



ACTIVE LIVING

EVERGREENS LIFESTYLE CENTER

“Promoting Independent Lifestyles”

January — February
2023

#srgseniors

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NEW YEAR, NEW TECHNOLOGY CLASSES

Technology classes are our most requested activity at the Evergreens Lifestyle Center so we are excited to announce our January—June 2023 class schedule. These classes will be taught by returning instructor Doug Elliott. While we are announcing the classes now, please be mindful that you cannot reserve your spot for classes until the first of each month. The only exception is the 8 week iPhone and Android phone sessions; you can sign up for all 8 sessions of either iPhone or Android phone classes in February because it is expected that participants will attend all 8 sessions.

Google Chrome Classes: Start your Google Chrome journey with [Setting Up Google Chrome on Your Computer](#) classes will be held at 10am these Mondays: January 9, January 23, January 30. You only need one of these classes. *You must have Google Chrome on your computer in order to complete the additional Google Chrome classes listed below.*

Intro to Google Chrome: January 9 at 11:30am, January 30 at 11:30am, February 6 at 1:30pm, February 13 at 1:30pm. You only need to complete one of these classes.

Intro to Google Chrome Software: February 13 at 3pm, February 20 at 1:30pm, February 27 at 1:30pm, March 13 at 1:30pm, March 27 at 1:30pm.

Google Contacts: April 3 at 11:30am

Google Calendar: April 17 at 11:30am

Google Keep: April 24 at 10am



Google Docs: May 1 at 10am

Google Sheets: May 8 at 11:30am

Google Slides: May 15 at 10am

Treasure Hunting for Deals:

Learn how to find the best deals in the area! January 23 at 11:30am

iPhone 8-Week Class Session: *All classes are required. You must have your own iPhone to*

participate in these classes. February 6, February 13, February 20, February 27, March 6, March 13, March 20, and March 27 at 10am.



Evergreens Lifestyle Center

1401 Benjamin Parkway
Greensboro, NC 27408
Phone ...336-373-4816 ext 280
Fax 336-373-4922

Website.....
www.senior-resources-guilford.org

Facebook.....

www.Facebook.com/
SeniorResourcesOfGuilford

#srgseniors

Instagram.....

Evergreens_Lifestyle_Center_

Hours

M-F 8:30am-5:00pm

*** Senior Center Director**

Julie Silverman, MSW

*Please note that Julie will be on
maternity leave January—March.*

seniorcenter@senior-resources-guilford.org

***Activities Assistant**

Tina Wilkins

act-asst@senior-resources-guilford.org

Family Caregiver Specialist

Nikki Lentz

caregiver2@senior-resources-guilford.org

Rural Outreach Coordinator

Currently Vacant

ruraloutreach@senior-resources-guilford.org

Rural Outreach Site Manager

Connie Hicks

rosite@senior-resources-guilford.org

Refugee Outreach Coordinator

Brittany Welch

refugeepgm@senior-resources-guilford.org

**For questions or to register for
activities please contact the Center
Director or Activities Assistant at
the above information.*



Android Phone 8-Week Class Sessions:

*All classes are required. You must have your own
Android phone to participate in these classes.*

February 6, February 13, February 20, February
27, March 6, March 13, March 20, and March 27
at 11:30am.

Introduction to Streaming Services:

This class will teach you to
cut the cord with cable and
rely on using streaming
platforms for entertainment
and news on your TV! Save
money by streaming! *Only
one session is needed.* April 3
at 10am, April 17 at 10am,
May 8 at 10am, May 22 at
11:30am or June 12 at
10am.



Apple Watch Classes: You might be surprised to learn the health
and safety benefits of wearing an Apple Watch!



Intro to Apple Watch is
required to participate in
additional Apple Watch
classes: April 24 at 11:30am

Apple Watch Applications:
*Attend as many sessions as
you'd like— each session will
cover different information!*

**You must have your own
Apple Watch to participate in
these classes.** May 1 at

11:30am, May 8 at 1:30pm, May 15 at 11:30am, May 22 at 10am, June
12 at 11:30am, and June 26 at 10am.

