



Employee Appreciation Day



Jennie Griggs, MA
Dir. NWSC & EWSC

Today is meant to honor employees everywhere. It was created to focus the attention of employers — in all industries — on employee recognition. Please join me in saying THANK YOU to all the Northern and Eastern Wake Senior Center employees. Zig Ziglar once said, "You never know when a moment and a few sincere words can impact a life."

In the next few weeks and days to come, please take a moment to acknowledge the office staff at each facility. Most are shown in these photos; I know you will recognize their smiles. I also want to acknowledge the talented, hard-working, and creative instructors who significantly impact our well-being. Without them, we would not be the centers of distinction we are today.

Every day, I observe our employees sharing their individual gifts, providing a sense of purpose, making connections, boosting morale, illustrating and using their helping hands, communicating, having positive attitudes, working hard, and problem-solving while achieving outstanding results. Not every day is all smiles and no stress, but each day, our team strives for positivity and attempts to make the NWSC and EWSC a place to feel at HOME. I can't thank each of them enough for what they do and mean to me personally. Please share your gratitude and feelings as we move forward in our wellness paths.

Wake Forest Team



Norma



Susan



Debbe



Beverly



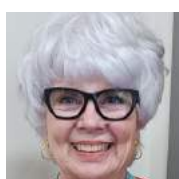
Barbara



Janet



Nancy

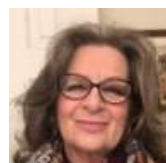


Judy



Jacob

Wendell Team



Cathie



Martha



Cindy



Judy

*Truly
Grateful
for you.*



Upcoming Coffee Cafes

Coffee Cafe - Tuesday, Mar. 5, 8:30AM Sponsored by Bill Harrison - Parler Properties/Hometown RE/MAX. Bill is an experienced Real Estate agent who specializes in serving the Senior Community. Bill is affiliated with RE/MAX Hometown with an office at 147 South White Street in Wake Forest. Join him for good discussion & refreshments at the coffee counter in the front lobby!



Coffee Cafe - Thursday, Mar. 7, 8:30AM Sponsored by Neuse Consulting Group. Stephen Robinson founded Neuse Consulting Group in 2019, leveraging his six-year experience with a major Medicare carrier. His vision was to offer an educational approach to Medicare, guiding the aging population towards optimal plans for their unique needs. Stephen and his team specialize in assisting with extra benefits, reducing prescription costs, and appealing Medicare penalties due to higher income. He focuses on demystifying Medicare, simplifying it for clients, and easing the transition from work to retirement. For more details, visit their [website](#).



NWSC (Wake Forest) Announcements and Upcoming Classes

NEW CLASS:

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

INSTRUCTOR SUBSTITUTION:

Cuqui's Zumba Gold - Monday, Mar. 4 - Kelly C. will be substitute instructor.

Marty's Chair Yoga - Lawrence will sub Mar. 8, 11, 15, 18.

CLASS CANCELLATION:

Open Chess on Wednesdays is cancelled for March.

Caregiver Support Group - Thursday, Mar.7 3PM - Instructor Carla Payne, MA, CMC/ Aging Life Care Professional/ Care Manager Certified

Caring for a loved one can be rewarding but also comes with its unique challenges. Our monthly support group provides a safe and compassionate space for caregivers to connect, share experiences and gain valuable insights. Join us on the first Thursday of each month to find support, resources and a community that understands your journey.

Real Truth Series: The Aging Brain - Mar. 12, 10-11:30am - Hosted by Karena Stipp

Lisa Levine from the Dementia Alliance of North Carolina will be the speaker. Learn about brain health as we age, myths & misconceptions as we age, and symptoms of dementia. Find out about things to watch for and what to do if you think you or a loved one might have dementia. Learn how you and your loved ones can reduce risk of having dementia.

CarFit - Apr. 12, 1 - 5PM See flyer below for more details. **Pre-registration is required.**



Internet Searching - Mar. 12, 1-4PM - Instructor: Jerry Glenn

This lecture presentation is about learning various techniques to locate the information you seek on the Internet. Many different internet search engines are discussed and several are used to create accurate search results. The student will learn how to qualify those search results using various types of search engines that range from common ones to uniquely specialized ones. **Pre-registration required.**

Internet Shopping - Mar. 13, 9AM - 12PM - Instructor: Jerry Glenn

This lecture presentation is about learning various techniques to access shopping web sites in a safe and secure manner. The focus will be on the value of internet shopping and understand the various payment methods available. **Pre-registration required.**

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.



Individualized Pharmacy Consultations with Dr. Casey Baldwin - Mar. 4 and Mar. 20

Do you have questions regarding medications, supplements, interactions, reactions? If so, schedule a session with Dr. Baldwin.

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

Mar. 4 - 8

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 (V)	8:00	Circuit Training	9:00	Cross Punch (V)	9:00	Circuit Training
9:00	Interval Aerobics	9:00	Knit/Crochet Group	9:00	Aerobics (V)	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 Movement	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	Jump Start to Spanish	9:30	Playing the Mountain Dulcimer	10:00	Gentle Mat Yoga with Vivien
10:00	Subjective Study	9:30	Open Backgammon	10:00	Tai Chi 1	10:00	Tone & Sculpt (V)	1:00	Ping Pong/Board Games
10:00	Tai Chi 1 (EB)	10:00	Tone & Sculpt (V)	10:00	Watercolors	10:00	Drumming	2:00	Chair Yoga with Marty
11:00	Intro to Homeopathy	10:00	Garden Art	11:00	Tai Chi for Life	10:00	Senior Balance		
11:00	Tai Chi for Life	10:00	Senior Balance	11:00	Yoga Flow with Vivien	10:00	Pottery 102/Wheel		
12:30	Tai Chi Sun 73	10:00	Drumming	12:00	Chair Yoga with Vivien	10:30	STEPPERS		
1:00	Zumba Gold with Cuqui	11:00	Beg. Line Dancing (V)	12:30	Zumba (Hybrid)	11:00	Senior Balance		
1:00	Drawing	11:00	Ceramics 101	12:30	Tai Chi Sun 73	11:00	Adv. Line Dancing		
1:00	Beg. Knitting	11:00	Senior Balance	1:00	Acrylics	11:45	Int. Line Dancing		
2:00	Chair Yoga with Marty	11:30	Strokies Lunch & Exercise Class	1:00	Quilt, Stitch and Gab	12:00	Dance Fusion		
7:00	Kiwanis Bingo	12:00	Dance Fusion			12:30	Euchre		
		12:30	Chair Yoga with Vivien			12:45	Absolute Beg. Line Dancing		
		1:00	Ballroom Lessons			1:00	Pinochle		
		1:00	Mahjong			1:00	Mahjong		
		1:00	Geri Fit (EB)			1:00	Samba-Card Game		
		1:30	Genealogy - NWSC Computer Lab			1:00	Wood Carving		
		2:00	Triangle Aphasia Group			1:00	Geri Fit (EB)		
		2:00	Gentle Mat Yoga with Vivien			3:00	Caregivers Support Group		
		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.
- **3-Dimensional Card Making** classes will resume Wednesdays, March 6, 13, and 20th at 12:00. These classes, with instructor Cathy Phillips, are very popular so sign up now. As always, space is limited.

CANCELLATIONS:

- **Yoga class** on Wednesday, March 6 at 11am is moved to Thursday, March 7 at 9am.
- **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.



MARK YOUR CALENDARS FOR THESE INFORMATIVE MARCH PRESENTATIONS THAT YOU DON'T WANT TO MISS:

- **March 5-** Renee Look, RN, will speak to the members about stroke prevention, the signs and symptoms of a stroke, and what to do if a stroke is suspected. February was Heart Health Awareness month and this presentation is geared to reinforcing that topic.
- **March 8-** Lisa King, Oak Street Health. March is Colorectal Cancer Awareness month and Lisa will offer information on that and call BINGO.
- **March 12-** Karen LaBranch, Humana, will speak on Foods to Boost Digestion to coincide with Colorectal Cancer Awareness. Karen will also call Bingo.
- **March 14-** Kameron Rowe, RD, Wake County Department of Health & Human Services, will speak on Nutrition for Seniors.
- **March 19-** Dr. Casey Baldwin, RFS Pharmacist and Pam Gibbs, EWSC member, will have a program on Shingles. This program was rescheduled from last month.
- **March 26-** Dr. Mark Scurria, DDS, and Dr. Bruce Gray, DDS, NewStart Denture & Implant Partners, will present information on cutting-edge digital dental technology.

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.

