

THE SENIOR ADVOCATE

Volume 7, Issue 1

Spring 2010

SPRING FLING & AGING CONFERENCE—MAY 25-26



Mark your calendar and plan to join us for this two-day event at the LJVM Coliseum in Winston-Salem, NC. Older adults, adult children and caregivers from all across the Triad will assemble for this special event, starting with the Spring Fling at 9:30am on May 25th and culminating with a day and a half Aging Conference for professionals and those interested in the aging field. A host of fun, entertaining, and educational opportunities will be loaded into the Spring Fling and Aging Conference.

Entertainment by local artists from the Triad includes singer/song writer Andrea Reese and singer Lisa Woods. In keeping with our Classic Hollywood theme, an ensemble cast from First in Flight Entertainment will be performing "A Hollywood Revue". Do not be surprised if you see Charlie Chaplin, Marilyn Monroe and Humphrey Bogart make an appearance!

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In addition to the lively entertainment, free health screenings will be available for attendees. Exhibitors from across the Triad will be on hand to share information about services available in our area. From the Alzheimer's Association, to rehabilitation centers, to transportation options, to Medicare help, there will be a wealth of information on hand for everyone!

Following Spring Fling will be the Aging Conference - Celebrating Health and Wellness! The conference will cover topics in the forefront of aging professionals' minds today. Sessions are to include information on legislative issues, mental health and aging, financial issues and aging, geriatric assessments and many more. There are sessions for professionals as well as the individual who wishes to learn more about aging in 2010. Make your plans now to attend the Spring Fling & Aging Conference!

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DID YOU KNOW???

Volunteering is scientifically proven to raise your endorphins (feel good hormones), giving you an added sense of well-being. Plus, you can meet some wonderful new people and do something good for others at the same time!

See page 4 for volunteer opportunities!

Living Healthy Workshop

With all the talk about health care reform, chronic disease has become quite the buzzword these days. Why? Almost half of our population lives with a chronic disease and the symptoms it causes. Chronic diseases are so termed because they don't just go away overnight or in a few weeks and often require continuous management via medications and/or lifestyle changes. At first glance, chronic disease might look inevitable. How does one avoid COPD, diabetes, fibromyalgia, arthritis, or cancer? Research has shown that leading a healthy lifestyle can have a big impact on whether or not we face many of the familiar chronic diseases.

More important to those of us already dealing with a chronic condition is the fact that making healthy lifestyle changes *now* can affect the severity and progression of many of these chronic conditions! Where do we begin? Making changes such as learning to eat better, including exercise in our daily lives, and taking an active role in managing our diseases are a great start to a healthier life. The Living Healthy program teaches participants how to get control of their chronic diseases and to lead a healthier, more fulfilling life. If you're interested, call **Alexis Gabard at 608-3568**. Classes will be formed based on demand, so *demand to start Living Healthy!*

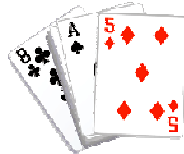
New Website for Older Adults

I Participate (www.iparticipatenc.org), a new website designed to bring together health and wellness opportunities in Forsyth County for people 50 years of age and better, will be up and running later this spring. In addition to activity listings, the site includes health information links, links to local recreation areas and greenways, fitness centers, and testimonials. The website is the result of a collaboration between Forsyth County Aging Services Planning Committee, Leadership Winston-Salem, Forsyth Technical Community College, and the Northwest Piedmont Area Agency on Aging.



Playing Bridge: Bidding For Lucidity

Researchers from the University of Southern California have been studying the health and mental acuity of older people since 1981. The study is based on more than 14,000 people over age 65, including more than 1,000 people who are over 90. The results of the study suggest that "people who spend long stretches of their days, three hours and more, engrossed in some mental activities like cards may be at reduced risk of developing dementia." The researchers caution, however, that it is hard to tease apart the nature of this correlation: Do sharp people stay more active in mental games, or do mental gamers get sharper?



Researchers also believe that social connections, including interactions with friends, fellow bridge players, and strangers may also encourage mental alertness. In isolation, a healthy human mind can quickly become disoriented. For this reason, it is injurious for people to spend too much time alone, (a condition that may happen when people lose their families and friends, are incapacitated due to illness, or moving from one residence to another). These views reinforce findings already published in this newsletter. We aren't surprised, but we are gratified that new research supports the older idea that its "use it or lose it."

CENSUS 2010: Why Participate?

Three Important Reasons . . .

