PHOTOS FROM THE 2018 PPSG SENIOR GAMES AND SILVERARTS

Visit the PPSG Facebook page for hundreds more photos.
1. All participants must qualify through an NCSG sanctioned Local Senior Games program.

2. Local qualifiers will receive notification they are qualified for State Finals from Local Games.

3. Who qualifies?
   a. Participants must complete and score in each event entered at the Local Games to qualify for that event at State Finals (no score is necessary for team and tournament events).
   b. The top three male and female qualifiers in each official North Carolina Senior Games individual sport/event in each age category will be eligible to participate in State Finals except:
     c. Golfers must meet a minimum performance score (MPS) and finish 1, 2 or 3 to qualify.
     d. Teams: The first, second and third place teams per the team sport age category will qualify.
     e. All participants who complete a Local Games SilverStriders Fun Walk will qualify.
     f. In SilverArts, each Local Games may qualify:
        i. One entry in Performing Arts and the Cheerleader Showcase.
        ii. First and second place in each Literary Arts sub-category, provided the places are not won by the same artist.
        iii. First, second and third place entry in each Visual Arts and Heritage Arts sub-category, provided the places are not won by the same artist (i.e. only one entry by the same artist per sub-category).

4. NCSG will have on-line registration. Entry Packets will be available from Local Games for those without internet access. An individual qualifier only needs 1 form if they do not have internet access (even if qualified in three activities).

5. All participants must individually register and pay. Complete registrations, & payment must be received by NCSG by 11:59 pm August 1st. A complete registration includes completed form, full payment and:
   - Doubles Events - Each person must register and indicate their partner(s) with whom they qualified at a Local Game.
   - Team Sports - Each player must individually register. Team Captains must remit Team fees with their Registration – it should not be sent separately or the registration is incomplete.
- **Cheerleaders & Performing Arts** - Each member of the squad must register individually and the Group/Act Leader must also submit a SilverArts Information Form and any recorded music.
- **Visual & Heritage Arts** - Each person must register individually and submit a SilverArts Information Form for the correct SilverArts category for each entry to be entered
- **Literary Arts** (1 SilverArts Information Form per ENTRY and 3 copies of each entry)

6. **A list of participants who are registered** will be posted on the NCSG website. Participants should check the list frequently for their name and partners and team members. (Instantly includes online registrants.)

7. **Participants will receive a Preliminary Confirmation** with general information from NCSG within 4 weeks of receipt of their Registration, or by August 5, **or they should contact NCSG**.

8. **August 5** is the last day for participants to add an activity, for participants who registered by August 1, or for Coordinators to make revisions to Local Game results.

9. **Participants will receive the Final Schedule and Confirmation** and general information from NCSG by September 1, **or they should contact NCSG**

10. All cancellation deadlines are listed in the Entry Packet. Refund requests must be submitted in writing.

11. At State Finals a photo ID with date of birth will be required to check-in for every event every day.

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**It’s back!**

**Crisis Intervention Program (CIP)**

**JULY 1, 2018-JUNE 30, 2019**

Monday-Friday 8:00 AM-5:00 PM

As long as funds are available

Program Info:

**Heating/cooling bill**

disconnection notice within 5 days **AND**

* Temperatures are 93° or higher, or 43° or lower

**OR**

disconnection notice within 5 days **AND**

* Household member over 60 years
* Household member 5 years or younger
* Household member has a health-related condition that could be life-threatening due to temperature.

Forsyth County
Dept. of Social Services
741 N. Highland Ave
Winston Salem NC 27101
Yeah, Right. Volleyball?

When was the last time that you played volleyball competitively? You won’t believe your ears, but we are starting a chair volleyball league. The net is much lower, we play with a beach ball as opposed to a volleyball and you MUST REMAIN SEATED during play. We have four teams in the league and I would love to see another handful of teams. I can’t describe the crazy fun had by those currently playing. You have to see it and play it for yourself. A team consists of six players and is played on a court 14’ wide x 22’ deep. If you can’t get a team together, let me know that you are interested and we will make sure that you find a team. We are playing on Tuesday morning’s at 11am for one hour. Call me at 336.727.2325 or email me at chucky@cityofws.org and let me know that you are interested.

