PHOTOS FROM 2018
NC SENIOR GAMES EVENTS

Visit the PPSG Facebook page for hundreds more
PIEDMONT PLUS
SENIOR GAMES & SILVER ARTS

KICKOFF PARTY
FRIDAY, JAN. 18, 2019  10 AM ~ NOON
HANES HOSIERY REC CENTER, 501 REYNOLDS BLVD.

THIS EVENT IS FREE AND OPEN TO THE PUBLIC!
Participants will be able to take part in Senior Games events.
It’s a great time of fellowship, fun and fitness.

Entry forms for the 2019 Games will be given out during this event. Entry forms also available in all recreation centers and at the Senior Games office, 2301 N. Patterson Ave.

For more information call Chuck Vestal at 336-727-2325 or visit www.WePLAY.ws.

THANKS TO OUR SPONSORS!
Register your Dream Team!

Saturday, Feb. 2 at 10 a.m.
Miller Park Community Center, 400 Leisure Lane

FREE FOR ALL!

- Compete in teams of two (grandparent and grandchild).
- 5 indoor events (cornhole, shuffleboard, basketball shoot, football throw, indoor petanque)
- Categories: Grandparents, great-grandparents and great-great-grandparents.
- Competition limited to children 14 and under.
- All competitions to be held indoors at Miller Park Community Center.

Registration is open! Call Chuck Vestal at 336-727-2325 or email chuckv@cityofws.org
REGISTRATION DEADLINE: 5 P.M. ON FRIDAY, FEB. 1
Salvation Army
2850 New Walkertown Road
Tuesday, January 29 2019
10am start time

Open Tournament for Adults 50 and Better
(no age or gender groupings)

Teams of Six Players

Register by emailing chuckv@cityofws.org or calling Chuck at 336.727.2325 prior to 5pm Monday, January 28.
"Walk ups" will not be allowed to play.

Go to the weplay.ws website Senior Page for Rules
Humana is a Medicare Advantage HMO, PPO and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. It is important that we treat you fairly. Discrimination is against the law. Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion. Humana complies with all Federal and State Civil Rights laws. Language assistance services, free of charge, are available to you. Call 1-877-320-1235 (TTY: 711). Español: Llame al número arriba indicado para recibir servicios gratuitos de asistencia lingüística. 繁體中文: 撥打上面的電話號碼即可獲得免費語言援助服務.
WEEKLY CHAIR VOLLEYBALL SCHEDULE

Tues.  Salvation Army (New Walkertown Road)  11 am

Thurs.  William Sims Center  11 am

Wed.  14th Street Rec Center  11 am

Winston-Salem Recreation & Parks
We Provide Leisure All Year!
2019 CONCERT SCHEDULE

February 3 at 3 p.m.
WINTER CONCERT, South Fork

March 10 at 3 p.m.
SPRING CONCERT, South Fork

May 5 at 6:30 p.m.
POTPOURRI CONCERT, Miller Park

June 9 at 6:30 p.m.
SUMMER CONCERT, Miller Park

July 7 at 6:30 p.m.
PATRIOTIC CONCERT, Miller Park

August 4 at 6:30 p.m.
BAND SHOWCASE CONCERT,
Lewisville Baptist Church

September 8 at 5 p.m.
TRADITIONAL SUMMER CONCERT,
Fries Memorial Moravian Church

October 6 at 3 p.m.
BEST OF SUMMER, Miller Park

November 10 at 3 p.m.
FALL CONCERT, SalemTowne

December 8 at 5:30 p.m.
CHRISTMAS CONCERT,
Fries Memorial Moravian Church

SOUTH FORK COMMUNITY CENTER
4403 Country Club Rd. 336-659-4305

SUMMER CONCERT SERIES AT
MILLER PARK AMPHITHEATER
Queen Street near Moore School
336-727-2831
(In the case of rain or extreme heat the concert be
will held inside the Miller Park Recreation Center.)

LEWISVILLE BAPTIST CHURCH
125 Lewisville-Clemmons Road

SALEM TOWNE
100 Salem Towne Dr.

