

Resources for Seniors Senior Sampler

January - February 2008
Edition

A Publication of Resources for Seniors, Inc.



Home Office

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www.ResourcesForSeniors.com
(919) 872-7933

Senior Activity Centers Seniors Age 55 and Older Cary

120 Maury O'Dell Place
462.3983

Garner

205 E. Garner Road
661-6894

Whitaker Mill - Raleigh

401 E. Whitaker Mill Road
856.6444

Northern Wake- Wake Forest

235 E. Holding Avenue
554.4111

Eastern Wake - Wendell

323 Lake Drive
365.4248

Our Mission

To provide home and community based services so that seniors and disabled adults can maximize their independence for as long as possible while remaining in their homes. We are committed to excellence in service and care for individuals, families, and their communities.

**Resources for Seniors
Senior Centers
are proud to be
"Centers of Excellence"**



We hope you had a wonderful Holiday season and you are ready for 2008. I want to extend a thank-you to the Senior Center's Staff for their hard work and dedication during the past year. We also want to send a special thank you to our many wonderful volunteers, instructors and community supporters – you make the Senior Centers a special place to offer our many different programs, activities and services. The centers have many fun-filled activities and fitness programs planned for 2008 so make one of your New Year's Resolutions to come and be a part of our family.

Resources for Seniors wishes you a fabulous 2008!

AARP Tax Assistance is available beginning in FEBRUARY

Northern Wake Senior Center: Starting Tuesday Feb. 5th from 1-4 pm
Appointment Required. Please call 554-4111 for more information.

Eastern Wake Senior Center: Monday afternoons from 1-4 pm.
Appointment Required. Please call 365-4248 for more information.

Garner Senior Center: Starting in February. Please call 661-6894 more information.

Cary Senior Center: Starting Mon. Feb 4th –call 469-4081 for information.
Mon. & Wed. 1-4. No registration needed. First come, first served



RFS Gets on Board with SHIIP!

SHIIP (Seniors Health Insurance Information Program) is a part of the NC Department of Insurance and its purpose is to help seniors understand and make decisions about insurance issues, including Medicare plans, supplemental insurance, and long-term care insurance. Much of their work is done by trained volunteers who can provide one-on-one help on an appointment basis. Many volunteers are seniors themselves who know firsthand about how complex Medicare issues can be.

For a number of years, Resources for Seniors has supported this work informally by providing space for SHIIP volunteers to meet with clients at the senior centers.

Beginning in early 2008, Resources for Seniors will be stepping up our efforts and will officially become the coordinating site for SHIIP in Wake County. During the busy open enrollment seasons, we will be offering regularly-scheduled clinics at several locations to assist with Medicare Part D and Medicare Advantage questions, and throughout the year we will be working with SHIIP volunteers to provide one-on-one, in-person help with any insurance-related questions. Watch for further details as this program sails ahead into 2008!

GARNER SENIOR CENTER
SPECIAL EVENTS

January

Blood Pressure Screenings Every Wed. 10am

- Jan 3 Preplanning & Burial Estates 10am
- Jan 4 Bereavement Support Group 10am
- Jan 8 Diabetics Support Group 10am
- Jan 15 Diabetic & Medical Supply demo 10 am
- Jan 16 Ask the Officer 10:15 * now offered 'as needed" only
- Jan 17,24,31 Life Writing Class 10-12
- Jan 18 Bereavement Support Group 10am

February

- Tax Assistance Available – call center for details
- Feb 1 Bereavement Support Group 10am
- Feb 7 Life Writing Class 10-12
- Feb 12 Diabetic Support Group 10am
- Feb 12 Reverse Mortgage Presentation 10am
- Feb 15 Bereavement Support Group 10am
- Feb 19 Memory Screening 9:30-11:30 by appointment only
- Feb 20 Ask the Officer 10:15 *now offered 'as needed" only
- Feb 26 Hospice Volunteer Recruitment 10Am

