

Jennie's Weekly Jots

6/04/2020

Last month we celebrated **Older American's Month**, this month, in contrast, we want to congratulate, provide well wishes and appreciation to our **Graduates**. Yes, we wish all of them well regardless of generation; however the graduates from Wake Forest High School are near and dear to our hearts and we would like to thank and honor them. We lovingly refer to them as the name they chose, **#ZOOMERS**. This program began in February when our own Jerry Glenn, technology teacher and former president of the NWF Advisory Board, went to Wake Forest High School to present to the honor students. The purpose of the presentation was to begin an intergenerational program and rally a few of the students to volunteer to come to the center after school and assist our members with various technology needs. We were amazed when over 200 students showed up for the meeting. It just goes to show you, do not misjudge our youth. We had no idea of what was about to occur and how important this relationship was to become. In the last 12 weeks the **#ZOOMERS** have played a significant role with the guidance of Mike Hardee our program coordinator, assisting our members while in the isolation of their home, to participate in our zoom, You-tube, live-stream and Facebook outreach programs. For this we will forever be grateful. When so many had no hope of anything but loneliness this team jumped in. They answered any calls we had at the senior center to assist those in need with technology. They never took a penny and never turned down a request even if he had to take additional time to research the answer. Several of the active **#ZOOMERS** have just graduated, and others will hopefully continue with our program. In this newsletter we would like to acknowledge a few of our **#ZOOMER** heroes.



I want to first introduce you to Anthony Lamberti graduating class of 2020 going to UNC. Anthony received a scholarship to study abroad during his time at the University. He is the Co-leader of the National Honor Society. Anthony's major will be in Business Administration with a minor possible minor in Spanish. Multitalented, Anthony also has a love of the arts and was looking forward to participating in the musical Footloose at Wake Forest High School until it was postponed. He heard about the "Zoomers" program at the Northern Wake Forest Senior Center from a friend in the Honor Society. He is an advocate for the program for many reasons. Anthony believes that knowledge should be passed down from generations and also passed up. The Zoomers program at the Senior Center does just that. Anthony recruited other students to join the "Zoomers" making the program more versatile as each of the students has their specialties in technology. Anthony has shown outstanding leadership qualities as he expanded this program to reach more Seniors and more students, thus creating a broader base of help to both generations.



Anna Beckom is also a National Honor Society member, serves on the Youth Advisory Board and became a Zoomer because she enjoys helping people. Her goals after graduating are to attend UNC-Chapel Hill and double major in Business and Economics. When she is not helping the seniors, she enjoys soccer and cross-stitching which she learned from her grandmother. Her intentions, while maintaining her active schedule, are to help grow the Zoomer's programs and keep seniors up to date with new technology.



Another outstanding senior Zoomer is Katelyn McHale. She is also a member of the National Honor Society and has been accepted at UNC-Chapel Hill where she will be studying Communication and Speech Therapy with a focus on stroke patients. She also is interested in playing the guitar and singing. Katelyn enjoyed being part of the Zoomers programs as she virtually met interesting people. She enjoyed helping them with their questions and hopefully eliminating their frustrations in dealing with new technology.



The next graduating Zoomer is Hope Dominique. Hope will be going to University of South Carolina and she is also a member of the National Honor Society. She wanted to Participate in the Zoomer's program because she believes seniors and technology need to catch up with each other. She enjoyed working with the Seniors and wished she could have met them in person which she felt would have allowed her to help even more. Hope has aspirations to go to medical school after her undergraduate work. Her expertise in the program was iPad, emails, and laptops.

Additionally we would like to give a special thank you to rising seniors who actively participated, Emily McDonald, Mary Kathryn Hendrick and Carley Parrish. We look forward to continuing with them in Zoomer leadership roles. Resources for Seniors will be presenting each of these students with a thank you in the near future. Stay tuned for more intergenerational engagement.

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).

DO YOU NEED:

- Help with Medicare: Resources for Senior and the North Carolina Department of Insurance Senior Health Insurance Information Program (SHIIP) have trained Medicare counselors to help you with your Medicare questions. During this time of COVID-19 "sheltering in place" restrictions Medicare recipients can use Telecare for their healthcare visits. Medicare has waived some of the previous limitations and made it easier to access your healthcare professionals via Telehealth. Medicare has also waived some of the 30-day restrictions on medications. Many of your prescriptions may have a 90-day refill and be delivered to your residence from the pharmacy with no fee or a nominal fee. Please reach out to our counselors for answers to your Medicare questions by contacting Northern Wake Senior Center at 919-554-411; Heather Arcuri, Western Wake Service Coordinator at 919-630-9153; or Susan McGuire, Wake County SHIIP Coordinator, at 984-232-4215.
- Grief Support: Johnny Richards from Heartland Hospice is offering another opportunity for virtual grief support through Heartland Hospice on Thursdays at 1:00pm. If anyone is interested in joining this support group (it's a conference call platform), send Johnny an email johnny.richards@hcr-manorcare.com or call him at 919-805-2993 and he will give you the details.

DID YOU KNOW:

Wake Forest has launched a program called **TAKE ME HOME** to better assist children and adults with disabilities such as autism and Alzheimer's. The program is a free, voluntary and confidential database offered, managed and maintained by Wake Forest police for Wake Forest residents. It is only accessible to law enforcement via the WFPD. When someone enrolls in the program, police obtain their basic information, a current digital photograph, family emergency contact information and other information that might help police if they encounter them.

Then, in the event a caregiver alerts police their loved one has wandered away, officers will have

the immediate ability to distribute a photo and other pertinent information to law enforcement and other first responders which will save precious minutes in launching the search.

The system can also work in reverse. In the event police find someone wandering the town who's confused, disoriented and unable to say who they are or where they live, officers can check the database to determine if they are enrolled in the program.

Enrollment is easy. Caregivers can register family members with special needs by completing the online form at www.wakeforestnc.gov/police/community-outreach/take-me-home.



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:
www.youtube.com/channel/UCcUa03PH6f5ye7j0KXO81Lw

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

https://link.edgepilot.com/s/3ca89317/Vz3oqg6yn0_OkGdtaL1esg?u=https://www.facebook.com/events/249717779585985/

UPDATES:

- Mobile Mammography has been rescheduled to July 30th. More to come for scheduling.
- 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 Classes you can do at home, "Walk with Ease" and virtual Tai Chi starting soon.
- A new six session series being presented by Annette Rhodes, Attorney, is beginning be sure to tune in to our You-Tube channel. Topics will include:
 - Long-Term Care Insurance – Where to Start and Why
 - Trustees, Executors, Agents & Attorneys-in-Fact – Who Does What?
 - Health Care Powers of Attorney – Don't Overlook This Essential Document
 - Factors to Consider When Naming Beneficiaries
 - Joint Assets with Children – Pros and Cons
 - Why You Should Pay Your Kids to Take Care of You

MAKE A DIFFERENCE:

Volunteer to be part of a research study. University of Michigan researchers are conducting online survey studies to understand experiences during COVID-19.

Studies include:

- "COVID-19 Coping Study": Seeking adults ages 55 and older who live in the United States. The goal is to understand how the pandemic is impacting the mental health and well-being of older adults, to inform strategies to support wellbeing and coping. To participate, go here to complete the anonymous online survey (available in English), which should take about 20 minutes. For more information see here or email the researchers at covid.self-management.study@umich.edu.

PLEASE CALL US:

- With suggestions and ideas for zoom sessions.
- If you are interested in line dancing virtually call us at the center 919-554-4111
- If you have not been contacted to take our mobile survey.

THANKS TO THIS MONTH'S SPONSOR:

Brookdale Wake Forest for providing us sites, and assistance during our 2 year renovation project.



Well Wishes,



Jennie

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