

SENIOR CENTER HIGHLIGHTS:

SR. CENTER FEATURED PROGRAMS:

NEW: Don't Miss: Community Caring through Crisis: Presented by Duke HomeCare & Hospice. This is a six part series with a focus on the continuum of care and the responses to the Covid-19 pandemic from various levels of care and professionals. There is a prize for those who attend all six sessions. Call the Northern Wake Senior Center 919-554-4111 to register and receive link for each individual program.



Wednesday, October 7, 2020 from 2-3PM

Stay at Home Senior Care.

Presented by Deborah Bordeaux, President

Stay at Home Senior Care is a family-owned company providing highest quality in-home care for seniors. We are hometown care providers for Wake Forest, NC and surrounding areas. Our approach to providing care has been developed in direct response to each family's need for reliable information about senior care and to feel confident with the quality of individuals working in their homes .

Wednesday, October 14, 2020 from 2-3pm

Duke Patient Family Advisory Committee presents an Introduction to Hospice.

Join Duke's Patient Family Advisory Committee, or PFAC, for a unique introduction to Hospice Care. Elizabeth Shaw, Steve Hodges & Diana Mitchell will provide an overview of hospice care and how our clinical team's practices have changed during the pandemic



Jennie Griggs
Program Director

The format of our newsletter is a little different this week. Our team will feature all events, programs, and classes offered and supported totally by the senior centers in the newsletter's first pages. Those that are provided by various community partners will follow listed in similar categories.

There is so much exciting news to share this week. We have entered into a unique partnership with the Renaissance Center of Wake Forest featuring a curriculum surrounding the principals of The Healing Arts. . These will be funded by the Renaissance Center and In some cases, take place at their location. Thank you, Renaissance Center and Staff. You will see these featured for the first time in this newsletter. Additionally, we will be announcing two new fundraisers near and dear to your hearts. You don't want to miss them.



SR. CENTER FEATURED PROGRAMS CONT:

Wednesday, October 21, 2020 from 2-3PM

Brookdale Wake Forest.

Presented by Bridget Ashe, Marketing Director.

Join Bridget Ashe, Marketing Director of Brookdale Wake Forest as she helps you navigate the Assisted Living world and speaks to you about her journey with her residents and their families during Covid-19 pandemic.



Bridget Ashe

Wednesday, October 28, 2020 from 2-3PM

Duke Home Health and its response during Covid-19.

Presented by Kellie Brockman.

Facilitated by Lisa Stewart-Ray.

Kellie Brockman will provide a brief overview of what Home Health is and how Duke adjusted their practices to care for patients during Covid-19. Duke Home Health helps you remain comfortably at home and maintain your independence while we attend to your medical needs.



Kellie Brockman

Lisa Stewart-Ray

Wednesday, November 4, 2020 from 2-3PM

Duke Home Infusion and its response to Covid-19

Presented by Jessica Hartman, PharmD.

Facilitated by Lane Kaplan, Infusion Program Manager.

Join Jessica Hartman as she explains how Home Infusion has been impacted during the Covid-19 pandemic. Home infusion allows you to receive treatment while resuming daily activities in the familiar surroundings of home. Duke Home Infusion provides compassionate, expert home infusion therapies using a multidisciplinary approach to achieve the best possible patient outcomes and quality of life.



Lane Kaplan

Jessica Hartman

SR. CENTER FEATURED FUNDRAISERS:

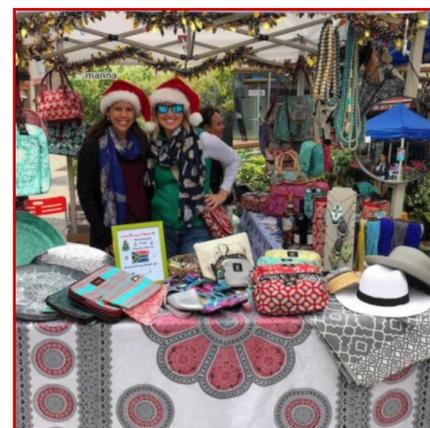
NEW : Parking Lot Craft Auction

November 5th, 3-4:30pm: Northern Wake Senior Center

November 6th, 3-4:30pm: Eastern Wake Senior Center,

Participants will park in a numbered space, Staff will describe the items and offer an opening bid and determine bid increments per item, to bid on an item they will flash their lights/honk their horn. At the end of the auction they will drive by and pay for all of the items they won at the auction and be handed the items through their car window. Cash or Check made out to Resources for Seniors.