Apple Health Applications: *You must have your own Apple Watch to
participate in this class.* June 26 at 11:30am

ALL TECHNOLOGY CLASSES ARE OFFERED AT NO COST TO YOU BUT SPACE IS
VERY LIMITED. PLAN TO REGISTER EARLY FOR THESE CLASSES!

Volunteer Income Tax Assistance (VITA) is a program created to assist low-income taxpayers whose income is at or below \$58,000 with preparing their tax returns at no cost. The VITA program runs from February 1st to April 15th.

Volunteer staff who assist at the tax preparation sites are fully trained by an IRS representative and certified by an IRS testing program. Volunteers and Senior Resources of Guilford staff who oversee the program are required to be re-certified by the IRS testing program annually to ensure they are current on any changes in the tax requirements.

Senior Resources of Guilford is looking for volunteers to serve as preparers or greeters. Previous experience with taxes is not required, and training will be provided by the IRS. Preparers should be detail-oriented, be able to enter data correctly, and have computer experience. Greeters should be friendly, personable, and enjoy interacting with a variety of people.

For more information please contact
Janice Darden
336-373-4816 ext 257
vitacoord@senior-resources-guilford.org



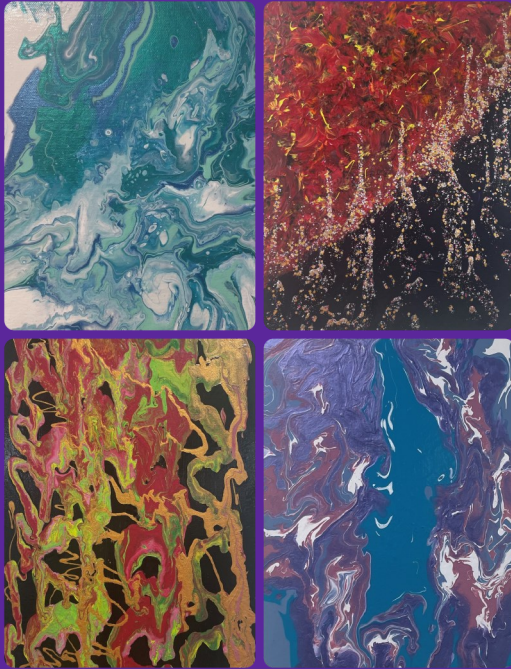


Please join the Evergreens Lifestyle Center and staff of Senior Resources of Guilford on February 22 at 10am for the We Love Our Senior Center Breakfast Celebrating the Senior Tar Heel Legislature 30th Anniversary!

This is your chance to hear from the NC Senior Tar Heel Legislature on policy priorities and mingle with elected officials and senior center funders. Share your enthusiasm for the activities you love at the Evergreens Center and what you gain from participating.

A light breakfast will be served. RSVP is required by February 13.

LEARN POUR PAINTING TECHNIQUES!



Have you noticed the beautiful abstract artwork that decorates the front of the Evergreens Lifestyle Center? They were created by participant Alice Klesch, who used a technique called 'pour painting' to achieve works of art!

Learn these pour painting techniques with us! All supplies are provided and the class is free. Due to dry times, plan to leave your finished product at the Senior Center overnight before taking it home with you.

Evergreens Lifestyle Center

Pour PAINTING

CLASSES

Monday, February 20
at 11am

Register at 336-373-4816 ext 280

AHOY (Adding Health to Our Years)

Mondays.....9:15 am+

Join us for a chair exercise class that helps to manage arthritis pain, as well as improve flexibility and balance. Class is taught by Chipper Nuckles. \$3

Better Balance

Tuesdays9:00 am

Join instructor Zee Bawangaonwala of Move Forward Physical Therapy for this popular exercise class that helps seniors to improve their balance. \$3

Advanced Class.....9:45am

A more advanced workout. \$3

Zumba Gold

Tuesdays..... 1:00 pm

Are you ready for a fitness dance party? Zumba Gold is a lower-intensity version of the popular Zumba classes that combine dance, choreography, and movement for an energizing hour-long exercise class! Class taught by Lenna Sikes. \$3

