



Thank you to the NWSC members who registered for the upcoming fitness track this week! This was a new process and model for members and staff alike and the registration went very smoothly. Yes, there were a few cold feet (literally) on Monday morning, but considering all of the 'firsts' we made (taking credit card payments, paying for classes), it was a success. The staff would like to thank members and instructors for their patience and good humor as we moved through the week.

There are still spaces available in some of the most popular classes! Registration is open until end of day Wednesday, Jan. 31. Please remember -- **THERE ARE NO DROP IN CLASSES. PRE-REGISTRATION IS REQUIRED FOR CORE AND PREMIUM CLASSES.**

CORE Programs (No Fee) - Classes start Feb. 5

Tai Chi Sun Style 73 - Monday/Wednesday 12:30PM Instructor: Cathy Perkinson

Pre-requisite - Completion of Tai Chi 1 and 2 or demonstrated proficiency in the Sun Style forms.

PREMIUM Programs (Fee as indicated) - Classes start Feb. 5

Tai Chi For Life (\$45/16 sessions) - Monday/Wednesday 11AM Instructor: Cathy Perkinson

Pre-requisite - Completion of Tai Chi 1 and 2 or demonstrated proficiency in the Sun Style forms. This is an advanced class.

Martial Arts/Self-Defense (\$45/16 sessions) Monday/Wednesday 6PM Instructor: Steve Gale

Gentle (Mat) Yoga (\$45/16 sessions) Tuesday 2PM/Friday 10AM Instructor: Vivien Green

Flow Yoga (\$21/8 sessions) Wednesday 11AM Instructor: Vivien Green

Intermediate Line Dancing (\$21/8 sessions) Thursday 11:45AM Instructor: Cindy Hadden

Advanced Line Dancing (\$21/8 sessions) Thursday 11AM Instructor: Cindy Hadden



Friday, Feb. 2 is "Wear Red" Day. This day kicks off National Heart Month and highlights that heart disease is the leading cause of death among Americans, especially women. Scroll down to learn more about the risk factors and how to reduce them.



2024 AARP FOUNDATION TAX-AIDE PROGRAM **Wake Forest**

The 2024 AARP Foundation Tax-Aide program is now open! Appointments fill up fast, so don't delay. **Please note that these appointments and the Tax-Aide program are not affiliated with the Northern Wake Senior Center or the East Wake Senior Center.** All inquiries regarding tax documents, appointments, or general information should be directed to AARP directly (919-263-4186), beginning Jan. 22. You can find additional information on the program or what documents are needed at the [AARP TAX-AIDE](#) website. This website will also list additional Tax-Aide locations when the program starts in mid-January .

What: Free tax preparation assistance while you wait - 2021, 2022, 2023 returns.

When: Jan 29th - April 9th Monday/Tuesday ONLY 9am – 3PM (appointments last between 1.5 to 3 hours).

Where: Friendship Chapel Baptist Church, 237 Friendship Chapel Road, Wake Forest, NC 27587

How to Register: Starting Monday, January 22nd – call 919-263-4186 during the hours of 9 am to 3 pm Monday, Tuesday and Wednesday. **Please DO NOT leave voicemails.**

Pre-Appointment:

- Pick up intake packets (packets not available until after 1/22)
 - **Northern Wake Senior Center** – 325 E Holding Ave, Wake Forest on the outside of the building. They will be in a container at the MAIN LOBBY ENTRANCE DOOR.
 - **East Wake Senior Center** - 323 Lake Dr., Wendell, NC - TBD
 - **Louisburg Senior Center** - 279 S Bickett Blvd, Louisburg, NC - AT THE FRONT DESK
- Complete Intake packet and assemble your tax documents
- Remove all tax documents from the receiving envelopes and unfold them

Appointment Day:

- Bring government-issued photo ID and social security cards for everyone included on your return.
- Plan to stay for the entire appointment to work directly with a counselor.
- No food or drink available.
- NO walk-ins. Pre-scheduled appointments only.

NWSC (Wake Forest) Announcements

The Real Truth About... Living, Dying & Leaving a Legacy Senior Seminar Tues Feb 13 at 10AM

Join Karena Stipp and guest speakers Tara Dustheimer with Gentiva Hospice Care, Jill Bright with Bright Funeral Home, and Hayden Baugh Jackson Law Elder care attorney and get the answers you need in order to live fully and stay in control of your life and decisions about living, dying and leaving a legacy. Pre-register at the front desk or by phone.



