

Powerful Tools FOR Caregivers

Hosted by Holly Williams and Lorri Bradley
Tuesdays—February 9th thru March 16th, 2021
10:00 AM—11:30 AM

Classes will be held at the Peggy Seegars Senior Center at 2001 East Ash Street, Goldsboro, NC 27530. PTC is an educational program designed to help family caregivers. This program will help teach caregivers how to take care of themselves while caring for a loved one. **Class size is limited and registration is required.** Please call Holly Williams by February 2, 2021 at 919-705-1928 to register.

Sewing Class

Wayne Community College will offer sewing classes at the Peggy Seegars Senior Center, on Tuesdays, beginning January 26th thru March 16th from 12:30 to 3:30pm. Registration is at WCC Walnut Building, Room 127 and the cost is \$50. For more information contact Lisa Newkirk at 919-739-6931.

Tax Return Preparation for Seniors – Appointment Needed

AARP tax volunteers will be doing taxes this year. However, appointments will be very limited due to measures that need to be taken to ensure the safety of the volunteer and those needing assistance. Taxes will be done **BY APPOINTMENT ONLY. Beginning January 4th, we will take appointments. Days and Times for appointments are to be determined.** You will need to bring your tax documents (W2's, Form 1099s, etc.). Bring proof of donations, vehicle taxes, home taxes, mortgage interest and out of pocket medical expenses. Each tax payer must bring their original Social Security card (no copies) for all persons claimed on the return and photo ID. Military ID cannot be used to verify Social Security. **To schedule an appointment, contact Hermanita Harris at 919-705-1784.**

Medicare Advantage Plan Open Enrollment

Do you have a Medicare Advantage plan? The open enrollment period for Medicare Advantage is January 1st to March 31st. This is the time to review your Advantage Plan and make changes for the New Year. Wayne County Services on Aging has SHIP counselors who can help you. For more information or to schedule a phone appointment, contact Christine Pittman at 919-731-1586.

Bible Study

Beginning January 11th, Mr. Willie Walker will have Bible Study on Wednesdays from 10:00am to 11:30am. Not computer savvy, no problem we've got you covered. When you call to register for Bible study we will give you a party line number to call. Call Lisa Weston at 919-731-1589 to register.

MISSION STATEMENT

THE MISSION OF THE WAYNE COUNTY SENIOR CENTER IS TO ENHANCE THE LIVES OF OLDER ADULTS THROUGH PROGRAMS, SERVICES, AND ACTIVITIES WHICH ENCOURAGE INDEPENDENCE, INVOLVEMENT, & ADVOCACY WITHIN THE COMMUNITY.

BUILDING CLOSED TO PUBLIC. STAFF AVAILABLE BY PHONE.



Holiday Closings

The Senior Center will be closed on:
New Year's Day—Friday, January 1st
Martin Luther King Jr.—Monday, January 18th

New Year's Fun Facts

* **Did you know the first New Year's celebration dates back 4,000 years.** Julius Caesar, the emperor of Rome, was the first to declare Jan. 1st a national holiday. He named the month after Janus, the Roman god of doors and gates. Janus had two faces, one looking forward and one looking back. Caesar felt that a month named after this god would be fitting.

What's happening on Facebook

Search Wayne County Services On Aging to find us on Facebook (FB) and YouTube! We will be having live streams and updates on what is going on at the senior center. Stay tuned!



2001 E. Ash St., Goldsboro NC 27530
Phone: (919) 731-1591
Fax: (919) 580-4024
www.waynegov.com

Wayne County Services on Aging & Peggy M. Seegars Senior Center

Monday	7:30 a.m. - 5:00 p.m.
Tuesday	7:30 a.m. - 5:00 p.m.
Wednesday	7:30 a.m. - 5:00 p.m.
Thursday	7:30 a.m. - 5:00 p.m.
Friday	7:30 a.m. - 5:00 p.m.
Saturday & Sunday	Closed

For closing information go to www.waynegov.com or 919-731-1150

Wayne County Services on Aging offers Information & Options Counseling for seniors on the following Topics

Advocacy for Seniors
In Home/Hospice Services
Disaster Preparedness
Durable Medical Equipment
Employment & Training Resources
Energy Assistance
Food & Nutrition Programs
Medicare/ Medicaid

Senior Games
Social Security Benefits
Suspected Abuse/Neglect
Tax Preparation
Veterans Benefits
Medical Transportation
Housing Assistance
Call 919-731-1608

Health Promotion
Friendly Caller Program
Health Screenings
Home Repair & Modifications
Assistive Devices
Insurance Counseling
Legal Services
Mental Health



The Peggy M. Seegars Senior Center

January 2021

SENIOR CENTER OF EXCELLENCE
"A CENTER FOR ACTIVE SENIORS"

Reopening our Fitness Room

Beginning Tuesday, January 12, 2021, we will begin granting access, by **scheduled appointment only** to our Fitness Room on Tuesdays and Thursdays. We will begin with 30 minute exercise time slots, at 9am and 10am. You must call on Monday to reserve a spot on Tuesday and call on Wednesday for a slot on Thursday. As always, we ask that members clean machines when they are finished and staff will add cleaning with ultraviolet light.

According to the CDC, for fitness centers to reopen certain safety protocols must be in place. Social distancing protocols will be required and a face covering must be worn at all times. Water fountains will not be in use. For more information please call Lisa Weston at 919-731-1589.

Senior Games Health Fair To Go

This year the annual Senior Games Health Fair will be a Health Fair To Go. In order to better protect our participants we will not have vendor tables available; however, we will have resources on health related services for seniors and promotional items in goody bags which will be distributed at the Peggy Seegars Senior Center. You will also have the opportunity to purchase raffle tickets to win a TV. Applications to participate in the Senior Games will be available. Stop by to pick up your Breakfast To Go on Friday, February 5th, from 8:30am -10:00am.

ZOOM Exercise Class

Beginning Wednesday, January 6th Lisa Weston will hold exercise classes via ZOOM. Classes will be held on Mondays and Wednesdays in January at 9:30am. If you want a break from isolation and you're willing to get out your weights, find a mat or towel, clear a space and crank up your own heat then tune in! **Registration is required.** Please call Lisa Weston at 919-731-1589.

Corn Hole Tournament

We will be holding a Corn Hole Tournament at the senior center on Wednesday, January 27, 2021 starting at 8:30am. Members will be competing in teams of two. You and your teammate must register by Wednesday, January 20th. **Spots are limited and pre-registration is required.** To sign up, contact Lisa Weston at 919-731-1589. If you would like to participate and do not have a partner, please call and we will attempt to assign someone who does not have a partner.

Fitness Classes

Join Lisa Weston on Fridays for Line Dance at 9:30am and Arthritis class at 11:00am. If weather permits classes will be held outside. When classes are held inside all Covid safety protocols will be enforced, including, social distancing and face coverings. **Space is limited and registration is required.** Please contact Lisa Weston at 919-731-1589.

Low Income Energy Assistance Program

Households in Wayne County can apply for help covering the cost of heating their homes through the Low Income Energy Assistance Program (LIEAP) starting Monday, January 4, 2021 through Wednesday, March 31, 2021.

Due to the current pandemic, Wayne County Department of Social Services will not be conducting face-to-face interviews this year. Households with a person aged 60 or older, or someone receiving disability **and** services through the NC Division of Aging and Adult Services who received LIEAP benefits last year AND currently receive Food & Nutrition Services may automatically be issued benefits this year. Notices were mailed to eligible households on November 10.

Those interested may apply as follows:

- Pick up an application at 100 S James St, Goldsboro or;
- Access applications online via <https://epass.nc.gov> or www.waynegov.com or;
- Contact the agency at 919-731-1577 to complete a telephone interview and have an application mailed to them

Completed applications may be submitted as follows:

- Mailed to or placed in the drop box located at Wayne County DSS, 100 S James St, Goldsboro, NC 27530 or;
- Faxed to 919-731-1106 or;
- Emailed to energy.assistance@waynegov.com (if you choose this method, you must print off your application to sign and scan)



We would like to thank the following individuals and agencies for their generous donations in 2020 to the Peggy M. Seegars Senior Center:

J. L. Maxwell, Jr. Foundation donated \$3,600.

Atlantic Casualty donated Patio Furniture and decorated the Senior Center patio.

Foundation of First Presbyterian Church donated \$1,000.

St. Stephen's Episcopal Church donated \$500.

The Golden Agers donated Food and Gift Cards for seniors in need for Christmas.

Terri Jumpa donated Christmas Stockings for seniors in need.

Eleniece Ward donated \$20.

Troop 1227 and Leader Sammie Lawrence donated 400 bags of chocolate candy distributed to seniors for Christmas.

Beth and Harvey Fisher donated \$500.00.

UPS employees, Seegars Fence Co. employees and Wayne County employees adopted seniors for Christmas.

Thank you all for your generous donations and for your support of the
Peggy M. Seegars Senior Center!