

# 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 26<sup>th</sup> thru March 16<sup>th</sup> 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.** **Appointments are Wednesday and Friday mornings.** 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 1<sup>st</sup> to March 31<sup>st</sup>. This is the time to review your Advantage Plan and make changes for the New Year. Wayne County Services on Aging has SHIIP counselors who can help you. For more information or to schedule a phone appointment, contact Christine Pittman at 919-731-1586.

**Dial Up Bible Study**  
Mr. Willie Walker will have Bible study on Wednesdays from 10:00am to 11:00am. Not computer savvy, no problem we've got you covered. This Bible study is on a conference call from your phone. Call Lisa Weston at 919-731-1589 to register, to receive the phone number and a Book of Romans study guide.

## 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.



## Valentine's Day Fun Facts

Conversation hearts first began when a Boston pharmacist named Oliver Chase invented a machine that made medical lozenges — used for sore throats and other illnesses. The result was America's first candy-making machine, because the pharmacist soon started shifting his focus from making lozenges to candy instead! Chase founded the New England Confectionery Company, or Necco, and the candy lozenges soon became what we know today as Necco wafers.



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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](http://www.waynegov.com) or 919-731-1150

**What's happening on Facebook**  
Search Wayne County Services On Aging to find us on Facebook (FB) and YouTube!  
Celebrate Black History Month  
The time is always right to do what is right.  
-MLK

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

<ul style="list-style-type: none"> <li>Advocacy for Seniors</li> <li>In Home/Hospice Services</li> <li>Disaster Preparedness</li> <li>Durable Medical Equipment</li> <li>Employment &amp; Training Resources</li> <li>Energy Assistance</li> <li>Food &amp; Nutrition Programs</li> <li>Medicare/ Medicaid</li> </ul>	<ul style="list-style-type: none"> <li>Senior Games</li> <li>Social Security Benefits</li> <li>Suspected Abuse/Neglect</li> <li>Tax Preparation</li> <li>Veterans Benefits</li> <li>Medical Transportation</li> <li>Housing Assistance</li> <li>Call 919-731-1608</li> </ul>	<ul style="list-style-type: none"> <li>Health Promotion</li> <li>Friendly Caller Program</li> <li>Health Screenings</li> <li>Home Repair &amp; Modifications</li> <li>Assistive Devices</li> <li>Insurance Counseling</li> <li>Legal Services</li> <li>Mental Health</li> </ul>
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♥ Happy Valentines Day ♥

## Fitness Room Appointments

We are 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 40inch Flat Screen TV. Applications to participate in the Senior Games will be available. Stop by to pick up your Breakfast To Go on **Friday, February 5<sup>th</sup>, from 8:30am -10:00am.**

## ZOOM Exercise Class-Tone & Tighten and Group X class

Lisa Weston will hold exercise classes via ZOOM. Monday Tone & Tighten and Wednesday Group Exercise 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.

## Arthritis Exercise Class

The Arthritis Exercise class meets on Wednesday and Friday at 11:00 am. For more information or to register, call Lisa Weston at 919-731-1589. Space is very limited and **registration is required.**



## Line Dance

Come and join Lisa Weston for line dancing on Fridays at 9:30 am. Space is limited. For more information, 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](http://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](mailto:energy.assistance@waynegov.com) (if you choose this method, you must print off your application to sign and scan)



## Corn Hole Practice

Senior Games practice will be held on Fridays, by appointment only, for Senior Center members. Practice times will run for 45 minutes at 2 & 3pm. Call Lisa Weston at 919-731-1589 to register. Slots are limited and will be on a first come first serve basis.

## WAIST AWAY- Smart Snacks 101

Making the smart choice on snacks is critical. Here are some ideas for healthy snacking habits you can follow to stay on track this winter. **Snack in the** afternoon between lunch and dinner. Snacks work best when they're balanced with a mix of *protein* such as yogurt or string cheese, *fiber* found in popcorn or whole grain crackers and a *healthy fat* found in nuts or peanut butter. **Eat color**, avoid a mindless binge and keep it colorful: berries, oranges and almonds and cucumbers or broccoli, mix them up.

**Low fat**, don't be fooled. Just because it says "low fat" doesn't mean it's good for you. To make low fat options, food manufacturers often add sugar and other unhealthy ingredients to improve the taste.