Drums Alive Cardio Drumming

Wednesdays.....1:00 pm

Join Board Certified Music Therapist Randi Lee from Magnolia Melodies Music Therapy for Drums Alive Cardio Drumming class. A fun full body workout. \$3

Belly Dancing

Wednesdays.....2:30 pm

Join Shaula from Belly Dancing by Shaula for a limited time class focusing on building strength, muscles, and healthy movement! Classes end January 11. \$3

Tai Chi

Thursdays.....12:30 pm+

Join instructor Eric Reiss for this slow paced, meditative, physical exercise. \$3

Chair Yoga

Fridays9:15 am+

This Yoga class helps harmonize all aspects of the body and mind. Taught by Chipper Nuckles. \$3

+Designates classes streamed on Facebook Live

All in-person classes are limited to 20 participants and you must call to register ahead of time!

We cannot guarantee space for you if you do not register.

JOIN THE EVERGREENS LIFESTYLE CENTER



BALANCE SCREENINGS

FREE SCREENINGS OFFERED BY APPOINTMENT IN JANUARY AND FEBRUARY

REGISTER AT 336-373-4816 EXT 280

SCREENINGS OFFERED BY STAFF MEMBER TINA WITH TRAINING PROVIDED BY WINSTON SALEM STATE UNIVERSITY

Evergreens Lifestyle Center's

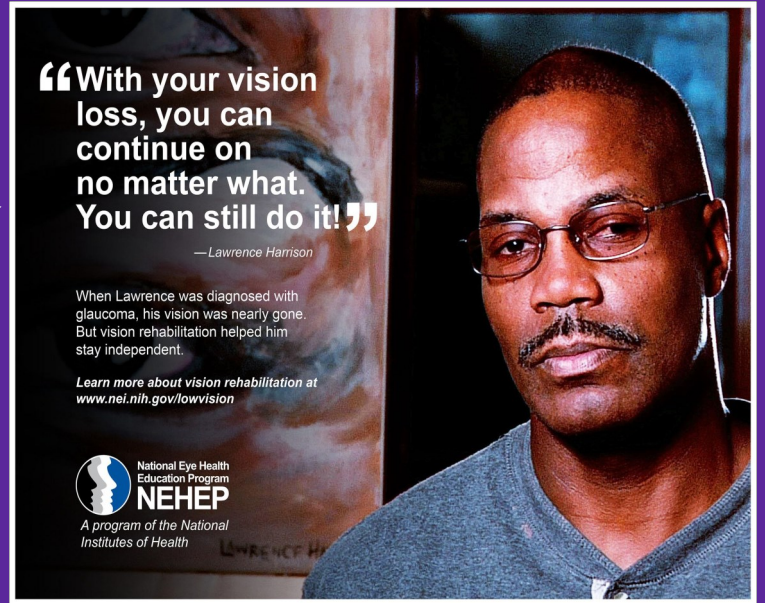
FITNESS ROOM

Equipment includes:
Treadmills, Exercise Bikes, Recumbent Bikes, Rowers, Arm Press, and Leg Press

Contact the Evergreens Lifestyle Center to schedule a Fitness Room Orientation with a qualified professional trainer (\$40).
Cost per month to use the Fitness Room is \$5.

KEEP AN EYE ON YOUR VISION DURING LOW VISION AWARENESS MONTH

The National Eye Institute (NEI) recognizes February as Low Vision Awareness Month, a time to spread the word about low vision and vision rehab services. Vision impairment—including low vision—affects millions of Americans, among them many older adults. Vision impairment can make it difficult to do activities like reading, shopping, or cooking. Standard treatments like eyeglasses, contact lenses, medicines, and surgery can't fix low vision completely.