If you wish to donate a new craft item you have made that is appropriate for auction please call either center. 919-554-4111 or 919-365-4248.



Northern Wake Senior Center
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wfccoordinator@rfsnc.org

Eastern Wake Senior Center
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ewccoordinator@rfsnc.org

SR. CENTER FEATURED FUNDRAISERS CONT:



Wendell Pulled-Pork-Pull-Up Fundraiser

When: October 16th from 11AM-1PM

Where: Eastern Wake Senior Center Parking Lot , Wendell NC

Drive through and Pick up Pre-Ordered Meal including pulled pork, baked beans, roll, and desert . Prepared, and provided by **Cadence Living of Wake Forest**. All proceeds go to the Senior Center.

Cost: \$10.00 per meal . Preorder and prepay. Cash or check only . Only 120 meals available. Call the **Wendell Senior Center 919-365-4248** to prepay and sign up.

Wendell

Sizzlin' Summer

Picnic Basket Drawing:

\$1.00 a ticket or \$3.00 for 5 tickets . Drawing will be held on Monday, November 2nd. Call the Wendell Senior Center for tickets

SR. CENTER FEATURED FUNDRAISERS:

NEW: October is **Breast Cancer Awareness Month**, a part of our first annual campaign to increase awareness of the disease. Join in the cause to help women in need today by participating in the virtual Breast Cancer Awareness **Dance- a -thon** featuring 1 1/2 hour dance class led by Linda Thomas and Maria Bolanz.

Date & Time: Oct 26, 2020 at 1:00PM

What you will need to do:

- Tell everyone (all ages can participate)
- Wear Pink (if you have any)
- Come by or call either senior center to register, sign a waiver, and bring a \$5.00 check or cash. You will receive a Zoom link to participate. Half of the proceeds will go to the Sisters Network, Triangle NC. Breast Cancer Survivors.
- Donate a song to a survivors memory or request a name on the memorial scroll played at the end of the event for an extra \$5.00.



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SR. CENTER FEATURED EVENTS:

FLU SHOT Drive-Thru: Wow! A drive-thru Flu Shot opportunity! We realize that many seniors may not want to get their annual flu shots in an effort to avoid doctor's offices and any possible coronavirus exposure. But these flu shots are so important especially this year! And, since no one loves getting a shot, **Heritage Audiology** will be offering FREE ice cream!

Remaining dates, times, and location:

Wednesday, October 7th from 12:30-2:30PM – Eastern Wake Senior Ctr
Thursday, October 8th from 12:30-2:30PM – Northern Wake Senior Ctr
Each date will have a limit of 100 doses – you may email or call to confirm your shot! Contact: Brent@HeritageAudiology.com or (855) 252-1818

Cost:

FREE with insurance card: (Please remember to bring your updated Medicare Card)

Without Insurance: \$25 Regular Dose or \$60 High Dose

**CASH or CHECK Only

A CVS Pharmacist will be giving the Flu Shots.

SR. CENTER FEATURED CLASSES:

Sponsored by The Renaissance Center

NEW : TAP Dancing (Beginner/Intermediate) taught by Leneve Savage. Beginning Tuesday October 13, 11-12pm.

Location: Renaissance Center Stage

Class size limited with social distancing.

First come, first serve. Must have tap shoes.

Call Northern Wake Senior Center 919-554-4111 for signup, and waiver.

NEW SHAG: More to come. Call the center to let us know if you are interested.

Heritage Audiology

Heritage Audiology will be sponsoring and handing out the FREE ice cream



WAKE FOREST
RENAISSANCE
CENTRE



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SR. CENTER FEATURED FITNESS CLASSES CONT:

Yang 24 Form Tai Chi: taught by Norma Ferrell

Begins: October 13th.

Tuesdays and Thursdays, 8:00-9:00AM – duration: 8 weeks

Students will learn Yang Style Tai Chi and 24 forms. They will learn principles related to gain the many benefits of Tai Chi. This will be a low impact form of exercise which is beneficial to people with existing joint issues and for people who want to avoid joint issues. They will learn an exercise that is effective in balance function enhancement and fall prevention. They will benefit from social interaction and support from their classmates. Each class will be 50 minutes of exercise that begins with a warm-up routine, followed by learning and practicing the forms and ending with a cool down routine. Program may be done standing or seated.

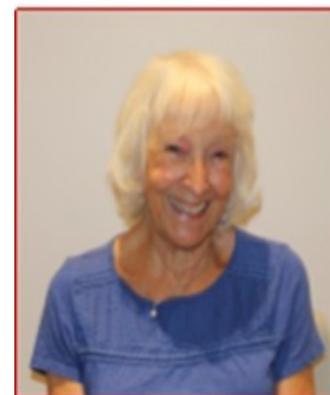
Items Needed for Class: Comfortable, loose clothing and shoes. Safe environment.

Call Eastern Wake Senior Center 919-365-4248 for signup, waiver and link to virtual program.



SR. CENTER FEATURED PROGRAMS:

NEW Executive Branch & the Presidency: Gain a greater understanding of this branch of our government The executive branch carries out and enforces laws. It includes the president, vice president, the Cabinet, executive departments, independent agencies, and other boards, commissions, and committees Taught by Rosemarie Betuker. Date: Friday, October 9th from 10-11:30AM



RFS E-Learning Classes for October:

October 7th at 11AM: “Emergency Preparedness 101” Hosted by Garner Fire Rescue, Inc.

As storm season is upon us, learn what you should have in your storm safety kit and how to be ready in the event of a hurricane. Also, what should be in your home first aid kit, what you can do with those old fire extinguishers and much more! Virtual presentation will be available via Zoom. <https://us04web.zoom.us/j/75229031457?pwd=cWUxR2txdkluZkVFZWQ1dIB2a2NsQT09>

Meeting ID: 752 2903 1457 Passcode: 7iFJCj

For questions, please contact: Heather Arcuri with Resources for Seniors at 984-232-4523 or carysc@rfsnc.org

October 21st at 11AM: “Recognizing & Avoiding Scams”-presented by Better Business Bureau of Eastern NC

Learn how to recognize and avoid scams. Click to [Register](#) .



SR CENTER VIRTUAL FITNESS CLASSES:

CARDIO, SHAPE, TONE AND SCULPT: A 45 Minute weekly program began Thursday, September 17th from 10-10:45AM. Taught by Linda Thomas. Use the light weights you have at home or be creative with water bottles. Chair modifications available. This class will complete your weekly workout. Register at 919-554-4111 for your waiver and receive the class link.

MARTY's CHAIR Yoga Class: Mondays 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 in limited.

Line Dance : Every Thursday at 11AM. Space still available. **Call NWSC 919-554-4111 for signup, waiver and link to virtual program.**

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!).

Tuesday & Thursday at 9AM

Call Northern Wake Senior Center 919-554-4111 for signup, waiver and link to virtual program.



SR. CENTER VIRTUAL CLASSES:

Genealogy: Every other Monday at 2pm: Next Class 10/12. New members welcome, call in to register for link to Zoom. Led by Mike Hardee.

SR. CENTER VIRTUAL PROGRAM OPPORTUNITIES:

Heartland Virtual Support Group:

- 1st and 3rd Thursday of every month (1-2pm) **Grief Support Group**
- 2nd and 4th Thursday of every month (1-2pm) **Caregiver Support Group**

Contact Kristin Lassiter of Heartland Hospice to register : Kris-tin.lassiter@hcr-manorcare.com or 919-877-9959.

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.



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SR. CENTER VIRTUAL PROGRAM OPPORTUNITIES CONT:

Northern Wake Parkinson's Support Group: These informational and educational support group meetings are for persons with Parkinson's disease and their care partners.

Wednesday October 7th, 1-2:30PM, Topic: "Just Us" presented by Heartland Hospice.

- Monthly meetings currently held virtually via Zoom or another platform.
- 1st Wednesday of the month from 1:00-2:30pm.
- Dates and times of programs may vary.
- Program followed by Q & A.

Register with Heather Arcuri, carysc@rfsnc.org or call 984-232-4523 (See additional newsletter attachment.)



SR. CENTER DO YOU NEED:

Do You Need a Zoomer: Are you curious about how to use certain technologies such as Zoom, Gmail, or text? If so, the Zoomers are here to help! Join the Zoomer program to be assigned to a student volunteer who can help you with any of your technological questions, concerns, or frustrations. To sign up, send email to Dawn Faison at (Delta0420@msn.com)



Do You Need a FREE Confidential Medication Consultation. Resources for Seniors will provide a consultation with our own Dr. Casey Baldwin. Call either center and ask to be put on the list for her to call you and schedule.



SHIIP (Senior Health Insurance Information Program) Appointments:

The 2020 Medicare Open Enrollment Period (OEP) will be October 15 through December 7 during which a Medicare beneficiary can change their Part D Prescription Drug plan or their Part C Advantage Plan for the following year.

Counseling sessions will be on Zoom (or by telephone if the client is unable to meet via Zoom). To schedule an appointment :

For Northern Wake Senior Center call 919-554-4111

For Eastern Wake Senior Center call 919-996-4738 or email Susan McGuire at Raleighsc@rfsnc.org.



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SR. CENTER DID YOU KNOW:

Guard Against Gift Card Scams: The Wake Forest Police Department is urging area residents to guard against becoming the victim of fraud following recently reported phone scams involving gift cards.

If you are asked to buy prepaid gift cards to pay for anything, **don't** make the purchase and call the Police Department at 919-554-6150

Protect yourself from gift card scams by remembering the following:

- Gift cards are for gifts, not payments. **Anyone who demands payment by gift card is always a scammer.**
- Never share the code on the back of a gift card.
- Hang up on illegal robocalls.
- Slow down and ask questions of telemarketers. Legitimate businesses and charities will answer questions and give you time to consider a purchase or donation. Scam callers will pressure you to commit right away.
- Don't give personal or financial data, such as your Social Security number or credit card account number, to callers you don't know. If they say they have the information and just need you to confirm it, that's a trick.
- Don't pay registration or shipping charges to get a supposed free product or prize. Such fees are ploys to get your payment information.



There is legal aid assistance: Call Legal Aid of NC for assistance with Elder law documents. Harry Langley at 1-866-219-5262 and reference the Northern or Eastern Wake Senior Centers.

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 YouTube Channel: www.youtube.com/channel/UCcUa03PH6f5ye7i0KXO81Lw

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COMMUNITY HIGHLIGHTS:

COMMUNITY FEATURED FUNDRAISERS:

Online Dementia Education Series:

Sponsored by Dementia Alliance of N.C.

Dementia Alliance's October online education sessions feature world-renowned dementia educator and North Carolina native, Melanie Bunn. After registering, you receive an email with a link to join the Zoom session.

Tuesday, October 7th from 10-11AM

Part 2: Dementia Care-Eating

As dementia progresses eating abilities change, so do nutritional needs.

Friday, October 16th from 10-11AM

Part 3: Dementia Care – Brushing teeth

Oral care can truly be a challenge when helping someone living with dementia

Link for cost information and registration: <https://link.edgepilot.com/s/cbe30546/jllJVuU5AkSB4GedBr8tpA?u=https://www.classy.org/event/caring-with-melanie/e301221>



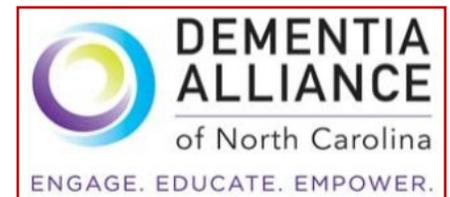
Walk4Hearing Event: by The Hearing Loss Association of America (HLAA)

HLAA is announcing its fall 2020 virtual Walk4Hearing events, which includes its walk in Cary, NC taking place on **Sunday, October 11th at 11 AM**. The Walk4Hearing is raising funds for essential resources for people with hearing loss and mobilizing communities to take action for hearing health. By being active, engaged, and making hearing health a regular part of a wellness regimen, people with hearing loss can thrive and live well.

Walk Days will be celebrated online and participants will walk with their family or as a team in their neighborhoods.

The online celebrations allow participants to socially connect and communicate with one another. There will be special guests, chances to win prizes, and the opportunity to share stories

For more information and to register, visit [North Carolina Walk4Hearing](#)



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COMMUNITY FEATURED EVENTS:

Blood Drive: hosted by Always Best Care

Date/Time: Nov. 17th, from 8AM-1PM

Location: 120 Capcom Ave, Suite103, Wake Forest.

This is our way of helping others during covid and also helping the community. Go the link below and pick a slot to sign up. All donors will receive a \$20 gift card.

[Click here to schedule your blood donation appointment!](#)

Free Virtual Caregivers Summit: hosted by Transitions LifeCare, Transitions GuidingLights, Dementia Alliance of North Carolina, and Alzheimer's Association

Date: Thursday, October 22nd

All content will be available for one year.

This summit is for caregivers who seek resources, respite, and resolution. Because this year's Summit will be presented online via an **app** where caregivers can choose from among more than 20 sessions and chat with more than 70 "resource" exhibitors, there is no limit to the number of caregivers who can be accommodated.

The **app** platform makes it possible to include family members who may not live locally, caregivers who may not easily be able to leave their loved one alone for a day, and resources that have a wider reach than our traditional Triangle population.