Jill F. Bright is with Bright Funeral Home, located in the heart of Wake Forest. Established in 1964, Bright Funeral Home is honored to serve and guide our families, friends and neighbors with the very highest level of care that far exceeds what is needed to honor your loved one. Jill and her husband Randy Bright, grew up in the Wake Forest-Rolesville area, and both are very actively involved in community, civic, patriotic and church activities and events.

Tara Dustheimer is a Hospice Care Consultant with Gentiva Hospice. Tara has 8 years experience working as Hospice Care Consultant. Tara is passionate about helping patients and families during one of the most difficult stages of their lives.



Hayden Baugh is a native of Eufaula, Alabama and moved to Raleigh in 2018 to attend law school. He received his undergraduate degree in History from Birmingham-Southern College and his law degree from Campbell University Law School. At Jackson Law, Hayden is eager to work on estate planning with clients.



New Caregiver Support Group: Are you a caregiver seeking support, guidance, and a community of understanding individuals? Look no further! We're excited to announce the launch of our First Thursday Caregiver Support Group at NWSC. The first meeting is scheduled for Thursday, Feb. 1 at 3PM.



"The Life and Legacy Of Jackie Robinson" - Thursday Feb. 15 at 2PM.

Join Chris Martens and learn about Jackie Robinson's legacy as a civil rights activist. No athlete in the 20th century devoted more of his life to the cause of Civil Rights than Jackie Robinson. It can be argued that the Civil Rights Movement began with Robinson breaking baseball's color line in 1947 paving the way for the integration of the military by Harry Truman one year later.



He was good friends with Martin Luther King who said, "Without Jackie, I could never have done what I did." Robinson was a prolific letter writer, penning two letters a week to every major politician including presidents Eisenhower, Kennedy, LBJ, and Nixon. His letters were hard hitting and demanded action. When JFK got to chummy with the racist governor of Alabama, Jackie publicly stated, "He who lies with dogs will wake up with fleas."

NWSC (Wake Forest) Upcoming Classes

Oncology Yoga Post-Class Discussion Monday Jan. 29 at 1PM.

Monday's topic is "Journaling." Guest speaker Wende Essrow has been walking at the break of day for as long as she can remember. Join this published author, artist and storyteller as she leads this week's integrated journaling activity in our Cancer Paths to Wellness package following the oncology Yoga program. Journaling can help control your symptoms, mood and fears. You will each be provided a personal journal to take home for this interactive class. All members are invited to join this journaling experience. Pre-registration at the front desk or by phone is required.

Oncology Yoga and Post Class Discussion is a Paths To Wellness program sponsored by First Medicare Direct.



Garden Art - Tuesdays 10AM - 12PM Feb. 6-27 Instructor: Gaylord Picard

During this four week class you will create forever clay for for your garden!. Cost of \$25 (cash only, payable before first class) covers all materials. Pre-registration at the front desk or by phone is required.

Intro to Homeopathy - Every other Monday 11AM Feb. 5 - Apr. 14. Instructor: Donna McKinney

Fellow member Donna McKinney will provide an introduction into homeopathic medicine. February classes will be discussing how remedies are made with explanations on the various potencies and uses. Rhus Tox will be the featured remedy. Pre-registration at the front desk or by phone is required.