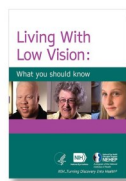
Some vision changes are common with the natural aging of the eye, including difficulty seeing close-up objects clearly, declining sensitivity, trouble distinguishing colors, and needing more light to see well. These changes can often be corrected by better lighting or a new prescription. It's important for older adults to know the difference between changes that are normal and changes that are not. Comprehensive Dilated Eye Exams are the most important tool in maintaining good eye health as you age. Other lifestyle factors can play an important role in protecting vision as you age:

- Eat a balanced diet that includes dark, leafy greens and fish high in omega-3 fatty acid.
- Maintain a healthy weight.
- Do not smoke.
- Keep diabetes under control.
- Wear sunglasses outdoors.

Low vision doesn't have to slow you down.



See how vision rehabilitation is helping people live with vision loss.



Download or order your copy of "Living With Low Vision" at www.nei.nih.gov/lowvision



The good news is that vision rehab services can help people with vision impairment learn how to stay independent! Vision rehab services include a wide array of services and include a team of providers such as eye care professionals, therapists, counselors, and social workers. There are many types of rehab services including devices (like magnifiers), assistive technology (like screen readers), educational workshops (like presentations on kitchen safety), and emotional support (like support groups or counseling). Visit www.nei.nih.gov for more information or schedule an appointment with your eye doctor!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The Evergreens Center is closed today.</p> 	<p>2 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 1p Zumba (\$3) 2p Cornhole/ Games</p>	<p>3 11a Open Art/Craft 1p Cardio Drumming (\$3) 2:30p Belly Dancing (\$3)</p>	<p>4 10a Recipe for Success 12:30p Tai Chi (\$3) 2p Jewelry 1:30p Self-Defense Seminar</p>	<p>5 9:15a Chair Yoga (\$3) 11a Virtual Reality 11a Book Club 2p Film Screening & Discussion- "The Conversation"</p>
<p>9:15a AHOY (\$3) 10a Setting Up Google Chrome on Your Computer 11a Chair Volleyball 11:30a Intro to Google Chrome</p>	<p>9 No Better Balance classes today. No Bingo today. 1p Zumba (\$3) 2p Cornhole/ Games</p>	<p>10 11a Open Art/Craft 1p Cardio Drumming (\$3) 2:30p Belly Dancing (\$3)</p>	<p>11 10a Recipe for Success 12:30p Tai Chi (\$3) 2p Jewelry</p> 	<p>12 9:15a Chair Yoga (\$3) 11a Virtual Reality 11a Book Club 2p Film Screening & Discussion- "The Searchers"</p>
<p>The Evergreens Center is closed today.</p> 	<p>16 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 1p Zumba (\$3) 2p Cornhole/ Games</p>	<p>17 11a Open Art/Craft 11 Gardening with Recipe for Success (Virtual) 1p Cardio Drumming (\$3)</p>	<p>18 10a Recipe for Success 12:30p Tai Chi (\$3) 2p Jewelry</p>	<p>19 9:15a Chair Yoga (\$3) 11a Virtual Reality 11a Book Club 2p Film Screening & Discussion- "Phantom of the Paradise"</p>