CARY SENIOR CENTER
SPECIAL EVENTS

January

- Jan 7 Going-on Support Group 12-1:30
- Jan 9 & 23 Cary health & Rehab/BP Screen 11-12
- Jan 11 Essential Legal Documents 9:30-10:30
- Jan 16 Hearing Screen/Miracle Ear 11-12
- Jan 17 Brown Bag Med Review 10-12
- Jan 18 Caregiving 101 9:30-10:30
- Jan 24 Move For Health 9:30-10:30
- Jan 25 Recovery from Surgery 1:30-2:30
- Jan 28 Caregiving Support Group 11:30-1:00

February

- Tax Help: starts Feb 4. Mon & Wed. 1-4pm
- Feb 1 Herbs For Health 9:30-10:30
- Feb 4 & 18 Going-on Support Group 12:00-1:30
- Feb 6 Spinal Screening 11-12
- Feb 8 Income Generation 9:30-10:30
- Feb 13 & 27 Hearthfields/BP Screening 11-12
- Feb 15 Pain Reduction 9:30-10:30
- Feb 20 Hearing Screen/Miracle Ear 11-12
- Feb 21 Nutrition 9:30-10:30
- Feb 22 Retirement Communities 9:30-10:30
- Feb 25 Caregiver Support Group 11:30-1:00

For a complete list of classes at these centers, visit our website www.ResourcesforSeniors.com
For a complete list of Resources for Seniors Services,

RESOURCES FOR SENIORS, INC.: The People To Call When You Don't Know Who To Call Please call us at 872-7933 or visit us online



Spaghetti Dinner & Fashion Show

Whitaker Mill Senior Center

Valentine's Day — Come enjoy an evening of food and entertainment for only \$5 in a candle lit environment. Invite your friends! Tickets go on sale February 1st.

Thursday, February 14, 2008 5:00pm

Call the center for more information.



NEWS FROM: NORTHERN WAKE SENIOR CENTER...

Countdown to Fitness! Join our Winter Fitness Challenge and lose those Holiday pounds! Find out more on Thursday January 10th at 10:00 am.

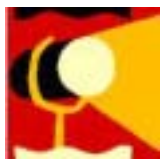
NEWS FROM: WHITAKER MILL SENIOR CENTER...

Monday, January 28, 2008

Fit and Strong Begins!

2:00pm

Fit and Strong is an 8-week total body workout class that meets Monday, Wednesday and Friday. It is designed for those with lower body osteoarthritis. Call the Center for more details and to get your name on the list!



THE SENIOR CENTER SPOTLIGHT.....

Northern Wake Senior Center

This center continually strives to be active in the Wake Forest community. During the holidays our seniors were responsible for judging the Christmas window decorations in downtown Wake Forest. The winner was announced at the Lighting of Wake Forest, just before the Christmas Parade. Speaking of the Christmas Parade, did you know that the Senior Center is the official host of the Dignitary Breakfast for the parade? This was the second year that we were responsible for meeting and greeting the dignitaries before they board their floats or cars to join the parade. Food is provided by local Wake Forest eateries and our seniors provide the hospitality. Christmas was also a time to reach out to the young people of Wake Forest. Shantel Davis organized a choir at our local Boys and Girls Club and then had them come to the Meals on Wheels Christmas party on December 12th to perform. Shantel has also begun a hymn sing program at the Carolina House to provide an entertaining program to seniors who cannot easily get out to enjoy the center.

Eastern Wake Senior Center

Located in Wendell and growing by leaps and bounds – this center added more than 60 new members in the first 10 months of 2007. 15 potential members attended the Open House and Covered Dish Luncheon in November. Many seniors were on hand to enjoy the Christmas festivities as well. The annual Gingerbread House Construction was a great success. The sticky concoction was presented to the kids in the Zebulon Elementary School Dance and Chorus Group who performed for the Center on Dec. 6th. During the week of Dec. 10th, the Senior Center celebrated Christmas Around the World, spotlighting a different country each day and their Christmas customs and traditions. As always, the “Reindeer Lady” was a hit as she entertained at the annual Christmas Party on Dec. 12th. Everyone is excited about 2008 and the new and exciting programs and activities are ready to go!

Whitaker Mill Senior Center

Tis the season at Whitaker Mill! On the last trip to the Food Bank, staff of Whitaker Mill didn't go to pick up food for the Senior Center, they were going to donate food! The seniors at Whitaker Mill collected 201 pounds of food for their local Food Bank this month in support of The Heart of Carolina Food and Funds Drive. With most seniors on fixed incomes, they graciously decided to give back to the Food Bank who has supported a lot of their functions and activities over the years. Thank you, Whitaker Mill seniors for constantly inspiring me to give more than we receive.

