

Letter from the Director

By Paula J. Edwards

Greetings from the Peggy M. Seegars' Senior Center! I pray this letter finds everyone well. March 16th was the last day that the Senior Center was opened to the members and the public. As I am writing this letter, it seems so surreal that the building has been closed for a month. No one could have predicted or dream that this would even be a possibility. As I walk down the empty and quiet hallways and rooms, I think about the members of the senior center. This building is just a building without the members. I miss seeing the Billiard room overflow with Pool Players and hearing their "trash" talking to each other and their laughter as I am working in my office. I miss the members in the meal site visiting with each other, watching the news and talk shows while having coffee. I miss the faithful members of the fitness room that are here first thing in the morning waiting for the doors to open. I miss the music that comes from Lisa Weston's exercise classes. I miss hearing the Song Birds singing on Mondays during choir practice. I miss the faces of all the various card players: the Pinochle group that loves to fellowship with food, laughter, and playful "back talking" and the quiet (can hear a pin drop) and serious Bridge Players.

I look around and each room brings a memory: the Group Day Respite room with its participants enjoying the Therapy Cats that were donated by Atlantic Casualty: the lobby where some of the men gather and talk and on occasion someone will break out with a song: the Arts and Crafts room where many sew, make jewelry, paint, and make a variety of crafts. And who can forget, members hanging out on the front porch enjoying the beautiful day while rocking in the rocking chairs. I could go on and on about all the variety of things that we offer to our members and how I miss seeing them participate in what makes them happy.

I miss the energy, the laughter, the comradeship, and the "noise" that comes with each day. Now I hear silence. I thought I would like the silence because I thought that it would be a time to "catch up" and get things done. I did not know how deafening silence could be. The life is gone out of the building. It is just a building. What I am missing are you (Senior Center Members). You bring the life and warmth to the building.

I look forward to the day when everyone comes back to fill this place with joy and life. It will be a day of celebration and thanksgiving. We will be thankful that God has brought us through a difficult trial and brought us back together again. I pray that not one will be missing from the Senior Center, but that all will return. Maybe we will be a little kinder to each other and a little more tolerant. Sometimes it takes trials such as this to remind us to appreciate life and others a little more than before.

Senior members of the Senior Center, you are not forgotten! You are missed by every staff member here. We are praying for you and we will see you soon!

Stay updated by visiting our Facebook Page [peggyseegarsseniorcenter](#) or **Wayne County's Services on Aging**.

Paula Edwards, Director

Older Americans Month

Older Americans Month is observed nationally every May. Each year the Administration for Community Living announces a theme. The theme for 2020 is "Make Your Mark". "This theme was selected to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day. Communities, organizations, and individuals of all ages are also making their marks. This year's theme highlights the difference everyone can make – in the lives of older adults, in support of caregivers, and to strengthen the communities." (Quoted from ACL)

The Peggy M. Seegars Senior Center normally celebrates Older Americans Month by gathering at Herman Park for Senior Fun Day in the Park. This year due to COVID-19 there is a great possibility that we will not be able to have this special event. However, it does not mean that we cannot celebrate or recognize our older adults during this time. If anything, "Make Your Mark" theme could not be more timely and appropriate for the current environment. This is a time that many of us can step up to make our mark. Just look around where you are. Where do you see a need? It does not have to be a financial need. It could just simply be an older adult neighbor living alone and is now isolated due to COVID-19. How can you brighten that person's day? Can you call them, send a card, check on them, pick up groceries so that they do not have to go out, provide entertainment in the individual's front yard and so forth? Be creative! It is amazing what we can create when the opportunity requires us to do daily activities differently.

US Census "We want you Counted!"

Every 10 years, everyone living in the United States gets counted in the census. Why is it important for you to participate? Responding to the census helps communities receive the funding they need. Census data impact our daily lives, informing important decisions about funding for services and infrastructure in your community, including health care, senior centers, jobs, political representation, roads, schools, and businesses. Your response helps make sure that more than \$675 billion in federal funds is directed each year to the right places. The Senior Center and Senior Services are dependent on your participation. Our funding is based on the number of older adults that live in Wayne County. Please take the time to participate so that we can continue receiving funding.

The Senior Center provides a place where older adults 60 and older can meet together, receive services, and participate in various activities. It serves as a focal point for activities that are designed to meet the mental, physical, emotional and social needs of the participants regardless of economic status.

Services Offered at Wayne County Services on Aging and the Peggy M. Seegars Senior Center:

Information & Options Counseling/SHIP Counseling - Selena Beaman 919-731-1608

Transportation – Christine Pittman 919-731-1586

Day Respite – Lorri Bradley 919-731-1595

In Home Aide Services – RN Supervisor Sandi Barbour 919-731-1587

Family Caregiver Support Program Vouchers – In Home Aide Program Supervisor Holly Williams 919-705-1928

Services For the Blind – Mary Jones 919-731-1102