Community Band Patriotic concert

On Sunday, July 1 the Community Band was indoors at the climate controlled and pest free Miller Park Recreation Center. 275 attendees enjoyed great music including popular numbers such as Stars and Stripes forever, Star Spangled Spectacular and an Armed Forces Salute which recognized all service men and women in attendance. The concert and parking was free. One of the many events that the Recreation and Parks Department offers entertainment value for everyone. The next concert is scheduled for Sunday evening at 6:30pm and will be located at Lewisville Baptist Church (125 Lewisville-Clemmons Road). Hotdogs and homemade ice cream will be provided after the concert.
F.T.D. Support Group for Caregivers of Person with Frontotemporal Dementia

Our F.T.D. Support Group is for caregivers of persons with a diagnosis of frontotemporal dementia. This open monthly group will provide the space and support to reflect on the unique role of being a care partner to a person with FTD. The group will be led by mental health professionals and a physician. This support group is free. Anyone can participate in this group, whether or not they have participated in our 8-week group programs.

Meetings will be held on the ground floor of the Sticht Center on the 2nd Tuesday of each month from 10:30 AM to noon. Parking will be available in Deck A.

For more information, please call 336-716-1034.
Call for Personal Essays
- a publishing opportunity for new writers

750 words • by Dec. 15, 2018


This collection of personal essays coincides with the 250th anniversary of Daniel Boone’s first excursion through the Cumberland Gap in 1769.

A special collection of personal essays will be printed in early 2019. You are invited to submit your writing for consideration for inclusion. We are encouraging new writers and looking for fresh voices. Of course, experienced writers are welcome, too. Writers from North Carolina, Tennessee, Virginia, West Virginia, Pennsylvania, Missouri, and Kentucky are especially encouraged because of their proximity to the Cumberland Gap and/or their connection to the land on which Daniel Boone lived. But, Boone's footsteps tread upon the soil elsewhere in America, so all writers are welcomed to offer a personal story. The selected essays will resonate with the theme: “Exploring—Discoveries. Challenges. Adventure.” (Exploring the new, the different, the unknown, the unfamiliar, the uncomfortable.)

All essays should be about true-life experiences of the writer, a family member/ancestor, or someone the writer knows personally. No fiction. These are short pieces. Writers should target 750 words, but no more than 800. Call for submissions to essayprojectDBF@gmail.com is open until 11:59 p.m. EST, December 15, 2018.

Learn more about submitting your essay at:

www.DanielBooneFootsteps.com

Click on “Personal Essay Publishing Project” in the menu bar

A nominal reading fee is due with each submission.
ASK THE PROVIDER
CANCER PREVENTION & AWARENESS

As an African-American
how often should I get screened?

Interested in learning more about cancer prevention as an African American? Bring your friends & family and join us for our Ask the Provider Panel Discussion. Focus will be on:

• Cervical Cancer
• Breast Cancer
• Prostate Cancer
• Colorectal Cancer

Expo with local cancer agencies, giveaways, light refreshments and more!

Tuesday, June 26th from 6pm-8pm
at the Hawthorne Inn of Downtown Winston-Salem in Room: Poplar 1
Address: 420 High Street SW, Winston-Salem, NC 27101

Panel will include:

Felecia Bennett-Giles with Cancer Services

Julie Lanford, Registered Dietitian with Cancer Services

Sharon Gentry, Breast Nurse Navigator with Novant Health

and more!

Contact Ebony Pratt with questions:
336-529-5137
epratt@uhcenters.org

The Health Resources and Services Administration (HRSA), in accordance with the Federally Supported Health Centers Assistance Act (FSHCAA), as amended, sections 224(g)-(n) of the Public Health Service (PHS) Act, 42 U.S.C. 233 (g)-(n), deems United Health Centers to be an employee of the Public Health Service, for the purposes of section 224. This act grants medical malpractice protection through the Federal Tort Claims Act (FTCA) to all eligible health care practitioners.
The 2018 Piedmont Seniors Champions Tour

Three local Senior Games Coordinators (PPSG, Yadkin Valley, & Davie County) have come together to provide the second annual Seniors Championship Tour. This year there will be three events hosted in three different cities. We will host horseshoes here at Miller Park on August 27. Cornhole will be hosted by Davie County on August 28 at the Brock Recreation Center and on Friday August 31 bocce will be hosted at Fisher River Park. I need to hear from you if you are interested in representing the Piedmont Plus team. You may only participate in two of the three events.

This year we will be in head-to-head competition with Yadkin Valley and the Davie County Senior Games. Each local games will be able to enter six ladies and six gentlemen of any age. The winners for the ladies and men will accumulate ten points for their local games, second place finishers will accumulate five points and third place two points. The local games with the most aggregate points will win the cup for this year.

If you are interested, please let me know. Otherwise, I will be reaching out to you soon to see if you are available to carry the PPSG flag for this year’s events.
BASKET WEAVING WORKSHOP

MONDAY, September 10th
10 am to 4 pm
AT OUR HOUSE IN SOUTH FORK PARK

JOIN US TO MAKE YOUR OWN INDIVIDUAL MAIL BASKET

Learn basic basket weaving skills as you make your own Mail Basket to keep or share. Bring your lunch and spend the day with us in the historic farmhouse called OUR HOUSE located in South Fork Park

PRE-REGISTRATION & PRE-PAYMENT REQUIRED

$50.00 per person
ALL MATERIALS SUPPLIED

South Fork Park
4403 Country Club Road, Winston-Salem, NC  27104
336-659-4305
Honoring Our Personal Experiences (H.O.P.E.) Support Group

This 10-week confidential group is available to persons with a diagnosis of Mild Cognitive Impairment (MCI) or Early Stage Dementia and their carepartners. H.O.P.E. will cover a variety of issues including interpersonal relationships, stress management, and feelings of isolation.

The group will be facilitated by a physician and mental health professionals from the Memory Counseling Program. It is free.

Meetings will be held on the ground floor of the Sticht Center on Wednesdays at 10:30 PM until noon, starting on September 12 and ending November 14, 2018. Parking will be available in Deck A.

Space is limited. Registration is required. For more information or to register, please call 336-716-1034.
Experience the Walk With Ease Program
Arthritis Foundation Certified. Doctor Recommended

“When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse.”

— Walk With Ease participant

The Arthritis Foundation Walk With Ease Program is a exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.

Benefits to You
Walk With Ease will help you:
- Motivate yourself to get in great shape
- Walk safely and comfortably
- Improve your flexibility, strength and stamina
- Reduce pain and feel great

FREE TO ALL PPSG AND SILVERARTS PARTICIPANTS
WE WILL MEET TWICE PER WEEK
LOCATIONS
SALEM LAKE
ROCK QUARRY PARK
NICK JAMISON PARK
TUESDAYS AND THURSDAY MORNINGS IN AUGUST
9AM - 10AM
CERTIFIED TRAINER FROM ARTHRITIS FOUNDATION

Space is limited, sign up today!
call 336-650-7677 or cathyv@cityofws.org
2018 TRIANGLE TABLE TENNIS JULY OPEN

2-Star Tournament Sanctioned by USATT with over $800 in Prizes

Saturday July 21, 2018

Hosted by Triangle Table Tennis

www.triangletabletennis.com or 919-388-0272

Our July tournament (2-star), will feature 5 rated events and 1 unrated fun event. All rated events will have a round robin format for initial rounds. For a player to participate in the 51-Point Handicap Event, they must have a USATT rating. The rated events are as follows:

U550, U1000, U1500, U1850, U2050

ENTRY DEADLINE All entries must be received no later than July 19, 2018 at 5:00 pm. Late entries may be accepted only at the discretion of the Tournament Director.

EARLY ONLINE REGISTRATION DISCOUNT: Players who sign up using our Triangle Table Tennis online registration before June 21 2018 will receive a 10% Early Online Registration discount. This discount is only available online before June 21, 2018.

Sponsors: Triangle Table Tennis, Butterfly/Martin-Kilpatrick Corp.

Tournament Referee: Tom Gabriel, CR/CU, Center Manager

Tournament Director: AJ Carney, CU, Assistant Center Manager

EVENT ENTRY FEES: See registration form for fees, which vary by event.

SPECIAL NOTE: Important details are visible only in the downloadable entry form. All players may also participate in 51-Point Handicap in late afternoon. Players must have a USATT rating to participate in the 51-Point Handicap event. Please review all details on the downloadable form before enrolling with online registration.
2018 CONCERT SCHEDULE

February 4 at 3 pm
WINTER CONCERT, South Fork

March 11 at 3 pm
SPRING CONCERT, South Fork

May 6 at 6:30 pm
POTPOURRI CONCERT, Miller Park

June 3 at 6:30 pm
SUMMER CONCERT, Miller Park

July 1 at 6:30 pm
PATRIOTIC CONCERT, Miller Park

August 5 at 6:30 pm
BAND SHOWCASE CONCERT,
Lewisville Baptist Church

September 2 at 5:00 pm
TRADITIONAL SUMMER CONCERT,
Fries Memorial Moravian Church

October 7 at 3:00 pm
BEST OF SUMMER, Miller Park

November 11 at 3:00 pm
FALL CONCERT, Salemtowne

December 9 at 5:30 pm
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 will be held inside the Miller Park Recreation Center.)

LEWISVILLE BAPTIST CHURCH
125 Lewisville-Clemmons Road

SALEMTOwNE
100 Salemtowne 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
**JURY DUTY SCAM - BEWARE**

GUILFORD COUNTY, N.C. – Cindy Lombardo got a phone call saying she’d missed jury duty. The person said they worked for the Guilford County Sheriff’s Office.

He told Cindy to take care of the matter, she needed to pay a $1,000 fine. He said she’s had to buy a Green Dot prepaid credit card to pay the court.

That made Cindy suspicious. She told FOX8, “They like green stuff alright, but it’s usually green dollars.”

She hung up and called her father. She asked him if she missed jury duty and he said no.

How would her father know? He is a bailiff in the Guilford County Courthouse. That’s right. The scam artist called the bailiff’s daughter!

She says these thieves were so believable and understands why some fall for their tricks. Cindy said, “they sounded like legit sheriff.”

Tom Jerrell, the chief district court judge in Guilford County says there’s a kernel of truth to the lie of this scam and that’s what gets people.

If you don’t answer a jury summons, you can be punished with a fine or even jail time, but you’d be given a chance to appear before a judge first.

Judge Jerrell said, “I can absolutely say the sheriff’s department will never call. The judge’s chambers will never call you. The clerk’s office will never call you and say bring me money.”

**Former Retirement Systems Division Phone Number Possibly Being Used By Scammers**

The Retirement Systems Division has been informed that a previous phone number associated with the division is being used by a company that provides possible misleading information about the opportunity to qualify for a gift card or rebate voucher. Upon dialing the old number, callers are prompted to provide personal information, including credit card information and date of birth, in exchange for the opportunity to qualify for the offer.

This issue has been reported to the N.C. Department of Justice’s Consumer Protection Division which is investigating the matter.

The Retirement Systems Division encourages you to be mindful of potential scams and refrain from providing personal information over the phone requested by unauthorized personnel. The updated number for the Retirement Systems Division is **877-NC-SECURE (877-627-3287)**. Information courtesy of NC Retirement System
Returning for 2018 - the monthly $5-5K!

The $5-5k is designed as a low-key race for the athletes who want to run a tune-up race to prepare for their targeted event, the novice who may be intimidated by the larger events and runners/walkers who want an event to test themselves without breaking the bank.