FRIES MORAVIAN CHURCH
251 N. Hawthorne Rd.

ALL PROGRAMS ARE FREE!
For additional information, call
(336) 659-4305 or (336) 993-2325
www.WePLAY.ws
Stumped by Your New Tech Gadget?

Getting tech support is easier than ever

by Marc Saltzman, AARP, December 25, 2018

Can’t figure out how to use your new tech toy? You’re not alone.

You may have unwrapped a new smartphone, tablet, television or smart speaker with glee this holiday season, but it might not be working quite right out of the box, or perhaps you just need a little help in mastering it.

“IT can be overwhelming when facing a gadget with a lot of features, settings, buttons, ports, cables and other things you might not have worked with before,” acknowledges Derek Meister from Geek Squad, a subsidiary of Best Buy. “Of course, most people, regardless of age, are capable of learning to use gadgets over time.”

“Repetition is key,” confirms Carley Knobloch, a technology and lifestyle expert. “The best way to learn something is by repetition, and if you’re only using a gadget every now and then, you’re likely to forget what you need to know in between uses.”

You’ve got options, of course. But how you go about getting technical help could vary greatly — based on what the issue is, how tech-savvy you are, and what you can afford — and so here’s a look at a few options for when (not if) you need some support.

For more tech advice and entertainment news, get AARP’s monthly Lifestyle newsletter.

Tech-savvy relative, friend

Have anyone in the family born in the 21st century? Perhaps they can help. Invite over that digitally native grandchild, niece or nephew, and walk through the issue with them. Nothing beats in-person help, but ask them to also explain what they’re doing and not just fix the problem — in case it happens again — and take some notes, too.

If it’s computer help you need and no one is able to come over, allow a tech-savvy relative or friend to log into your PC remotely to help you out. Free software — like Splashtop Personal, GoToMyPC and LogMeIn — eliminates a potentially frustrating exchange over the phone (“I said RIGHT mouse click on the icon!”). By letting someone access the computer you’re in front of, you can watch your cursor magically move around your screen while your expert walks you through the process on your phone.
Web search, video tutorials

Want to try to fix the issue yourself? Go to your favorite search engine and type in the problem. Be as specific as you can. For example, rather than Googling “no sound on laptop,” type in a detailed query like “no sound on HP Pavilion laptop” to get step-by-step instructions (with this example, you may need to reinstall or update the audio driver).

If you’re a visual learner, consider YouTube, suggests Glen Sutton, a senior vice president for the Americas at Ingram Micro Commerce & Lifecycle Services, the world’s largest distributor of tech products. “YouTube is a great resource to figure out almost any tech gadget, and it can simplify lengthy instructional manuals that often come with new products,” Sutton adds. Simply type in some keywords in the YouTube search window to watch someone explain how to fix something before you attempt it. It might be an easier and quicker solution than reading an article or manual about the same topic.

Knobloch agrees: “YouTube could be a great learning tool indeed, as you can follow along and hit ‘pause’ when you need to. Be patient with the process and take on a little bit at a time.”

Ian Allenden/Alamy

Call or message tech support

If you’re paying for a service — like online connectivity from an internet service provider (ISP) or television content from your TV provider — that company is obligated to help
you. In fact, part of your monthly fee goes toward the tech support department, so this should be something you leverage before paying for outside help.

If it's a product, be sure to register your gear with the company you bought it from. Even if the warranty period has expired, many companies may still try to help you over the phone.

Also, try going to the company's website and look for a "Live Chat" tab. This will open a text-based chat window that lets you correspond with an expert. It may be a computer-controlled "chatbot" at first, but a human will kick in eventually.

Professional help

When friends and family aren't available, and searching Google or YouTube fails short, and you're confused by what manufacturer support told you, experts can help.

"You'll want to confirm they're qualified professionals who clearly know the technology you're looking to support, and can explain things to you in an easy-to-understand way," says Meister. "Be sure you're clear on availability and cost before you commit."

For example, Total Tech Support, powered by Geek Squad, offers unlimited support by phone, online and in-store for one annual fee. And Geek Squad in-home services to help with everything from computers to TVs and appliances are provided at a significantly reduced rate.

Another in-home tech support service, HelloTech, offers assistance on everything from smartphone setup to Wi-Fi issues to configuring smart home gadgets. On the HelloTech.com site, click or tap on a specific issue, and then schedule a visit from a vetted and trained technician. A quote is given ahead of time, which is based on the job, not billed by the hour. The company also offers 24/7 online tech support.

Books and courses

If you want to master your new gadget, you might consider a book, such as in the For Dummies series, that can walk you through the product's features with step-by-step instructions, and all in plain English, including beginner, intermediate and advanced functions. (Full disclosure: Yours truly has written two of these books.)

AARP offers in-person and online classes on using smartphones, tablets and other tech gadgets. And if you're really devoted to upping your tech game, you can take a community college course (or online classes) about a particular topic, like mastering Windows 10 or Microsoft Office.

More on Technology

- AARP books that help you better navigate technology
- 10 modern solutions to old problems
Senior Softball

Players Wanted

The Lewisville Masters Senior Men’s Team, 69 to 74 age group is seeking players in Forsyth, Davidson, Davie, Yadkinville and Guilford Counties for Tournament Softball. All tournaments primarily within 200 miles of Winston-Salem, NC. If you or anyone you know is interested in playing Senior Softball in 2019 please contact Eddie Lentz at 336-650-2445. He will be happy to provide full details. Thank you!
ACHIEVE is a research study investigating two different treatments that may promote healthy aging and cognitive health in older adults:

- **Successful Aging**: one-on-one sessions with a health educator on healthy aging topics
- **Hearing Loss Treatment**: wearing hearing aids daily and one-on-one sessions with an audiologist

Both programs are provided at NO COST to participants.

You may be eligible to participate in ACHIEVE if:

- You are 70 – 84 years old
- Speak fluent English
- Have some problems hearing but do not currently use hearing aids
- Do not live in a nursing home

To learn more about ACHIEVE call Josh at 336-716-7282
Being Short
Margaret Miller

When I was young, and full of energy, my hours being filled with school, sports, and boy watching I never gave being short a moment’s thought.

I think coming to the U.S. possibly made me realize that at that time the English were a short race but Americans seemed very tall. It didn’t bother me until these later years, knowing that I have shrunk at least one inch.

I was at the grocery store - not my most favorite task but a necessary one. I had my list and my coupons and set off to pick up the things I had run out of at home and the specials that seemed smart to take advantage of. I also had some special things on the list to make dinner for friends that evening.

I finished with the fruits and veggies, picked up the wine, and headed to the seafood department for the fish and shrimp. Fish course accomplished, then to the foreign food section. This is my favorite aisle in the store as I do love spicy and unusual foods. “Foreign” is a bit of a misnomer because in general you can only get Mexican, Indian, and Thai foods and condiments. There are other countries that have delicious foods but the necessary items you need to make them are not found in this store. I found a couple of things I wanted and was searching for one item in particular. There it was...... way up there in the clouds on the top shelf. There was no way I could reach it so I walked to the end of the aisle and peered around the stack of canned soup on special. No one is in sight. I go the other way and see a mother with two unruly children and a huge shopping cart full of groceries, so I decide not to approach her. I went back to the item perched on high. I stared at it, willing it to fall into my hands, but no such luck. I remembered as I was standing there what I did once in the same circumstances. I stood on the bottom of the lowest shelf thinking I could just reach, but to my chagrin the shelf dislodged and the aisle was quickly strewn with all sorts of good things. It made quite a noise and very quickly someone appeared looking disdainful and shortly after that I heard the dreaded “Clean up on aisle four.” No way was I going to repeat that disaster!

I moved on and picked up the other items on my list. I checked it quickly, decided that was all I needed, and proceeded to the check out. I found one with only one cart in front of me so I waited there, getting out my store card, coupons and wallet. Soon it was my turn so I unloaded as much as possible on the counter, proffered the store card and waited.

The obliging clerk asked, “Did you find everything you need?”

“Well, no,” I said “there was this item in the foreign food aisle...”

She was on the intercom in a flash. “Assistance needed on register five.”
I glanced behind me. There was a young woman busy reading a magazine from the rack. “That’s good,” I thought. Just about then a store assistant manager came over, and I was very amused. She was shorter than me! She asked me what I needed and I started to say “But it’s on the top shelf,” but she was off to find it before I could say the first word.

I turned around again but the young woman was still reading. Behind her was another cart, with a woman scowling at me. I muttered “Sorry,” but she just turned her head away. I then heard what sounded like nails drumming on a box of cheerios. Well, I did say I was sorry!

It seemed to take forever but eventually the short assistant manager hurried back with a young man in an apron, with a badge fastened on his shirt, and who seemed to be about seven feet tall to me, but probably is about six feet one. He brandished my elusive item. The assistant manager gave me a knowing look with a hint of a smile so I said “Thank you” and noticed that the drummer had gone to another checkout line. I paid for my purchases and wondered if I might ask the assistant manager if I could borrow the young man for a day to change a couple of light bulbs, tidy up the top cupboards in the kitchen, and dust the top of the bookcase. “Dream on,” I mused and smiled to myself.

On my way to the car I wondered what problems tall people must face. Banging their heads, scrunching up in airplane seats, maybe. I couldn’t think of any other situations. It’s not nearly as bad as being short, but that’s just my opinion. As my daughter reminds me “It is what is,” so maybe I should stop whining.

Many famous people were or are short. Take Queen Victoria for example. There was a short, busy lady who had a huge Empire to run. Did she complain? I doubt it. Then there was Napoleon who did quite well until he messed up. There are lots of others also.

As I climbed up into my SUV (and I do mean climbed) I thought about some other things that make me realize just how short I am, being not much over five feet tall. A long time ago my husband and I went to look at a sports car. I loved it except that even with the seat all the way forward I couldn’t reach the pedals enough to safely change gear. We obviously didn’t buy that car. Forget going to sports events where everybody jumps up out of their seat when a good play is made. You never see it; all you see are big shoulders, and arms raised above heads, so you may as well stay sitting down. This summer I was on the underground in London. It was standing room only, when a young man turned around very suddenly and hit me in the face with his backpack. If I had been taller it would have hit my shoulder. He didn’t even notice.

So, the next time you see a short person gazing up at the top shelf in the grocery store, take pity and offer to help them. We can’t help it, we were born that way.
Needs Volunteers!!

The Winston-Salem chapter of Adult Children of Aging Parents (ACAP) is in need of volunteers to help with publicity and sponsorship. The time commitment is 3-5 hours per month. Some computer skills are required. Sponsorship requires helping to recruit sponsors for programs throughout the year. If you are interested in learning more about these volunteer opportunities, contact Lana Benton for publicity bentonlana@gmail.com or Melissa Hunt for sponsorship, mshunt@huntinsurancesolutions.com

To learn more about ACAP, visit their website: http://acapwinston-salem.org/

Transportation Volunteers Needed

The Shepherd’s Center of Greater Winston-Salem will be holding a new volunteer orientation on Thursday, January 10, at 10:00 am at its location, 1700 Ebert St., Winston-Salem. While opportunities are available in several of our programs, volunteers are especially needed to provide grocery shopping assistance to homebound older adults. Some assistance shopping and carrying groceries may be required. Trips are scheduled on weekdays between the hours of 9 am and 4 pm; an average trip is two hours. Mileage reimbursement is offered. For more information or to register for the orientation, please contact Vicki Poore at 336-748-0217 or by email, vpoore@shepherdscnet.org.
Getting your **seasonal flu vaccine** can help protect you and those closest to you.

If you are **65 years of age or older**, in good general health, and have not received a seasonal flu shot for the current flu season, you may qualify to participate in a research study evaluating an investigational **plant-based flu vaccine**.

Qualified participants will receive the investigational vaccine or FDA-approved quadrivalent flu vaccine at no cost. Financial compensation will be provided for time and travel.

Learn More:

**336.714.7672**  
**PMGofWinstonSalem.com**
Before you Renew, Let’s Review!

One Agency - Multiple Health Plan Options

Call us at 336-778-1070
to compare most major Medicare health plans.

The Annual Enrollment period runs
October 15th - December 7th
GIVE so he can LIVE his best life.

Too many local seniors are alone, hungry and struggling to meet basic needs. You have the power to change a life.

Your caring gift in any amount will help older adults in need in Forsyth County remain in their own homes, living with dignity and purpose.

Please make your tax-deductible gift securely online here and become part of a vital support network for our community’s elderly who are living with frailty and are at risk of hunger and isolation.

MEALS-ON-WHEELS • ELIZABETH AND TAB WILLIAMS ADULT DAY CENTER
SENIOR LUNCH • HOME CARE • HELP LINE • LIVING-AT-HOME • ELDER CARE CHOICES

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How to Protect Your “Stuff” in 3 Easy Steps

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ESTATE PLANNING & ELDER LAW
3880 Vest Mill Road, Suite 200
Winston-Salem, NC 27103
(336) 406-6735
info@SalemEstatePlanning.com
www.SalemEstatePlanning.com

Upcoming Workshops

Tuesday, December 11th at 6:30pm
Tuesday, January 8th at 10:30am

All workshops are held at our office on Vest Mill Road.

Seating is limited.
CALL TODAY to reserve your seats.

This workshop covers frequently asked questions and common misconceptions regarding:
Wills & Trusts | Asset Protection | Nursing Home Issues | Medicaid Qualification | Estate Taxes

The choice of a lawyer is an important decision and should not be based solely upon advertisements.
Tai Chi for Memory
Tuesday & Thursday mornings starting January 8th, 2019
10:30am -11:30am
in the Upper Level Multipurpose Room, 1700 Ebert Street, Winston-Salem
(please park on the upper level; building is handicap accessible)

Tai Chi is a slow, graceful form of exercise often described as “a moving meditation.” It originated in ancient China and was once performed only by royal families as a secret to longevity. Today it is practiced regularly by millions of people around the world because of its many scientifically researched and proven health benefits.

Researchers have found that tai chi improves memory and brain health. It is especially useful for people with memory loss, Alzheimer’s disease, or similar conditions. Tai chi for memory has been shown to help prevent these conditions.

Tai Chi for Memory is also great for those caring for people with memory loss. This mind-body program is easy to learn and engages everyone for a quality time together.

No special equipment is required. Wear comfortable clothing and shoes. All you need to bring is your curiosity and your willingness to improve your health!

Tai Chi for Memory is an 8 week program meeting on Tuesday and Thursday mornings.

Classes start January 8th, 2019 through February 28th, 2019. The cost of the class is $40 per month or $80 for the 8 week program which equates to $5 per class. Please plan to pay on the first day of class.

For more information, call Susan Meny at 336-748-0217. Classes began in January, but you may start late if necessary. We will make every effort to accommodate.
We’re Number One!

Local Government Federal Credit Union earned the rank of No. 1 Credit Union in North Carolina, in Forbes magazine’s first-ever listing of the Best-In-State Credit Unions.

LGFCU earned an impressive score of 94.08 in the Forbes survey of more than 25,000 credit union members and bank customers across the U.S.

Customers were asked to rank their current and former financial institutions on criteria including trust; terms and conditions; branch services; digital services; financial advice; and overall recommendations and satisfaction.

Overall, credit unions fared better than banks in the Forbes survey, with an average score of 80 compared to 75.2 for banks.

“Our 330,000 loyal members already believe LGFCU is the best Credit Union to be found anywhere. Seeing our name at the top of this Forbes ranking just proves what our members know and want to share with others: That we’re a member-owned, nonprofit cooperative working hard to earn their trust and business.”

Maurice Smith, LGFCU CEO
PICKLE BALL
is a big DILL!

Sedge Garden Neighborhood Center
Adult Pickleball
Tuesdays & Thursdays 9:30 a.m. - noon

For more information contact Jessica Garrett at 336-650-7694 or jessicag@cityofws.org
The Aging Well Series is a community-wide educational initiative held the second Tuesday of each month from 6 to 7 pm in the Auditorium of the Forsyth County Central Library, 660 W. 5th Street, Winston Salem.

April 10 | Aging & Memory: What’s Normal and What’s Not?
- Tim Hughes, PhD, MPH, Sticht Center for Healthy Aging & Alzheimer’s Prevention

May 8 | What is “Aging Well” and How Can We All Live Our Best Lives?
- Steve Kritchevsky, PhD, Co-Director, Sticht Center for Healthy Aging and Alzheimer’s Prevention

June 12 | Understanding Dementia: Strategies for the Common Challenges
- Ed Shaw, MD, MA, Director of the Wake Forest Memory Assessment Clinic, Counseling Center, Sticht Center for Healthy Aging and Alzheimer’s Prevention

July 10 | Improvisational Movement: What It Is and How It Can Help You Feel Good and Live Well!
- Christina Hugenschmidt, PhD, Sticht Center for Healthy Aging and Alzheimer’s Prevention
- Christina Soriano, MFA, Wake Forest University, Director of Dance and Faculty Fellow, Office of the Provost

The latest research on preserving memories by reducing the risk of Alzheimer’s.
- Laura Baker, PhD, Associate Director, Sticht Center for Healthy Aging and Alzheimer’s Prevention

Sept 11 | Get Up, Get Out and MOVE! The Why’s and How’s to Stay Active and Engaged!
- Barb Nicklas, PhD, Deputy Director, Sticht Center for Healthy Aging and Alzheimer’s Prevention
- Laura Baker, PhD, Associate Director, Sticht Center for Healthy Aging and Alzheimer’s Prevention
- Matthew Burczyk, AICP, Coordinator of the Bicycle & Pedestrian Program, City of Winston Salem

Oct 9 | Your Heart Health Is in Your Hands
- Jo Cleveland, MD, Geriatrician, Sticht Center for Healthy Aging and Alzheimer’s Prevention

Nov 13 | Legal Tools to Combat Exploitation and Abuse of Older People
- Kate Mewhinney, JD, Managing Attorney, Elder Law Clinic, Wake Forest University School of Law
- Jessica Spencer, JD, Assistant District Attorney, Forsyth County

Dec 11 | What to Do When the Holidays Aren’t So Jolly
- Stephen Rapp, PhD, Sticht Center for Healthy Aging and Alzheimer’s Prevention

Jan 8, 2019 | Function, Falls, and Fraility—Staying Safe at Home and Abroad
- Kathryn E. Callahan, MD, MS, Vice-Chief, Education, Section on Gerontology and Geriatric Medicine, Wake Forest Baptist Medical Center

Feb 12 | Where Do I Start? A Framework for Talking to Your, or Your Parent’s Doctor About Key Health Issues
- Jeff D. Williamson, MD, MPH, Chief, Section on Gerontology and Geriatric Medicine
- Director, Center for Healthcare Innovation, Wake Forest Baptist Medical Center

March 12 | Diabetes in Older Adults: What Everyone Needs to Know
- Don McClain, MD, PhD, Director, Center on Diabetes, Obesity & Metabolism, Wake Forest School of Medicine

Sessions are FREE of charge. Seating is limited and pre-registration is required.
Register by going to: WakeHealth.edu/calendar and scroll down to: The Aging Well Series, or call 336-713-BEST (2378).

A joint collaborative sponsored by Wake Forest Baptist Health Sticht Center for Healthy Aging and Alzheimer’s Prevention, BestHealth and the Forsyth County Public Library.
Making sure to support our sponsors: