

# Northland Shepherd's Center



## True or False

NSC has been in the northland area for 32 years? True False

The Northland Shepherd's Center (NSC) is an agency that provides services for all ages? True False

Long time NSC staff Dale and Terry are males? True False

NSC only provides transportation services and Meals on Wheels? True False

NSC is located in the basement of Antioch Community Church? True False

There seems to be a lot of confusion and questions when it comes to what NSC is and what we do as a community service agency. No matter how we try to communicate the information on our many services, programs and resources, no one really knows what NSC does or possibly has never heard about NSC...until the time comes they need us.

Like when the time comes and they are struggling to pay their bills, buy groceries and medicine, and would really benefit from a few fresh vegetables and fruit.

Like when the time comes that stiff knees, hip pain and balance is getting worse and you know its time to get up and moving, to improve your stamina and stride so you can stand at the kitchen sink and wash dishes or pull on socks and shoes easier.

Like when the time comes to give up driving and you wonder how you will get to the bank, pharmacy, grocery store or Doctor.

Or when the time comes you need a break when providing caregiving or the Doctor tells you that you have lost too much weight and need to have better nutrition so check NSC 's Meals on Wheels program.

When the time comes that you are lonely, bored and need to get out of the house and meet friends, have a cup of coffee and visit.

Like when the time comes as it did in 2020 when just about the only way to buy groceries, talk to your doctor or see your family was through technology...

You retire and look forward to some much-deserved free time but the time comes when you want to get involved and have a desire to help our community.

It's funny, yet, not so funny how life can all of a sudden throw a person into the "older adult" status. Out of the blue one day you drive through McDonalds and they are giving you a senior discount. We are so busy when life is in "full swing" with work, kids, grandkids, other responsibilities and obligations that most of us are certainly not thinking or worrying about some of the hurdles that aging can bring.

Over the years, we here at NSC have kept our finger on the pulse of the older adult community. We are constantly monitoring and aligning our services and programs to address and meet the aging needs in our community. Services, programs and events have changed and developed as NSC has grown and allowed us to reach and serve more seniors. We are large enough to serve but small enough to care.

NSC also has a great work relationship with other similar agencies to help circle our older adults with resources outside of our limits – always offering our hands to help.

Not sure what the answers are? Reach out to us to help you understand and don't keep us a secret! Tell your family, friends and neighbors about us. Ask your doctors and church community if they are familiar with NSC programs and services. Ask yourself, "What will I do when my time comes?" Or maybe it already has. Don't wait until the time has passed leaving you in crisis mode looking for answers on how to age gracefully; after all, **Helping Seniors Thrive** is what we do!

Have a Great Day! Terry Tipton, Interim Director

*(Answers to the Trivia Quiz are located somewhere in this newsletter)*

See our July/Aug Newsletter for the answers to the Trivia Quiz! Click [Here!](#)