<p>9:15a AHOY (\$3) 10a Setting Up Google Chrome on Your Computer 10:30a Melted Crayon Canvas Art No Chair Volleyball today. 11:30a Treasure Hunting for Deals 1-5p AARP Driver Safety Course (\$25)</p>	<p>23 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 1p Zumba (\$3) 2p Cornhole/ Games</p>	<p>24 11a Open Art/Craft- Valentine's Crafts 1p Cardio Drumming (\$3)</p> 	<p>25 10a Recipe for Success 12:30p Tai Chi (\$3) 2p Jewelry</p>	<p>26 9:15a Chair Yoga (\$3) 11a Virtual Reality 11a Book Club 2p Film Screening & Discussion- "The Loved One"</p>
<p>9:15a AHOY (\$3) 10a Setting Up Google Chrome on Your Computer 11a Chair Volleyball 11:30a Intro to Google Chrome</p>	<p>30 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 1p Zumba (\$3) 2p Cornhole/ Games</p>	<p>31</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>11a Valentine's Crafts 1p Cardio Drumming (\$3)</p> 	<p>10a Recipe for Success 12:30p Tai Chi (\$3) 2p Jewelry</p> 	<p>9:15a Chair Yoga (\$3) 11a Virtual Reality 2p Film Screening & Discussion- "Encounters at the End of the World"</p>
<p>9:15a AHOY (\$3) 10a iPhone Class 1/8 11a Chair Volleyball 11:30a Android Phone Class 1/8 1:30p Intro to Google Chrome</p>	<p>9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 1p Zumba (\$3) 2p Cornhole/ Games</p>	<p>11a Open Art/Craft 1p Cardio Drumming (\$3)</p> 	<p>10a Recipe for Success 12:30p Tai Chi (\$3) 2p Jewelry</p> 	<p>9:15a Chair Yoga (\$3) 11a Virtual Reality 2p Film Screening & Discussion- "Grey Gardens"</p>
<p>9:15a AHOY (\$3) 10a iPhone Class 2/8 11a Valentine Chocolate Crafting 11:30a Android Phone Class 2/8 1:30p Intro to Google Chrome 3p Intro to Google Chrome Software</p>	<p>9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 1p Zumba (\$3) 2p Cornhole/ Games</p>	<p>11a Open Art/Craft 11 Gardening with Recipe for Success (Virtual) 1p Cardio Drumming (\$3)</p>	<p>10a Recipe for Success 12:30p Tai Chi (\$3) 2p Jewelry</p> 	<p>9:15a Chair Yoga (\$3) 11a Virtual Reality 2p Film Screening & Discussion- "Roccaterrainia"</p>
<p>9:15a AHOY (\$3) 10a iPhone Class 3/8 11a Pour Painting Class 11:30a Android Phone Class 3/8 1:30p Intro to Google Chrome Software</p>	<p>9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 1p Zumba (\$3) 2p Cornhole/ Games</p>	<p>10a NCTHL 30th Anniversary 'We Love Our Senior Center' Breakfast No Open Art/Craft today. 1p Cardio Drumming (\$3)</p>	<p>10a Recipe for Success 12:30p Tai Chi (\$3) 2p Jewelry</p> 	<p>9:15a Chair Yoga (\$3) 11a Virtual Reality 2p Film Screening & Discussion- "Samsara"</p>
<p>9:15a AHOY (\$3) 10a iPhone Class 4/8 11a Chair Volleyball 11:30a Android Phone Class 4/8 1:30p Intro to Google Chrome Software</p>	<p>9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 1p Zumba (\$3) 2p Cornhole/ Games</p>	 <p><i>February 2023</i></p>		