<table>
<thead>
<tr>
<th>What you get</th>
<th>What you don’t</th>
</tr>
</thead>
<tbody>
<tr>
<td>A 5k course that is accurate and well-marked</td>
<td>T-Shirts – don’t you have a closetful already?</td>
</tr>
<tr>
<td>Aid stations on the course (water) and finish</td>
<td>Food at the finish area, unless a local establishment volunteers to provide</td>
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<tr>
<td>area that have water and Gatorade.</td>
<td>them.</td>
</tr>
<tr>
<td>Mile Markers</td>
<td>Verbal splits, unless we have a plethora of volunteers</td>
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<tr>
<td>Clock at the finish line</td>
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<tr>
<td>Accurate finishing times posted at the event</td>
<td>Medals or trophies – Omega Sports presents gift certificates, that are</td>
</tr>
<tr>
<td>and uploaded to the TCTC website ASAP</td>
<td>awarded based on varying criteria, primarily random drawing. Omega offers</td>
</tr>
<tr>
<td>Support for all levels of runners or walkers</td>
<td>all participants a 20% discount on purchases.</td>
</tr>
</tbody>
</table>

Where:
The event will take place on the Muddy Creek Greenway behind Meadowlark School (401 Meadowlark Dr.) and Jamison Park. The course is a flat out and back on the Muddy Creek Greenway that starts at Jamison Park, turns around at Robinhood Rd and returns to the Park. This is a PR course for the competitive runner and nice easy course for the novice. There may be road construction on Meadowlark Dr. later in the summer. If this becomes a problem we may move the race to a different location. If this occurs all of the people who have run previous races will be notified and the new location will be posted on the TCTC website.

When:
Tuesday, April 10 at 6:15 PM
Tuesday, May 8 at 6:15 PM
Tuesday, June 12 at 6:15 PM
Tuesday, July 10 at 6:15 PM
Tuesday, August 14 at 6:15 PM
Tuesday, September 11 at 6:15 PM
Tuesday, October 9 at 6:15 PM

Registration:
There is only race day signup beginning @ 5:45 PM, just show up, run and have fun. To speed up registration we have posted the race application on the TCTC website, please download it and bring it to race registration. The application is for the race series and will only have to be completed one time.

Cost:
As the name says - $5. Check or cash only - correct change appreciated.

General Information:
This $5-5K race series is sponsored by the Twin City Track Club. The Twin City Track Club is dedicated to promoting fitness through running. You do not have to be a TCTC member to participate. However, we think you would enjoy the benefits of a TCTC membership and we would love to have you.
ROCK OUT THE QUARRY IS A HUGE SUCCESS

Thousands streamed into the new Rock Quarry Park on Saturday, June 30 for the first annual Rock Out the Quarry event. Those in attendance were treated to free entertainment provided by the Darrell White band, deejay and emcee extraordinaire Brandii Little, games, food trucks and capped off the night with an incredible fireworks display. With limited parking at the Quarry Park the city provided shuttles in which to transport attendees to and from the overflow parking lots.

Upcoming Grand Games set for Saturday, October 13

The Grand Games has gathered such popularity that we are now offering it twice each year. Our first event this year was February 3 in the midst of a record setting cold snap. We had twenty-five teams compete in two different divisions (up to 11 and 12 – 14). The Competition was fierce, however fun took over and all had a great time. I will soon be looking for teams, but also need volunteer grandparents for those who bring more than one child.
SENIOR BADMINTON AT SIMS RECREATION CENTER!

Do you know how to play Badminton? Have you always wanted to learn how to play Badminton, but never learned how? Are you someone who ‘used’ to play but, think it’s too late for you to play now?

To answer the last question – No and No; it is never too late to play something you enjoy!

Join our Active Seniors, 50 and better, plus a few younger ‘uns too for some games, lessons and just plain Fun Times! Come join the Gang at Sims Recreation Center on Wednesdays from 10:00AM onwards for a Rewarding Experience! Walk-ins are also welcome but be sure to leave a contact information before you leave. Fun Is the Name of the Game!

For more information or to Register, contact Diana Nawurah at: 336-727-2978, or email at: dianan@cityofws.org.
Breeding for Dummies
Sue Murray

Just for a moment, imagine you need a lobotomy. Your cousin, a top-notch machinist, has access to state-of-the-art drilling equipment, and his daughter is a first-year med student. Good enough? Excuse the pun, but this is a no-brainer. When it comes to life and safety, only a fully educated, experienced, professional surgeon has the right qualifications.

Surveys reveal that one of the common reasons pet owners neglect to spay or neuter their pet is because they want to breed it. In their desire to immortalize Fido or Fluffy's sweet personality (or to make a few bucks), engineers, administrators, welders, and even brain surgeons convince themselves that they are qualified to breed animals.

There are plenty of good professional breeders around. Although a college education is not required to become one, many do hold degrees in animal science or biology and have completes coursework in anatomy, physiology, genetics, biotechnology, animal health, nutrition, reproduction and behavior. They've made it their life's work to be familiar with standards of conformation, physical, and behavioral traits, and seemingly unimportant details such as coat cuts. Their focus is on the continuing development and selective improvement of animal populations. In fact, the AKC's motto for responsible purebred breeding is "Breed to Improve."

Tell me, prospective breeder, is that your objective? Are you an expert on the breed you intend to raise and sell? Do you know the breed's history and purpose? Can you recite bloodlines? Are you familiar with any particular health problems (physical and behavioral)? And most importantly, are you both willing and able to take back each puppy or kitten for the duration of their lives if necessary?

Although the practice of breeding itself is somewhat touchy in today's exploding pet population, it is true chaos in the hands of part-time, backyard propagators who intentionally choose to add "mixes" to an already staggering problem. The statistics bear repeating. According to the Bissell Pet Foundation, which addresses the growing problem of displaced, unwanted and homeless animals, five out of 10 dogs and seven out of 10 cats in shelters are destroyed yearly in the U.S. because there is no one to adopt them. The ASPCA asserts that 40 percent of pets surrendered to a shelter (more than any other source) are acquired from friends. One of the top 10 reasons for relinquishing pets is that the "breeder" couldn't find homes for them.

Perhaps the most dangerous aspect of amateur breeding is that the rookie has absolutely no clue as to the animal's behavioral genetics. "Purebred" does not mean an animal is a good breeding candidate. Laypersons fail to consider that if their pet had been a good specimen, the breeder would have kept it for that purpose. Nancy Kerns, a blogger for the Whole Dog Journal, says it best: "...people buy or adopt these 'registered' pups when they are darling, and their defects are not yet apparent...and many, many of them wind up euthanized in shelters and vet clinics all over the country." Alexandra Semyonova, a dog behaviorist, comments, "Just as we cannot make a dog into something the dog has no genetic capacity to be, we cannot prevent a dog from being what the dog is genetically predisposed to be." And, "The heritability of abnormal aggression in certain breeds of dogs can no longer be denied...These dogs will seek opportunities to execute the behaviors they have been bred for. Because these behaviors are internally motivated and rewarded...Learning and socialization do not prevent these dogs' innate behaviors from appearing." Responsible breeding involves more than just getting a male and female together, and responsible breeders are not the ones handing out puppies to their friends or standing outside the flea market with a box of kittens.

So, for those accountants and waitresses who still think it's a good idea to breed their dog or cat, please contact your cousin. You need a lobotomy.

Greetings and Blessings to all! Yes, it is true – June 2018, The Longtime Stroke & Hope Club is combining with The Out of Sight (Outta Sight Group). This is a support group of all ages who welcome you and is waiting for you! The group includes the Legally Blind, the Disabled, the Visually Impaired, Stroke Survivors and many more.

The combined mission and goals of the group includes:

- To better the lives of survivors and their families through Recreation, Advocacy, Education, Support, Fellowship and Socialization.
- Promoting recovery.
- Participating in Community Outreach to promote community awareness.
- To provide information on community resources.
- To share self-help practices and coping plans.
- To provide socialization and recreation.
- To give and receive support and encouragement from one another.
- To provide a supportive and encouraging environment.
- To encourage one another along the way, to let each person know they are not alone; we must continue to ‘fight the good fight’; to hold on to our faith, to love and support one another, no matter what.

The meetings are held every 1st and 3rd Thursday of the month. There will also be community outings and community programs, fitness programs, games and more exciting activities and events planned. Come and join us for an exciting experience!

The Bi-monthly meetings will be held at:

Polo Park & Recreation Center:
1850 Polo Rd
Winston Salem NC 27106

Transportation is available through:

Winston Salem Trans-Aid
336-727-2000

Contact: Diana Nawurah
Senior Recreation Leader
City of Winston Salem
Recreation & Parks Dept.
336-727-2978
dianan@cityofws.org.
Make sure to support our sponsors: