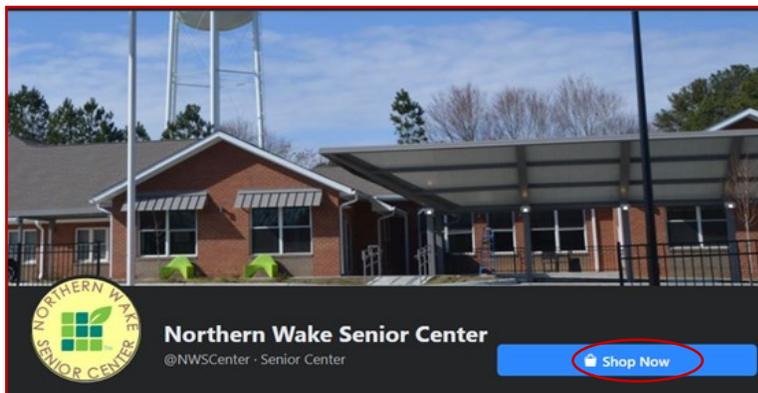


### FEATURED PROGRAM

#### Shopping:

Need a shopping fix? Visit our Facebook page <https://www.facebook.com/NWSCenter/> and our new **SHOP**. (see photo) Our team just opened a cash/check and pick-up shop. You can message on our Facebook page or call the main office to purchase. We will reserve item for three days. You will need to bring in a check made out to Resources for Seniors, Inc. or cash at the time of pick up. More items are on the way. Stay tuned. ...



#### Pulled-Pork-Pull-Up Fundraiser



When: August 14th 11AM—1PM

Where: Northern Wake Senior Center Parking Lot

Drive through and Pick up Pre-Ordered Meal including pulled pork, baked beans, roll, and desert. Prepared, and provided by **Cadence Living of Wake Forest**. All proceeds go to the Senior Center.

Cost: \$10.00 per meal. Preorder and prepay. Cash or check only. Just 100 meals available. Call the Senior Center 919-554-0724 to prepay and sign up.



**Jennie Griggs**  
Program Director

This week we began the Walk with Ease Evidence Based series. I am so proud of those who are participating both virtually and outdoors at Joyner Park. Their participation brings to mind this quote from Medi-Weightloss®, “No matter how slow you are going...You are making laps around the person sitting on the couch.”



**A shout out to Cadence Senior Living for their never-ending support of the senior center.**

## VIRTUAL FITNESS CLASSES:

### Line Dance is back with Ronnie: (North & East Wake)

Every Thursday at 11am beginning July 23, 2020. Space still available. Call Northern Wake Forest 919-554-4111 for signup, waiver and link to virtual program.

### Beginners KNOCK-OUT with Linda: (North & East Wake)

Space still available. This class is easy to follow, no equipment needed! Enjoy basic boxing moves put together to form a fun cardio burning exercise workout. This class is modified for our active adult community. (especially you guys!) Call Northern Wake Forest 919-554-4111 for signup, waiver and link to virtual program.



## VIRTUAL SERVICES:

**Free online hearing test: Heritage Audiology:** <https://link.edgepilot.com/s/21a95f44/BeyC-WVlzUG9-iEdDny-FQ?u=https://hearing-screener.beyondhearing.org/HeritageAudiology/oeYeDv/welcome>. Don't forget their summer ear wax cleaning special. Did you know. "Earwax is essential. However, it can be burdensome when we have too much of it. When we have too much earwax, we can experience mild hearing loss, as the wax blocks sound and noise as it enters the ear. Blockage caused by too much earwax can cause earaches and the sensation that the ear is full or plugged up. Excessive earwax can also be determined by partial hearing loss, noises within the ear and itchiness. Furthermore, when there is too much ear wax, it can trap bacteria in the ear canal and cause infection." (Arash, 2018)



North Carolina Baptist Aging Ministry's Free statewide phone line for seniors call 866-578-4673.

# Summer Special

QUICK • EASY • PAINLESS

Ear Wax Removal

**\$40**

Call to Schedule



Susan Bergquist  
Audiologist & Owner

Schedule an Appointment  
(855) 252-1818

Heritage Audiology

3150 Rogers Rd, Suite 105  
Wake Forest, NC

[www.HeritageAudiology.com](http://www.HeritageAudiology.com)

**OUR FIRST OFFICIAL SPONOR!**

Donating half of proceeds for ear wax procedure through August 31 to the senior center! Tell them we sent you.



Northern Wake Senior Center  
919-554-4111  
[wfsccordinator@rfsnc.org](mailto:wfsccordinator@rfsnc.org)

Eastern Wake Senior Center  
919-365-4248  
[ewscordinator@rfsnc.org](mailto:ewscordinator@rfsnc.org)

## VIRTUAL PROGRAM OPPORTUNITIES

### **Pathways to Peace-Support Group: August 3rd 2 – 2:40pm:**

- Grief Support Group at the Cary Senior Center the 1st Monday of the month. Sponsored by Heartland Hospice and Resources for Seniors. Contact: Heather Arcuri (919)462-3983 or [carysc@rfsnc.org](mailto:carysc@rfsnc.org) for more information.

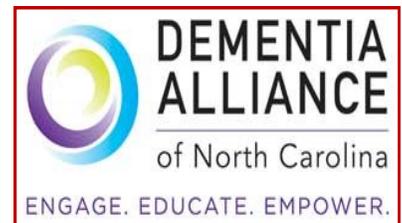


**Liberate your Laugh:** Wednesday, August 26th 11 am.. Program filled with laughter including a series of simple structured laughter and breathing exercises that bring more oxygen into the body. To register visit: [www.DementiaNC.org/Laugh](http://www.DementiaNC.org/Laugh).



### **Alzheimer's and other Dementias Caregivers support group.**

- **August 20 @ 10- 11:30am:** Meetings will be held the 3rd Thursday of every month at 10am via Zoom. Facilitated by DeeDee Harris of Dementia Alliance of NC. For more info email [dharris@dementianc.org](mailto:dharris@dementianc.org).



### **Parkinson's Support Group Meeting—August 5<sup>th</sup> 1 -**

**2:30pm:** Meeting at the Northern Wake Senior Center. Contact: Heather Arcuri at 984-232-4523 or [carysc@rfsnc.org](mailto:carysc@rfsnc.org)



### **Wake Tech Classes: Spanish Conversation classes for age 50+:**

Seniors taking the class receive a 50% discount for this 9 week program! It will be held live on MS Teams from 8/26-10/21 from 4-6pm. Seating is limited to 12 students and it is open to the public. To sign up go to. <https://link.edgepilot.com/s/df4db6d9/INeP6o9sx0CjiekPqPqctg?u=https://www.waketech.edu/programs-courses/non-credit/about-wce/registration/catalog?course=CSP-4000BX2> If you need assistance with MS teams call the senior center and ask for a **Zoomer** to assist.



**Come Sing With Us:** Duke Dementia Family Support Program: July 28 at 4 pm. Featuring Cam Owens Lead singer/Mandolinist for the Honey Chaser. Facebook Live Bluegrass <https://www.facebook.com/DukeFamilySupportProgram/live>



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## VIRTUAL PROGRAM OPPORTUNITIES CONT:

**Casey's Calls:** Great opportunity to learn from a pharmacist. Free Conference Call presentations with our own Casey Baldwin, Pharm.D, Senior Care Pharmacist, MEDS Coordinator, Resources for seniors, Clinical Assistant Professor, Campbell University College of Pharmacy and Health sciences. The topics will be presented back to back on July 30th at 10 am. You can dial in to 605-313-5472 and use the access code 565818 to join the call. This is not participatory it is for you to listen and learn. Should you have questions, please email them to mejenniieg@rfsnc.org and I will forward to Casey. The topics are as follows:

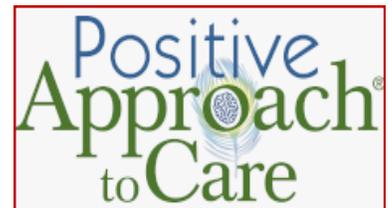
- **CVD and Arthritis** – Why is it important to pay attention to those 2 diseases? How do they impact each other? How can treatment harm or benefit the other disease What can be done non-pharmacologically that will benefit both diseases?
- **Cardiac Arrhythmias** – What are they? What causes them? Are they normal? How are they treated? What are the concerns about the medications? What is the risk of not treating them?
- **Heartburn or GERD** – Is there a difference? How is it treated? Do seniors need to worry? What should they replace Zantac with? How does food impact GERD? Can food make it worse or better?

