



The Senior Advocate

Volume 9, Issue 1

Spring 2012

Did you know?

YMCA membership is **FREE** for most seniors. It is a benefit provided by most Medicare insurance plans. Call your local YMCA for details.

There are men's & ladies softball & basketball teams for folks 60-90 yrs old. Call 727-2325 for information.

NC Zoo offers a Grandparent membership. Contact them at 879-7250.

Do you enjoy live theatre? All of our local theatres offer a senior discount. Hanesbrand Theatre also offers discounted weekday matinees.

The Living Well in Rural Hall is the county's newest senior center.

There are 9 senior social groups (including 2 Red Hat chapters) that meet at recreation centers throughout Winston-Salem

Just for the Fun of It Never Too Old to Play

The theme for Older Americans Month (May) 2012 - *Never Too Old to Play!* - puts a spotlight on the important role older adults play in sharing their experience, wisdom, and understanding, and passing on that knowledge to other generations in a variety of significant ways. This year's celebrations will recognize the value that older adults continue to bring to our communities through spirited participation in social and faith groups, service organizations, and other activities.

As large numbers of baby-boomers reach retirement age, many communities like ours have increased their efforts to provide meaningful opportunities for older adults - many of whom remain physically and socially active through their 80s and beyond. Current trends show that people over age 60 account for an ever-growing percentage of participants in community service positions, faith-based organizations, online social networking as well as arts and recreational groups.

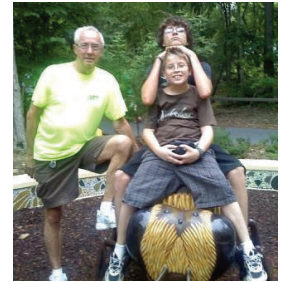
Lifelong participation in social, creative, and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life. Studies show their interactions with family, friends, and neighbors across generations enrich the lives of everyone involved. Young people who have significant relationships with a grandparent or elder report that these relationships helped shape their values, goals, and life choices and gave them a sense of identity and roots.

Besides all of these great benefits to our health and the people around us, sometimes we just want to have **FUN**. So do something different, enjoy your friends, laugh, and tire yourself out in a way that makes you say "Now **that** was fun, what a great day!"

Even though "Never to Old to Play" is the theme for Older American's Month, it should be our theme for life. What are you waiting for? Read on for some ideas, then go play!

Got Grandkids?

This past summer our two grandsons, ages 16 & 11 came to spend two weeks with us. Months later, they're still telling their parents stories about their "adventures" with Grandpa. Some of the places they enjoyed visiting were Grandfather Mountain, NC Zoo and Hanging Rock State Park. They had a lot of fun messing around with their grandfather in High Rock Lake and the Dan River. We also enjoyed board games, yard games and simply hanging out.



Maybe you have grandchildren in the area that you are able to spend time with. Maybe you're like us and your grandchildren live hundreds of miles away. Having them here was a treat, but we've also found great joy in playing the role of grandparents to local children who don't have any nearby. Either way you slice it, being with children makes us feel more playful and also gives us an excuse...I mean reason...to climb around at the playground.

10 Ideas for Playing with Your Grandchild:

Follow the leader. Ask your grandchildren what they would like to do and follow their lead.

Way back when. Share a favorite toy, game or storybook from your childhood with your grandchild and create a new memory.

Toons and heroes. Explore the world of one of your grandchild's favorite characters. See a movie, read a story or play a game featuring their cartoon or animated hero.

Tell me a story. Have your grandchild tell you a story, and tell them a story about when you were young.

Show them how it's done. Teach your grandchildren a skill, whether it's playing an instrument, playing catch or even tying their shoelaces. They will always remember the experience of learning from you.

Whip up some fun. Invite your grandchildren to cook or bake with you, and share the tasty treat. They will love creating something together, and the activity sharpens math skills and dexterity.

Plan a game night. Have family members of all ages participate. Take turns picking favorite games to play. You might find a new favorite!

Get crafty! Paint pictures together, knit a scarf, make jewelry or get a craft kit. You can give the finished products as gifts to other family members for birthdays and holidays.

Get moving! Play a game of Frisbee, toss a ball or engage in an activity that gets you both active – and helps you both stay sharp and fit.

Enjoy downtime. Don't forget to relax and enjoy watching your grandchildren play on their own or with friends.

Can you find the "adult" in this picture?

Working as a volunteer in children's programs is a great way to play! Look for opportunities through your church, local schools, YMCA/YWCA, recreation departments and libraries.



Meet Jerry...He's Never Too Old To Play!

After taking an early retirement, I found myself somewhat at a loss. I seemed to be experiencing an identity and "tribe" void. I had been training and competing in the Setup Events Triathlon North Carolina Series prior to my retirement. However, training and participating in a triathlon while working full-time can be a lonely endeavor. After retirement, a friend I had made while swimming at the Stokes YMCA introduced me to the realization that I was a senior and was eligible to compete in the Piedmont Plus Senior Games. I can honestly say that the fun, fellowship and competition at this stage of life has made my retirement and overall well-being better than I had ever imagined.

I have been competing for the last three years in cycling, swimming and track and field events in both the local games and the North Carolina State Finals. I qualified for the 2011 National Senior Games in Houston in several events but was not able to attend. I am looking forward to this years' games. Thank you to all the staff and volunteers for all you do to promote and ensure this wonderful opportunity for local area and North Carolina Seniors. —by Jerry Sneed, Piedmont Plus Senior Games Ambassador

Are you like Jerry, trying to fill that void left by retirement? Check out these opportunities to "play" in Forsyth County!

Kernersville Parks & Recreation Department

996-3062

pickleball, cribbage, walking club & more!



Winston-Salem Parks & Recreation Department

727-2325 (senior adult programs)

17 recreation centers, 10 greenways, 59 parks
Community Band, Cricket's Crafters,
Piedmont Plus Senior Games
100s of senior activities including games,
sports, crafts, dance & clubs

Kernersville Senior Enrichment Center

130 E. Mountain St
992-0591

pickleball, square dancing, line dancing,
Zumba, social events

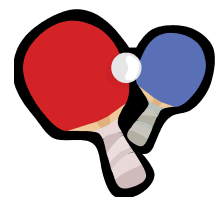
Gateway YWCA

1300 S. Main St. W-S
354-1589

Pool, fitness center,
Silver Sneakers

Shepherd's Center of Winston-Salem

1700 Ebert St. 748-2017
(various activity locations)
Tai Chi, trips, social events,
crafts & more



The Living Well

7105 Broad St., Rural Hall
969-0411

Line dancing, Bunco,
card games, bingo, monthly
birthday lunch

YMCA of Northwest NC

6 Forsyth Locations (incl. Clemmons and Kernersville)
777-8055 (main office, call for location nearest you)
Active Older Adult programs offer Silver Sneakers,
trips, and other fun events.

Unique Seniors 727-2315

Carl Russell Recreation Center, 3521 Carver School Rd., W-S

Seniors with intellectual disabilities meet twice a week for sittercise, social activities, crafts and training for the Piedmont Plus Senior Games.



Senior Power Think Tank

A subcommittee of:

Forsyth County Aging Services
Planning Committee
741 North Highland Avenue
Winston-Salem, NC 27101

Phone: 336-703-3883

E-mail: forsythaging@forsyth.cc

Web: forsythaging.forsyth.cc

**Working Together to
Make Forsyth County
Senior Friendly**



Thoughts from the New Older Guy in Town. . .

A person at a meeting stated "I'm getting older." Another person replied. "Thank the Lord, if you weren't getting older, you'd be dead."

Ever wonder where (our) time goes? Are we doing our part and helping others or are we just sitting around getting old and waiting to die?

What can we, as seniors, do? **WE CAN DO MUCH!!**

How do I know where there is a need? What did you learn about when you attended the Senior Think Tank meeting and spent one hour listening?

OH, YOU HAVEN'T BEEN TO A MEETING? **Shame on you.**

The good news is: we are still meeting monthly and you **ARE** still getting older (still alive).

Think back to your younger days. Didn't you always want to be a part of something? Help where there was a need? It starts by learning about the needs of the seniors (US). Let's help ourselves by first learning about the needs as well as the wants and desires of US. **COME TO THE NEXT SENIOR THINK TANK MEETING. WE MEET THE 3RD** Wednesday of each month for about 1 hour. Phone us to let us know you're coming 703-3883.

Much care and concern by:

The not so new **OLDER GUY**

—Phil Poore

COME Walk With US...And Weed Out Elder Abuse!



**The Piedmont Triad's 1st Annual
World Elder Abuse Awareness Day Walk**

June 16, 2012

Registration 8:00 AM; Walk 9:00 AM

Triad Park

9652 East Mountain St, Kernersville, NC 27284

There is no cost to participate. Please

contact Dorian Fredricksen 294-4950 to obtain a registration form by mail.

What do YOU think? Each quarter we attempt to fill these pages with news and information of interest to Forsyth County seniors. Is there a topic or feature you'd like to see? Contact us at 703-3883 and let us know!