

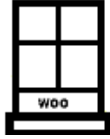


The Senior Advocate

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Windows of
Opportunity



A "WOO" is an opportunity for you to benefit from a free or low-cost event, class or service. Look for the WOO Window throughout this issue of The Senior Advocate!



Want to learn more about advocacy? Need a speaker for your group? Senior Power Think Tank members are available to make a short presentation about what advocacy is, how to be an advocate and how to communicate with legislators. Contact us for more information, 703-3883.

"I feel blessed to have found something at this juncture of my life—something that not only fills my heart and soul and challenges me, but something I can do for the rest of my life. It was the turning point in my life."

*Storyteller,
Stagebridge Senior
Theatre Company*

Become an "Active Adult"

In early November, members of the Senior Power Think Tank (SPTT) had the opportunity to share about advocacy with a group of folks at Koerner Place in Kernersville. During that time, Phil (our "new old guy") asked "how would you like to be referred to? Are you seniors? Older adults?" The overwhelming response was "we want to be called 'active adults.'"

So what does it mean to be an "active adult?" It doesn't necessarily mean being physically moving; it's not the vision you get of someone in a warm up suit that is constantly in motion. Rather, it is someone who is *engaged* in life, active in their community and aware of the world around them. Even if your mobility is limited physically or by lack of transportation, there are a multitude of ways that you can engage in activity that will have a positive influence on you and others.

Often times during our working lives we are required to spend our time on certain tasks, whether we find them enjoyable or not. After retirement, we get to choose the things we do. At first glance that seems wonderful but there are pitfalls, the biggest of which is not engaging in meaningful activity. We have good intentions, but we fail to make the connections we need to make. We fail to step out of our comfort zone to try something new. As we prepare to enter this new year of 2012, SPTT challenges **you** to become one of Forsyth County's active adults...get out there and engage in your community!

Creative Aging

Scientific studies suggest the arts can offer health outcomes no pill can provide. In 2001 gerontologist Gene Cohen studied the influence of the arts on older adults and found that when the adults engaged and learned something new, physical and emotional benefits followed. Cohen's findings and subsequent research suggest that creative expression programs can reduce pain, the need for medication, falls, depression and loneliness — while increasing mobility, helping cognition and making participants feel valued.

Are you interested in the arts? Want to get involved? A group is forming in our area to explore ways to increase arts-based opportunities for active adults in Forsyth County. Contact Nancy Hall (765-2215 or nancappy@msn.com) for more information. If you want to learn more about the creative aging movement in North Carolina, contact the Center for Creative Aging in Greensboro (253-0856) or visit their website: www.cca-nc.org.

20 Opportunities for Active Adults in Forsyth County

Since we've challenged you to become engaged in 2012, here are some ideas to get you started!

- **Join Senior Power Think Tank and/or the Aging Services Planning Committee.**
Call 703-3883 for information or visit: forsythaging.forsyth.cc
- **Take computer classes through the Computer Training Bridge.**
Call 703-3079 for information or visit: forsythcomputertraining.org
- **Check out programs at your local recreation center.** Activities include exercise, games, clubs, cards, crafts, dance, music and more! Call 727-2325 for information or visit: weplay.ws
- **Volunteer through the Retired Senior Volunteer Program** Call 761-2111 for information
- **Take a class or volunteer through one of the local shepherd centers.** Winston-Salem: 748-0217 shepherdscenter.org Kernersville: 996-6696; 992-0591 (sr. center) shepherdscenterkville.com
- **Join a Silver Sneakers exercise program.** Most health insurance and Medicare plans cover the cost. The program is available at all local YMCA/YWCAs and various fitness centers
Call (888) 423-4632 or visit silversneakers.com for locations & insurance information
- **Join the Active Older Adult program at your local YMCA or YWCA.**
YMCA of NW NC: 777-8055; ymcanwnc.org, YWCA of Winston-Salem: 354-1589; ywcaws.org
- **Attend programs available through your church.**
- **Become a Meals-on-Wheels volunteer.** Call 721-6910, or visit: seniorservicesinc.org
- **Find a volunteer job you can do from home,** such as calling shut-ins, writing letters, or knitting. The Shepherd's Centers and RSVP can assist in this area.
- **Become an advocate for issues that affect older adults.** Even if you can't attend events, you can become educated on the issues and write letters to legislators.
- **Participate in Piedmont Plus Senior Games (PPSG).** Call 727-2325 for information
- **Participate in the Silver Arts program through PPSG.** Call 659-4315 for information
- **Volunteer to serve on a county or city advisory board or council.**
City of Winston-Salem: 727-2058 (Mayor's Office) or cityofws.org (public meetings)
Forsyth County: 703-2020 (Commissioners) or forsyth.cc (volunteer opportunities)
- **Join the community band** sponsored through Winston-Salem Recreation & Parks Department
Call Robert Clark 993-2325 for information
- **Gather a group of friends** to engage in a specific activity such as walking, playing games, discussing books, or performing a community service.
- **Attend local theatre & music events.** The Sunday newspaper provides a listing of events
- **Take a class at Forsyth Tech.** Adults 65+ can go to class for free (restrictions apply)
Call 723-0371 for information or visit: forsythtech.edu
- **Write your stories.** Take the time to record stories and memories to share with future generations. Consider submitting one to Silver Arts!
- **Become a member of The Cricket Craftsmen,** a group of active adult crafters that sell their wares at The Cricket's Nest. Call 659-4315 for information or visit: cricketsnest.com



Let The (Piedmont Plus Senior) Games Begin!!!

Join us for the **Senior Games Kick-Off on Friday, January 27th, 10 am-1 pm at Gateway YWCA**. Participants will be able to take part in actual senior games events. This is a great way to find a sport or activity that you are interested in. There will be information tables from local agencies & service providers, applications for the 2012 games and Silver Arts displays & activities.

Senior Games is a year round health and wellness program for adults age 55 and better. During the year there are numerous opportunities to engage in senior games activities such as weekly bocce and shuffleboard, bowling tournaments and

softball games. There are both high and low impact activities; something for all abilities.

Think you're too old to play? Think again...we have participants in their 80s & 90s! Actual competition takes place in 5 year age increments, so there's no need to be concerned about the competition. In fact, the games are not so much about the competition at all; they're about being active and growing friendships. So come join in the fun! Have questions? Call Chuck at 725-2325.



Silver Arts...Something for Everyone

Silver Arts is a program to keep senior adults healthy, active and involved by providing a forum for showcasing creative talents. If you like to paint, quilt, crochet, sing or write consider sharing your talent while you meet new people and enjoy friendly competition. Categories available are:

Literary Arts: poetry, short stories, essays & life experiences. **Performing Arts:** comedy, drama, dance, instrumental & vocal (max 3 minutes). **Heritage Arts:** basket weaving, crochet, china painting, jewelry, knitting, needlework, pottery, quilting, rugs, stained glass, tatting, tole/decorative painting, weaving, woodcarving **Visual Arts:** acrylics, drawing, mixed media, oil, pastels, photography, sculpture & watercolor

Silver Arts is part of the Piedmont Plus Senior Games; there will be a Silver Arts display and art activity at the kick-off event January 27th at the Gateway YWCA. Deadline for 2012 entries is March 15th. For details call Elaine at 659-4315.



Winston-Salem Community Band



The Winston-Salem Community Band was organized in 1977 to give amateur and semi-professional musicians an opportunity to continue using skills developed while playing in high school or college bands. Players are as varied as the music the ensemble performs. Entrance into the band is not based on audition but on interest and dedication. Rehearsals are on Monday nights from 7-9 pm at Fries Memorial Church on Hawthorne Rd.

The repertoire is varied and includes popular tunes, music from Broadway shows, and marches. There are about ten concerts per year, five of which are outdoor programs. Fall and Winter concerts usually consist of more serious concert band literature; the outdoor concerts are light, easy listening music.

The community band is sponsored by the special populations unit of the city recreation & parks department. If you are interested in joining the band, contact the music director, Robert Clark, at 993-2325. If you'd like to attend the band's concerts, look for a schedule in the coming months or call 727-2325 to have one mailed to you.

Senior Power Think Tank

A subcommittee of:

Forsyth County Aging Services
Planning Committee
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**Working Together to
Make Forsyth County
Senior Friendly**



The New Old Guy Asks . . .

Are you often mentally or physically tired, bored or are you UMARISQETA (my made up word for someone that knows they should spend an hour a month with the Senior Think Tank but has been THINKING about it instead of doing it.)?

DO IT NOW. As a special treat you'll get to meet the "new old guy" who isn't more special than you are but finally realized that he can make a difference. Remember the person who didn't vote and his (her) candidate lost the election by one vote? How about the "nail that lost a war?" Come to our next Wednesday morning meeting (February 15th) and ask me the story.

MAYBE you want to get a little exercise...check out our local Senior Games program where you can have fun in a friendly atmosphere or try your hand at some of the Silver Arts activities. Maybe you'll find yourself with more spunk (I'm from Maine) and begin to enjoy life more.

Come to the next Think Tank meeting on January 24th and meet the Mayor. Get directions and info @ 703-3883 and get coffee at the meeting.

Dollars and Sense about Medicare



Whether you are a caregiver who is caring for someone you love or you are in need of services for yourself, you want access to the best medical care available at minimal expense. If you or the person you care for has Medicare, you'll want to make sure you know how to best use it to help with medical expenses.

You can start by learning the basics. Ask Medicare, a service created by the Centers for Medicare & Medicaid Services at www.medicare.gov/caregivers offers plenty of tips for the nation's 66 million caregivers. The site features practical information such as enrolling in Medicare, choosing a prescription drug plan, finding state and local caregiving resources, how to get access to in-home services, and more. If you do not have access to a computer, you can call a local agency that provides SHIIP (Senior Health Insurance Information Program).*

Other state and federal programs can help cover additional needs. Many people qualify for support from Social Security, Medicaid, the Supplemental Nutrition Assistance Program, and in-home services pharmacy programs. The National Council on the Aging's website, www.benefitscheckup.org, helps Americans determine their eligibility for a wide range of support programs. If you do not have computer access, you can call the Senior Services Help Line (724-2040). They will complete an assessment to determine what services you are eligible for and help you access those services.

*SHIIP Counselors are available through the Shepherd's Centers of Winston-Salem (748-0217) and Kernersville (996-6696), Senior Services (724-2040), and Senior Financial Care (896-1328).