

# Caswell Senior Center

*The mission of the Caswell Senior Center is to enrich the lives of Caswell senior adults by responding to their diverse needs and interests.*



World Elder Abuse Awareness Day was launched by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect. Join us on **Saturday, June 18, 2022** as we take part in the Elder Abuse Awareness Walk in Kernersville. We will take a bus from the Senior Center. **Registration required** to reserve your seat and will begin on Friday June 03 at 8:30 am. Seats are limited. **We will leave the Center at 7:00 AM** and return by 2:00 pm. Please call Cindy at 336-694-7447 to register.

## Join Us In the Fight to End Elder Abuse!

### Piedmont Triad Elder Abuse Awareness Walk, Stroll and Roll

**June 18, 2022 • Triad Park, Kernersville**

Registration & Vendor Fair opens at 9:00am  
Opening Ceremony & Walk Kick-Off at 10:30am



*An estimated 2.1 million older Americans are victims of elder abuse every year!  
Experts believe that for every case of elder abuse reported, as many as five cases go unreported.  
Our elders deserve to live safe, secure, and able to flourish at every stage of life!*

*All ages and friendly dogs welcome!  
FREE T-Shirt while supplies last!  
Informational Exhibitors!  
**Free Personal Document Shredding!**  
Music and Entertainment!  
Food and MORE!  
**NO COST TO PARTICIPATE!***



## The Grandparent Scam

The "Grandparent Scam" is a scam that targets the elderly in an attempt to steal large sums of money through a wire transfer.

-A grandparent receives a phone call or email from someone who claims to be their grandchild. The person states they are traveling in a foreign country, have gotten in trouble and need money wired ASAP. The criminal may also claim to be a police officer, lawyer or doctor.

-RESIST the pressure to act quickly. CONTACT YOUR GRANDCHILD or another family member to determine if the call is legitimate. NEVER wire money based on a request made over the phone or in an email, especially overseas.

*-If you have been scammed*  
\*Contact your local law enforcement or state consumer protection agency\*

# Senior Center Happenings

## Veterans Service Officer

Our Veterans' Service Officer, Wanda Jones will be at the Senior Center twice a month to assist you. She will be at the Center **on Wednesday June 08 and June 22.** Appointments are first come, first serve beginning at 11 am.



## Breakfast and Conversation

Join us every **4th Wednesday at 9:00 am** (June 22) for coffee and conversation with other Veterans. The senior center sponsors a lite breakfast with coffee and juice to all Veterans. We provide updates that are of interest to Veterans and their families during this time. Breakfast provided by Central Ruritan Club in Yanceyville.



## Patriotic Wreath for 4th of July

Carol Dodson will join us on **June 23rd at 9:30 am** to help you make an awesome wreath to display for July 4th. We only have 12 seats available. **Registration will begin on Monday June 06 after 8:30am. You will only be allowed to register yourself.** Contact Cindy at 336-694-7447 to reserve your seat. **Cost is \$5**



## Lunch & Learn –What Does Retirement Look Like?

Join us for a chance to learn what retirement may look like for you. State Employees Credit Union will join us on **Thursday, June 23, at 12:30** to talk about what it takes to retire. Seating is limited. Please call Cindy at 336-694-7447 to reserve your seat.

## Coming in July

### *Caregiver Support Group Meeting*

Are you or someone you know caring for a loved one and just need a place to meet and be with others who are in similar situations? Call Cindy at 336-694-7447 with your name and phone # and we will let you know when the first meeting will be.

## Diabetes Self-Management Education and Support

Classes begin July 8, 2022. For more information contact Miranda Taylor at 336-904-0300. Classes will be held at The Caswell Senior Center.

## Community Calendar

Caswell Farmer's Market

Thursdays 4p—6:30p

First Friday's are Back

June 3rd @ 7:00 pm Yanceyville Pavilion... Music & Food

Bring Your Chair

The Senior Center is still following limited Covid protocol. We ask that you give others ample space, use hand sanitizer and continue to wash your hands after using the restroom. And please stay home if you do not feel well.

**Congregate** activities start at 10am Monday thru Friday. If you are signed up for lunch you are required to call in for lunch and transportation the day before by noon. Not calling by this time could result in no transportation or lunch. Please call Rita for additional information.

**Veterans Service Officer** will be here on June 08 and June 22 from 11am to 1pm. First Come First Serve.

**Bingo** will take place on the June 9 and June 27 from 10am to 11am. First come, First Serve.

**Fitness Room** is open Monday thru Friday from 8:30am to 4:30pm.

You may use the fitness room and equipment for 45 minutes. Longer if no one is wanting to use the machine you are on..

**Card Games** If you are interested in any type of card games, please call the Senior Center and let us know. 336-694-7447

**Computer Room** is open Monday thru Friday. If you are interested in computer classes contact us at 336-694-7447.

**Scrapbooking (\$\$)** meets the 4th Wednesday of each month at 10:30. First Come First Serve.

**Fit-4-Life (\$\$)** classes are offered each Tuesday and Friday at 8:30 am. First Come First Serve

**Yoga (\$\$)** is offered every Tuesday and Thursday from 1:15 pm to 2:15 . If you attend the class regularly and cannot come, please call to let us know.

**Tai Chi (\$\$)** is offered every Monday from 10:am to 11:00 am. First Come First Serve.

**Pool Table** the senior center has a pool table that is open M-F. Bring a couple of friends and enjoy a friendly game of pool.

### Senior Services

Information and Referral  
Fitness Health Promotion  
Senior Games  
Transportation Medical/General  
Caregiver Classes  
Energy Assistance  
Medicaid/Medicare Benefits  
Job Training Placement, NCBA  
Telephone Reassurance  
Durable Medical Equipment  
Food Distribution  
Tax Preparation Counseling  
Legal Services  
Caregivers Support Program  
Congregate/Home Delivered Meals  
Insurance Counseling (SHIIP)  
Veteran Services



Hours of Operation:

Monday - Friday

8:00am-5:00pm

336-694-7447

# JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>JUNE IS ALZHEIMER'S &amp; BRAIN AWARENESS MONTH</b></p>		<p>1</p> <p>9:30-2:30 Rook</p> <p>10:00 Congregate Meets</p>	<p>2</p> <p>9:30-2:30 Rook</p> <p>10:00 Congregate Meets –Drama Program Production by Seniors</p> <p>1:15 Yoga w/Frank\$\$</p>	<p>3</p> <p>8:30 Fit-4-Life\$\$</p> <p>9:30-2:30 Rook</p> <p>10:00 Congregate Meets</p>
<p>6</p> <p>9:30-2:30 Rook</p> <p>10:00 Congregate Meets-Ice Cream Social</p> <p>10:00 T'ai Chi (in craft room)\$\$</p>	<p>7</p> <p>8:30 Fit-4-Life\$\$</p> <p>9:00 Choir</p> <p>9:30-2:30 Rook</p> <p>10:00 Congregate Meets-Chair Volleyball</p>	<p>8</p> <p>9:30-2:30 Rook</p> <p>10:00 Congregate Meets</p> <p>11-1 Veterans Service Officer</p>	<p>9</p> <p>9:30-2:30 Rook</p> <p>10:00 Congregate Meets-B'Day Bingo</p>	<p>10</p> <p>8:30 Fit-4-Life\$\$</p> <p>9:30-2:30 Rook</p> <p>10:00 Congregate Meets-Checkers</p>
<p>13</p> <p>9:30-2:30 Rook</p> <p>10:00 Congregate Meets-American Flag Trivia</p> <p>10:00 T'ai Chi (in craft room)\$\$</p>	<p>14</p> <p>8:30 Fit-4-Life\$\$</p> <p>9:00 Choir</p> <p>9:30-2:30 Rook</p> <p>10:00 Congregate Meets-All About Elder Abuse</p> <p>1:15 Yoga w/Frank\$\$</p>	<p>15</p> <p>9:30-2:30 Rook</p> <p>10:00 Congregate Meets</p>	<p>16</p> <p>9:30-2:30 Rook</p> <p>10:00 Congregate Meets-Smithsonian Photo Tour</p> <p>1:15 Yoga w/Frank\$\$</p>	<p>27</p> <p>8:30 Fit-4-Life\$\$</p> <p>9:30-2:30 Rook</p> <p>10:00 Congregate Meets-Father's Day Program</p>
<p>20</p> <p>9:30-2:30 Rook</p> <p>10:00 Congregate Meets</p> <p>10:00 T'ai Chi (in craft room)\$\$</p>	<p>21</p> <p>8:30 Fit-4-Life\$\$</p> <p>9:00 Choir</p> <p>9:30-2:30 Rook</p> <p>10:00 Congregate Meets--Nature Walk</p> <p>1:15 Yoga w/Frank\$\$</p>	<p>22</p> <p>9:00 Veterans Connect Breakfast</p> <p>9:30-2:30 Rook</p> <p>10:00 Congregate Meets</p> <p>10:30 Scrapbooking</p> <p>11-1 Veterans Service Officer</p>	<p>23</p> <p>9:30 Craft w/ Carol \$\$</p> <p>10:00 Congregate Meets-Jokes &amp; Riddles</p> <p>12:30 Lunch &amp; Learn What Does Retirement Look Like</p> <p>1:15 Yoga w/Frank\$\$</p>	<p>24</p> <p>8:30 Fit-4-Life\$\$</p> <p>9:30-2:30 Rook</p> <p>10:00 Congregate Meets-Crafty Friday</p>
<p>27</p> <p>9:30-2:30 Rook</p> <p>10:00 Congregate Meets-Bingo</p> <p>10:00 T'ai Chi (in craft room)\$\$</p>	<p>28</p> <p>8:30 Fit-4-Life\$\$</p> <p>9:00 Choir</p> <p>9:30-2:30 Rook</p> <p>10:00 Congregate Meets-Corn Hole</p> <p>1:15 Yoga w/Frank\$\$</p>	<p>29</p> <p>9:30-2:30 Rook</p> <p>10:00 Congregate Meets</p>	<p>30</p> <p>9:30-2:30 Rook</p> <p>10:00 Congregate Meets</p> <p>1:15 Yoga w/Frank\$\$</p>	<p>Follow us on Facebook!</p> <p>"Caswell County Senior Center"</p>

## ***Travel Update***

*ARK Encounter— Has been postponed. Call Cindy ASAP if interested*

*Lancaster, PA & New York City— 4Day/3Night September 12-15.  
Still looking for travelers. If interested call Cindy at 336-694-7447*

*Ireland-October 15-22*

*\$2799 per person/double occupancy -\$250 deposit. We have less  
than 6 seats left.*

*Biltmore Estate—3 Day/2 Night December 7-9*

*\$499 per person/double occupancy—\$50 deposit*



Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of dementia cases. Worldwide, more than 55 million people are living with Alzheimer's or another dementia. Join the Alzheimer's Association in going purple and raising awareness this June. The more people know about Alzheimer's the more action we inspire.

# 10 WAYS TO LOVE YOUR BRAIN



**START NOW.** It's never too late or too early to incorporate healthy habits.



## BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



## HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



## BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



## FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



## STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.



## HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



## BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



## TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



## CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



## FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.

Visit [alz.org/10ways](http://alz.org/10ways) to learn more.

alzheimer's association®

THE BRAINS BEHIND SAVING YOURS.™