Thank you, Griswold Home Care!



The Refugee Outreach program celebrated Thanksgiving in November for our new neighbors with help from Bruce McReynolds and Dana Hocart of Griswold Home Care! Griswold Home Care provided a delicious traditional Thanksgiving meal of turkey, vegetables, and pies for our Bhutanese, Congolese, Montagnard, and Vietnamese program participants!



Thank you, Bruce and Dana!



Refugee Program Coordinators Brittany and Phat pose with the delicious food!

Griswold Home Care also provided the Evergreens Lifestyle Center with a pallet of bottled water! We rely on donations from community members and participants to keep cold water on hand for classes, so it is a huge gift to see our refrigerator full of water!

Thank you for your support!

The Rural Outreach Program provides monthly activities and lunch for seniors residing in Guilford County but outside Greensboro and High Point city limits. There's no cost for the meal but **reservations are required!** Contact (336) 373-4816 ext. 265 or email ruraloutreach@senior-resources-guilford.org for reservations.

Moriah (Southeast)

January 3 (Tuesday), 10:30am-12pm, April Herring with AuthoraCare Collective
February 7 (Tuesday), 10:30am-12pm, with Larry Kirwan, Hammered Dulcimer player

Moriah United Methodist Church, 3611 Liberty Road

Oak Ridge

January 4 (Wednesday), 10:30am-12pm, April Herring with AuthoraCare Collective
February 1 (Wednesday), 10:30am-12pm, with Larry Kirwan, Hammered Dulcimer player

First Baptist Oak Ridge, 2445 Oak Ridge Road (in CLC)

Colfax

January 10 (Tuesday), 10:30am-12pm, April Herring with AuthoraCare Collective
February 14 (Tuesday), 10:30am-12pm, with Larry Kirwan, Hammered Dulcimer player

Shady Grove Wesleyan Church, 119 North Bunker Hill Road

Stokesdale

January 12 (Thursday), 10:30am-12pm, April Herring with AuthoraCare Collective
February 9 (Thursday), 10:30am-12pm, with Larry Kirwan, Hammered Dulcimer player

Stokesdale United Methodist Church, 8305 Loyola Drive

Summerfield

January 19 (Thursday), 10:30am-12pm, April Herring with AuthoraCare Collective
February 16 (Thursday), 10:30am-12pm, with Larry Kirwan, Hammered Dulcimer player

Summerfield First Baptist Church, 2300 Scalesville Road

UNCG'S RECIPE FOR SUCCESS COOKING DEMO

Thursdays at 10am

Join Deborah as she leads us in weekly cooking demos on how to make healthy meals and gain knowledge about proper nutrition.

THE ELDERLAW FIRM EDUCATIONAL SEMINAR

Monthly

Join attorneys from the ElderLaw Firm once a month as they discuss the most updated information on how to plan for your future. Dates and times will be made available in weekly emails and on Facebook. These are virtual seminars.

GARDENING WORKSHOP WITH RECIPE FOR SUCCESS

Third Wednesday of each month at 11am

Join Kimberly for an educational and interactive gardening workshop. A wide range of topics are covered! These presentations are streamed live on Facebook and can also be enjoyed in-person at the Evergreens Center.

VIRTUAL REALITY

Fridays at 11am

Learn how to use virtual reality headset technology to exercise and explore new worlds from the safety of the senior center! This lifelike technology puts you in the driver's seat in your choice of activity.



Critic's Choice
Classic Cinema
FRIDAYS
2-4:30 PM

Join Budd Wilkins, film critic and historian for classic movies and a lively and fun discussion after the movie!

January	February - Documentary Month
<div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="margin-left: 5px;"> <p>Jan 6 The Conversation Gene Hackman Mystery Thriller 1974</p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="margin-left: 5px;"> <p>Jan 13 The Searchers John Wayne Western 1956</p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="margin-left: 5px;"> <p>Jan 20 Phantom of the Paradise Paul Williams Rock Musical Horror Comedy 1974</p> </div> </div> <div style="display: flex; align-items: center;"> <div style="margin-left: 5px;"> <p>Jan 27 The Loved One Robert Morse Comedy 1965</p> </div> </div>	<div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="margin-left: 5px;"> <p>Feb 3 Encounters at the End of the World Werner Herzog, Director 2007</p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="margin-left: 5px;"> <p>Feb 10 Grey Gardens Albert & David Maysles, Directors 1975</p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="margin-left: 5px;"> <p>Feb 17 Rocaterria Brett Ingram, Director 2009</p> </div> </div> <div style="display: flex; align-items: center;"> <div style="margin-left: 5px;"> <p>Feb 27 Samsara Ron Fricke, Director 2011</p> </div> </div>

Registration Required! Seating is Limited!
Call 336-373-4816 ext 280 to register

Film critic and historian Budd Wilkins (catch his film reviews in *Slant Magazine* and *Scream Magazine*) is back for a weekly film screening and discussion. These films were handpicked by Budd and range from film noir, documentary, screwball comedy, melodrama, and romantic comedy!

**Fridays in January and February
2-4:30pm**

Visit Budd online at
www.buddwilkins.com

Join the Evergreens Lifestyle Center

FREE EVENT

SENIORS' SELF DEFENSE & PERSONAL SAFETY SEMINAR




- ✓ Learn safety and self defense techniques geared towards older adults for safety at home, away from home, and while traveling
- ✓ Focus on mental conditioning, physical techniques, and enhancing awareness
- ✓ Learn to fall without getting hurt

Registration Required!

Thursday, January 5
1:30pm - 4:30pm
Taught by Phillip Jones, with 45 years of experience

Register at 336-373-4816 ext 280



"Where'd You Go, Bernadette"

Book Club at the Evergreens Lifestyle Center
Fridays at 11
January 6, January 13, January 20, and January 27

Registration begins December 19
336-373-4816 ext 280

Evergreens Lifestyle Center

BINGO

BROOKDALE SENIOR LIVING

Prizes and Snacks SPONSORED BY Brookdale Senior Living
Tuesday from 11am-noon
January 17, 2023

REGISTER BY CALLING 336-373-4816 EXT 280




Melted Crayon Canvas Art Class

Monday, January 23 at 10:30am

Register at 336-373-4816 ext 280



AARP DRIVER SAFETY COURSE

Receive a certificate that may earn you a reduction in your car insurance!

AARP Real Possibilities North Carolina

Monday, January 23 from 1pm-5pm
Evergreens Lifestyle Center
Lower Level of Senior Resources of Guilford
1401 Benjamin Parkway, Greensboro

NO TESTS GIVEN!

To register: 336-373-4816 ext 280

\$20 for AARP members
\$25 for non-members

Valentine Crafts at Evergreens

Jan 25 Feb 1 11 AM



Space is Limited - Call 336-373-4816 ext 280 to register

Evergreens Lifestyle Center

Valentine Chocolate Crafting

Join the fun and make delicious Valentine-themed chocolate candy treats!

February 13 at 11 am

Space is Limited
Call (336) 373-4816 ext 280 to register



SAVE THE DATE

SILENT AUCTION Fundraiser

To Benefit the Evergreens Lifestyle Center Programs
June 2023
Currently seeking donations of items to be auctioned!

To donate, contact Tina at 336-373-4816 ext 280 or act-asst@senior-resources-guilford.org



FINDING BALANCE

Caring for an older, ill, or disabled person can take a lot of time and energy. For caregivers who work or have family obligations, caregiving can be very challenging. Below are some tips to balance caregiving, family, and work.

- No one can do it all- Be prepared to make hard decisions, be gentle on yourself.
- Set priorities- Prioritize and focus on the things that are important. Let go of the tasks that are less important. Accept you may not be able to do all things like you used to.
- Talk to your employer- Find out if they have an Employee Assistance Program that offers support.
- Join together- Ask family, friends, neighbors to assist with things like meals, laundry, shopping, or sitting with your loved one.
- Seek help outside of family- Use a respite service or hire someone to come to assist you with cleaning your home and running errands.
- Use community resources- Use professional caregivers or adult day care. Try meal delivery, transportation services or volunteer support. Senior Resources of Guilford can provide Family Caregivers who are caring for an individual in Guilford County with Respite Vouchers if they meet the eligibility requirements. Contact the Family Caregiver Specialist to see if you and your loved one are eligible for Respite Vouchers. Respite Vouchers provide caregivers temporary relief from caregiving duties so that the caregiver can have time available to shop, go to church/spiritual events, educational events, celebrations, or just time for themselves.
- Take care of yourself first- Taking care of yourself means that you can provide better care for your loved one. You must be your priority.

The information in this article was adapted from the brochure *Balancing Caregiving, Family and Work* created by Mardi Richmond, 2003. (Rev 10/16).



Family Caregiver Program

Grandparents Raising Grandchildren

Support Group: 4th Thursday of Each Month
10am—12pm

Offering resources to individuals 55 and older (not birth or adoptive parents) providing care to children under age of 18.

Memory Café at Jamestown United Methodist Church

Third Tuesday of Each Month
1:30pm—3:30pm

A safe space for caregivers and their loved one to share socialization, entertainment, and valuable information.

Eligibility:

Adult family members or other informal caregivers age 18 or older providing care to an individual 60 years of age or older.

