



ACTIVE LIVING

EVERGREENS LIFESTYLE CENTER

Promoting Independent Lifestyles

November—December

2023

#srgseniors

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“At 80 Years Old, I Can Still Work a Crowd!”

Barbara Danais was hoping to win first runner up in the 2023 Ms. Senior America Guilford County pageant and was shocked when she was announced as the winner. Barbara is an enthusiastic supporter of the Ms. Senior America pageants, even winning the New Hampshire title 10 years ago. She loves that the pageant celebrates women over 60 and shows society the value older adult women bring to their communities.

Barbara states that she has always been impressed with how the pageant “finds the inner beauty of women,” and is not focused on externals like other pageants. “The pageant is really about who you are and how you compose yourself,” says Barbara. When asked why more women don’t compete, she shares that potential competitors are scared away by the talent portion. Barbara explains that the talent portion doesn’t just include singing, dancing, or playing the classical piano; her fellow competitors

demonstrated Tai Chi, entertained the audience with a comedy act, and showed off their Reiki skills. Barbara encourages women to consider the pageant because it is “a great way to make friends and is a rewarding experience. “You come out more confident than you go in– even if you don’t win,” according to Barbara. Catch the current Queen and other competitors at our showcase in November!



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](http://www.Facebook.com/SeniorResourcesofGuilford)

Hours

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

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Vietnamese Coordinator

Phat Pham

Anita Benkovic and Sandy Garrett are starting a new pom squad– the Evergreens Spirits! They have a vision of an upbeat fitness class that will energize you while you have fun. Anita says that “when people see us having fun, it will attract more to join us.” The idea initially stemmed from the movie “Poms,” where women from a retirement community begin a cheerleading squad. While “Poms” is a comedy, and Anita and Sandy want the activity to be fun, they feel strongly about their pom squad. Some reactions haven’t been what they expected; “people laugh,” they explain. Sandy says, “everyone visualizes the short skirts, sweaters, and crazy acrobatics of cheerleaders... we visualize arm and step exercises and good music!” There are many health benefits to cheerleading-type workouts for older adults, including building strength flexibility and coordination; improving confidence; exercising core muscles; and improving posture. This is the activity for you if you have a positive attitude and enjoy finding beats and rhythms. “We’re going to be silly and have fun!,” says Anita.



Want to join?

The Evergreens Spirits will meet Thursdays at 10:30am starting November 9th.

Each meeting will last about 45 minutes and include a warm up, reviewing moves from previous weeks, and practicing routines. All are welcome!



Always Best Care

will be with us on December 4th from
11:30 am — 12:30pm

generously sponsoring

Cookies and Carols!

We'll sing carols together and enjoy delicious
cookies and Chick-fil-a nuggets.

CAROLS AND COOKIES
December 4th at Evergreens
Lifestyle Center from
11:30am-12:30pm

Join Evergreens Lifestyle Center at 1401 Benjamin Parkway, Greensboro (Lower Level) and Always Best Care of Alamance and Guilford to celebrate the holiday season with carols, cookies, and chick-fil-a.

Always Best Care senior services



MEMORY CARE Solutions

For every level of dementia and memory care, our experts provide the support you need. Call today to learn how we can help you and your loved one.

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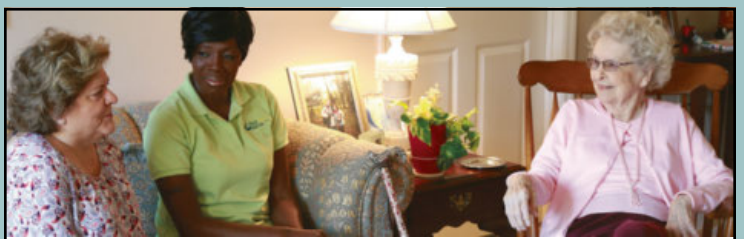
A full day of activities and cognitive stimulation in Greensboro

CONNECTIONS A MEMORY CLUB

Available half-days at convenient locations in Greensboro and High Point

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well-springsolutions.org



From help with chores and the daily activities of living to sharing smiles, conversation and friendship **this is home care the FirstLight way.**

At FirstLight® Home Care of Guilford and Jacksonville-Crystal Coast, the care we provide goes beyond the basics of bathing, house cleaning and medication reminders. If you want to go to the movies, share a joke or play a cherished game, we're there. We care for seniors, busy moms, adults with disabilities, veterans and any adult recovering from illness, injury or surgery. Let us create a personalized care plan to fit your individual needs with services such as:

- Conversation & company
- Bathing, dressing & hygiene
- Laundry & light housekeeping
- Transportation & errands
- Walking & mobility assistance
- Assistance with meals
- Medication reminders
- Travel companion services
- And so much more



Call us today to schedule a complimentary consultation.

Greensboro 336-808-1351

Jacksonville 910-939-0695

Now available in Jacksonville, Hampstead, & the Crystal Coast

Guilford.FirstLightHomeCare.com

Jacksonville.FirstLightHomeCare.com



The Evergreens Lifestyle Center and HealthTeam Advantage invite you to a

healthteam advantage

Gingerbread House Decorating Competition & Hot Chocolate Bar

Friday • December 8 • 1pm

RSVP by December 1 to enter the competition and win a prize!

336-373-4816 ext 280

Made with PosterMyWall.com

HealthTeam Advantage is generously sponsoring a Gingerbread House Decorating Competition!

All supplies will be provided for you to create a masterpiece of graham crackers and candy. Sign up by December 1st to enter the competition.

If you don't want to compete, we encourage you to come watch, enjoy the hot chocolate bar, and cheer on the competitors!



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HomeInstead.com/311

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SUPPORT OUR ADVERTISERS!



As the year comes to a close, spend quality time with friends old and new at the Evergreens Lifestyle Center!

Join us for a Winter Wonderland Holiday Party on Thursday, December 14th at 2pm!

We'll have delicious treats, live holiday music, and door prizes—

**all generously provided by
Griswold Home Care!**

Just Like Our State Bird, We Expect Our New Cardinal Plan to be a North Carolina Favorite.

Introducing the low-cost Medicare Advantage plan for eligible seniors.



Loyal, protective, and beautiful. Those are familiar traits when it comes to our colorful state bird. They also describe the new HealthTeam Advantage **Cardinal Plan**, offering dependable savings for North Carolinians on a budget. It's a comprehensive HMO plan that's carefully designed to keep costs low:

- Includes All Area Hospital Systems In-Network
- \$ZERO Copay for Primary Doctors and Specialists
- \$ZERO Copay for Physical, Occupational & Speech Therapy
- Valuable Dental, Vision, Hearing & Silver Sneakers Benefits
- \$ZERO Copay for Tier 1 Prescription Drugs
- \$175 Credit per Quarter Over-the-Counter Card

The beauty of our **Cardinal HMO Plan** is that it doesn't cut corners. It offers full medical coverage and benefits, and includes a Personal Healthcare Concierge to call for information and answers. Best of all, it comes from a trusted plan provider located in Greensboro — right in the heart of North Carolina. Call us, or fly over to our website to learn more!

Call **(336) 203-9309**  or visit **htanc.com**
Phone Hours: 8am-8pm 7 days a week

HealthTeam Advantage, a product of Care N' Care Insurance Company of North Carolina, Inc., is a PPO and HMO Medicare Advantage plan with a Medicare contract. Enrollment in HealthTeam Advantage depends on contract renewal. H2624_2446_M



**MEDICARE
ADVANTAGE PLANS**

AHOY (Adding Health to Our Years)

Mondays.....9:15 am+

Join us for a 30 minute chair exercise class that helps to manage arthritis pain, as well as improve flexibility and balance. Class is taught by Chipper Nuckles. \$3

Arthritis Foundation Exercise Program (AFEP)

Mondays1:00 pm

This low-impact recreational exercise program will help you reduce fatigue, pain, and stiffness. This hour-long class is taught by Kelly Dorrough of Better Balance Senior Fitness. \$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. Class is 30 minutes. \$3

Advanced Class.....9:45am

A more advanced workout. Class is 30 minutes. \$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 that lasts 30 minutes. \$3

Please continue to register for Cardio Drumming!

Tai Chi

Thursdays.....12:30 pm+

Join instructor Eric Reiss for this 30 minute slow paced, meditative physical exercise. \$3

Chair Yoga

Fridays9:15 am+

This 30 minute yoga class helps harmonize all aspects of the body and mind. Taught by Chipper Nuckles. \$3

+Designates classes streamed on Facebook Live. Find us at [Facebook.com/SeniorResourcesofGuilford](https://www.facebook.com/SeniorResourcesofGuilford)



Fitness Room

Equipment includes:
Treadmills, Exercise Bikes,
Recumbent Bike, Rower, Arm
Press & Leg Press

Contact the Evergreens Lifestyle Center to schedule a Fitness Room Orientation with a qualified professional trainer (\$30).

Cost per month to use the Fitness Room is \$5.




Evergreens Lifestyle Center
336-373-4816 ext 280
Lower Level
1401 Benjamin Parkway
Greensboro



Easy Ways to Protect Yourself this Winter

As COVID-19 numbers begin to creep up, it's important that we protect ourselves as much as possible. The Centers for Disease Control recommends the following:

- Stay up to date on your COVID-19 vaccine. Need help locating an vaccine? Ask us in the Senior Center to help!
- Wear a protective mask that fits well.
- Call your health care provider as soon as you test positive for available treatments.

There are also easy ways to protect yourself at home using over-the-counter remedies. The National Institute of Health reports that mouthwashes that contain CPC (Cetylpyridinium chloride) break down the membrane of the virus and reduces the amount of active virus in saliva. You can pick up a mouthwash with CPC in any pharmacy or grocery store; common brands like Crest and Listerine carry lines with CPC.



The National Institute of Health has also studied nasal sprays containing iota-carrageenan. Studies suggest that the nasal sprays can reduce your risk of contracting COVID-19 after an exposure by 80%.

Nozin and Betadine are two common brands who offer these nasal sprays.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

Sanitizers can quickly reduce the number of germs on hands in many situations. However, sanitizers do not get rid of all types of germs. Hand sanitizers may not be as effective when hands are visibly dirty or greasy. Hand sanitizers might not remove harmful chemicals like pesticides from hands.

Keep yourself and others
safe this winter!

How to Use Hand Sanitizer the Right Way

1

Apply sanitizer to hands.

2

Cover all surfaces of hands.

3

Rub hands together until dry.

LIFE IS BETTER WITH
CLEAN HANDS

www.cdc.gov/handwashing

CS2008A-4

Monday

Tuesday

Wednesday

Thursday

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>November 2023</i></p>		<p>11a Open Art/Craft Room 1p Cardio Drumming (\$3) * 2p Crochet Club</p>	<p>10a Recipe for Success (V) 12:30p Tai Chi (\$3) (V) 1p Blood Pressure Checks 2p Jewelry Club</p>	<p>9:15a Chair Yoga (\$3) (V) 11a Virtual Reality 11a "Maid" book club 1p Film Screening and Discussion- "Pickup on South Street" *</p>
<p>9:15a AHOY (\$3) (V) 1p Arthritis Foundation Exercise Program (\$3)</p>	<p>6 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 1p Zumba Gold (\$3) 2p Games & Mahjong</p>	<p>7 11a Open Art/Craft Room No Cardio Drumming. 2p Crochet Club</p> 	<p>8 10a Recipe for Success (V) 10:30a Pom Squad 12:30p Tai Chi (\$3) (V) 1p Blood Pressure Checks 2p Jewelry Club</p>	<p>9 9:15a Chair Yoga (\$3) (V) 11a Virtual Reality 11a "Maid" book club 1p Film Screening and Discussion- "The Long Goodbye" *</p>
<p>9:15a AHOY (\$3) (V) 1p Arthritis Foundation Exercise Program (\$3) 2p Restaurant Club at K&W</p>	<p>13 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 1p Zumba Gold (\$3) 2p Games & Mahjong</p>	<p>14 11a Open Art/Craft Room 11a Ms. Senior Guilford County Showcase 1p Cardio Drumming (\$3) * 2p Crochet Club</p>	<p>15 10a Recipe for Success (V) 10:30a Pom Squad 12:30p Tai Chi (\$3) (V) 1p Blood Pressure Checks 2p Jewelry Club</p>	<p>16 9:15a Chair Yoga (\$3) (V) 11a Virtual Reality 11a "Maid" book club 1p Thanksgiving Pie Party * 1p Film Screening and Discussion- "The Sweet Smell of Success" *</p>
<p>9:15a AHOY (\$3) (V) 1p Arthritis Foundation Exercise Program (\$3) 3p Turkey Day Party</p>	<p>20 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 1p Zumba Gold (\$3) 2p Games & Mahjong</p>	<p>21 11a Open Art/Craft Room 1p Cardio Drumming (\$3) * 2p Crochet Club</p>	<p>22 <i>The Evergreens Lifestyle Center is closed today.</i></p> 	<p>23 <i>The Evergreens Lifestyle Center is closed today.</i></p> 
<p>9:15a AHOY (\$3) (V) 1p Arthritis Foundation Exercise Program (\$3)</p>	<p>27 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 1p Zumba Gold (\$3) 2p Games & Mahjong</p>	<p>28 11a Open Art/Craft Room No Cardio Drumming. 2p Crochet Club</p>	<p>29 10a Recipe for Success (V) 10:30a Pom Squad 12:30p Tai Chi (\$3) (V) 1p Blood Pressure Checks 2p Jewelry Club</p>	 <p>A * next to an activity means registration is required by calling 336-373-4816 ext 280</p>

Monday

Tuesday

Wednesday

Thursday

Friday

December 2023

A * next to an activity means registration is required by calling 336-373-4816 ext 280

<p>9:15a AHOY (\$3) (V) 11:30a Cookies and Carols 1p Arthritis Foundation Exercise Program (\$3)</p>	<p>4 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 1p Zumba Gold (\$3) 2p Games & Mahjong</p>	<p>5 11a Open Art/Craft Room 1p Cardio Drumming (\$3) * 2p Crochet Club</p>	<p>6 10a Recipe for Success (V) 12:30p Tai Chi (\$3) (V) 1p Blood Pressure Checks 2p Jewelry Club</p>	<p>7 9:15a Chair Yoga (\$3) (V) 11a Virtual Reality 11a "Maid" book club 1p Film Screening and Discussion- "A Christmas Carol" * Sign up today if you want to compete in the Gingerbread House Competition!</p>
<p>9a Restaurant Club at Golden Corral * 9:15a AHOY (\$3) (V) 1p Arthritis Foundation Exercise Program (\$3)</p>	<p>11 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 1p Zumba Gold (\$3) 2p Games & Mahjong</p>	<p>12 11a Open Art/Craft Room No Cardio Drumming. 2p Crochet Club</p>	<p>13 10a Recipe for Success (V) 12:30p Tai Chi (\$3) (V) 1p Blood Pressure Checks 2p Jewelry Club 2p Winter Wonderland Party</p>	<p>14 9:15a Chair Yoga (\$3) (V) 11a Buffalo Creek Holiday Performance 11a Virtual Reality 11a "Maid" book club 1p Film Screening and Discussion- "Christmas Vacation" *</p>
<p>9:15a AHOY (\$3) (V) 1p Arthritis Foundation Exercise Program (\$3)</p>	<p>18 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo 1p Zumba Gold (\$3) 2p Games & Mahjong 3p Family holiday movies</p>	<p>19 11a Open Art/Craft Room 1p Cardio Drumming (\$3) * 2p Crochet Club</p>	<p>20 10a Recipe for Success (V) 12:30p Tai Chi (\$3) (V) 1p Blood Pressure Checks 2p Jewelry Club</p>	<p>21 The Evergreens Lifestyle Center is closed today.</p>
<p>The Evergreens Lifestyle Center is closed today.</p>	<p>25 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 11a Bingo No Zumba Gold today. 2p Games & Mahjong</p>	<p>26 11a Open Art/Craft Room No Cardio Drumming (make up class Friday!) 2p Crochet Club</p>	<p>27 10a Recipe for Success (V) 12:30p Tai Chi (\$3) (V) 1p Blood Pressure Checks 2p Jewelry Club</p>	<p>28 9:15a Chair Yoga (\$3) (V) 10a Donuts with the Director 11a Virtual Reality 11a "Maid" book club 1p Cardio Drumming make up class 1p Film Screening and Discussion- "The Apartment" *</p>

Seeking VITA Volunteers!

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 seeking 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 able to interact with a variety of people.

For more information please contact Janice Darden at 336-373-4816 ext 249.

Information about tax appointments with VITA will be made available early 2024. Please call 336-373-4816 for more information.



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 the Rural Outreach office at (336) 373-4816 ext. 265 or email

ruraloutreach@senior-resources-guilford.org for reservations.

Moriah (Southeast)

November 7 (Tuesday), 10:30am-12pm, Pinto Bean Auction

December 5 (Tuesday), 10:30am-12pm, Ronnie Conaway performance

Moriah United Methodist Church, 3611 Liberty Road

Oak Ridge

November 1 (Wednesday), 10:30am-12pm, Pinto Bean Auction

December 6 (Wednesday), 10:30am-12pm, Ronnie Conaway performance

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

Stokesdale

November 9 (Thursday), 10:30am-12pm, Pinto Bean Auction

December 14 (Thursday), 10:30am-12pm, Mood Swingz

Stokesdale United Methodist Church, 8305 Loyola Drive

Colfax

November 14 (Tuesday), 10:30am-12pm, Pinto Bean Auction

December 12 (Tuesday), 10:30am-12pm, Ronnie Conaway performance

Shady Grove Wesleyan Church, 119 North Bunker Hill Road

Summerfield

November 16 (Thursday), 10:30am-12pm, Pinto Bean Auction

December 21 (Thursday), 10:30am-12pm, Mood Swingz

Summerfield First Baptist Church, 2300 Scalesville Road

Bingo

Tuesdays at 11am

Join a fun and energetic game of bingo each week! Bring a prize valued at \$5 or less for the prize table.

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. Join us in-person or streamed on Facebook Live.

Technology Assistance

Monthly

Call the Evergreens Lifestyle Center to schedule a one-on-one appointment with a technology volunteer for assistance with phone and computer needs.

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.

Donuts with the Director

Last Friday of each month at 10am

Join Julie Silverman, Director of the Evergreens Lifestyle Center, for a monthly feedback session.

CRITIC'S CHOICE CLASSIC CINEMA
FRIDAYS
1:00 PM

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

November Noir Registration Required! Seating is Limited!
Call 336-373-4816 ext 280 to register December Holiday

 November 3 Pickup on South Street Richard Widmark Cold War Spy Noir 1953	 December 1 A Christmas Carol George C. Scott 1984
 November 10 The Long Goodbye Elliot Gould as Philip Marlowe American Neo-Noir 1973	December 8 - No Movie
 November 17 Sweet Smell of Success Burt Lancaster & Tony Curtis Film Noir	 December 15 Christmas Vacation Chevy Chase 1989
November 24 - No Movie	December 22 - No Movie
FREE POPCORN!	 December 29 The Apartment Jack Lemmon Shirley MacLaine 1960

Made with PosterMyWall.com

Evergreens Lifestyle Center presents

Family Holiday Movies

Family, friends and guests of all ages are welcome!

Tuesday, December 19 at 3pm
 Evergreens Lifestyle Center
 Lower Level
 1401 Benjamin Parkway

Free Popcorn!

Made with PosterMyWall.com



"Maid" Book Club at the Evergreens Lifestyle Center

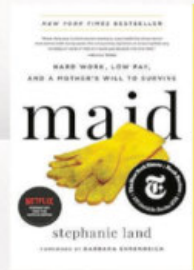


At 28, Stephanie Land's dreams of attending a university and becoming a writer quickly dissolved when a summer fling turned into an unplanned pregnancy. Before long, she found herself a single mother, scraping by as a housekeeper to make ends meet.

Maid is an emotionally raw, masterful account of Stephanie's years spent in service to upper middle class America as a "nameless ghost" who quietly shared in her clients' triumphs, tragedies, and deepest secrets. Driven to carve out a better life for her family, she cleaned by day and took online classes by night, writing relentlessly as she worked toward earning a college degree. She wrote of the true stories that weren't being told: of living on food stamps and WIC coupons, of government programs that barely provided housing, of aloof government employees who shamed her or receiving what little assistance she did. Above all else, she wrote about pursuing the myth of the American Dream from the poverty line, all the while slashing through deep-rooted stigmas of the working poor.

Maid is Stephanie's story, but it's not hers alone. It is an inspiring testament to the courage, determination, and ultimate strength of the human spirit.

Books are limited!
Reserve your copy by calling 336-373-4816 ext 280. Registration opens on October 23.



Meetings are held Fridays at 11am:
Chapters 1-9: November 3
Chapters 10-19: November 10
Chapters 20-27: November 17



Evergreens Lifestyle Center

Aged to Perfection Restaurant Club

November

Join Tina on Monday, November 13 at 12pm
K&W Cafeteria at Friendly Center
(3200 Northline Ave. Greensboro).
Price for lunch is approximately \$10 depending upon your order.

Call 336-373-4816 ext 280 to RSVP by November 6



December

Join Julie on Monday, December 11 at 9am
Golden Corral
(4404 Landview Dr, Greensboro).
Breakfast buffet is \$11.19 and drinks are \$2.99

Call 336-373-4816 ext 280 to RSVP by December 4



Sign up for our weekly email for the most up-to-date news!



Email Julie at seniorcenter@senior-resources-guilford.org

Thanksgiving

Pie Party

Friday, November 17, 2023
1pm

Bring your favorite homemade or store bought pie to share with your friends at the Evergreens Lifestyle Center!

Pumpkin pie will be provided by the Senior Center.



Evergreens Lifestyle Center
Lower Level
1401 Benjamin Parkway
Greensboro, NC
336-373-4816 ext 280

GAMES & PRIZES

SNACKS

Join the Evergreens Lifestyle Center for a

TURKEY DAY PARTY
Monday, November 20, 2023
3-5pm

GENEROUSLY SPONSORED BY

Evergreens Lifestyle Center
Lower Level
1401 Benjamin Parkway
226-373-4816 ext 280

Buffalo Creek Ukulele Band Live Holiday Performance
Friday, December 15
11 am

Evergreens Lifestyle Center
1401 Benjamin Parkway, Greensboro
For more information, call
336-373-4816 ext 280

10 Tips to Help Make Your Home Fall-Proof and Hazard Free

As we age, changes in our bodies sometimes cause us to have falls. Changes in our homes are often required to prevent more falls. These modifications may allow you or a loved one to live longer and more safely at home. Over 70% of people over the age of 50 surveyed by AARP said they wanted to stay in their homes as they age, but their homes may not be set up for that. The risk of falling rises as we age, and most falls happen at home. Here are 10 suggestions to help prevent falls and eliminate tripping hazards.

- 1. Remove scatter rugs:** If you must keep one in the bathroom, make sure it has a non-slip backing.
- 2. Declutter:** Remove stacks of books or boxes on the floor. These are fall hazards.
- 3. Keep pathways clear:** Clear pathways of trip hazards (i.e. power cords or extra furniture) so that it's easier to move around. This includes hallways and around the bed.
- 4. Fix uneven surfaces:** As people age vision changes may mean their depth perception isn't as good as before, and uneven surfaces may not be easily identified.
- 5. Shine a light:** Good lighting is important to illuminate pathways and walkways inside and outside the home. Add extra lighting such as nightlights in hallways and toe-kick lights or light strips on steps. Motion-sensor lights are helpful outdoors as well.
- 6. Secure the bathroom:** Install a higher toilet or seat extender to make it easier to get up and down. Use non-slip rugs, add a shower chair, and install grab bars. Lots of "designer" options are now available for these.
- 7. Step up:** Add a railing on one or both sides of stairs inside and outside of the home. Consider a ramp if stairs are too difficult to navigate.
- 8. Do a furniture inventory:** Decrease the amount of furniture in the home so there are fewer obstacles. Replace sharp edged furniture with soft or rounded edges if possible.
- 9. Check your vision:** Poor eyesight causes falls. Older adults should have an eye exam once a year.
- 10. Strengthen muscles:** Age related muscle weakness and deteriorating balance also can contribute to falls. Try taking three brisk 30-minute walks each week to strengthen leg muscles. Be sure to stretch before beginning. Exercises like yoga can also help improve your balance.

Family Caregiver Program

Grandparents Raising Grandchildren

Support Group: 4th Thursday of Each Month
 Senior Resources of Guilford's Caregiver Library
 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.

Program 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 Toki Okunwale

Toki was born in New York before moving to Philadelphia, PA to be raised by her great aunt and uncle. She made her way down to Greensboro in 1988, remaining a resident ever since! Her children included four children of her own as well as four orphans whom she adopted, all of whom called her “Ye-Ye.”



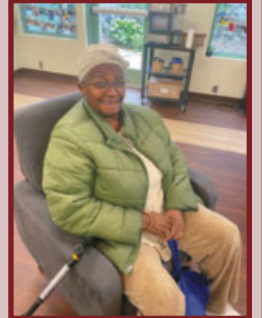
After having children, Toki wanted to go back to school. She obtained both a bachelor’s degree from Medgar Evers College in New York and a Master’s in Social Work from Columbia University in the School of Social Work. Toki says that one of her best memories was when a college professor told her how much potential he saw in her and recommended her for a full scholarship to Columbia University.

One of Toki’s biggest passions is to do everything she can to help the younger generation with their mental health through counseling. She worked for many years as a social worker with the NC A&T Police Department to help counsel students who ran into trouble. She still offers a safe place to counsel those around her in need to this day, so that she can continue contributing her knack for connecting with young people. She says she thanks God for allowing her to have such a positive and impactful skill that she can put to good use.

Toki says that one of her favorite things is coming to Evergreens Lifestyle Center! She says it provides her with something positive to do every day, whether it’s going out to the monthly lunches or interacting with the other participants in classes.



If you see Toki around the center, you’ll probably be able to recognize her just from her catchphrase, “That part!,” but another little piece of wisdom she has to share is something she lives by every day. She says that “You always have to do what is right according to your heart!”



We are so happy to have Toki here as a participant of the Evergreens Lifestyle Center!

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



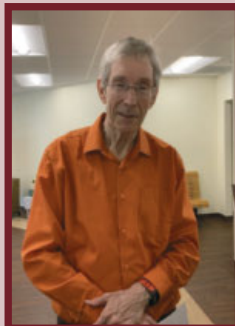
Senior Resources of Guilford
1401 Benjamin Parkway
Greensboro, NC 27408



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



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November/December 2023

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. The purpose of the Evergreens Lifestyle Center is to provide a comfortable, supportive, and healthy environment for adults age 55 years and older to engage in activities to enhance their independence, health, and quality of life.

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.

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