



Jennie Griggs, MA
Dir. NWSC & EWSC

We care about you and your safety at the Northern and Eastern Wake Senior Centers. In the last several weeks we have had an increase in occurrences that could have, and in some cases did, cause injuries or health concerns. As a result, I would like to review a few issues of concern and remind each of you to be aware and take positive action.

Every day, we need to continue to put safety first. Often we are so excited to participate in events and socialize at the senior centers that we get in a hurry, forget to eat correctly or bring appropriate snacks if we have medical issues requiring special diets, and much too often don't drink enough fluids. When staff reminded someone at the center the other day to hydrate through the entire fitness class, they responded, "My therapist set half a glass of water in front of me. He asked if I was an optimist or a pessimist. So, I drank the water and told him I was a problem solver." **Please be a problem solver and hydrate before, during, and after every class.**

Additionally, many of us must remember to wear the proper clothing, especially footwear appropriate for the activities in which we will participate. For most fitness classes, we ask that you wear appropriate, breathable tie shoes that provide support. The shoe should allow you to grip the floor with your entire foot, enhancing balance and strength in conditioning moves, allowing you to grip the floor with your whole foot, creating better balance in strength. **Moving forward, our instructors will remind participants about footwear, and if they feel it is inadequate or unsafe for the specific program, ask that proper attire be used to take the class.**

Another topic we need to mention for your safety is COVID-19. NCDHHS tells us that seasonal respiratory illnesses are surging in the first quarter 2024. U.S. data explorer illustrates that 30% of Wake County is highly vulnerable. Many of you know we have experienced increased cases and exposures since Valentine's Day. Doctors say they find it increasingly difficult to distinguish COVID-19 from allergies or the common cold. "It isn't the same typical symptoms that we were seeing before. It's a lot of congestion, sometimes sneezing, usually a mild sore throat. The sore throat usually arrives first then congestion." (Covid symptoms are now more mild and follow a pattern, doctors say than in 2023). The season has begun for many of us with seasonal allergies; however, **we encourage each of you to think differently this year. It may only be a cold or allergy; however, if you are not feeling 100%, it may be symptomatic of COVID-19. Please stay home if you have symptoms and aren't feeling 100% and test before returning or participating in center events.** Remember, "You are the last line of defense in safety. It boils down to you." Kina Repp



Thank each of you for participating in the Introductory meeting regarding the NWSC Auxiliary Board and Volunteer interest meeting held on February 20th. All attendance and interest was well appreciated. As announced, the **next meeting will be held on March 5, 2024 3-4:30 PM** for those who committed to the auxiliary board. Each of you will be privately notified and reminded of this meeting by the Auxiliary Board Chair or myself. See you soon. Location NWSC Meals on Wheels Space. Questions? jennieg@rfsnc.org



Upcoming Coffee Cafes

Tuesday, Feb. 27 8:30AM - Sponsored by Brookdale Senior Living

If you are just starting out on your journey to senior living, you probably have a long list of questions. Are there different types of senior living care? How much does it cost each month? What should you do if you know your loved one needs to make the move? How do you know what to look for when touring different communities?



The good news is that you've come to the right place. Join us at the Coffee Café and you'll find some helpful tips and guidelines so that you're armed with all of the info you need to make the best decision for you or your loved one.



Thursday, Feb. 29 8:30AM Sponsored by The Ageless Home

Our nation is facing a situation that few speak about, write about or talk about, yet we all sense. Housing needs are changing in our evolving society, but the housing market hasn't caught up with these new demands.

Now more than ever, homes are needed that can grow with us and our families through all phases of life to provide ongoing shelter, safety and happiness without major renovations or remodeling.

The solution to this problem is... the Ageless Home.



Calling All Artists! Painters, Potters, Quilters, Knitters, too!

Help support Friends of the Northern Wake Senior Center by donating your work. We will sell it at the ARTS Wake Forest Spring Artisans Market. All proceeds will help purchase supplies and equipment that is needed by artisans at the Senior Center.

WHAT: Spring Artisans Market

WHEN: Saturday, April 20

WHERE: Renaissance Centre

HOW: Leave your items at the Senior Center by April 10. Label them "Artisan Donation" with a suggested retail price.



friends of
**NORTHERN WAKE
SENIOR CENTER**

NWSC (Wake Forest) Class Announcements

NEW CLASS:

Join us Fridays in March at 1PM for Open Zumba. See the flyer below for more details! No pre-registration required.

MEMBER REMINDERS:

- Please make sure you sign in at one of the kiosks when visiting the Senior Center to take ANY CLASSES or attend any event. There are two crucial reasons for this policy:
 - We need to know who is in the building at any given time for safety and security reasons in case of any emergency. This policy is dictated by the Town of Wake Forest
 - Class attendance provides data needed for future program planning. If you attend a class but do not check in at the kiosk, you will be marked as a No Show. Help us maintain data integrity by checking in for each visit!
- Also, if you pre-registered for a fitness class, please make every effort to attend. There are a lot of empty spaces for each class. These classes are extremely popular, so if your circumstances have changed and you can no longer attend, please let Nancy know!



Ceramics 101 Feb. 27 - Apr. 7 11AM - 1PM Instructor: Cindy Privette

Ceramics 101 will include all of the basics of ceramics including terminology, tools, types of paints and how to use them, and painting techniques. Members will learn they need to know in order to take a project from greenware to completion with little or no assistance. \$30 fee if you intend to keep your projects. No fee if you are donating them to the Senior Center. Open Studio will follow directly after class. Open Studio access must be cleared to work solo through instructor.

A Jump Start to Spanish Conversation #3 Mar. 6 - Apr. 17 10AM - 12PM Instructor: Ramsey Mariani

A Jump start to Spanish part 3. Continue your Spanish goal with part 3 of Jump Start to Conversation. Students will use grammar for indirect object pronouns, direct object pronouns, reflexive verbs we use everyday and how to say "No" in more than one way. **Required Book: *Easy Spanish by Bregstein*.**

Advanced Spanish Conversation #4 Mar. 6 - Apr. 17 12:30PM - 2:30PM Instructor: Ramsey Mariani

Advanced Spanish Conversation Part 4 will continue our grammar use of the subjunctive. Start with the fact that past subjects will bring out past subjunctive forms. Idioms are also highlighted as important practice for useful statements and understanding what Spanish people are saying to you. **Required Book: *Advanced Spanish, Step by Step, by Bregstein*.**

Playing the Mountain Dulcimer Mar. 7 - Apr. 25 9:30AM - 11AM Instructor: Marilyn Cluett

Now that you've learned how to play the mountain dulcimer, this class focuses on developing finger technique, smoother playing, and building multi part arrangements. Music will be provided with a mix of hymns, folk songs, mountain songs and ballads.



SHAKE, SHAKE, SHAKE THE WINTER BLUES

You're Invited to ZUMBA with Us!

Fridays in March, 2024

Walk Ins Encouraged

No Registration Needed

MARCH 8

MARCH 15

MARCH 22

1pm-2pm

Northern Wake Senior Center

235 E. Holding Ave

NWSC (WAKE FOREST LOCATION) Classes & Activities

Feb. 26 - Mar. 1

You can now view the NWSC calendar online! [CLICK HERE](#) to view and save the link.
This link works on mobile devices as well as home computer, laptop, or tablet!

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|--------|----------------------------|---------|---------------------------------|-----------|----------------------------|----------|----------------------------|--------|-----------------------------|
| 9:00 | Functional Weight Training | 9:00 | Cross Punch (Virtual) | 8:00 | Circuit Training | 9:00 | Cross Punch (Virtual) | 9:00 | Circuit Training |
| 9:00 | Interval Aerobics | 9:00 | Knit/Crochet Group | 9:00 | Aerobics (Virtual) | 9:00 | Knit/Crochet Group | 9:00 | Interval Aerobics |
| 9:00 | Golden Hookers Group | 9:00 | Low impact Aerobics | 9:00 | Functional Weight Training | 9:00 | Low Impact Aerobics | 9:30 | Dominoes |
| 10:00 | Ageless Movemet | 9:00 | Senior Balance | 9:00 | Golden Hookers Group | 9:00 | Senior Balance | 10:00 | Drumming |
| 10:00 | Drumming | 9:00 | Beginner Bridge | 10:00 | Open Chess Play | 10:00 | Tone & Sculpt (V) | 10:00 | Gentle Mat Yoga with Vivien |
| 10:00 | Subjective Study | 9:30 | Open Backgammon | 10:00 | Tai Chi 1 | 10:00 | Drumming | 12:30 | Spilled Ink Writers Group |
| 10:00 | Tai Chi 1 | 10:00 | Tone & Sculpt (V) | 10:00 | Watercolors | 10:00 | Senior Balance | 1:00 | Ping Pong/Board Games |
| 11:00 | Tai Chi for Life | 10:00 | Garden Art | 11:00 | Tai Chi for Life | 10:00 | Pottery 102/Wheel | 2:00 | Chair Yoga with Marty |
| 12:30 | Tai Chi Sun 73 | 10:00 | Senior Balance | 11:00 | Yoga Flow with Vivien | 10:30 | STEPPERS | | |
| 1:00 | Zumba Gold with Cuqui | 10:00 | Drumming | 12:00 | Beginner Chess | 11:00 | Senior Balance | | |
| 1:00 | Drawing | 11:00 | Beg. Line Dancing (V) | 12:00 | Chair Yoga with Vivien | 11:00 | Adv. Line Dancing | | |
| 1:00 | Beg. Knitting | 11:00 | Ceramics 101 | 12:30 | Zumba (Hybrid) | 11:45 | Int. Line Dancing | | |
| 2:00 | Chair Yoga with Marty | 11:00 | Senior Balance | 12:30 | Tai Chi Sun 73 | 12:00 | Dance Fusion | | |
| 7:00 | Kiwanis Bingo | 11:30 | Strokies Lunch & Exercise Class | 1:00 | Acrylics | 12:30 | Euchre | | |
| | | 12:00 | Dance Fusion | 1:00 | Quilt, Stitch and Gab | 12:45 | Absolute Beg. Line Dancing | | |
| | | 12:30 | Chair Yoga with Vivien | 1:30 | Open Chess Play | 1:00 | Pinochle | | |
| | | 1:00 | Ballroom Lessons | | | 1:00 | Mahjong | | |
| | | 1:00 | Mahjong | | | 1:00 | Samba-Card Game | | |
| | | 1:00 | Geri Fit (EB) | | | 1:00 | Wood Carving | | |
| | | 1:30 | Genealogy Zoom Mtg | | | 1:00 | Geri Fit (EB) | | |
| | | 2:00 | Triangle Aphasia Group | | | | | | |
| | | 2:00 | Gentle Mat Yoga with Vivien | | | | | | |
| | | 2:00 | Intermediate Bridge | | | | | | |
| | | 2:30 | Shag Dance Class | | | | | | |

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 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.

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

- **EWSC Walking Group**, led by Judy Churchwell, will begin March 5th at 12:00 each Tuesday for eight weeks. The walk will begin at the Center. It isn't too late to join the group. Call the Center for more information.
- **Ceramics for beginners** will start a new session of six classes Thursday, March 7 at 9am. You pay for the ceramic piece; the Center pays for the instruction and paint. Space is limited so sign up now.
- **Ceramics** instructor Cindy Privette will off various greenware frogs to paint on Monday, February 26 and Thursday February 29 at 9am to celebrate Leap Day. Limited space and registration is required. Call or come by the Center.

CANCELLATIONS:

- **Zumba & Drumming** classes on Fridays at the Wendell Community Center are cancelled Feb. 16, 23, and March 1, due to early voting being held in the gym.
- **Yoga class** on Wednesday, March 6 at 11am is moved to Thursday, March 7 at 9am.
- **Senior Balance and Geri-Fit** Wednesday, Feb. 28.
- **Aerobics and Line Dance II** classes at Hephzibah Baptist Church on Monday, February 26 are canceled. Classes are expected to resume Wednesday, February 28. Notifications for class cancellations or changes will be on the EWSC calendar and sent to you via email. Questions or concerns please contact the Center or your instructor Cindy Hadden.
- **Book Club meeting** for Monday, February 26 is canceled. The next meeting on Monday, March 25 at 10am, will use the February book: Caleb's Crossing by Geraldine Brooks. The Book Club welcomes anyone that enjoys reading and offers insightful discussion about the chosen book. The club meets the last Monday of each month at the Center. Call the Center or leader Judy Howell for information.
- **Choir practice** for the Golden Voices on Thursday, March 7 is canceled and is expected to resume practice March 14 and March 21 with a performance Thursday, March 28.



- **EWSC Golden Voices Choir** will sing Thursday, February 29 at 12:00. As part of Black History Month recognition, the choir will sing a variety of hymns and the song that became known as the Black National Anthem, "Lift Every Voice and Sing", lyrics written by James W. Johnson and the music written by his brother, composer J. Rosamond Johnson. A brief biography of James W. Johnson will be presented.

EWSC (Wendell) Announcements

- EWSC's next Community Service Project is collecting items for Zebulon House, an Assisted Living and Memory Care Facility. They currently have 54 residents, both men and women. Ricki Pegram is the volunteer project leader. This Community Service Project runs through March 14, 2024. Please bring donated items to the EWSC. Items wanted: body wash and deodorant (men & women), hand/body cream, tooth brushes & tooth paste, mechanical pencils, large erasers, large print crossword & word find books, big piece jigsaw puzzles, and "low vision" large print playing cards. If you couldn't participate in the Valentine card making project try to offer your serve for this one. Purchase any of the items listed and drop them off at the Center. The purpose of our Community Service Projects is to give back in thanks for all that has been given to the members of the Eastern Wake Senior Center over the years. Please see any staff member or call the Center with questions. 919-365-4248
- Pick up the EWSC 2023 End-of-Year Recap at the Center and review all the amazing programs and events that were attended by our members. You will be surprised that we were able to do so much. It was a busy year, yet fun. We are working diligently to make 2024 just as exciting. Read the newsletter, stop by the Center to see what is coming up, get involved, don't wait to participate. This year will be over before you know it.
- **EWSC Fish Fry Fundraiser on March 22** is fast approaching and members are asked to volunteer your service in various areas to help make this event successful. A sign up sheet with the positions needing filled is available at the Center.
 - We are also asking for cases of water in 12oz bottles to be donated which will be used as part of the meal. Please bring the water to the Center by March 18th.
 - Everyone is encouraged to sell and purchase tickets before March 15. Cash donations are always appreciated or you could purchase tickets for meals to be donated to someone in need. Please call or come by the Center with any questions or contact Joe Caughlan Fundraiser Chairman.

EWSC (WENDELL LOCATION) Fitness & Activities

Feb. 26 - Mar. 1

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

| | Monday 02/26 | Tuesday 02/27 | Wednesday 02/28 | Thursday 02/29 | Friday 03/01 |
|-------|--|---|--|---|--|
| 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 | Senior Balance Ceramics - Leap Day Craft | Cross Punch (V) | Aerobics (V) Senior Balance - CXLD | Cross Punch (V) Ceramics-Leap Day Craft | Zumba (WCC) - CXLD |
| 09:45 | | | | Relax & Meditate | Friday Updates |
| 10:00 | Aerobics (HBC) - CXLD Geri Fit (EB) Book Club - CXLD | Tone & Sculpt (V) Tai Chi II (EB) MOW Bingo | Aerobics (HBC) Geri Fit (EB) - CXLD | Tone & Sculpt (V) Tai Chi II (EB) | Drumming (WCC) - CXLD MOW Bingo |
| 10:45 | Line Dance II - (HBC) - CXLD | | Line Dance I (Absolute Beginner)-(HBC) | | |
| 11:00 | Yoga Ceramic-Open Studio (11-1) | Beginning Line Dance(V) Tai Chi For Life | Yoga | Ceramics-Open Studio (11-1) Tai Chi For Life | |
| 12:00 | | | Diamond Dots | Golden Voice 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

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.

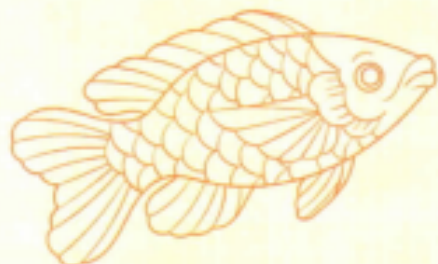
All the materials in the packet can be downloaded and printed using the link in your appointment confirmation email, or you may click here: [TAX FORMS](#).

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

CALL: (919) 365-4248

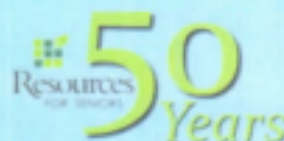
Eastern Wake
Senior Center

Fish Fry

FUNDRAISER

All proceeds go to support programs and services offered at the Senior Center.

