

Jennie's Weekly Jots

5/28/2020

As we celebrate the last week of **Older American's Month**, we would like to recognize another Hero, Mrs. Blanche Evans Mitchell of Wendell, NC. By the grace of God in September, she will turn 95 and is the eldest member of Wendell's Senior Center. Vibrant, mentally sound, and healthy, she exemplifies the statement "Age is just a number." A native of Shotwell, NC, she and her siblings grew up children of farmers learning Christian values, the facts of life, and the importance of family values and hard work. She graduated in 1942, landing her first job at the Deaf and Blind School in Raleigh, North Carolina. She is an efficient signer, even today.



Her next job lasted 39 years until she retired at Rex Hospital. It was then that she joined Wendell Senior Center in 1993, where Blanche is still active. She and several of her peers started the "Strutters," a dance group at the center. Also, for seven years, Blanche served as the Treasurer of the Auxiliary for Eastern Wake Senior Center. Today she is enjoying her golden years participating in exercise programs, fellowship activities, and Bingo. When you visit Wendell, you can hear Blanche and her friends sharing laughter, jokes, and stories, (some probably not meant to be told!)

A widow married to the late John Mitchell with seven children; (one deceased) she is a super mother, grandmother, and great grandmother. Her love for children is "endless." A member of Good Hope Baptist Church in Knightdale, she has served as a Sunday School Teacher, President of the Senior Choir, President of the Pastor's Aide Ministry and Senior Missionary circle. She shares her favorite scripture, Psalm 27, "The Lord is my light and my salvation; whom shall I fear," especially at this time of fear in our world today. She respects the Lord and finds a quiet place waiting until he does his work!

Fashionable, perky, and full of life, this young lady views her life as an opportunity to do what she can while still on this earth regardless of age. She rejoices in the sentiments of her favorite hymn that it is truly well with her soul. Once you meet her you will share that sentiment.

OLD NEWS:

- Reminder!!!! Census. Residents can call 844-330-2020 to complete the Census from the comfort of your home or go to <https://my2020census.gov> today! Respond to this email and say "I have completed the Census" with your name and date completed, and we will register you for a drawing to win a \$25 Gift Card presented on August 1, 2020 (before the time that census takers have to reach out to you).

A GREAT EVENT: National Senior Health and Fitness Day: May 27, 2020.



To wrap up **Older Americans Month**, we decided to adopt the national theme “Make Your Mark, and made our mark participating in the **2020 National Senior Health and Fitness Day** on May 27th virtually. The goal was for 1,000 senior facilities to produce 100,000 virtual events nationally encouraging senior health and fitness. Northern Wake and Eastern Wake Senior Centers contributed a day-long virtual line-up, zooming live-streaming and adding virtual videos to our portfolio. We want to thank each of our teachers for volunteering their time to teach classes live. We had approximately 150 participants who followed us throughout the day. We started with Laura’s “Wake-up” with Yoga class and ended with a sing-along song performed by Pam Bennett, Ventriloquist. Other’s classes included Linda Thomas’s “Rock with the Oldies,” Myra Jackson’s “Balance and Fit,” Maria Bolanz “Dance Fitness,” Rosetta Mock’s sessions demonstrating how to make a healthy lunch protein smoothie shake and on tie-dyeing a heart t-shirt and mask. Norma Ferrell calmed us down giving us a relaxation break with a breathing exercise class called Shibashi, Leneve Savage tapped the rain away with a “Singing in the Rain performance,” and Ronnie Pignataro’s social-distance line dancing to Sweet Caroline gave us a snippet of what was supposed to be a part of the Senior Games. If you wish to see them here are a few links: <https://youtu.be/vk8ogXezM3Y> <https://youtu.be/2JjsKnDupNA>, and <https://youtu.be/D5v5FZ5EmGs>.



SEE SOMETHING NEW THIS WEEK:

- Follow us daily on Facebook: New posts and live-streams Monday-Friday:
www.facebook.com/NWSCenter
- Watch Northern and Eastern Wake’s new YouTube sessions, “Yoga with Laura,” the previously mentioned links, and another new session with Brian Solik, Seniors and Required Minimum Distributions of the Secure Act Pt 2.
www.youtube.com/channel/UCcJa03PH6f5ye7j0KXO81Lw

UPDATES:

- Mobile Mammography is being rescheduled
- Start thinking about and making your handmade crafts for the upcoming craft sales at home
- Eastern Wake Forest's renovations are getting ready to begin
- Watch for New Evidence Based Class you can do at home, "Walk with Ease." Starting soon.
- Just sending a reminder that we have Gently Yoga with Laura scheduled for 6/2-7/7 for \$15. It will be held face to face online.
<https://link.edgepilot.com/s/6b8aa9c2/b3OFxsGro0aLOh19EhvpLA?u=https://www.waketech.edu/programs-courses/non-credit/about-wce/registration/catalog?course=CSP-4000HC2>
- We also have Spanish for Beginners Part 2 scheduled for 6/10-7/30. This will use MS Teams and Moodle. The fee is \$50.
<https://link.edgepilot.com/s/3fbe29bc/W8DOZA2RY0682kJsGGTnPw?u=https://www.waketech.edu/programs-courses/non-credit/about-wce/registration/catalog?course=SEF-3001BF2>

PLEASE CALL US:

- With suggestions and ideas for zoom sessions.
- If you have not been contacted to take our mobile survey.

THANKS TO THIS MONTH'S SPONSOR:

The Lodge at Wake Forest for hosting the offices of the Northern Wake Senior Center for two years.

<p>Immediate Move-Ins Available!</p> <p>The Lodge at Wake Forest Independent Retirement Living</p> <p>Call now to schedule a virtual tour 919.554.8768</p> <p>or visit LodgeAtWakeforest.com 1161 S Main St, Wake Forest, NC 27587</p>	<p><i>We are stronger together; that is why we are accepting immediate move-ins. New residents will be required to complete a health screening and quarantine protocols.</i></p> <p>All-inclusive rates starting at \$3,000/month</p> <p>On-site Third Party Care Providers:</p> <ul style="list-style-type: none">• Assisted Home Care services provided by <i>Always Best Care</i>• Physical/Occupational/Speech Therapy provided by <i>Legacy Healthcare Services</i>
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Well Wishes,



Jennie

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