Registration is open for caregivers at <https://link.edgepilot.com/s/b2fe6fe1/zszDDfYIo0SGDW0rE-greQ?u=http://www.caregiverssummit.org/>.

Each attendee should register separately with a unique email address to ensure access to all the features of this event. Those who register will be emailed a link to access the event.

NEW Weekly Bible Study: Presented Jason Burgess

Jason Burgess is inviting you to a scheduled Zoom meeting.

Topic: Jason Burgess's Zoom Meeting

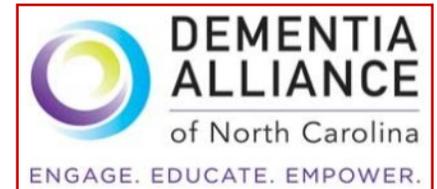
Date/Time: Every Wednesday beginning Oct 7, 2020 at 10:00AM

Join Zoom Meeting

<https://zoom.us/j/95363283708?pwd=WVJtMzI0MT244dG1HQkZTNEJJOTYUT09>

Meeting ID: 953 6328 3708

Passcode: 311544



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COMMUNITY FEATURED PROGRAMS:

Virtual Hearing Health Seminar: by Wake Audiology

Serving the area since May 2005, specializing in providing thorough hearing exams and detailed consultations to help determine the exact nature of your hearing concerns. We are expanding our practice to include **cochlear implant** services. Are you or a loved one struggling with your hearing even when using hearing aids? If you are interested in learning more about hearing implants - how they work, candidacy, insurance and more, we can connect virtually with Cochlear Americas from the comfort of your own home.

Date: October 5, 2020 at 12:00PM

Location: You can join the event from anywhere! Recommend you choose a place that has a strong internet connection.

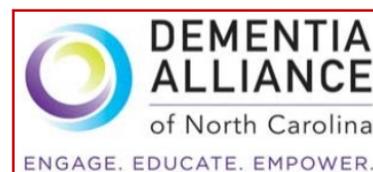
To Join the meeting, follow these simple steps:

1. Visit <https://link.edgepilot.com/s/667be51d/Mh3plcMJWUqVtZ03oPM8oQ?u=http://www.cochlear.com/us/events>
2. Input the event date
3. Click on the event name and complete registration
4. Once registered, you will receive an email with instructions for how to join the meeting online!



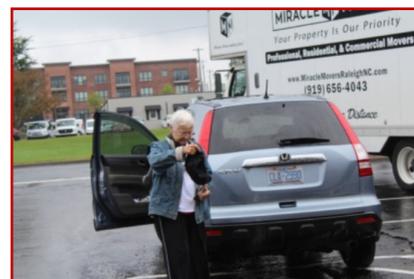
Alzheimer's and other Dementias Caregivers Support

Group: October 15th 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 ddharis@dementianc.org



COMMUNITY DID YOU KNOW:

Our members responded to the food donation request for SING last week and helped fill a moving truck with food and provide over \$1,200 in donations. In the rain no less. Thank you.



COMMUNITY JUST A REMINDER:

Let us know how we are doing. If you have any requests or suggestions don't hesitate to call or email me, jennieg@rfsnc.org

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NEXT WEEK AT A GLANCE:

Monday Oct 5	Tuesday Oct 6	Wednesday Oct 7	Thursday Oct 8	Friday Oct 9
8:00 Walk with Ease Joyner Park	8:30 Tai Chi (Full)	8:00 Walk with Ease Joyner Park	8:30 Tai Chi (Full)	8:00 Walk with Ease Joyner Park
8:30 Yoga with Laura		8:30 Yoga with Laura		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 Aerobics (Full)		10:00 Aerobics (Full) 10:00 Bible Study	10:00 Tone and Sculpt	10:00 Aerobics (Full) 10-11:30 Exec. Branch & Presidency
11:00 Drawing Class		11:00 Emergency. Pre- paredness 101	11:00 Line Dancing	
11:30 Zumba Gold		11:30 Zumba Gold		11:30 Zumba Gold
		12:30-2:30 Flu Shot Drive-Thru (EWSC)	12:30-2:30 Flu Shot Drive-Thru (NWSC)	
	1-3 Acrylics	1-2:30 Northern Wake Parkinson's Support Grp	11:00 Caregiver Support Group	
		2-3 Duke Presentation Stay at Home Senior Care		
3:30 Live stream	3:30 Live stream	3:30 Live stream	3:30 Live stream	3:30 Live stream
3:30 Chair Yoga				

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