Aileen Tarver 2007 Retired Senior Volunteer Program Unsung Hero

She is one of a kind. One of those people that God has placed in your presence to teach you more about life. One of those people you wonder where she gets all her passion. Her name is Aileen Tarver. Aileen has been volunteering at Whitaker Mill Senior Center since 2001, and what she does for the Center is endless. From making copies to making new people feel comfortable, answering phones, filing, shredding, making coffee, stocking food, serving food in the nutrition center, calling bingo, loading prizes, cleaning, filling in for receptionists, organizing the library...she is everywhere, everyday! Aileen is there for the details (and we all know how important the details are!) She truly lives out her nickname the “Eveready Bunny”, and we wonder sometimes if she has a twin!

In her six-page report titled, “Why I Volunteer”, Aileen talks about the things that warm her heart and the special bond she has with some of the participants but with one in particular, “...the thanks and smiles from his big blue eyes are worth me coming down to the Center each day.”

She is inspiring, charming, energetic, full of life, comical and encouraging. She inspires us daily to work and live for more; to live for others and think of ourselves less. She puts my youth to shame and inspires us to age with grace and passion. Aileen truly embodies the beautiful woman John Eldridge explains in his book Captivating, “A woman of true beauty offers others the grace to be and the room to become.” Our volunteer Aileen Tarver is one of the most beautiful women we know and is deeply deserving of the 2007 Unsung Hero Award she received at the Annual Retired Senior Volunteer Program Banquet.

Congratulations and thank you Aileen, for all you have done to make our Senior Center a better place!



Calling all Actors!!

The Whitaker Mill Senior Center will be holding auditions for their play: **GROWING GRACEFULLY**. Auditions will take place on Monday January 14th from 11:00am – 1:00pm and 4:00pm – 6:00pm. **GROWING GRACEFULLY** is a play comprised of nine short skits - walking through the stages of life. It is a combination of comedy, drama, and fun!! We are looking for men and women above the age of 55.

For more information, please contact Amanda or Jennifer at 919-856-6444.

LEGAL AID OF NORTH CAROLINA - SCHEDULE OF VISITS and ASSISTANCE IN WAKE FOREST



January 10, 2008 Wake Forest – Northern Wake Senior Center
Scheduled appointments begin at 10:00 am.
Call or stop by the senior centers to schedule your appointment.

For more information, call the Senior Center or visit...
www.ResourcesForSeniors.com or www.legalaidnc.org



Upcoming Dances , , ,

Northern Wake Senior Center

Saturday, January 12 - Ballroom dance with music provided by Larry Carringer 7:00pm Cost \$5.00

Saturday, February 9 – Ballroom dance with music provided by Larry Carringer 7:00pm Cost \$5.00

Eastern Wake Senior Center

Friday, February 15 - Annual Valentine's Day Dance 7:00pm – 10:00pm

Bring your sweetheart, friends and neighbors! Cost \$5.00. Refreshments will be served

RALEIGH-WAKE SENIOR GAMES 2008 WILL BE HERE BEFORE YOU KNOW IT!

The 2008 Raleigh-Wake Senior Games will be held March 31-April 13 at various sites throughout Wake County. The registration deadline is March 20. For entry forms or more information, call 831-6851.

The Raleigh-Wake Senior Games is one of 52 sanctioned local Senior Games in North Carolina and is the largest local game in the state! Senior Games is an athletic and artistic competition for senior adults age 55 and better featuring over 30 sports events (such as tennis, golf, bowling, track and field and more) as well as competition in Visual, Literary, Craft and Performing Arts.

In 2007, over 550 seniors from throughout Wake County and surrounding areas participated in the Raleigh-Wake Senior Games. Medal winners in the Raleigh-Wake Senior Games may then compete in the North Carolina Senior Games State Finals in the fall. Did you know...

- Bowling was the most popular event in the 2007 Raleigh-Wake Senior Games
- The oldest participant in the 2007 Raleigh-Wake Senior Games was 90 years old