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

Resources
for Seniors
50
Years

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

\$14
per plate

CASH ONLY

CATERED BY:



EWSC (WENDELL LOCATION) Fitness & Activities

Mar. 4 - 8

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

	Monday 03/04	Tuesday 03/05	Wednesday 03/06	Thursday 03/07	Friday 03/08
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	Cross Punch (V) Renee Look, RN-Stroke Presentation	Aerobics (V) Senior Balance	Cross Punch (V) Ceramics-Beginners (9-11) Yoga-Moved from Wed. 6th	Zumba (WCC) Oak Street Health-Colorectal Cancer Presentation
09:45				Relax & Meditate	Friday Updates
10:00	Aerobics (HBC) Geri Fit (EB)	Tone & Sculpt (V) Tai Chi II (EB) MOW Bingo	Aerobics (HBC) Geri Fit (EB)	Tone & Sculpt (V) Tai Chi II (EB)	Drumming (WCC) MOW Bingo
10:45	Line Dance II (HBC)		Line Dance Level I (Absolute Beginner)- (HBC)		
11:00	Yoga Ceramics-Open Studio (11-1)	Beginning Line Dance(V) Tai Chi For Life	Yoga-Moved to Thursday 9:00	Ceramics-Open Studio (11-1) Tai Chi For Life	
12:00		Walking Group	Diamond Dots	Choir-canceled	
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	Auxiliary Board Meeting	

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



EWSC

GOLDEN VOICES

NEW MEMBERS WELCOME!

The Eastern Wake Senior Center Golden Voices Choir is thrilled to be resuming rehearsals. Our goal is to enrich the community through song and music and provide a musical outlet for those that love to sing. The choir is open to anyone who loves to make a joyful noise. Choir members rehearse the 1st and 3rd Thursdays and participate in fun, engaging and uplifting music. Rehearsals prepare singers for performances and outreach events. For additional information or to join the choir see Ruby Jones or call the EWSC at 919-365-4248.

Choir Director
Ruby Jones

Keyboard
Gwendolyn Neale

CHOIR REHEARSALS**1st & 3rd THURSDAYS****@12:00****Eastern Wake Senior Center**

2.28.2024

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

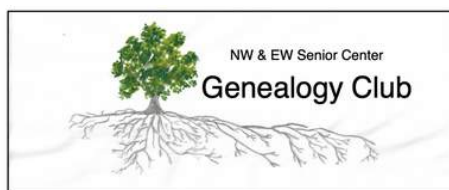
Inside the packet you will find a list of documents needed to prepare an accurate return. Please review this carefully, and be sure to bring your 2022 tax return to your appointment.

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



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

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.

Tuesday, March 19 – No Lab – NWSC Friendship Café – Informal Discussion – What did you wish you knew when you started? Let’s help new people by sharing tips on how to do genealogy easier because of lessons we learned. New and experienced people should attend this session.

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. So, you can participate virtually, in-person, or both ways. Do not be concerned if you are new.....come and ask questions and then start your tree. There are free and paid genealogy programs. We recommend you start out with free trees.



Bingo Nights at NWSC 235 E. Holding Ave., WF



The Wake Forest Kiwanis Club Bingo Nights are back!!

Mondays 7pm - 9:15pm - Doors open at 6:30pm, so arrive early to claim your cards and seat!

\$20 and \$10 game packs with extra game

Coverall sheets available for \$1 each (16 games and a coverall)

No food or drinks sold on site so bring snacks and beverages (non-alcoholic only). NO SMOKING!



Acoustic Music Jam



Hosted by: Steve Pfanenstiel

- Traditional, Folk, Bluegrass, Country, Rock and Pop music welcome.
- Open to all ages/skill levels.
- All musical instruments are welcome (guitar, ukulele, voice, banjo, violin, mandolin, etc.). Bring your music stand.
- Come out to play or just listen!

2PM - 4PM

2nd Thursday of each month

Next Jam - Mar. 14

Contact Steve Pfanenstiel (315-743-1121)
for more information



Discover your perfect "fit." Attend a **FREE** CarFit Checkup!

CarFit is a **FREE**, interactive and educational program that teaches participants how to make their personal vehicle "fit" them to increase safety and mobility when they hit the road.

- > Review 12 key areas of your fit to your car such as adequate space from the steering wheel, proper seat belt use, and properly adjusted head restraints.
- > Learn how to use and adjust your safety devices.
- > Each checkup takes about 20 minutes-- this is not a driving test or mechanical inspection.

To schedule your 20-minute appointment, please call the appropriate number listed on the right. Appointment spaces are limited, so don't wait!

For more information, visit www.car-fit.org.

CarFit is an educational program developed by AAA, AARP, and the American Occupational Therapy Association.

AARP Driver Safety's CarFit Event

Northern Wake Senior
Center
April 12, 2024
12:00 PM - 5:00 PM
360 E Holding Ave.
Wake Forest, NC 27587
(919) 554-4111

Senior Health & Wellness Expo

EXPO 4 SENIORS

MARCH 20, 2024**10 AM - 1 PM****Kerr Family YMCA****2500 Wakefield Pines Dr. Raleigh, NC 27614**

Alignment Healthcare

**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](#)

