

**Forsyth County Aging Services
Planning Committee
February 16, 2018**

<p>Attending:</p> <p>Diane Wimmer, Chair Althea Taylor-Jones, AARP Ann Roberts, DSS Hank Kennedy, DSS Deb Burcombe, Sticht Center Casey Connor, Alliant Quality Joel McIver, Senior Services Chuck Vestal, Sr. Games Ebony Pratt, United Healthcare Gia Colombo, NCBH Dialysis Lee Marcus, NCBH Dialysis Vicki Ceneviva, FCASPC</p>	<p>Paul Lawrence, HCCBG Matt Burczyk, City of WS DOT Sobeida Adolphus, DSS Wanda Burney, DSS Nancy Hall, Second Spring Arts Sam Matthews, Shepherd Center WS Selena Teague, Mtn Valley Hospice Diana Numura, Sr. Games WFU Outreach Centers Ruth Woosley, Shepherds Center Kville Emil D. Eichelberger, NCBH Dialysis</p>
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<p>Matt Burczyk, City of WS Department of Transportation, Bike and Pedestrian Coordinator</p>	<p>Matt said that he focuses on programs to encourage people to walk and bike more. He is working on changing the transportation culture in Winston-Salem. To do that, he focuses on the 5 E's: Engineering, Education, Encouragement, Evaluation, Enforcement.</p> <p>Engineering -The focus here is on things like bike lanes, trails, intersection improvements, etc. They are working on a new bicycle master plan to be completed by the end of the year. They will look at where we need infrastructure and then prioritize those items. They will be soliciting citizen input. 2/21 5:30-7:30 The first public meeting will be held on Wednesday, February 21 from 5:30-7:30 at the central library. People can also complete surveys online at the city website. There are plans to extend the Muddy Creek Greenway north and south. The Greenway currently connects three schools. There are also plans for trails that would connect NCBH to downtown. With changes in bus routes more people are having to walk to bus stops along main roads. The city built 6 miles of sidewalks last year alone.</p> <p>Education - They are using public service announcements, Facebook, and the city website. There is a Safe Routes to School program. Matt's department has a program that trains PE teachers to teach their students bicycle safety.</p> <p>Encouragement - The National Cycling Center here in Winston-Salem is an Olympic training center. They have been partnering with the city since 2010 to sponsor events such as Walk n</p>
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	<p>Roll Winston-Salem. It is usually held Memorial Day weekend to coincide with a national bike race held in Winston-Salem. They close down streets, and there is music, activities, food trucks etc. It is held at Bailey.</p> <p>The city has launched a Bike Share program. There are docking stations downtown and at Salem Lake. To use the bikes you download the Zegster app. You pay for a bike on the app and bluetooth unlocks the bike. 1/3 of the bikes are used at Salem Lake. Most use is recreational. There is a \$30 annual membership. Zegster has someone who rebalances the bikes so that you can pick up a bike one place and leave it at another. One phone one bike. \$3/hour This program is sponsored through the National Cycling Center.</p> <p>Evaluations - There is an ongoing evaluation of where crashes are happening. There are ongoing pedestrian and bicycle counts. The data is used to quantify pedestrians and cyclists to justify new projects.</p> <p>Enforcement - Especially in the downtown area, the city police are issuing more citations to drivers who disregard pedestrian walkways.</p> <p>The Peters Creek Parkway bridge under is under construction. They will begin working on the 4th Street bridge this spring. They will be adding pedestrian lanes in the Peters Creek Parkway & Academy Street area. They are adding turn lanes on MLK Boulevard in anticipation of the increased traffic when I-40 is closed.</p>
<p>Chuck Vestal Senior Games</p>	<p>Chuck mentioned that the Senior Games have cycling events. The Senior Games span 45 days in April/May. Badminton has been added. Petanque is the name of the new sport played every Wednesday and Sunday at 1pm at Miller Park. It is a cross between bocce and horseshoes. It is a new event in the Senior Games. The Silver Arts will now be featured at the central library on the 2nd floor. Their cycling events will be held at fairgrounds on the midway. Chuck brought sign in forms that he distributed.</p>
<p>Ruth Woosley Shepherd's Center Kernersville</p>	<p>The Shepherd's Center finished this year's first dental clinic where 24 people were seen. They are hosting a quilting seminar this coming weekend which is already full. They will be hosting 2 seminars about satellite that shows pictures from Saturn, "The Epic Voyage of Cassini-Huygens Satellite" on Tuesday, March 20 at 3 pm and 7 pm. A former NASA scientist will be making the presentation.</p>

<p>Hank Kennedy DSS</p>	<p>Hank reminded everyone that the 7th annual Elder Abuse Walk will be held on June 16th at Triad Park. This year Cone Health will be a silver sponsor.</p>
<p>Deb Burcombe Sticht Center</p>	<p>The Sticht Center is hosting a new series, Aging Well, beginning in April. It will be held on the 2nd Tuesday of the month in the Central Library auditorium 6-7pm. Topics will alternate between brain health and body health. Deb would like to coordinate with various groups to get seniors there. This is new cutting edge education. There will not be any research recruitment. The Library is co-sponsoring. They are trying to get speakers lined up on front end and then they will distribute flyers. Every presentation will be archived so that it can be accessed later. It will also be live streamed.</p>
<p>Althea Taylor-Jones STHL, AARP</p>	<p>The Senior Tarheel Legislature will be meeting in March. Althea is still serving on the Health and Human Services Subcommittee on aging. If you have any concerns, please get your concerns to her and she will get them to the committee.</p>
<p>Ebony Pratt United Healthcare Centers</p>	<p>United Healthcare Center is the only federal health center in Forsyth County where patients can be seen whether or not they can pay. They are doing outreach to seniors.</p>
<p>Nancy Hall Second Spring Arts</p>	<p>Nancy asked Ruth if some of the quilters from the Shepherd Center quilting seminar would want to display at Second Spring Arts. This year's Second Spring Arts will focus on the Effect of Music on the Brain, with keynote speaker Jonathan Burdette. The event will be held on Saturday, May 18th from 10-6 at Milton Rhodes. There will be free parking.</p>
<p>Gia Colombo Dialysis Centers</p>	<p>Gia said that the nurses at the dialysis centers want to make sure they know what is going to happen with the I-40 closures so they can make sure their patients continue to receive treatment.</p>
<p>Casey Connor Alliant Quality</p>	<p>Casey NCOA March 14, 15 at Great Wolf Lodge in Concord remind Diane</p>
<p>Sam Matthews Shepherd's Center Winston-Salem</p>	<p>Thanks to Age Wise and Aging Matters the Shepherd's Center is launching a Retirement Reimagined workshop. It is a four week program that looks at everything except health and finance. 50 people signed up for 15 slots, so they are already planning a second one. Vicki Poore is the new community liaison person for the Shepherd's Center Winston-Salem starting in March.</p>

Joel McIver Senior Services	Joel invited everyone to post their events on the events calendar at Senior Services. They will be hosting their 8th annual art show on March 3rd.
Selena Teague Mountain Valley Hospice	On February 27 they will be hosting a Lunch and Learn at their new hospice home, Depression As We Age presented by Old Vineyard. Please RSVP by next Friday, February 23rd at (336) 789-2922.