Many thought the days of the traveling vase were at an end, but one day a note appeared at the Shepherd's Center that read:

"I've been so lonely. I've felt forgotten and of no use to anyone. The vase gave me Friendship. You have always been there for the older, the disabled, and the forgotten. I will pass it on. The Vase is Joy. God Bless You, Martha."



And the Elizabeth Welch Award Goes To

Each year, the North Carolina Division of Aging and Adult Services presents several awards to recognize individuals, organizations, programs, and communities that have made significant contributions in support of the division's efforts to enhance resources, services, and opportunities for the state's older citizens.

The **Shepherd's Center of Winston-Salem (NC)** is happy to announce their nominee, Nancy Hall, was the recipient of the Elizabeth Welch Award. Nancy has been volunteering in the Winston-Salem community for well over 20 years and has had the opportunity to create many programs for aging adults including programs that connect people to the arts.

Nancy excels in everything that she does for older adults and this award recognizes her hard work as a volunteer. Nancy served on the Shepherd's Center board of directors from 2004-2006 and has remained an active participant and supporter of the Shepherd's Center for many years.

Project Joy is a ministry of the Shepherd's Center of Kernersville aimed at lifting the spirits of those in need of encouragement, care, sympathy, remembrance, celebration, appreciation, or acknowledgment. Each Friday morning, volunteers gather to arrange bouquets of flowers donated by a generous wholesaler for delivery.

This award recognizes an older adult who has effectively advocated for the needs of other older adults as either a volunteer or employee. This awards honors Dr. Elizabeth Welch who served as Chair of the Psychology Department at Salem College. Dr. Welch was often quoted to say, we should not "retire" but "reinvest." Congratulations, Nancy, for all you do for your community.



Summer Camp Adventures

Summertime as a kid is amazing. Many of us spent our time away from school at camps participating in exciting activities while making new friends. As you grow up, your vacations begin to look very different. Long gone are the wistful memories of dog days of summer spent with other campers.

But there is good news for those feeling nostalgic! The **Shepherd's Center of Saint Andrews (SC)** created an online Summer Camp for older adults. No pesky mosquitos or soaring temperature to worry campers.

Shepherd's Centers are offering several fun-filled online classes across the network that you can participate in from wherever you call home. The activities include movie discussions, games, creative writing, foreign languages, crafts, and so much more. This camp is all about socialization in a fun-filled laid back manner that fits your schedule. Visit Shepherd's Centers of America's website to [Find an Affiliate](#), so you too can create your own summer camp adventure.

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