Guarantee your meal by purchasing a ticket before March 14, 2024. Tickets are on sale now at the Senior Center. Call (919) 365-4248.



Friday, March 22, 2024

3:00PM - 7:00PM

Each plate includes: flounder, coleslaw, green beans, hushpuppies, dessert and water.

DRIVE-THRU • TAKE-OUT • DINE-IN
EASTERN WAKE SENIOR CENTER
323 Lake Drive, Wendell, NC 27591

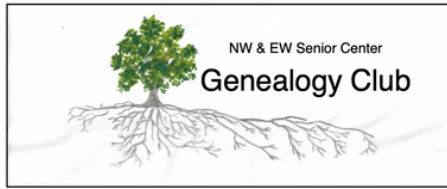
CATERED BY:



\$14

per plate

CASH ONLY



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

Tuesday, February 27 – Zoom – Marsha – “Let’s Prepare for Roots Tech” Alfreda will be going to the conference and will report back upon her return. We all can join by registering for free and attending sessions via Zoom. The Conference runs from February 29 through March 2. At this Zoom session you will learn what to expect in conference sessions and how you can participate for free.

Attention New to Genealogy People:

Tuesday, March 5 – NWSC Computer Lab – Pat – “Using a Genealogy Platform” This session will be directed toward anyone beginning to work their genealogy. Part of the session will be a review of the “basics” of putting your tree on Ancestry and the other part of the session will be a hands-on opportunity to use the Senior Center Computer Lab to work on your own tree to practice. It would be best for new people to sign up for Ancestry before attending this session. Ancestry is free when you start. So just try it—see if you like it. We can also explore other options at another time.

Tuesday, March 12 – Zoom – Report on what you learned at Roots Tech. Everybody will be attending different session and we all can learn by sharing.

Join the Genealogy Club (both Senior Centers are eligible to join us.). 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 Northern Wake Senior Center), and Restaurant/Lunch.



Wake County and NC Primary Election Information

Your vote and voice matter! Be informed!

Early voting runs until Saturday, March 2. Below is information on where to vote, when to vote, and who is running for office, both locally and statewide.

Where and when to vote? [CLICK HERE](#) for a list of early voting sites and hours in Wake County. During early voting, you may vote at any early voting site.

On Election Day, you may ONLY vote at your designated precinct. If you do not know your voting precinct and location, [CLICK HERE](#) to find out!

If you recently moved to Wake County, have a valid NC driver’s license, but have not updated your voter registration, you do that at the DMV site [CLICK HERE](#)

Note sure who’s running for what office? [CLICK HERE](#) You can find a sample ballot in the “Important Tips for Voters” section.

Don’t forget -- A valid photo ID is now required for voting. You can find details on what type of photo and how to get an ID if you do not have one [CLICK HERE](#)

Senior Health & Wellness Expo

EXPO 4 SENIORS

MARCH 20, 2024**10 AM - 1 PM****Kerr Family YMCA****2500 Wakefield Pines Dr. Raleigh, NC 27614****Free Admission - Light Snacks, Prizes, & Giveaways****Free Onsite Hearing Screenings****Seniors can Pre-Register at Expo4Seniors.com**



HOMEOWNERSHIP COUNSELING SERVICES

The Town of Wake Forest, in partnership with DHIC, offers free homeownership counseling services to Northeast Community residents. These services include:

Pre-Purchase and Post-Purchase Counseling

Counselors walk clients through each step from qualifying for a mortgage to closing on a home. Credit, budget, income and savings are reviewed and a strategy is implemented to help the client reach their goal of homeownership.

Financial Capability Counseling

Clients are provided with detailed credit and budget counseling. The Counselor assigns client tasks and encourages accountability. This service is for clients who may not be interested in homeownership or may be more than one year away from homeownership.

Homebuyer Workshop

This eight-hour workshop is based on a comprehensive curriculum developed by NeighborWorks® America and is delivered by DHIC and guest speakers. Currently the workshop is offered in two 4- hour virtual sessions on 2 consecutive Saturdays. Classes are offered monthly. Workshop schedule is listed on the DHIC website, dhic.org. Certificates are issued after completion of the class.

To learn more about these homeownership counseling services,
call 919-832-4345 or email info@dhic.org.

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](#)