NWSC (WAKE FOREST LOCATION) Classes & Activities

Jan. 29 - Feb. 2

Monday		Tuesday		Wednesday		Thursday		Friday	
9:00	Functional Weight Training NO DROPS INS	9:00	Cross Punch (V)	9:00	Aerobics (Virtual)	9:00	Cross Punch (V)	9:00	Functional Weight Training NO DROP INS
9:00	Aerobics	9:00	Knit/Crochet Group	9:00	Functional Weight Training NO DROP INS	9:00	Knit/Crochet Group	9:00	Aerobics
9:00	Golden Hookers Group	9:00	Low Impact Aerobics	9:00	Golden Hookers Group	9:00	Low Impact Aerobics	9:00	Chess Tournament Next - 2/16
9:00	Beg. Crochet with Anne	9:00	Senior Balance NO DROP INS	9:00	Open Chess Play	9:00	Senior Balance NO DROP INS	9:30	Dominoes
10:00	Ageless Movement	9:00	Beginner Bridge	10:00	Yoga Flow	10:00	Tone & Sculpt (V)	9:30	Intro to Mountain Dulcimer
10:00	Drumming	9:30	Open Backgammon	10:00	Tai Chi 1	10:00	Drumming	10:00	Drumming
10:00	Subjective Study	10:00	Tone & Sculpt (V)	10:00	Watercolors	10:00	Senior Balance NO DROP INS	10:00	Gentle Mat Yoga with Vivien
10:00	Tai Chi 1	10:00	Garden Art	11:00	Tai Chi for Life	10:00	Steppers	12:30	Spilled Ink Writers Group
11:00	Int. Crochet with Anne	10:00	Senior Balance NO DROP INS	11:30	Chair Yoga with Vivien	11:00	Senior Balance NO DROP INS	1:00	Ping Pong/Board Games
11:00	Tai Chi for Life	10:00	Drumming	12:00	Beginner Chess	11:00	Adv. Line Dancing	2:00	Chair Yoga with Marty
12:00	Oncology Yoga	11:00	Beg. Line Dancing (V)	12:30	Zumba (Hybrid)	11:45	Int. Line Dancing	2:30	Windows 10 Lecture
1:00	Oncology Yoga Post Class Discussion	11:00	Senior Balance NO DROP INS	1:00	Acrylics	12:00	Dance Fusion		
1:00	Zumba Gold with Cuqui	11:30	Strokies Lunch & Exercise Class	1:00	Quilt, Stitch and Gab	12:30	Euchre		
1:00	Drawing	12:00	Dance Fusion	1:00	Book Worms Next Mtg - 2/14	12:45	Absolute Beg. Line Dancing		
1:00	Beg. Knitting	12:30	Chair Yoga with Vivien	1:00	Understanding the Internet	1:00	Pinochle		
2:00	Chair Yoga with Marty	1:00	Ballroom Lessons	1:30	Open Chess Play	1:00	Mahjong		
4:30	MS Group Next Mtg - 2/12	1:00	Parkinson's Group Next Mtg 2/13			1:00	Samba-Card Game		
6:00	Stained Glass Ren. Ctr Class	1:00	Mahjong			1:00	Wood Carving		
7:00	Kiwanis Bingo	1:00	Ceramics 101			1:00	Geri Fit (EB)		
		1:00	Understanding the Internet			2:00	Acoustic Jam Next - 2/8		
		1:00	Geri Fit (EB)			3:00	Caregiver Support Group		
		1:30	Genealogy Group Outing						
		2:00	Triangle Aphasia Group						
		2:00	Grief Support Next Mtg 2/20						
		2:00	Gentle Mat Yoga with Vivien						
		2:30	Shag Lessons						

EB - Evidence Based Class. Pre-registration required at start of program. No Drop-in.
V - Virtual Only
H - Hybrid - Combined Onsite and Virtual

Paint Open Studio: Thurs - 1PM - 4PM
Pottery Open Studio: M/W/F - 9AM - 4PM
Ceramics Open Studio: Tues - 3PM - 5PM

2024 AARP Tax-Aide Program Wendell

Tax Season Opens Soon at Longview Baptist Church

AARP Tax-Aide volunteers will open the tax site at Longview Baptist Church on Monday, February 5, 2024. Taxpayers will have two options for getting their taxes done:

- 1) Have your tax return prepared while you wait.
- 2) Have your tax documents scanned and the return prepared remotely. This method requires a second visit to review and sign your return.

All tax sessions require an appointment. You may schedule using our simple online calendar – just [CLICK HERE](#). Or you may call 919-578-2405 to leave a message and someone will call you back. We will start making appointments on January 22.

Pick up and fill out an intake packet ahead of your appointment. Get intake packets here:

- Longview Baptist Church, Mon – Thursday, 8:30 – 4:30, by the church office
- Eastern Wake (Wendell) Senior Center, Mon – Friday, 8:30 – 4:30, near the entrance

Inside the packet you will find a list of documents needed to prepare an accurate return. Please review this carefully, and be sure to bring your 2022 tax return to your appointment.