**“Normal vs. Not Normal Aging”:** September, 23 at 11am . This is a 45 minute seminar and then Q & A. You don't want to miss this educational webinar involving Melanie Bunn from Teepa Snow's Positive Approach Team and the Dementia Alliance of NC. This is sponsored by Aware Senior Care and our own Resources for seniors. To register go to:

[Register](#)

**Daily Doses of Joy:** August 12 @11 am Webinar on how Important it is to have Joy in your Everyday Life. You will learn how to Increase your Joy Everyday. You may even experience some Joy and laughter during this fun virtual education event. You won't want to miss this one! To Register go to:

[Register](#)



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wfscordinator@rfsnc.org

Eastern Wake Senior Center  
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ewscordinator@rfsnc.org

## DID YOU KNOW:

### ABSENTEE BALLOT INFORMATION:

Any registered voter may vote an absentee ballot. State law requires that you submit the North Carolina Absentee Ballot Request Form. Completed absentee ballot request forms can be mailed, emailed, and faxed to the Wake County Board of Elections. **Absentee Request Form** (attached) <http://msweb03.co.wake.nc.us/bordelec/downloads/9forms/9formslist/AbsenteeRequestForm.pdf>

**Wake Forest Earned National Main Street Accreditation for 2020:** Thank you Mayor Jones and Commissioners

**COVID 19 Vaccine testing volunteers needed:** Wake Research, a clinical trial site network headquartered here in Raleigh, NC. is currently enrolling individuals in a vaccine study for COVID-19 beginning in July. The study will accept at-risk individuals who are most vulnerable to COVID-19 to investigate the efficacy of a vaccine. We are seeking adults 65 and over who are currently not residing in long-term care facilities as well as all adults with underlying medical conditions putting them at risk (asthma, obesity, diabetes, etc.).  
<https://link.edgepilot.com/s/741889b7/ZJkNihpDFkSkZF3KX6WTcQ?u=https://www.wakeclinical.com/study/covid-19-studies/?site=20>

### INTEGENERATIONAL PROGRAMS:

**Cooking-Matters at Home** online Webinars “Kids in the Kitchen” on July 16th and “Flexible Recipes” on 30th. Visit the Inter-Faith FOOD Shuttle Facebook page for more information. <https://www.facebook.com/FoodShuttle>.

### WE NEED YOU:

**Virtual Store:** Are you a crafter, potter, or seamstress,? Do you have a special item that you make and would be willing to donate to our virtual store to raise money for the centers? These items may be ones that you would normally make for our Craft Sales. Due to COVID19 we want to offer them on our Facebook store in case we are unable to hold the craft fair. Please call the center if interested.



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## NEXT WEEK AT A GLANCE:

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Walk With Ease (NW)- Joyner Park)		8:00 Walk With Ease (NW)- Joyner Park)		8:00 Walk With Ease (NW)- Joyner Park)
9:00 Walk With Ease EW (Virtual)		9:00 Walk with Ease		9:00 Walk with Ease
10:00 Aerobics	8:30 Tai Chi (Full)		8:30 Tai Chi	9:00 Walk With Ease
11:00 Drawing Class	9:00 Beginners Knock-out	10:00 Aerobics	9:00 Beginners Knock-out	10:00 Aerobics
11:30 Zumba Gold	9:30 Water Color	11:30 Zumba Gold	1:00 Need 2 Know	11:00 Line Dancing with Ronnie (Virtual)
3:30 Live stream	1:00 Acrylics	3:30 Live stream	3:30 Live stream	11:30 Zumba Gold
	2:30 Powerful Tools for Caregivers			3:30 Live stream
	3:30 Live stream			

## JUST A REMINDER:

**Re-launch, new name, and site for Navigate 2020.** Now called *Need 2 Know*

Zoom series. [https://link.edgepilot.com/s/3ca89317/Vz3oqq6yn0\\_OkGdtaL1esg?u=https://www.facebook.com/events/249717779585985/](https://link.edgepilot.com/s/3ca89317/Vz3oqq6yn0_OkGdtaL1esg?u=https://www.facebook.com/events/249717779585985/)

**Follow us daily on Facebook:** New posts and live-streams Monday-Friday: [www.facebook.com/NWSCenter](http://www.facebook.com/NWSCenter).

**Watch Northern and Eastern Wake's** new YouTube sessions: [www.youtube.com/channel/UCcUa03PH6f5ye7j0KXO81Lw](http://www.youtube.com/channel/UCcUa03PH6f5ye7j0KXO81Lw)

Just posted Elder Law Series with Annette Rhodes, attorney and Bible Study with Jason Burgess not posted on our UTUBE Channel

## ARE YOU INTERESTED:

**In advertising with us or sponsoring an activity? Call either center for more information.**

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