

HIGHLIGHTS:

SUCCESSFUL FUNDRAISERS:

THANK YOU CADENCE LIVING

Thanks to **Cadence Living** for a successful Pulled-Pork-Pull-Up Fund-raiser. We'd like to thank : Lewis Brunson, Theodora Lee, Dee Darden, and Mark Foreman for their never ending support and collaboration. We raised approximately \$1,000 for the center and hope to go beyond that number with the picnic basket raffle. **Don't Forget the Sizzlin' Summer Drawing: \$1.00 a ticket or 3 for \$5. Drawing September 8, 2020.**



Heritage Audiology Ear Wax Removal:

Special rate for our members ends August 31, 2020. Half of proceeds donated to center.



Jennie Griggs
Program Director

New COVID 19 Policy

To help with traffic in and around the Northern Wake Senior Center Building during this time that we are closed to the public, we are setting aside two hours a day for dropping off paperwork and virtual fitness waivers at the center. They will be **10:00am to 11:00am and 2:30pm - 3:30pm, Monday through Friday**. There will be a staff member at the table at the front door with copies of the paperwork for you to fill out or take forms you have already filled out. Otherwise, you will need to call (919-554-4111) in advance and make an appointment. You will need to wear a mask and we will be taking temperatures. Thank you for working with us to provide a safe environment.

FEATURED PROGRAMS:

NEW: U.S. Congress: The Legislative Branch of the United States Government.

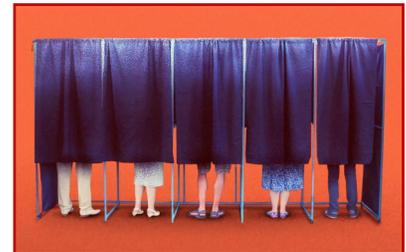
This interactive contemporary series is being presented virtually on the Zoom platform by our own Rosemarie Betuker. RoseMarie has a B.S. Degree in Social Studies Education, an M.S. in Political Science, and additional graduate hours in Law Related Education and Political Science.

This class will concentrate on the Constitutional background of Congress, its traditions, organization, daily operation, especially the law making process. This will include how and why policy and budget decisions are made and by whom and the implications. Partisan politics, Gridlock, and "pork barreling" will be explained along with other current terms. The class will emphasize the importance of the current election, issues and future of policy and legislation. Different views are presented as background to encourage participation in the election process. Class size is limited. 4 Sessions from 10-11:30AM on Fridays

Dates: September 4th, 11th, 18th and 25th
To register call 919-554-4111 for the ZOOM link.

The Voting Process led by Jerry Glenn: Three sessions. Dates: August 24th, 25th and 26th at 1PM. You will need to participate in **ALL** 3 sessions. Call the senior center to sign up and receive your Zoom Link and password. Also, a pdf booklet will be emailed to you.

- **Session 1** Topics (Aug 24th): Discussion on General Election, Electoral College, Early Voting, Canvass Day, Future 2021 Elections, Register during Early Voting & Common Terms.
- **Session 2** Topics (Aug 25th): Voter Registration, Requested Absentee Ballot Request Form, Completing the Absentee Ballot, Voting Day, & What are we voting for?
- **Session 3** Topics (Aug 26th): Sample Ballot, General Election 2020 Candidates, Impact of COVID-19, Voting Location, Voting Enclosure, Voting Process, Curbside Voting, & Contact the Board of Elections.



FEATURED PROGRAMS Cont:

NEW: COVID19 Rapid testing by LoginClinics: Zoom Program September 2, at 10:00 am Call center to register for the program. Test schedule to follow.

Currently, LoginClinics is looking for a way to serve the Wake Forest community by offering their rapid COVID antibody and antigen tests. These tests provide COVID status results in 20 minutes; both showing an active or past infection from the virus.

Founding member of LoginClinics, Jaclyn Qualter, NP, A-CTTP, is a board-certified nurse practitioner and telemedicine provider located in Wake Forest, North Carolina. She is founding member of LoginClinics, a woman-owned concierge and telemedicine practice in Wake Forest, North Carolina. Jaclyn founded LoginClinics in early 2019 after seeing many of her patients struggle to pay for and obtain qualified medical care. LoginClinics starts as solely a telemedicine practice but has grown into a practice that helps companies keep their employees safe (employee health services) and the people of Wake Forest and North



Powerful and Fun You Don't Want to Miss:

Name That Tune: Sponsored by

Every other Tuesday from 1:30-3:00pm

NEXT Program: September 3rd

Join Cynthia Halstead, Aetna Community Lead Generator, and Donna Flowers for **Music, Fun and Prizes**. The event will be music genre from the 60s. Call 919-554-4111 to register and receive the zoom link. You won't want to miss this one! *Participating in this program was the first time I have been happy since COVID started!* Brookdale Senior Living testimonial.