All the materials in the packet can be downloaded and printed using the link in your appointment confirmation email, or you may click here: [TAX FORMS](#).

Longview Baptist Church is located at 2308 N. New Hope Road in Raleigh.

Due to all the respiratory viruses circulating now, volunteers and taxpayers are encouraged to wear a mask. Masks will be available at the site.

PLEASE DO NOT CONTACT THE WENDELL SENIOR CENTER FOR INFORMATION OR QUESTIONS

EWSC (Wendell) Announcements

EWSC members are working hard to create 100 Valentine cards by February 7th to be given to veterans as a Community Service Project. This is an opportunity to give back to the community that has blessed the EWSC so abundantly. More members are needed to give of their time and talents in this project if we are to meet our goal. Stop by the Center Wednesday, January 31, and February 7, at 11:30 am to participate. All materials are provided. This is the first Community Service Project for the year, let's make it a big success.

Beginning Tuesday, February 6, at 10 am, bingo will be offered every Tuesday (except the 3rd Tuesday) in addition to Friday bingo at 10 am. Prizes are needed and members are encouraged to donate new or very gently used items. You could also donate money designated for bingo if you choose.

Life can be challenging! In spite of this there are actions you can take to help view your life in a positive light. Please join, Karen LaBranche, Licensed Health Life and Medicare Agent working for HUMANA for a presentation, The Power of Positivity: when life gives you lemons... tips for positive thinking. The Power of Positivity will be presented Wednesday, January 31st at 10:00 am at the Eastern Wake Senior Center. Please join us and learn tips for positive thinking to get the new year off to a positive start. Registration would be appreciated.

Do you enjoy walking and would like someone to walk with? Let us know if you are interested in joining a walking group. Judy Churchwell, an avid walker, who won the Walking Challenge last May as part of the National Senior Health and Fitness event, is willing to lead a walking group. All particulars will be worked out if there is enough participation. Let the staff know if this is something you would consider doing.

Wake Transit will present information on the new services coming soon to the Wendell area and explanation the current services available on Thursday, February 1 at 9 am at the EWSC.

The Golden Voices Choir will resume practice Thursday, February 1, at 12 pm. All members are welcome and encouraged to attend. Special thanks to Roni Ray as she was kind enough to donate a new full size keyboard to the Center. A reminder that the choir will practice the 1st and 3rd Thursdays of each month unless otherwise notified. Contact Ruby Jones for additional information at 919-366-6153.

Next Book Club meeting is Monday, January 29 at 10am. They will discuss the book Dressmaker by Kate Alcott. Contact Judy Howell, 919-632-3550, for more information.

EWSC (Wendell) Upcoming Classes Pre-Registration for classes is required!

Knitting/Beginner Crochet classes continue with instructor, Anne Marie Mulhern, each Monday at 12:30. All materials are provided. Call the Center for information.

Acrylic Painting for beginners and intermediate/advanced students had a good showing Thursday, January 25. There is still room for those who want to learn the basics of acrylic art and for those with some experience. A material list is available at the Center.

EWSC (WENDELL LOCATION) Fitness & Activities

Jan. 29 - Feb. 2

Registration required for all classes - Call the Center to register!

	Monday 01/29	Tuesday 01/30	Wednesday 01/31	Thursday 02/01	Friday 02/02
08:00	Dominos, Cards, Games, Jigsaw Puzzles, & more!	Dominos, Cards, Games, Jigsaw Puzzles, & more!	Dominos, Cards, Games, Jigsaw Puzzles, & more!	Dominos, Cards, Games, Jigsaw Puzzles, & more!	Dominos, Cards, Games, Jigsaw Puzzles, & more!
09:00		Cross Punch (V)	Aerobics (V)	Cross Punch (V) Ceramics-Beginners (9-11) Wake Transit Talk - 9:30	Zumba (WCC)
09:45				Relax & Meditate	Friday Updates
10:00	Aerobics (HBC) Book Club	Tone & Sculpt (V)	Aerobics (HBC) Karen LaBranche-Humana Talk on Power of Positivity	Tone & Sculpt (V)	Drumming (WCC) MOW Bingo
10:45	Line Dance II (HBC)		Line Dance Level I (Absolute Beginner)- (HBC)		
11:00	Tai Chi Life (Hybrid) Ceramic-Open Studio (11-1) Yoga 11:15	Beginning Line Dance(V)	Tai Chi Life (Hybrid) Yoga 11:15	Ceramics-Open Studio (11-1)	
12:00			Diamond Dots 3D Valentine Card Making for Veterans	Choir	
12:30	Knitting/Beginner Crochet		Zumba Gold (Hybrid)		
01:00	Martial Arts	Crochet	Martial Arts	Acrylic Art/Beginner	
02:00				Acrylic Art/Advanced	
02:30			Strutters - Practice		

V = virtual

P NWCS=In person NWCS

V EWSC = Virtual EWSC

WCC- Wendell Community Center, 601 W 3rd St.

HBC- Hephzibah Baptist Church, 1794 Wendell Blvd

WUMC- Wendell United Methodist Church, 129 N Main Street



FREE MEDICARE SEMINAR

SHIIP, the Seniors' Health Insurance Information Program, is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse, and long-term care insurance. SHIIP will be conducting a free seminar entitled:

Medicare 101 Presentation

The seminar is open to anyone new to Medicare or interested in learning more about Medicare. The seminar will include a question and answer session.

Tuesday, February 13th, 12pm-1pm
Eastern Wake Senior Center

323 Lake Drive
Wendell, NC 27591



SHIIP
NC DEPARTMENT OF
INSURANCE

To register, call:

919-365-4248

For additional information, contact:

Eastern Wake Senior Center

1-855-408-1212 • www.ncshiip.com
North Carolina Department of Insurance
Mike Causey, Commissioner



Planned Upcoming Events -- Meetings are Tuesdays from 1:30 – 3 pm

Tuesday, January 30 – Meet at Real McCoy’s Restaurant for Lunch. Further instructions will be sent to club members via email.

Tuesday, February 6 – Meet for lunch (bring your own) at the Friendship Café area in the Senior Center. Open Discussion/Informal Meeting - Have a problem you want to discuss? Are you new and want to ask how to do something? Do you want to be available to answer questions of others?

Tuesday, February 13 – Zoom – To Be Determined

Tuesday, February 20 – Computer Lab – Simon – “My Heritage – What It Does and What It Does Not Do”

We have a recording of our January 23 session with Jacob Phipps on Using Video and Audio Recordings. Join us if you want access to view that session. Check in or call the Senior Center to sign up for the Genealogy Club. You will receive Zoom access instructions and then email reminders of upcoming meetings. Each month we schedule Zoom (access from your computer at home) sessions, Computer Lab (at the Senior Center), and Restaurant/Lunch meetings. So, you can participate virtually, in-person, or both ways.



Wake Forest and Wendell Centers in the Community



**Wake Forest Steppers at
Cadence Senior Living**



**US House Rep. Deborah Ross
visited the Wendell Center**



**Mayor Gray, Jennie Griggs,
Rep. Ross**

National Wear Red Day

The First Friday in February



The National Heart, Lung, and Blood Institute and many groups around the country observe National Wear Red Day® each year on the first Friday in February to raise awareness about heart disease as the leading cause of death among Americans, especially women.



Risk factors for heart disease are:

- Smoking
- High blood pressure
- High cholesterol
- Overweight/obesity
- Physical inactivity
- Diabetes
- Family history of early coronary heart disease
- Age (for women, 55 and older)

Heart disease is largely preventable. Here's what you can do now to reduce your risk:

- Don't smoke
- Eat for heart health
- Aim for 30 minutes of physical activity at least 5 days a week
- Ask your doctor to check your blood pressure, cholesterol, and blood glucose

Show your support and wear red!



National Heart, Lung,
and Blood Institute



A program of the National
Institutes of Health

Wake Forest Community Library

Wake County Public Libraries

EVENTS

Start-up Assistance

1st Wednesdays of the Month

How to Start a Business in Wake County

Wednesday, February 7 @ 6:30 p.m.

Evaluate the feasibility of your business idea and realize the importance of self-assessment. Learn key strategies for startup, financing, and marketing, as well as important information about legal issues, licensing, zoning, operations, and more. Discover the resources available to help you start and successfully operate your business.

Register for the event at bit.ly/wakebiz



Presented by the Small Business Center of Wake Tech, the Start-up Assistance Series provide essential knowledge for entrepreneurship.

MEET THE Artists

SATURDAY
February 10 @ 12-1:30 p.m.

Explore the world of art with members of the Wake Forest Guild of Artists. Learn about their background, techniques and influences.

Enjoy their exhibit, *Turning the Page*, displayed throughout the library until March 29, 2024.

[Check out fantastic virtual events at bit.ly/virtualWCPL]

Wake Forest Writers' Group

Last Wednesdays of the Month

Wednesday, February 28 @ 6:30 - 8 p.m.

Join a gathering of writers, from seasoned wordsmiths to aspiring authors, and share ideas, discuss the craft of storytelling, exchange constructive feedback, and engage in writing prompts to spark creativity in a welcoming environment.

Shelf Indulgence

2nd Wednesday of the Month

Wednesday, February 14 @ 2:30 p.m.

For Book Lovers - Meet fellow readers to chat about the books you are reading, learn about new ones and get recommendations. We will focus on Black authors and Romance novels in February. Please sign up for a reminder email.



[Sign up for reminder emails at wake.gov/libraries/events]

For Book Lovers of All Ages

Visit wake.gov/libraries/books to learn more!

Books on the Go

Contact-free service is available if you do not want to enter the building. Call 919-554-8498 to make an appointment.

Book Club Kits for kids & adults

Reserve a bag of books & discussion guide for your personal book club.

Custom Book Lists for kids & adults

Discover something new! Fill out a survey and a librarian will create a reading list tailored for you.

Express Book Bags for kids & adults

A bag of personalized picks! Tell us what you like, we'll select and checkout books just for you.

Services for Adults

Sign up for an appointment with a librarian:

wake.gov/libraries/services

Job Help

Work with a librarian to spruce up your resume and cover letter, and tips on interview.

College Application Help

Get help navigating the college admissions process. Take free ACT & SAT practice tests.

Research Help

Get research assistance from a librarian.

Technology Help

Learn how to download books to your devices, or receive assistance with computer fundamentals.

400 East Holding Avenue | 919-554-8498 | wake.gov/libraries

Caregiver Educational Program

2024

Every Tuesday for 6
consecutive weeks
April 9 - May 14, 2024
1:30 PM – 3:00 PM

***This class is free
for family caregivers***

(Voluntary contributions welcomed
for the "Caregiver Helpbook")

Northern Wake Sr. Center
235 E. Holding Avenue,
Wake Forest, NC 27587

[Click here](#) to register.

For more info contact:
Lisa Hoskins, LCSW at
The Center for Volunteer
Caregiving
919-460-0567 or
lhoskins@ctrvolcare.org

All you need to do is
register, commit to care
for yourself, and attend
each session.



Powerful Tools for Caregivers

Learn how to handle stress, improve self-confidence, communicate better, improve your ability to make tough decisions, locate helpful resources and more.

Powerful Tools for Caregivers consists of six 90-minute sessions of practical training. The curriculum, ***Powerful Tools for Caregivers*** (www.powerfultoolsforcaregivers.org), is an award-winning educational program that provides caregivers with tools and strategies to better cope with their unique challenges.

Classes are conducted by professionals from The Center for Volunteer Caregiving. There is no charge for the sessions; however, a voluntary consumer contribution is welcomed to defray the cost of providing the class.

The Powerful Tools for Caregivers course will enroll up to **14 participants**. Registration is on a first come, first served basis. If care for a loved one during the class is an issue, please let us know.

NOTE: this program is open to only family caregivers; it is not designed for professionals or paid caregivers.

[REGISTRATION LINK](#)

Attention Seniors, Disabled & Veterans!



Need help paying your 2024 property taxes?

If you are:

- ☐ 65 or older
- ☐ Totally and permanently disabled
- ☐ A disabled veteran or an unmarried surviving spouse
- ☐ Living on a low income

You may qualify for a **reduction** in your property tax bill!

Three programs authorized by the State of North Carolina might be able to bring you the tax relief you need!

To find out more, visit wake.gov/taxrelief or call **919-856-5400**.

DEADLINE TO APPLY: JUNE 1, 2024



Program highlights

	Seniors & Disabled Program (Elderly or Disabled Homestead Exclusion)	Tax Deferment Program (Circuit Breaker Tax Deferment Program)	Disabled Veterans Program (Disabled Veterans Exclusion)
Who Can Apply (These requirements MUST be met as of January 1, 2024.)	65 years & older OR Anyone totally & permanently disabled	65 years & older OR Anyone totally & permanently disabled AND Owned and occupied your home for at least five years	Veterans of any age with a total & permanent disability connected to their military service or their unmarried surviving spouse
Gross Income Requirement (Income BEFORE taxes or other deductions are taken out. It is NOT Adjusted Income.)	\$36,700 or less during 2023 (Combined income for married couples)	\$55,050 or less during 2023 (Combined income for married couples)	NONE
Tax Relief Benefit (Home value includes the residence, related improvements and up to one acre of the building site.)	Get \$25,000 OR up to 50% off your home value, whichever is greater. That discounted value will never be taxed.	Taxes limited to 4% of income if gross income is \$36,700 or less Taxes limited to 5% of income if gross income is \$36,700 to \$55,050 Last 3 years of deferred taxes (with interest) may become due if a disqualifying event occurs.	Get \$45,000 off your home value. This discounted value never becomes taxable.

Questions about these programs?
Call **919-856-5400** or visit wake.gov/taxrelief.

DEADLINE TO APPLY: JUNE 1, 2024

Late applications may be accepted on a case-by-case basis. Forgetting or not knowing about the program are typically not valid reasons for lateness. Examples of good cause may include: physical or mental illness, death of an immediate family member, military deployment, or delay in receiving disability certification.

Resources for Seniors

Service Coordination Services

Access our directory of resources online at
resourcesforseniors.org

1:1 Information & Referral

Monthly, 3rd Friday

Northern Wake Senior Center

*Call (919) 554-4111 or schedule
at the center's front desk.*

Service Coordinator Contact:

Autumn Thatcher
(984) 232 4215
autumnt@rfsnc.org

1:1 Information & Referral

Monthly, 3rd Monday

Eastern Wake Senior Center

*Call (919) 365-4248 or schedule
at the center's front desk.*

Some examples of resources we provide:

- ♦ In-Home Care Options
- ♦ Meals on Wheels Friendship Cafes & Home Delivery Program
- ♦ Senior Housing Options
- ♦ Long-Term Care and Assisted Living Facilities
- ♦ Senior Centers
- ♦ Support Groups: Parkinson's, Dementia, Others
- ♦ Caregiver Support and Resources
- ♦ SHIIP (Senior Health Insurance Information Program-Medicare Education Program)
- ♦ Transportation Resources
- ♦ Home Repair and Rehabilitation
- ♦ Home Weatherization
- ♦ Employment and Job Searching
- ♦ Personal Emergency Response Systems
- ♦ Advocacy
- ♦ Elder Abuse
- ♦ Basic Needs
- ♦ Total Life Centers / Adult Day Centers
- ♦ Government Benefits





Medicare Counseling Appointments (SHIIP)

Do you have questions about Medicare? There are LIMITED 1:1 appointments will help you understand Medicare options with the Senior Health Insurance Information Program (SHIIP). If you are turning 65, or on disability and qualify for Medicare, a SHIIP counselor can help explain your Medicare options. By appointment only. Call your Senior Center to make an appointment.



EVIDENCE-BASED CLASS CONSUMER CONTRIBUTION OPPORTUNITY

Resources for Seniors partners with several organizations and agencies to provide programs at no cost to participants in our community. The money that pays for services, including our Evidence Based Classes, combines federal, state, county, and local funds, plus consumer contributions. We understand that not all participants can contribute. You are under no obligation to contribute; it is entirely voluntary. Your continued participation in programs and services is not dependent upon your willingness or ability to contribute. You can donate at [RESOURCES FOR SENIORS](#).

Note: Resources for Seniors desires to provide access to all programs for all people. If you would like to attend a class or program that has a fee are you are not able to pay, you may request an application for financial assistance; scholarships are available on a limited “needs-based” basis and may not cover all class offerings. Staff will meet with you to determine eligibility.

Resources for Seniors has a full range of services and programs to support aging adults, adults with disabilities, and caregivers. From home care support to daytime programs, you have many options to fit your needs. Visit the website at [Resources for Seniors - Serving Wake County, NC since 1973](#)