1. The Census will determine how the national government distributes \$400 billion annually to fund critical community services and generate jobs. This includes funding under the federal Older Americans Act, which supports such important services as congregate and home-delivered meals, in-home aide, adult day care, transportation, and respite for family caregivers. It is estimated that for each person who is not counted, North Carolina will lose about \$10,000 over the next 10 years.
2. The Census will determine how many seats North Carolina will have in the U.S. House of Representatives. North Carolina received an additional Congressional district (meaning greater representation for our State's interests) following the 2000 census by a margin of fewer than 1,000 residents counted. As North Carolina is one of the fastest growing states in the nation, we have a chance to do this again.
3. Statistical data from the Census is essential to effective program and community planning. State and local decision-makers use it to decide on where to build new roads, hospitals, schools, senior centers, and more. The Division of Aging & Adult Services relies on Census data in determining how to allocate the Home and Community Care Block Grant and other sources of funding.



Make a difference in your community.

We move forward when you send it back.

United States[®]
**Census
2010**
It's In Our Hands

WOO: Home Repair Opportunity

The Group Workcamps Foundation's Free Home Repair Program is being coordinated through Habitat for Humanity of Forsyth County. Two hundred high school students from around the country will be coming to Winston-Salem for one week in July to provide free home repair projects for elderly, low-income, and/or disabled families. They will concentrate on homes within a 5 mile radius of North Forsyth High School. Only 45 homes will be chosen for repairs. The work at each home will be done by 5 young people, and at least one adult leader. The eligible repair projects may include:

- Step repair
- Exterior painting
- Interior painting
- Weatherization
- Porch repair/construction
- Wheelchair ramp repair/construction
- Mobile home skirting

Both labor and materials are free to qualifying senior households. Applications can be picked up at Senior Financial Care®, Senior Services, the Shepherd's Center or Habitat for Humanity.



WOO-Windows of Opportunity

Groups and Classes

Visually Impaired Support Group meets at Robinwood Retirement Living Facility, 230 Hopkins Rd., Kernersville at 2pm on the first Monday of each month. For information or transportation call The Shepherd's Center at 996-6696.

"Art Abilities" Workshops are available through The Adaptables, Inc. For current art classes, contact Cindy at 767-7060.

Senior Power Think Tank meets the 3rd Wednesday of each month at 10 am at the Area Agency on Aging, 400 West 4th St., 3rd floor. This subcommittee of FCASPC focuses on advocating for seniors, publishes this newsletter, and meets quarterly with the mayor. Upcoming meeting dates are: March 24th (w/mayor); April 21st, and May 19th. Contact Vicki at 703-3883.

Beginning Yoga (ages 60+): You're never too old, too stiff, or too unbalanced for yoga! Yoga increases flexibility, strength, and concentration; decreases joint pain, stress, and blood pressure; and improves posture, lung capacity, and mood. Contact Alexis (761-2111) or Teresa (748-0217) for class days, times, & locations.

Forsyth County Aging Services Planning Committee (FCASPC) meets the 3rd Friday of each month at 9 am at the Central Library. Gather with older adults and service providers to plan events and discuss current issues. This is a great place to find out about area resources and get involved. Upcoming meeting dates are: March 19th, April 16th, and May 21st. Call Vicki (703-3883) for more information.

Volunteer Opportunities

RSVP (Retired & Senior Volunteer Program) provides volunteer assistance to over 50 non-profit organizations in Forsyth & Stokes Counties, including area hospitals, Meals on Wheels/Senior Services, and the Shepherd's Centers of Winston-Salem and Kernersville. Particular needs for the immediate future include the following:

Saturday, March 6, 2010 10:30 AM—12:30 PM: *The Children's Museum of Winston-Salem* is having its "Sensational Seuss" event. Volunteers will share & interact with participating children.

Thursday, April 15—Friday, April 23, 2010: *The Piedmont Plus Senior Games* athletic competitions. Volunteers will register contestants, help with score & time keeping for each event.

Tuesday, May 25 & Wednesday, May 26, 2010: *Region I Area Agency on Aging* is hosting its Spring Fling & Aging Conference at the LJVM Memorial Coliseum. Volunteers will greet attendees, act as guides, help with health screenings, and assist staff with many other activities.

YOU can help! Please call **Joyce Troyer at 336-761-2111** or email jtroyer@nwpcog.org to find out more about each of these opportunities.

Senior Power Think Tank
c/o DSS Adult Division
741 N. Highland Avenue
Winston-Salem, NC 27101