



December 2021

Aging Matters: Reflecting on Moments to Celebrate

It seems so hard to believe that 2021 is already winding down. Most people are looking forward to spending time with family and friends during the holiday season. With all of the hustle and bustle in the upcoming days, why not take a few quiet moments between activities to reflect on this year's events.



Self-reflection can be an important practice for exploring what adds fulfillment or unwanted distractions into daily living. Studies show that individuals that reflect on their day for as little as five minutes have better decision-making skills, process stress more effectively and find time to celebrate accomplishments. Who doesn't need a little cheer in their New Year!

SCA is celebrating the indomitable spirit of human curiosity. Older adults are learning how to access creative activities now more than ever before by learning to harness the power of technology. Participants are embracing tablets, computers, software, and apps to better connect to a myriad of online opportunities. By harnessing the power of technology in imaginative ways, you can access services to socialize, exercise, and expand your mind. Why not make one of your New Year's resolutions to learn a new skill or meet a new friend by reaching out to join an Adventures in Learning program? That would be cause for celebration!

With more and more people celebrating 100 years or more of active living, available volunteers spanning five generations, and more older people than younger ones, we know that our future will be more multigenerational. While not a new concept, Shepherd's Centers are utilizing younger adults as volunteers in more ways to the delight of older adults. Linking the generations is another way to create a better future for us all. Each generation has something of value to add to the aging conversation. Why not reflect on ways to invite your neighbor, daughter, or grandson to deliver a nutritious meal or rake a few leaves in 2022? Knowing that we are better together is something to cheer about!

During challenging times our organization, volunteers, and stakeholders provide a sense of community and hope for older adults by offering vital services such as transportation, grocery delivery, and other programs which improve health outcomes. Older adults in Shepherd's Center neighborhoods know that they have a family of caring staff and volunteers to assist. Giving yourself the gift of friendship and community is a positive way to ring in the New Year!

As you reflect on what will bring you joy this holiday season or in the New Year, SCA and its affiliates would like to invite you to explore all of the wonderful opportunities our network has to offer.

Happy Holidays from all of us at Shepherd's Centers of America!



Donald Owen Smith Award Recipient Announced

Shepherd's Centers of America is delighted to announce the 2021 Donald Owen Smith National Volunteer Leadership Award was presented to **Carol McGinnis Kay** with **Shepherd's Center of St. Andrews (SC)**. Carol is pictured here (center) along with Lynne Mahaffey and Ken Howell, who completed and submitted the nomination.

Carol has served continuously with St. Andrews for 15 years, first as a volunteer instructor and soon serving in many other leadership roles: chair of Adventures in Learning Committee, member of the Board of Directors including terms as Secretary, President (2010, 2011, 2017, 2018) and Past President. She currently chairs the Nominating Committee.

Among the things that stood out to the review committee was the fact that: "No task is too small and leading by example is important to Carol. She inspires others through her enthusiasm, her positive and caring attitude, and her determination to see that the programs offered meet the interests and needs of participants."



Older Adult Participant Spreads Joy by Giving Back

When **Vivian Cunningham** needed a way to get to her healthcare appointments, she called the **Shepherd's Center of Greater Winston-Salem (NC)**. For two years, Vivian has received rides several times a month from caring volunteers.

Last year, Vivian began to look for a way she could give back to help others and discovered the Shepherd's Center's Card Connections program. The program sends cards to celebrate special occasions or just offer friendly support. Vivian, an artist at heart, was already creating beautiful hand-crafted greeting cards. She immediately exclaimed, "That's something I can do!"

The Shepherd's Center cannot thank Vivian enough for using her talents to inspire others, even in the wake of her serious illness. Her gifts have made such a wonderful difference in the lives of others.

SCA celebrates Vivian and the countless others in our network that provide gifts of friendship and support.



Your Support Makes All of the Difference

Thanks to your enduring generosity, nearly 200,000 older adults have experienced the joy of friendship and community over the past year. Your gifts bring us closer to a just and caring society in which each of us, as we age, lives with dignity, purpose, and security. For every gift you give, the Shepherd's Center network provides \$68.00 of

services to older adults in need.

During these highly unusual times of the pandemic, your financial support is needed more than ever. Please let us know you can help by responding right away to support an older adult in need. You may also want to consider making a regular monthly or quarterly gift-just call us or make your gifts online [here](#).

What a perfect way to celebrate lives well lived!

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