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Sticht Center for Healthy Aging and Alzheimer’s Prevention
2021 Piedmont Plus Senior Games and Silverarts Schedule

SILVERARTS DISPLAY April 3 – April 30 Forsyth County Central Library Winston-Salem
PERFORMING ARTS RECORDING THURSDAY, April 29 Forsyth Tech, Bolton Campus
(EACH ACT WILL HAVE A 30 MINUTE “SLOT” IN WHICH TO BE RECORDED)

Contact Anna Marino at 336.727-2313 or annama@cityofws.org

SATURDAY, May 1
10K run 9:00 am Nick Jamison Park
5K race walk 9:00 am Nick Jamison Park

MONDAY, May 3
Cornhole, Ladies 9:00am Miller Park
Cornhole, Men Noon Miller Park

TUESDAY, May 4
Bocce, Ladies 9:00am Miller Park
Billiards 2:00pm BreakTime Billiards

WEDNESDAY, May 5
Bocce, Men 9:00am Miller Park
Basketball Shooting 3:00pm Miller Park

THURSDAY, May 6
Shuffleboard, Ladies 9:00am Rupert Bell
Shuffleboard, Men 10:00am Rupert Bell

FRIDAY, May 7
Horseshoes, Ladies 9:00am Miller Park
Horseshoes, Men 11:00am Miller Park

SATURDAY, May 8
50 Meter Dash 9:00am WSSU
Standing Long Jump 9:30am WSSU
100 Meter Dash 10:00am WSSU
Running Long Jump 10:30am WSSU
400 Meter Run 11:00am WSSU
Discus 11:30am WSSU
200 M Dash 12:00pm WSSU
Shot Put 12:30pm WSSU

MONDAY, May 10
5K Power walk 9:00am Hanes Park
800M Run 10:00am Hanes Park
Softball Throw 10:30am Hanes Park
Football Throw 11:30 am Hanes Park

TUESDAY, May 11
Badminton 9:00am William Sims Recreation Center

WEDNESDAY, May 12
1500M Race Walk 9:00am Hanes Park
1500M Run 10:00am Hanes Park
1500M Power walk 10:30am Hanes Park
Silver Striders Fun Walk 11:00am Hanes Park
Racquetball, singles 6:00pm William G White & Jerry Long YMCAs

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<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>MONDAY, May 17</td>
<td>9:00am</td>
<td>Chair Volleyball (local games only)</td>
<td>William Sims Recreation Center</td>
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<tr>
<td>TUESDAY, May 18</td>
<td>9:00am</td>
<td>Tennis, Doubles &amp; Mixed Doubles</td>
<td>Joe White Tennis Center</td>
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<td>9:00am</td>
<td>Cycling</td>
<td>Fairgrounds Midway</td>
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<td>THURSDAY, May 20</td>
<td>11:00 am</td>
<td>Bowling, Singles (ladies)</td>
<td>Northside Lanes</td>
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<td></td>
<td>2:00 pm</td>
<td>Bowling, Singles (men)</td>
<td>Northside Lanes</td>
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<td>SATURDAY, May 22</td>
<td>9:00am</td>
<td>5K run</td>
<td>Nick Jamison Park</td>
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<td>MONDAY, May 24</td>
<td>9:00am</td>
<td>Tennis, Singles</td>
<td>Joe White Tennis Center</td>
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<td>TUESDAY, May 25</td>
<td>9:00am</td>
<td>Pickleball, Doubles</td>
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<td>12:30pm</td>
<td>Pickleball, Men's Singles</td>
<td>Granville Park</td>
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<td>WEDNESDAY, May 26</td>
<td>9:00am</td>
<td>Croquet</td>
<td>Arbor Acres</td>
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<td>THURSDAY, May 27</td>
<td>9:00am</td>
<td>Pickleball, Mixed Doubles</td>
<td>Granville Park</td>
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<td></td>
<td>12:30pm</td>
<td>Pickleball, Ladies Singles</td>
<td>Granville Park</td>
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<tr>
<td>TUESDAY, June 1</td>
<td>9:00am</td>
<td>Mini-Golf</td>
<td>Adventure Landing</td>
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<td>Golf, Round 1</td>
<td>Pine Knolls</td>
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<td>8:00am</td>
<td>Golf, Round 2</td>
<td>Tanglewood/Reynolds Course</td>
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<td>1:00pm</td>
<td>Bowling, Doubles</td>
<td>Creekside Lanes</td>
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<td></td>
<td>4:00pm</td>
<td>Bowling, Doubles</td>
<td>Creekside Lanes</td>
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<tr>
<td>FRIDAY, June 4</td>
<td>9am</td>
<td>Archery</td>
<td>Old Town Recreation Center</td>
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<td>SATURDAY, June 5</td>
<td>9:00am</td>
<td>Softball, Women</td>
<td>Washington Park</td>
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<td>TUESDAY, June 8</td>
<td>9:00am</td>
<td>Table Tennis, Singles</td>
<td>Miller Park</td>
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<td>10:30am</td>
<td>Table Tennis, Doubles</td>
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<td>11:30am</td>
<td>Table Tennis, Mixed Doubles</td>
<td>Miller Park</td>
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<td>WEDNESDAY, June 9</td>
<td>10:00am</td>
<td>Swimming</td>
<td>Bolton Park</td>
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<td>THURSDAY June 10</td>
<td>1:00pm</td>
<td>Bowling, Mixed Doubles</td>
<td>Creekside Lanes</td>
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<td>4:00pm</td>
<td>Bowling, Mixed Doubles</td>
<td>Creekside Lanes</td>
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<tr>
<td>SATURDAY, June 12</td>
<td>9:00am</td>
<td>Softball, Men</td>
<td>Washington Park</td>
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<tr>
<td>WEDNESDAY, June 16</td>
<td>9:00am</td>
<td>Petanque (local games only)</td>
<td>Miller Park</td>
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Plans for the 2021 Piedmont Plus Senior Games and SilverArts

Plans are being made to safely host the 2021 Piedmont Plus Senior Games and SilverArts. No one can predict what the status of the virus will be in April, therefore we cannot be certain of what we can or cannot do safely. With that in mind, we prefer to be ready to host the Piedmont Plus Senior Games and SilverArts in 2021, but also be prepared to scale back as necessary.

It is our intent to be good stewards of these programs by following the guidelines as set forth by the CDC, the state, and each venue which hosts our events. For example, the changes we have already made include elimination of the larger events such as the Kickoff scheduled at the Hanes Hosiery Recreation center for January and the Opening Ceremony hosted by Calvary Baptist Church, normally scheduled the first Friday in April. Both will exceed the capacities as set forth by state regulations and it is not possible to limit these capacities.

The games normally take place in April and May. In attempt to afford more time to become healthier our first athletics event in 2021 is scheduled to take place in May, thirty days later than normal. We are moving forward with plans to host competitions in a manner which allow us to have fewer athletes and artists together at one time. For example, as opposed to having all cornhole players come together at one time, we will have a specific group of ladies or men show up from 9am – 10:30am and continue to schedule participating groups by ages in effort to keep capacities low.

Masks WILL be worn at all times by participants, staff and tournament personnel. Social distancing WILL be practiced at each event. Hand sanitizer WILL be at each “court” for each individual competition as well as staff and tournament personnel. In an effort to keep the number of attendees as low as possible we are minimizing the use of volunteers normally used as scorers.

In addition to scheduling different age groups at a variety of times to minimize attendance we are looking to move events outdoors where possible. We are currently looking for options of moving pickleball and swimming outdoors.

In the case the pandemic does not allow for in person competition, we will offer virtual skills challenge opportunities. This is a process already established last fall by the NC Senior Games in conjunction with the local game coordinators.

As pertains to the SilverArts, the Central library will allow for set-up of our display this year. The take in for the arts will be scheduled in ten-minute increments as opposed to having several artists show up at once in effort to minimize attendance. Our visual, heritage and literary arts will be on display for the entire month of April! Unfortunately, we will not be permitted to have an awards reception this year due to the attendance which it draws. The awards/medals will be distributed when artists return for pick up. The process to pick up the art will also be by appointment similar to the load in.

There will not be a “live” performing arts events in 2021. Rather arrangements are being made to have the performers record their talent in the auditorium. They will be judged based on their recorded
performance. If all comes together as planned our 2021 performing arts events will then be available to watch from the senior page on the weplay.ws website, social media, as well as on a regular schedule available at TV13.

For more details including deadlines and qualification for the 2021 NC Senior Games and SilverArts visit our website at [https://www.cityofws.org/2395/Piedmont-Plus-Senior-Games-and-SilverArt](https://www.cityofws.org/2395/Piedmont-Plus-Senior-Games-and-SilverArt) or the Piedmont Plus Senior Games and SilverArts FaceBook page. You may contact Chuck Vestal at 336.727.2325 or [chucky@cityofws.org](mailto:chucky@cityofws.org) in the case you have questions. This year’s events will look and feel differently, but the Spirit of the games will be strong!
BRIDGING THE TRIAD

Explore STEM programming and test your engineering skills through building a bridge with only 100 craft sticks and glue!

LOCAL COMPETITION
FEBRUARY 6, 2021 10AM - 1PM
REGIONAL COMPETITION
FEBRUARY 27, 2021 10AM - 1PM

Age Groups: 8-10, 11-14, 15-17 AND ADULT

To ensure social distancing, time slots for local competitions will be reserved at packet pickup.

DEEP RIVER RECREATION CENTER
1529 Skeet Club Rd, High Point
336-883-3407

GRiffin RECREATION CENTER
5301 Hilltop Rd, Greensboro
336-373-2928

KERNERSVILLE COMMUNITY RECREATION CENTER
125 E Bodenhamer St, Kernersville
336-996-3039

MILLER PARK COMMUNITY CENTER
400 Leisure Lane, Winston Salem
336-727-2831

ROBBINS RECREATION CENTER
512 S Hardgrave St, Lexington
336-248-3960

RECREATION MAIN OFFICE
1 E. Main St, Thomasville
336-475-4280
Short Story
SPECIAL TALENT
By Glenn Irizarry

I believe that every person has a special talent that he or she should teach to other people, so others can be equally talented. In this essay I plan to share my talent. I am going to show how easy it is to pick the belly button lint out of your navel. Soon, you'll be able to do it properly, too.

In this day and age, many people are obsessed with keeping their stomachs flat and firm. They are so proud that they wear clothing that exposes their mid-drift, or you can see many navels at the beach when people wear bikinis or swimming trunks. There is nothing more repulsive than seeing a belly button with a wad of lint hanging from it. * If you have an "outie" belly button, you probably don't have much of a problem picking lint out. For the simple reason there is nowhere for lint to hide. If you have an 'innie' belly button, you could run into problems. You have to pick it "slow", In the circular motion, being very careful not to rip your stomach hair (if you have any, as I do). This could be prickly painful.

If you are a little on the healthy side, you spread your stomach epidermis. With your "non" used hand, you go into the navel, slowly, not catching any hair picking it with your thumb forefinger, pulling gingerly. Fat fingers, on the other hand, are a problem. If this is your problem, you may have to use a pair of tweezers or a vacuum. In following this course, you too can walk on the beach, or around your home with the best looking belly button in the world.
2021 LGFCU Scholarship

To us, it’s not just money awarded. It’s an investment in the future.

When Local Government Federal Credit Union awards one-year scholarships of $5,000 to 25 students, we recognize that for many, the scholarship may be the difference between attending college — or not.

To qualify, you must be an LGFCU member* and a full-time student attending an accredited college, university or trade school in the fall 2021 academic year.

For more information or to download an application, visit lgfcu.org/scholarship or email us at scholarships@lgfcu.org.


* Applicant must have an Individual Share Account or hold a joint Share Account with a parent or guardian. Beneficiaries of UTMA accounts only are not considered members of LGFCU.
Senior apartment community ‘decks the halls’ and the doors for the holidays
(Rosemary Graham, SilverArts participant wins runner up award with her door décor. Congratulations Rosemary!)

By Judie Holcomb-Pack
The Chronicle

Driving around neighborhoods to enjoy the holiday decorations and lights is a tradition for many families during the holiday season. Often homeowners begin decorating at Thanksgiving with hundreds of lights strung across rooftops and porches that put smiles on the faces of Duke Energy stockholders.

But what happens when you live in an apartment building and don’t have a yard to decorate or a roof to plant Santa and his reindeer? You get creative, as was shown at Hunt Park Senior Apartments when the management held a holiday door-decorating contest. There were 38 doors (out of 60 apartments) with some form of decoration, from simple wreaths to garland with twinkling lights. Debra Hogg, the community manager, invited Melody Archie to judge the doors, so there wouldn’t be any hint of favoritism. After walking the hallways to view the various decorations, she was relieved she didn’t have to choose the winners.

Archie was happy to be invited to judge. “I didn’t come in with any expectations – I didn’t know what to expect,” she said. “It [door designs] surprised me – each one put their own spin on it.” For some residents, they didn’t stop at just their doors. Some extended decorations down the hallway, displaying garland and Christmas cards. Others added whimsical accents, such as a teddy bear in a Santa hat, a Santa table holding a bowl of candy (to tempt the judge perhaps?), poinsettias, and various holiday door mats. There was also a mixture of store-bought decorations and those that were handmade.

“I loved the ones who put their own sayings on their doors,” said Archie. “It was a reflection to me as to their beliefs, their values. You could tell they put a lot of themselves into the door design.”

After much contemplation, three winners were chosen to receive gift cards: Cheryl Hodge, Rosemary Graham, and Patty Durfee.

Wayne Stepnoski, regional manager who happened to be in town for the judging, joined in congratulating the winners. He said he always enjoys his visits to this senior apartment community. “Every time I come here, I am greeted by so many nice people.”

The door decorating contest comes on the heels of the printing of the first cookbook compiled of recipes submitted by residents. These older adults are not letting a pandemic keep them from finding safe ways to create community and build social connections.
Has Someone You Love Been Affected By Memory Loss?

We are conducting a new brain health study to find out if healthy lifestyle changes can protect memory and thinking abilities in older adults.

**ELIGIBILITY:**
- 60-79 years old
- Have a family history of memory loss or dementia
- Do not exercise regularly

**BENEFITS:**
- Lifestyle coaching
- Regular memory check-ups
- Blood testing and physical exams

For more information, contact us at:
pointerstudy@wakehealth.edu
833-361-7591 | alz.org/us-pointer

IRB# 00053376
Lifelong Learning
Wake Forest University
Spring 2021

Rediscovering the Second World War  
*encore class
Chuck Thomas
Tuesdays 6 pm – 7:30 pm
January 19 – February 23

Carolina in my Mind: Music of North Carolina
Kate Storhoff
Mondays 6 pm – 7:30 pm
March 1 – April 5

Fairy Tales: From the Grimms to Disney and Beyond
Molly Knight
Thursdays 3 pm – 4:30 pm
February 11 – March 18

Bible and the Ancient Near East
Neal Walls
Mondays 10:30 am - noon
April 12 – May 17

More Fun than a Yacht: Model Farms and Country Estates in the Early Twentieth Century
Phil Archer
Fridays 2 pm – 3:30 pm
April 16 – May 21

- Short personal enrichment courses with Wake Forest University faculty & Community Experts
- Courses taught online, via Zoom. Expanded 90 minute classes for more instruction time
- No annual membership fee.
- $175 per course. $160 per course for WFU retirees and graduates.

For more information or to register online, visit our website:
https://continuingstudies.wfu.edu/lifelong-learning/current-term-course-list/

Call (336) 758-5232 or email lifelonglearning@wfu.edu
Estate Planning Essentials Program

Estate planning is about MUCH MORE than writing a will.

It’s about deciding what happens to your assets and making sure your loved ones are provided for after you die, as well as making it easier for your family to make medical decisions on your behalf, if you are unable to do so. Local Government Federal Credit Union can help.

LGFCU offers an Estate Planning Essentials Program designed to cover the basic estate planning needs of most members in a single visit with a participating attorney, right in your local branch. Documents that may be prepared for you during the program include:

- A Will, which may include trust provisions
- Durable Power of Attorney
- Health Care Power of Attorney and Living Will
- HIPAA Authorization

The cost for the program is $325 for an individual and $425 for a married couple with similar estate planning needs.

If your planning needs are more complex, we can refer you to a local attorney who can assist with your specific needs.

To participate
Contact your local branch to find out more about the Estate Planning Essentials Program and speak to a Trust Representative.

* Attorneys participating in the Estate Planning Essentials Program are not employees or agents of the Credit Union, Members Trust Company or any affiliated entity. Trust Representatives are not employees or agents of the participating attorneys. The program is optional for Credit Union members, who may use a participating attorney or select their own attorney. The Credit Union and Members Trust Company are not providing legal services and are not responsible for the services provided by these independent professionals. Trust Services are available through MEMBERS Trust Company, a federal thrift regulated by the Office of the Comptroller of the Currency. Trust products are not credit union deposits, are not insured by the NCUA or any other federal government agency, are not obligations of or guaranteed by the Credit Union, MEMBERS Trust Company or any affiliated entity, and involve investment risks, including the possible loss of principal. The material above is for educational purposes only and is not intended to provide legal or tax advice regarding your situation. For legal or tax advice, please consult your attorney and/or tax professional.

† Married couples may be charged as individuals if they have substantially different plans or if one person does not have his or her documents prepared at the same time.
Parkinson Power Moves
Exercise4BrainChange®

Participate in Wake Forest Baptist Health’s Parkinson Power Moves exercise class!

These group classes provide repetitive training of foundational skills to improve everyday function in the lives of those with Parkinson’s Disease. The course will encourage bigger and faster movements (adapted from the Parkinson Wellness Recovery, PWR!Moves® program) and education on optimal function.

Tuesdays and Thursdays
2:30-3:30 p.m.
Ardmore Baptist Church
501 Miller Street.
Winston-Salem, NC 27103

Cost is $10.00 per class
For more information and to receive an application please Contact Carolyn Austin, LRT/CTRS, CBIS, MHA, Certified PWR!Moves Instructor at 336-716-8007 or caaustin@wakehealth.edu
5 Ways the Pandemic Will Be Different in 2021

Look for innovations in COVID-19 treatments, testing and care in the new year

by Rachel Nania, AARP, December 22, 2020 | Comments: 52

It's been a difficult year. Not long after ringing in 2020, a new virus spread across the globe, bringing life as we know it to a grinding halt. Living rooms transformed into classrooms, businesses moved to bedrooms, and masks became a must-have accessory.

Unfortunately, pandemic life will not end when the clock strikes midnight on Dec. 31, but it will be different in many ways next year. Here are five things that will change in 2021, plus a few that will remain the same.

1. There will be new COVID-19 treatments

One thing that's become clear since the start of the pandemic is that COVID-19 isn't just a respiratory illness — it can affect multiple organs in the body, making treatment a challenge. But there has been progress on this front, and experts predict that will continue into the new year.

The U.S. Food and Drug Administration (FDA) has so far approved one drug to treat COVID-19: an antiviral, called remdesivir, which has been shown to reduce recovery
time in patients hospitalized with the illness. And “there’s an awful lot of work going on in the field” to see if other antivirals — which stop the virus from replicating in the body — are even more effective, says Sten Vermund, M.D., dean of Yale School of Public Health. “It’s plausible that in the tens of thousands of antiviral drugs out there, there may be a reasonable match better than remdesivir,” he adds.

Monoclonal antibodies, which imitate the body’s immune response to a disease, are also in the spotlight when it comes to treatments. A few have been issued emergency use authorization (EUA) from the FDA after demonstrating in clinical trials that they can help keep people with COVID-19 from progressing to the point where they require hospitalization. The only problem is the authorized monoclonal antibodies continue to be in short supply and require an infusion, making the therapy inaccessible to many.

However, other candidates are being fast-tracked in the research process, and experts, including Edith Parker, dean of the University of Iowa College of Public Health, are hopeful that if proven effective, they will be made available to the public soon, bolstering the supply. “I think this may be really groundbreaking,” Parker says of the development of monoclonal antibodies for COVID-19, “and may be one of the positive things that have come out of COVID-19.”

Corticosteroids, a more recent addition to the treatment regimen, have also proven helpful in treating patients sick with COVID-19. And Vermund says he’s “expecting continued therapeutic progress” over the next several months and years.

“It took us quite a while to get this point with HIV,” he said, noting that nearly six years went by from the time the disease was identified in the U.S. to the time drugs were available. “And now, we recognized [COVID-19] in January, and we’re already dropping mortality rates by the fall [compared with the rates reported at the peak of the pandemic this past spring]. So I think that level of success is likely to continue. I think we’ll have additional good news in 2021.”

2. Therapies will be administered more effectively

The way in which these treatments are administered could also change in the coming months. For example, researchers are studying whether giving patients antivirals earlier in the course of COVID-19 — and not waiting until they are already in the hospital — will help keep people from getting really sick.

When you start a drug “very late in the course of this disease, maybe they don’t have as much effect as we initially thought they had,” says Luis Ostrosky-Zeichner, M.D., a professor of medicine and an infectious disease specialist with UTHealth in Houston.

Finding ways to make COVID-19 treatments easier to access will also be a focus in the forthcoming year. Intravenous therapies such as monoclonal antibodies require hospitals and health care facilities to set up dedicated infusion centers. From a patient’s perspective, receiving the medicine is more involved than swallowing a pill or showing up for a shot; the IV infusion appointments last about 21/2 hours, according to Mayo Clinic.

Ostrosky-Zeichner says he sees “a future not too far away,” where once a patient is diagnosed with COVID-19, providers will be able to prescribe something that can be filled at a pharmacy. “There’s a whole bunch of new therapeutics on the horizon that are
going to be not injectable, but maybe inhaled or pills that you’ll be able to take as an outpatient,” he adds.

3. Doctors will be better prepared

In addition to drug therapies, advancements in supportive care have contributed to the overall decline in COVID-19 death rates since the start of the pandemic. And many experts say that’s because health care providers have a better handle on how to help patients.

When a patient with COVID-19 needs respiratory therapy, for example, invasive ventilation is now often the last stop. Providers have had success positioning patients on their stomachs — a tactic known as proning — to improve the distribution of oxygen in the body. They're also supplying oxygen via face masks and nasal tubes as an alternative to ventilators, which can cause complications.

"We have advanced, noninvasive ventilation technology that is really improving,” Ostrosky-Zeichner says. And he and others expect further improvements into the new year.

MEDIANEWS GROUP/ORANGE COUNTY REGISTER VIA GETTY IMAGES

4. Coronavirus testing will be faster, more accessible

The FDA in mid-December authorized a first-of-its kind coronavirus test: It doesn't require a prescription, it can be used at home and it delivers results within minutes.

Public health experts have been pushing for inexpensive and accessible at-home testing since the start of the pandemic, and many predict that 2021 will be the year when it becomes a reality, as several designs are being studied in clinical trials.

Ostrosky-Zeichner says bringing coronavirus testing out of the lab and into the home is "a big advance," especially since traditional testing "remains kind of a big production" with long waits for appointments and results. To end the pandemic, he argues, testing "should be available everywhere — in your doctor’s office, in any retail pharmacy, any
drive-through kind of setting, and you should be able to get your results the same day or immediately,” he adds. “Only then will we be able to properly isolate the people that are infected.”

More readily available testing could also help people make everyday decisions that could save lives, such as whether they should go to school, go to work or board an airplane. “Imagine if you could go to the drugstore, get a test, you test positive, you find out that you are an asymptomatic carrier and you don’t go visit grandma,” Vermund says. “There are very concrete benefits from having ready access to tests.”

One caveat, though, is that rapid antigen tests (like many of those that have been cleared and are being studied for at-home use) tend to be slightly less accurate than the gold-standard PCR tests that are typically conducted at testing sites and medical facilities. So if you do take a rapid test at home or elsewhere and get a negative result, don’t take that as a free pass to abandon other preventive measures. Also: If you test negative but develop COVID-like symptoms, be sure to “follow up with your health care provider,” University of Iowa's Parker says.

5. Vaccines, vaccines, vaccines

The end of 2020 ushered in a wealth of excitement over advancements in coronavirus vaccines. Two different products — a vaccine from Pfizer-BioNTech and one from Moderna — were granted FDA authorization, and priority populations throughout the country have started receiving their shots. By mid-2021, health officials predict that there will be enough supply so that anyone who wants a vaccine will be able to get one, which “will really start curbing” the impact of the virus, Ostrosky-Zeichner says.

Experts are also hoping to find answers to some key vaccine questions in the next several months, including the duration of their protection and whether they help block transmission of the virus that causes COVID-19. More information on the vaccines’ long-term safety should also be available.

Staying the same in 2021: Masks, distancing, handwashing

Several pandemic protocols will need to carry over into the new year if there’s going to be any hope of slowing the spread of the virus, health experts say. Until the majority of the population is vaccinated and more information is available on the vaccines’ ability to stop virus transmission, masks are still going to be needed. The same goes for physical distancing, frequent handwashing and avoiding crowded indoor areas.

“If we all work together doing that and getting vaccinated, it’ll get us quicker to the end point, which is to go back to normal life,” Ostrosky-Zeichner says.

Another behavior that should carry into 2021: Get your flu shot if you haven’t already, Vermund says. This will help the health care system from becoming overstressed.

“I truly believe that if we all work together, and focus for the next three or four months, we can go back to normal life as we know it,” Ostrosky-Zeichner adds.
Financial Pathways
Presents
MONDAY
Money Matters

Monthly money news, tidbits, and tips from your local financial health first responder.

LAST MONDAY OF THE MONTH
12 P.M.

TOPICS WILL VARY!

We would love to hear from you. Send us topics you would like to discuss.
FPPcares@financialpaths.org

FOR MORE INFORMATION VISIT
WWW.FINANCIALPATHS.ORG

Starting January 2021
StrokeFit Exercise Class

StrokeFit is an evidence based exercise class specifically designed for persons who have experienced a stroke. Participants have the opportunity to improve their mobility, arm/hand function and community reintegration. The class also provides an opportunity for social interaction and overall improvement in well-being.

StrokeFit class times:

Tuesdays & Thursdays
12:30-1:30
Ardmore Baptist Church
501 Miller Street,
Winston-Salem, NC 27103

Cost is $10.00 per class
For more information and to receive an application please
Contact Carolyn Austin, LRT/CTRS, CBIS, MHA at 336-716-8007 or caaustin@wakehealth.edu

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