

Jennie's Weekly Jots by Vicki Conway 8/14/2020

HIGHLIGHTS:

FEATURED FUNDRAISER:

Sizzlin' Summer Drawing:

Cadence Living has generously donated this beautiful picnic basket and items.

Tickets on sale now: Check or Cash

\$1.00 for one ticket OR \$3.00 for 5 tickets

Drawing to be held September 8, 2020



Jennie Griggs
Program Director

*We have had an early Thanksgiving filled with blessings this week. Our community has come together to provide and support our first fundraiser in the new center. We are so grateful. It just goes to show you that "People working together in a strong community with a shared goal and a common purpose can make the impossible possible." (Tom Vilsack). Thank you, **Cadence**, for donating the entire Pulled-Pork event's ticket sales to the center. Thanks to **each** of you who purchased tickets. We sold out!*

*Additionally, we were blessed with unsolicited donations from **Jason Burgess of Senior Plan Advisors** and several virtual viewers thanking us for our virtual classes in support of our teachers, making sure that we can continue our program outreach. Ben Carson said, "Happiness doesn't result from what we get, but from what we give." I must tell you we were all pretty happy!*

FEATURED PROGRAMS:

Sign-up Mobile Mammography: Limited number of spaces.

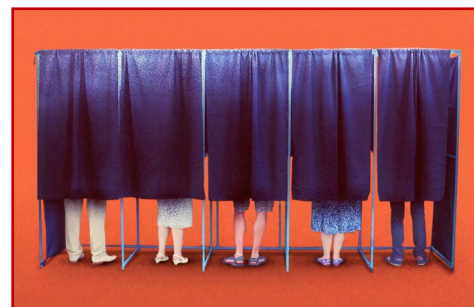
Mobile Unit is going to be in Eastern Wake Senior Center on August 19th. Call them to schedule 919-365-4248

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,



FEATURED PROGRAMS CONT:

ALL CLASSES AND PROGRAMS AVAILABLE TO EWSC AND NWSC MEMBERS

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/INeP6o9sx0CijekPgPactg?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.

Name That Tune: Sponsored by

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

Beginning August 18th

Join Cynthia Halstead, Aetna Community Lead Generator, for some Music, Fun and Prizes.

The first 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!



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>



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FEATURED PROGRAMS CONT:

Hospice vs. Palliative Care Information:

Teacher: Annie Rankin RN

Wednesday, September 2nd at 1PM

Learn the differences between palliative care and hospice, and how to get these services if you need them. Question and answer session with a nurse on these topics and anything else participants may want to ask. Call the **EWSC (919-365-4248)** to register and receive the zoom link.

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>. Don't forget their summer ear wax cleaning special. 50% of proceeds are being donated to the center.

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: This class will begin Monday August 17th 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.**

Summer Special

QUICK • EASY • PAINLESS

Ear Wax Removal

\$40

Call to Schedule

Schedule an Appointment
(855) 252-1818

Heritage Audiology

3150 Rogers Rd, Suite 105
Wake Forest, NC
www.HeritageAudiology.com



Susan Bergquist
Audiologist & Owner



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VIRTUAL FITNESS CLASSES CONT:

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.

Caregiver Support Group: August 17th 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.

Seasonal Summer Meals: Wednesday, August 19th at 5PM

We will talk about what fresh fruits and vegetables are tastiest in August, strategies for using and storing produce, plus a few favorite summer recipes that are simple, healthy, and budget-friendly to try at home. Kids are welcome to participate!

[Click here to register](#) or find the link on Inter-Faith Food shuttle's Facebook Page.

Participants will receive a **\$10 Food Lion gift card by mail!**

Online registration required.

Email Catherine@foodshuttle.org or call 919-390-1978 with questions or for assistance registering. Incentives given to first 100 participants, one per household.



Heartland
Hospice Care



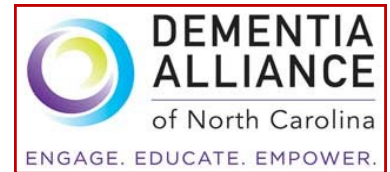
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VIRTUAL PROGRAM OPPORTUNITIES CONT:

Alzheimer's and other Dementias Caregivers support

group: August 20th 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 dharris@dementianc.org.



Liberate your Laugh: Wednesday, August 26th at 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.



Parkinson's Dialog Meeting: Medical Alert Solutions for Any Lifestyle Presented by ADT.

Date: **August 28th 1:30 PM.** We are meeting using our business Zoom account and you can sign in any time after 1 PM. Link is below.

[https://us02web.zoom.us/j/83153564755?](https://us02web.zoom.us/j/83153564755?pwd=ck1YTldWUkZLQ0Y1N21NQURWNm10UT09)
[pwd=ck1YTldWUkZLQ0Y1N21NQURWNm10UT09](https://us02web.zoom.us/j/83153564755?pwd=ck1YTldWUkZLQ0Y1N21NQURWNm10UT09)

Meeting ID: 831 5356 4755 Passcode: 264097



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?](https://us02web.zoom.us/j/89213417980?pwd=dkQ0NmxDVnROOW9uTmJXa2wwcnNVdz09)
[pwd=dkQ0NmxDVnROOW9uTmJXa2wwcnNVdz09](https://us02web.zoom.us/j/89213417980?pwd=dkQ0NmxDVnROOW9uTmJXa2wwcnNVdz09)



In communities across the country, COVID has driven an increase in concern over community safety and individual security. Author Rachel Snyder will share more on this important topic, as she has continued to research and write during COVID-19: <https://tfsnc.org/event/wake-upwithtfs/>

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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

"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. Here is a sample of virtual offerings the first day.



10:00—11:00	11:00— 12:00	1:00—2:00	2:00—3:00
<ul style="list-style-type: none"> • Introduction to Falls Prevention Week • Falls Free Check-up: Do it your self Q & A 	<ul style="list-style-type: none"> • Introduction to Tai Chi for Arthritis and Fall Prevention on Zoom 	<ul style="list-style-type: none"> • Virtual Tour of Universally Designed Home. Narrated by Stephanie Kaeberline, Matchline Interiors 	<ul style="list-style-type: none"> • Introduction to Walk with Ease, Rosetta Mock • The importance of appropriate footwear

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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>



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 919-865-3830 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.

Free COVID-19 testing in Wake County: For a listing of free testing site, [Check Testing Site Here](#)

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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.

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

ARE YOU INTERESTED:

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

In a Virtual Book Club? If so call either center.

In a Virtual Garden Club? If so call the center.



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NEXT WEEK AT A GLANCE:

Monday Aug 17	Tuesday Aug 18	Wednesday Aug 19	Thursday Aug 20	Friday Aug 21
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 Daily Dose of Joy	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—3:00 Acrylics		1:00 Need to Know	
2:00 Genealogy			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
		5:00 Seasonal Summer Meals	6:00 Advisory Board Virtual Meeting	

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