Don't MISS 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, Wednesday afternoons 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/INeP6o9sx0CjiekPgPqctg?u=https://www.waketech.edu/programs-courses/non-credit/about-wce/registration/catalog?course=CSP-4000BX2>



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FEATURED PROGRAMS CONT:

Cooking Matters at Home Series: Sponsored by Inter-Faith Food Shuttle

Teacher: Catherine Morba

Thursday August 27th at 3:30pm - Cooking Matters at Home “Flexible Recipes” Facebook Live Stream (20 mins) to demonstrate a recipe and promote the upcoming classes. Filmed on site at Northern Wake SC.

Thursday September 3rd at 4pm - Zoom class (45 mins) “Great Grain Discoveries.” Remote from IFFS.

Older adults will increase their knowledge of what whole grain foods are and their health benefits. Participants will increase their awareness of how a food portion of grain food is based on an ounce equivalent from MyPlate and how much they typically eat. They will plan to increase their consumption of whole grains and read food labels for whole grain and fiber content of these foods. A recipe will be demonstrated to try at home.

Recipe Link: <https://cookingmatters.org/recipes/fall-vegetable-salad>

Link to the first Zoom meeting:

<https://link.edgepilot.com/s/4614ed9b/13fWp9Ckz0KgR1ZxZMN8cA?u=https://us02web.zoom.us/j/88211179616>



Music Therapy with Jacqueline Gray: September 11th at 1PM

Learn about Music Therapy and the benefits it provides. Sing along or listen to variety of popular songs ranging from the classical era to today. Jacqueline will also play a variety of instruments, ranging from keyboard to guitar. Call the **EWSC (919-365-4248)** to register and receive the zoom link.



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>.

Heritage Audiology

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VIRTUAL FITNESS CLASSES:

Yoga: Laura Wilson's weekly Yoga class is back! The class will be on MWF at 8:30 am. **Call the NWSC 919-554-4111 for a waiver that must be signed prior to participating.** After receipt of the waiver we will provide you the link. Class size is limited.



MARTY'S SEATED Yoga Class: Mondays at 3:30pm. The class will be a 45 minute seated yoga class. **Call the NWSC 919-554-4111 for a waiver that must be signed prior to participating.** After receipt of the waiver we will provide you the link. Class size is limited.

Line Dance with Ronnie: Every Thursday at 11am Space still available. **Call NWSC 919-554-4111 for signup, waiver and link to virtual program.**



Beginners KNOCK-OUT with Linda:

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 Senior Center 919-554-4111 for signup, waiver and link to virtual program.**



VIRTUAL CLASSES:

Genealogy: Every other Monday at 2pm: New members welcome, call in to register for link to zoom. Led by Mike Hardee.

VIRTUAL PROGRAM OPPORTUNITIES

Bereavement Virtual Support Group conference call led by Kristin Lassiter of Heartland Hospice every Thursday 1:00pm. Contact Kristin Lassiter of Heartland Hospice to register. kristin.lassiter@hcr-manorcare.com, 919-877-9959.

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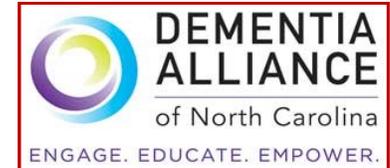
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VIRTUAL PROGRAM OPPORTUNITIES CONT:

Caregiver Support Group: September 21st from 2 - 2:40 PM . Meetings are held the 3rd Monday of the month. Sponsored by Heartland Hospice and Resources for Seniors. Contact Heather Arcuri at 919-462-3983 or carysc@rfsnc.org for more info.



Outdoor Caregivers Support Group at Smith Creek Soccer Park, 690 Heritage Lake Rd, Wake Forest. 2nd Wednesday of every month at 10 AM. Contact Kristin Lassiter of Heartland Hospice to register. kristin.lassiter@hcr-manorcare.com, 919-877-9959.



Alzheimer's and other Dementias Caregivers support group: September 17th at 10-11:30 AM: 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 dharis@dementianc.org.



Parkinson's Support Group Meeting—Recognizing Off Periods in Parkinson's. Time: Sep 2nd, 2020 at 1:00 PM Eastern Time (US and Canada) Join Zoom Meeting. Meeting ID: 892 1341 7980 . Passcode: 553745

<https://us02web.zoom.us/j/89213417980?pwd=dkQ0NmxDVnROOW9uTmJXa2wwcnNVdz09>



NEW: Two Virtual Book Club Opportunities:

#1 Sponsored by Brookdale Senior Living: Connect with others to enjoy a glass of wine and a good book by joining our virtual Wine and Book Club. Bring your curiosity and discussion topics to share with others as you sip wine and join the conversation. Club begins Monday September 28th from 7—8pm.. It will be a zoom link,. Call your senior center between August 26th and September 18th to register, and order your complimentary book provided by **Brookdale Senior Living** The book is, "The Nightingale by Kristin Hannah." Limited books available.

#2 EWSC Book Club: September 3rd first zoom session to discuss book selection. You will need to register for session at the senior center, 919-365-4298. (Time to be provided.) Once selected, books will be ordered through Wake Public Library and picked up at the EWSC. Book club discussion to take place very two weeks. .

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VIRTUAL PROGRAM OPPORTUNITIES CONT:

Normal vs. Not Normal Aging: September 23rd at 11 AM. 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:

<https://us02web.zoom.us/meeting/register/tZlvc--vpjwpGdxGOQ2II7KQHz1wXjN9GzkZ>



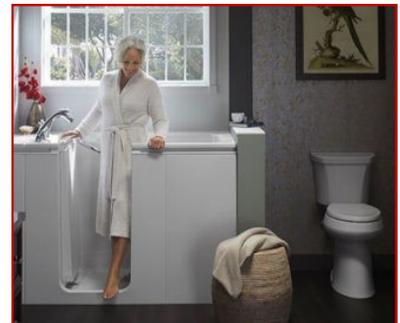
National Fall Prevention Awareness Week:

Dates: September 21-25th "TAKE STEPS WITH US"

"Every 11 seconds an older adult is injured by a fall. Every 19 minutes an older adult dies from a fall. Falls are the number one cause of injury and death from injury among older adults." (NCOA, Address a significant..., 2020).



During this week there will be a variety of programs and activities. The week will start on Monday 9 /21 The first event will take place from 11AM - 12pm with an Introduction to Tai Chi for Arthritis and Fall Prevention on Zoom. To register and participate in this free event go to <https://healthyagingnc.com/registration-form/>.



Resources for seniors will be providing a variety of virtual programs, classes and exercises everyday that week from 1PM - 3PM so mark your calendars. We will offer Evidence-Based Program Introductions to GERI-FIT, Walk with Ease, and A Matter of Balance.

DID YOU KNOW :

FREE Credit Reports from the three National Credit Reporting Companies starting now through April 2021.



Due to the COVID-19 pandemic, the three national credit reporting companies are offering [free weekly online credit reports](#) through April 2021. Use the [Requesting your free credit reports](#) tool from our [Your Money, Your Goals](#) financial empowerment toolkit to get a copy of your credit reports. Then use the [Reviewing your credit reports](#) tool to make sure your credit information is correct.

Heating and Cooling: There is help paying your heating and cooling bills: NC Heating and Cooling Intervention Hotline and Assistance Program <https://www.ncdhhs.gov/news/press-releases/crisis-intervention-program-has-439-million-assist-heating-and-cooling>.

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DID YOU KNOW CONT:

Box Fans: There are free fans for those who qualify. Recipients need to be 60 or older and there is a limit of one fan every other year. Call Resources for Seniors Intake at 919-713-1556 to make the request and there is a quick request form to sign when you pick up the fan.



There is legal aid assistance: Call Legal Aid of NC for assistance with Elder law documents. Harry Langley at 1-866-219-5262 and reference the Northern or Eastern Wake Senior Centers.



Memory Screening by ComForCare Home Care:

Memory screenings are simple, quick and noninvasive, and consist of a series of questions to gauge memory, language, thinking skills and other intellectual functions. The memory screening takes approximately 10-15 minutes and is confidential. Memory screenings are an important part of health.

Results are not a diagnosis, but a memory screening can suggest if someone should see a physician for a full evaluation.

Call (704) 491-1090 or email Nicole@comforcare.com today to see how ComForCare Home Care can help you Live Your Best Life Possible.



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.



Just a few of the items available for sale.

JUST A REMINDER:

Follow us daily on Facebook: New posts and live-streams Monday-Friday: www.facebook.com/NWSCenter.

Watch Northern and Eastern Wake's

We have over 50 videos available for you.

www.youtube.com/channel/UCcUa03PH6f5ye7j0KXO81Lw

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Monday	Tuesday	Wednesday	Thursday	Friday
Aug 24	Aug 25	Aug 26	Aug 27	Aug 28
8:00 Walk With Ease (NW)- Joyner Park (full)		8:00 Walk With Ease (NW)- Joyner Park (Full)		8:00 Walk With Ease (NW)- Joyner Park (Full)
8:30 Yoga with Laura	8:30 Tai Chi (Full)	8:30 Yoga with Laura	8:30 Tai Chi (Full)	8:30 Yoga with Laura
9:00 Walk With Ease EW (Virtual)	9:00 Beginners Knock-out	9:00 Walk with Ease (EW) Virtual	9:00 Beginners Knock-out	9:00 Walk with Ease (EW)Virtual
	9:30 Water Color			10:00—11:30 U.S. Constitution
10:00 Aerobics (Full)	10:30 Acting your Age	10:00 Aerobics (Full)		10:00 Aerobics (Full)
11:00 Drawing Class		11:00 Liberate your Laughter	11:00 Line Dancing with Ronnie (Virtual)	
11:30 Zumba Gold		11:30 Zumba Gold		11:30 Zumba Gold
	12:30 Name that Tune			
1:00 Voter Information with Jerry	1:00—3:00 Acrylics 1:00 Voter Information with Jerry	1:00 Voter Information with Jerry	1:00 Need to Know	1-3 Parkinson's Support Group Raleigh SC
			1:00 Bereavement Support Group	
	2:30—4:00 Powerful Tools for Caregivers		3:15 What's for Dinner?	
3:30 Chair Aerobics 3:30 Live stream	3:30 Live stream	3:30 Live stream	3:30 Live stream	3:30 Live stream
			6:00 Advisory Board Virtual Meeting	