Adult family members or other informal caregivers age 18 or older providing care for an individual diagnosed with Alzheimer's Disease or other related Dementia.

Respite Vouchers

The Respite Voucher program allows family caregivers to take a much-needed break from caring for their loved one. Vouchers can be used at one of three approved in-home care agencies. Eligible family caregivers must be caring for an individual 60 years of age or older or an individual with a dementia diagnosis

MEET HELEN GOODE



Helen was born in Cleveland, Ohio and grew up in Twinsburg, Ohio. Helen came to Greensboro in 2019. She went to college in Columbia, South Carolina and in Ohio. She has four children, 3 of whom are living, and 8 grandchildren and 5 great-grandchildren! She has a beautiful Yorkie-Poo named Bella.



Helen dedicated her life to serving others and was a home health aide for 23 years. In retirement, Helen is an arts and crafts fanatic! Helen has made some beautiful crafts and paintings at the Evergreens Center since joining, and she has showed off some amazing projects that she has done at home. She says “Anything crafts and I’m there!” She also loves puzzles and puzzle books.

Helen is also a fanatic about something else – Star Trek and Star Wars! She has been a “Trekkie” for years, and she loves all the Star Wars movies! Helen also loves Motown music, and her favorites are the Temptations, the Four Tops, Aretha Franklin and Gladys Knight and the Pips.

An interesting fact about Helen – she once owned a squirrel monkey named Cindy! She said having a squirrel monkey was both fun and interesting.

Helen left us with her life philosophy which is “treat people the way you want to be treated.”

We are so happy to have Helen as a participant at the Evergreens Lifestyle Center!



Questions about Medicare? SHIIP can help.

In Guilford County, call
336-373-4816 Ext 253 to find
out how SHIIP can help you.



Senior Resources of Guilford
1401 Benjamin Parkway
Greensboro, NC 27408



The Seniors' Health Insurance Information Program (SHIIP) is part of the North Carolina Department of Insurance. SHIIP provides cost-free, objective Medicare counseling. Our Medicare Counselors guide you through the Medicare maze and simplify the Medicare plan selections, so you can make the best choices for your important health care needs. SHIIP counselors cannot recommend specific plans or tell you what to do, but you will have the knowledge you need to make an informed decision after your comprehensive counseling session.

FOR AN APPOINTMENT:

Call Bob Boyd, the
Guilford County SHIIP
Coordinator,
at 336-373-4816 Ext 253
or email
shiip@senior-resources-guilford.org



**Senior Resources of Guilford
Evergreens Lifestyle Center**

1401 Benjamin Parkway
Greensboro, NC 27408

Contact Us:

Phone 336-373-4816 ext 280

Fax 336-373-4922

www.senior-resources-guilford.org

[https://www.facebook.com/
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SeniorLine
Information
& Referral

May we help you with information on...

- ✓ Housing resources
- ✓ Transportation options
- ✓ Caregiver assistance
- ✓ Home delivered meals
- ✓ Other food or meal assistance programs
- ✓ Free legal services
- ✓ Home repair programs
- ✓ Options Counseling
- ✓ In-home aide and adult day health
- ✓ A speaker for your organization
- ✓ Other senior needs

Call SeniorLine:
Greensboro or County - (336) 333-6981
High Point/Jamestown - (336) 884-6981

SeniorLine is a nonprofit service of Senior Resources of Guilford, providing information, referrals and options counseling to older adults and their families.



OUR MISSION

The mission of Senior Resources of Guilford is to serve our diverse community of seniors and their families by advocating and providing supportive services that enhance the independence, health and quality of life for seniors.

Evergreens Lifestyle Center is a place where adults 55 years of age and older are invited to socialize with their peers and participate in a variety of programs. Transportation may be available for adults age 60 and older who are unable to drive through Guilford County Mobility Services and Access Greensboro. There is no fee to attend the Center; however, there may be a fee associated with trips and certain activities. Voluntary contributions are accepted and help us to continue and expand programming. We welcome new programming instructors and all senior clubs and senior group meetings.

Follow us on:

