SHEETZ COMES ON BOARD AS A PPSG SPONSOR

Get by to visit our newest financial partner, Sheetz. We are excited to have Kelly and her staffs on board. On October 19 Sheetz provided an incredible selection of healthy snacks to our Community Bingo Players. From packaged fruit, to giant muffins, to fried pies and a variety of cheese items along with ice cold bottled water. You will see Sheetz on site at upcoming events including, but not limited to the Grand Games and the PPSG Kickoff in January. If you have not been by one of their stores, please make plans to do so. They have amazing made to order fresh meals, competitive fuel prices and a selection of food products second to none.

What is Sheetz all about
Above all else, Sheetz is about providing kicked-up convenience while being more than just a convenience store. Sheetz is a mecca for people on the go. If you need to refuel your car or refresh your body, we have what you need to keep you moving on to whatever comes next.
Road warriors. Construction workers. Soccer moms. They all have a special place at Sheetz. We know you don't have time to run all over town for the things you need. Sheetz has what you need, when you need it. And, we're here 24/7/365. Even on Christmas day.

Committed to our Customers
We really care about our customers. Our mission at Sheetz is to provide fast, friendly service and quality products in clean and convenient locations. We work hard to make sure we deliver on our Mission promise every day. We continue to reinvent ourselves and bring innovation to our industry. In fact, our Vision is to create the business that will put Sheetz, as we know it today, out of business. That's what keeps us on top and keeps us focused on ways to make our business even more successful in the future.
We are able to succeed because we have outstanding employees with a commitment to Total Customer Focus (TCF). Our employees strive to meet the needs of our busy customers. Our employees are also active participants in the communities in which we operate convenience stores.
2018 NEW Silver Arts Location!

Together with Rob Norwood of the brand new Forsyth County Central Library, the Piedmont Plus Senior Games and Silver Arts would like to officially go public and reveal our new location for the 2018 Silver Arts: Forsyth County Central Library!

If you have not yet seen the library, we urge you to check it out! As soon as you arrive, you’ll notice the striking landscaping complete with a massive book sculpture right at the front door. The entire building is faceted with windows on all sides, permitting for stunning views of both the city and the mountains in the distance. The inside is complete with an outdoor balcony meeting space, an auditorium, three levels full of books, completely accessible architecture, and artwork showcased throughout. It is truly a sight to be seen and a true treasure for Winston Salem.

We are enormously enthusiastic, honored, and awaiting the positive things this change will bring the silver arts competition. With a space much larger than any display we have done before, we believe the library will pull in hundreds of new people that are able to view the artists’ incredible work. With that, our showcase will run for the entire month of Apo allow for maximum viewing potential.

We are incredibly grateful to the Forsyth County Central Library for this opportunity, and we do hope you are as thrilled as we are to see how this develops our silverarts program.
Public Drop-In Sessions for Parks and Open Space Plan Update

An update to the Winston-Salem/Forsyth County Parks and Open Space Plan is underway. City and County staff need your input to establish the recommendations that will guide the future of the City and County Park Systems. Five public drop-in sessions will be held during the month of November to allow citizens an opportunity to let the City and County staff know their thoughts on the City and County parks. Come by anytime during a session to provide your input and talk with staff.

Thursday, November 2nd, 6-8 pm at the Triad Park Woodland Hall, 9652 W. Market Street, Kernersville

Tuesday, November 7th, 6-8 pm at the Salem Lake Marina Center, 1001 Salem Lake Road, Winston-Salem

Monday, November 27th, 6-8 pm at the Southside Library, 3185 Buchanan Street, Winston-Salem

Tuesday, November 28th, 6-8 pm at the Lewisville Library, 6490 Shallowford Road, Lewisville

Wednesday, November 29th, 4-6 pm at the Bethabara Park Visitor Center, 2147 Bethabara Road, Winston-Salem

If you can’t make a meeting, please provide your input by taking our survey at www.surveymonkey.com/r/WSFC_ParksandOpenSpace. Please share the meeting information with anyone you think would be interested in providing input.

PPSG CYCLISTS EXCEL IN RALEIGH (provided by Laura Hull)

Returning for my second year to the state senior games brought the fun of seeing many of the same faces competing as I had my first year. I was delighted to find friendships now developing as we talked longer and got to know more about each other. To me it felt as much like a college reunion as it did a cycling competition. But unlike a reunion, most of my new friends looked so young for their age. I said to more than one person, "I need to see some ID, you can’t possibly be that old" as they were awarded medals in their age groups. Does cycling keep a person young or do young-at-heart people cycle was my take-away question. Either way, being at the senior games for cycling for my second time has motivated me to keep on pedaling.
Bocce with Special Olympians  (provided by John Storrier)

Saturday, October 28 was another gathering of the Special Olympians bocce players. Thanks to Joe Dil-Lembo for getting there at 8:30AM and grooming all the courts. Play began at 10AM. The Olympic group really knows how to do things. There were donuts, candy and water bottles. Did I mention DONUTS? Krispy Kreme’s. In any event, the final match came down to Joe and Cindy vs. me and Lisa. Since everyone was tired (we played for over three hours), the final match was played to 7 points. It was the first time I heard Joe say he was tired. No surprise after all the work he did.

Despite being down 5 to 0, Lisa and I staged a miraculous comeback to win. That’s because Lisa carried me. Hope she does well in their tournament in Charlotte next week. There’s a lot to be learned from these Special Olympians - they are all extremely respectful of one another and they all provide encouragement and support to each other. Simple values that mean so much.

WRITER’S CORNER  Now It’s Time to Bury Something Else
Jessie Crockett

We hear and react about burying some things. “Bury the Hatchet”, “bury the disagreement”, “bury the resentment”. These are just a few of the things we need to bury; they can make our lives better.

Some of the things we keep are so overwhelming and burdensome that the only thing to do is bury the, I believe now is the right time to bury the word can’t. a word that is used and believed so often, it causes one to wonder whatever happened to can. The word can’t has stolen some of our zeal and prevented us from facing many challenges that confront us. This word affects us in a way that may cause a person to feel helpless and hopeless.

We don’t need a mindset that will discourage us and cause a person to give up before ever starting to do something. Since bury means to put completely out of mind, we can bury a word and that word is can’t.

Can’t will come to mind now more than ever because some things seem so difficult. Many negative messages are being sent but the I Can attitude gives a positive response on ways to make our lives better and the community at large.

Let’s bury can’t and look for a difference in our society today.
I can is a good place to start
Senior Greenway Walking Club
Explore Winston-Salem’s newest greenways!
4 Tuesdays in November

QUARRY PARK Tuesday,
November 7 10:00am
2450 Reynolds Park Road

Long Branch Greenway
November 14, 10:00am
Corner of Patterson Ave & East
3rd Street

Jamison Park Greenway
November 21, 10:00am
301 Meadowlark Drive
(beside Meadowlark school)

Washington Park Par Course
November 28, 10:00am
1490 Broad Street

Need motivation for exercise? There is strength (and accountability) in numbers. Arrive each date 10 minutes early to stretch and receive details about the morning’s walk. The walk will be tailored to your ability.

For more information, contact Chuck Vestal at 336-727-2325
Medicare costs hard to swallow?  
SHIIP can help find the best Medicare Prescription Drug Plan for you!

It’s time to evaluate your plan and see what’s new for 2017. SHIIP, a division of the NC Department of Insurance, offers free, unbiased information about Medicare and can assist with enrollment and subsidy applications that could save you money.

Medicare Annual Open Enrollment Period
October 15 – December 7 (Changes will be effective Jan. 1, 2017)

**SHIIP Assistance in Kernersville**
Senior Enrichment Center  
130 E. Mountain St. (336) 992-0591
**Open Enrollment Computer Lab**
Thursday, November 9th 10:00 am  
Space is limited, sign up today!
**Individual Appointments**
November 2nd Call Lisa or Debbie for appointment.

Appointments are also available during the open enrollment period at The Shepherd’s Center office, 431 W. Bodenhamer St., call (336) 996-6696.

**SHIIP Assistance in Winston-Salem**
Shepherd’s Center of Greater Winston-Salem  
1700 Ebert St., Winston -Salem, 27103
Fridays, November 3, 10, 17 and December 1 1:00-5:00 pm.
Call (336)748-0217 for appointment.

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"To catch the reader's attention, place an interesting sentence or quote from the story here."
October 19

by WS Chronicle

Judie Holcomb-Pack, For Seniors Only editor and writer, recently received a gold medal for her short story, “When Are You Too Old to Run Away from Home?” in the North Carolina Senior Games/SilverArts literary competition.

Earlier this year she won first place in the Piedmont Games SilverArts competition for her short story, as well as first place for her poem, “The Woman in the Red Dress,” qualifying her to represent Forsyth County in the State games. This is the second gold medal Holcomb-Pack has won in the SilverArts literary competition.

Holcomb-Pack retired from Crisis Control Ministry as its PR and Marketing Consultant in 2014 and then joined the company that published The Chronicle as part-time editor and writer for For Seniors Only magazine. She is also a member of Winston-Salem Writers.

“I urge all seniors to write, whether it’s a journal, poem or story,” says Holcomb-Pack. “We all have many stories inside us just waiting for an opportunity to be shared with the world. Don’t worry about it
Outdoor Senior Pickleball Tournament

When: Thursday, Nov. 9th 2017
Where: Old Town Rec. Center (Tennis Courts)

- 50 and Better
- Mixed Doubles—1:00pm
- Doubles—After Mixed

This event is FREE

To Register, email Chuck Vestal at chuckv@cityofws.org or call (336)727-2325 by NOON on November 8th
WHERE & WHEN

Oct. 15th - Dec. 16th

Mon. - Fri. 9am - 5pm
Bryce A. Stuart Building
Downtown
(100 E. First St. W-S)

Black Phillips Smith
Government Center
(2301 N. Patterson Ave. W-S)

Mon.- Fri. 9am - 9pm
Polo Community Center
(1850 Polo Rd. W-S)

W.R. Anderson
Community Center
(2450 Reynolds Park Rd. W-S)

Contact

Brandii *336-727-2975
BrandiiL@cityofws.org

Leanne *336-727-2134
LeanneP@cityofws.org

Carlie *336-727-2425
CarlieP@cityofws.org

Donate Your Gently Worn, Used and New Shoes To

Help us raise funds for our organization by donating your gently worn, used and new shoes!

And don’t forget to ask friends, family, neighbors and co-workers to donate too!

Collected shoes are used to support micro-enterprise vendors. Micro-enterprises are small businesses in developing nations. They are typically operated by one person or family and friends, depending on size.
Medicare Open Enrollment: What You Need to Know

Answers to frequently asked questions about enrolling in Medicare.

By Joseph P. Williams, U.S. News Staff Writer
Oct. 16, 2017, at 9:49 a.m.

Call it the health insurance version of an October Surprise.

The annual Medicare fall open enrollment period, during which people with Medicare can choose or alter their coverage plans, will overlap by several weeks with the open enrollment period for the health insurance marketplaces mandated under the Affordable Care Act, also known as Obamacare.

Finding the right Medicare plan, figuring out deductibles and worrying about the prescription drug "donut hole" can be confusing enough. According to Paula Muschler, operations manager for Allsup, a private company that advises seniors on their health care options, each year since Obamacare marketplaces launched in 2014, the two open enrollment periods have occurred at the same time, causing some confusion. Medicare beneficiaries, she says, often ask about Obamacare and want to know: "How does this affect me?"

The answer: not much. What follows are some FAQs about Obamacare's relationship with Medicare and what seniors should consider during the open enrollment period:

Q: Does Obamacare impact my Medicare?
A: Medicare isn't part of the Obamacare health insurance marketplaces established under the law. "That's important for people to understand," says Juliette Cubanski, a Medicare policy analyst at the nonprofit Kaiser Family Foundation. "[People covered by Medicare] don't need to worry about the mandates; they don't need to worry about penalties [for not having health insurance]."

Q: So you're saying that Obamacare hasn't changed Medicare at all?
A: Not exactly – because of the health reform law, you'll get a few more services and save more money.

The ACA requires Medicare to cover certain cancer early-detection screening services, such as mammograms or colonoscopies, with no out-of-pocket charges and without charging you for the Part B coinsurance.

"There are changes made that are actually improvements in benefits," Cubanski says. "That's something for people to actually look forward to."

Seniors now qualify for a free yearly "wellness" visit to a doctor, and health care reform is slowly closing the Medicare prescription drug coverage gap. More on that later.
Q: What’s the open enrollment period?
A: The Medicare open enrollment period, which runs from Oct. 15 through Dec. 7, is the window for the roughly 55 million Medicare recipients to review, tailor or change their policies. Some Medicare plans during the past year may have been altered or premiums may have risen or fallen, Muschler says. People already enrolled in a Medicare plan can switch their current Medicare Advantage and stand-alone Part D prescription-drug plans or choose to drop their private Medicare plan and go back to Original Medicare to better suit their needs – and the sooner, the better. "Don't put it aside, don't think your plan isn't changing," Muschler says. "It might be small changes, but they may be changes you need to pay attention to. Seniors need to act now. Don't delay it." Even if their current Medicare coverage plan is satisfactory, Muschler and others recommend reviewing it anyway to make sure it hasn't been reworked significantly since last year. A simple switch to a competing plan can save thousands in out-of-pocket costs, including prescription drug copayments.

Q: I turn 65 in a few months – I’ll be eligible for Medicare, but I haven’t enrolled yet. What should I do during the open enrollment period?
A: People who will become Medicare-eligible soon have a different deadline. People turning age 65 can sign up for Medicare during a seven-month window that begins as early as three months before the month of their 65th birthday and ends the third month after their birthday month. It's best not to wait until the last minute. "The reason you want to start early is you don’t want any [medical coverage] gap," Muschler says. "You need to review your options and how you will use your coverage."
Things to consider: Do you have a preferred health care provider or hospital? What are your health needs? Will your particular choice of Medicare coverage travel with you if you move? Are your medications covered and how much will you pay out-of-pocket each time you fill them? Are there restrictions on where you can fill your prescriptions, and if so, are the plan’s preferred pharmacies close to where you live?

Q: Should I sign up for Obamacare instead?
A: Not if you’re enrolled in or eligible for Medicare. The Health Insurance Marketplace under the ACA is designed to help people under the age of 65 access health insurance. Moreover, it’s illegal for an insurance broker or a health plan to sell you a Marketplace plan if it’s clear that you’re eligible for or are currently covered by Medicare.

Q: Where can I get information about and assistance signing up for Medicare?
A: There are many available resources. For free personalized counseling services you can reach out to your State Health Insurance Assistance program. Find yours at https://www.shiptacenter.org/ or call (800) 677-1116. The Medicare Rights Center also has a national helpline, which can be reached at: 1-800-333-4114. Medicare advisory Allsup also provides personalized assistance selecting the best Medicare coverage for you, and can be reached at (866) 521-7655, as do websites such as AARP and Medicare.com. U.S. News also has a guide that offers information for consumers who are seeking to understand or purchase Medicare plans.
Lifelong Learning
Wake Forest University
Fall 2017

America’s Political Advertising Landscape
Thursdays 2 - 4 pm August 31 – October 5

Angels and Demons in the Bible and Contemporary Culture
Mondays 10 am – 12 noon September 11 – October 16

What’s All the Shouting About? – Opera in America
Wednesdays 10 am – 12 noon September 27 – November 1

Mexico: A Journey
Thursdays 3 - 5 pm October 12 – November 16

Enjoying Shakespeare: Everyone’s Right!
Mondays 1 – 3 pm October 16 – November 20

The following class is full. If you are interested, please contact us to be placed on the waiting list:
Making Sense of Adler’s Six Great Ideas
Tuesdays 10:30 am – 12:30 pm September 5 – October 10

- Short personal enrichment courses with Wake Forest University faculty
- Member benefits include discounted WFU library access, parking for classes, and special members-only events
- General program costs: $70 annual membership (waived for WFU graduates and WFU retirees). $125 per course. $100 per individual per course if enrolled in more than one course per term

For more information or to register online, visit our website: lifelongwake.wfu.edu
Call (336) 758-5232 or email lifelonglearning@wfu.edu
Second Thursday Writers Group meets the second Thursday at 11 a.m. at the Carver School Branch Library, 4915 Lansing Drive. All writers, whether just starting out or experienced, are invited to attend and share their work.

Call 336-703-2910 for information.

Winston-Salem Writers offers writers an opportunity to read from their original work the first Tuesday of every month, 7 - 9 p.m., in the conference room of Milton Rhodes Center for the Arts, 209 N. Spruce St., downtown Winston-Salem.

It is free to attend and you do not have to be a member to read. For information about Winston-Salem Writers, visit www.wswriters.org.
Having memory problems or trouble thinking clearly?

If this sounds like you, or someone you know, please consider the EMERGE Study.

The EMERGE Study is a global clinical research study assessing the efficacy and safety of an investigational medication, to determine whether it can slow the progression of symptoms in early Alzheimer’s disease. There are currently no approved treatments that delay memory loss and progression of disability in Alzheimer’s disease.

You may be able to take part in the EMERGE Study if you:

- are 50–85 years of age
- are experiencing symptoms that might be related to early Alzheimer’s disease, such as problems with memory or thinking clearly
- have someone who can be your study partner to accompany you to certain appointments and provide information about your health.

If you, or someone you know, would like more information about taking part in the EMERGE Study, and helping us to research and advance a potential treatment option for early Alzheimer’s disease, please contact the study team using the details below.

PMG Research of Winston-Salem
336.714.7672
www.PMGofWinstonSalem.com
Thank you to our sponsors: