

# THE WEDNESDAY WINK

MAY 28TH, 2025

## Advocacy for Aging

Today, May 28, 2025, in the spirit of inclusivity and community, the Wake Forest Center for Active Aging held an event to illustrate our commitment to becoming more age-friendly and to honor and respect Older Americans Month and the 32nd annual National Senior Health and Fitness Day. Our mission was to raise awareness, engage the community, and celebrate as we hosted an open house with an integrated program approach titled 'Move Today for a Better Tomorrow.' The connection drew friends, family, and our aging community. This day presented a tremendous opportunity for all to advocate for the Older Americans Act (OAA), the backbone of our nation's federal aging policy. Without this, many programs at the center, including nutrition, health education, benefits counseling, caregiver support, job training and placement, elder rights protections, and much more, will be lost or reduced for many.

For those of you who were unable to participate in our advocacy, please visit the Wake Forest Center for Active Aging, located at 235 East Holding Ave in Wake Forest, and request a copy of our postcard to send to our legislators regarding the OAA. We want to ensure that our representatives account for older Americans as they navigate FY26 budget discussions and decisions. We are counting on you. **Please submit a postcard or request via email by June 6, 2025.** Thank you for your advocacy.

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Dear (Elected Official),

I am writing about the Older Americans Act (OAA). The OAA is the backbone of federal aging policy, empowering older adults in our community to enjoy senior center activities, nutrition programs, health education programs, benefits counseling, caregiver support, job training and placement, elder rights protections, and more.

A healthier America requires investing in programs that work. That's what OAA does. As the share of Wake Forest citizens over 55 continues to grow, so has the need for OAA services. In fact, Wake County is the third fastest growing county in the country, with 50% of that growth coming from voters 55 and older.

These facts-combined with the long-term savings of OAA's initiatives-makes me hopeful that you can work with your colleagues to keep OAA's services strong. Please ensure you are accounting for the needs of older Americans as you navigate FY26 budget discussions. Communities in your district are counting on you!

Sincerely,

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# LEARN TO PLAY CROKINOLE

at Wake Forest Center for Active Aging

**2<sup>nd</sup> and 4<sup>th</sup> Mondays 3-5PM**  
**3<sup>rd</sup> Wednesday 2-4PM**  
**Monthly**

An Introduction to  
Crokinole: "The Most Fun  
Game You've Never  
Heard of!" Learn to play  
the game you're sure to  
get hooked on.



**CONTACT US** ➤



Phone Number:  
**919-554-4111**



**Wake Forest Center  
for Active Aging**

# UNLOCK THE SECRETS TO BETTER SLEEP

June 2<sup>nd</sup>, 2025 10:00AM-11:00AM  
235 E. Holding Ave. Wake Forest, NC 27587



Are you ready for more restful, restorative sleep? In this class, you'll learn practical tips to improve both the quality and quantity of your sleep. We'll explore the science of sleep hygiene, habits that set you up for success, and foods and nutrients that promote deep relaxation. You'll also discover how essential oils and natural products can support better sleep naturally.

Each participant will make a custom sleep-supporting roller bottle to take home!

**Class fee: \$10 Cash Only for Supplies.**

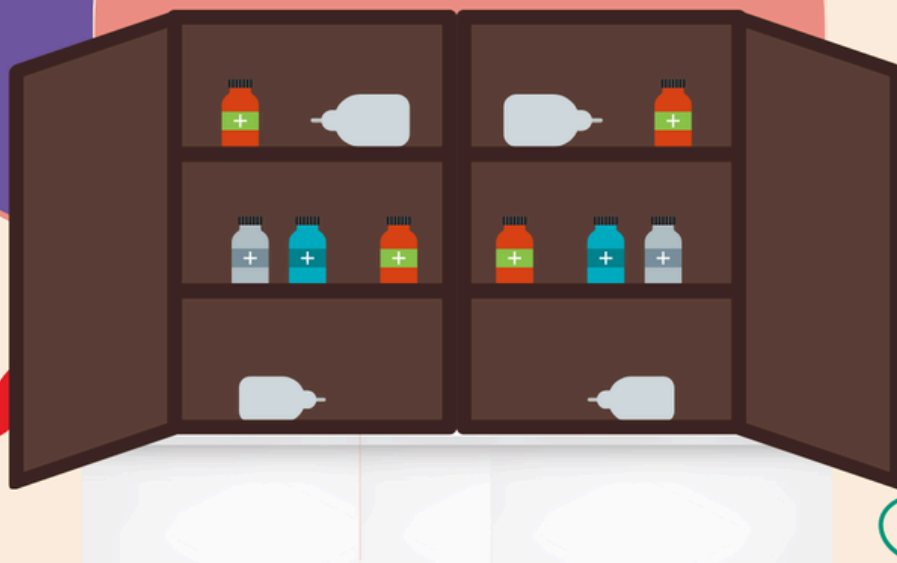
**Call 919-554-4111 to Register**



# MEDICINE CABINET

## MAKEOVER

Class fee: \$10  
Cash Only for  
Supplies.



**JUNE 9<sup>TH</sup>, 2025 10-11AM**

**WAKE FOREST CENTER FOR ACTIVE AGING**

**235 E. HOLDING AVE. WAKE FOREST, NC 27587**

**Rethink what's hiding in your medicine cabinet! In this eye-opening class, you'll learn how everyday products may impact your health and immune system—and how to swap them for safe, natural alternatives. We'll explore natural remedies for common concerns and introduce essential oils and holistic options that support your body's natural healing process. Each participant will make a custom roller bottle to take home!**

**CALL 919-554-4111 TO REGISTER!**

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## Community Connections Coffee Café "C4 Yourself!"

C4 Yourself is a vetted community partnership of agencies and services that Seniors would find valuable.

Join us on scheduled mornings to have one-on-one conversations from local businesses.



### Nancy Pope, AAA Travel and Insurance

**Tuesday, June 3<sup>rd</sup> 11:00 AM**

Don't let weather disruptions, canceled flights or medical emergencies ruin your trip. Affordable travel insurance could save you thousands if something goes wrong before or during your cruise, tour, hotel stay or car rental. Add insurance, even if you've already booked, and protect your vacation investment before you go.

### Bill Harrison, Parler Properties

**Thursday, June 5<sup>th</sup> 8:30 AM**

Parler Properties are "Seniors Helping Seniors" with access to in-home care, legal, finance, and of course real estate and notarial services. Seniors Real Estate Specialists (SERS)-Dementia-Friendly Certified. Represent Buyers, Sellers, and Landlords - From Contract to Close.

### Kevin Peach, NC Wills and Trusts

**Thursday, June 5<sup>th</sup> 11:00AM**

At NC Wills and Trusts, the title says it all. NC Wills and Trusts can assist you with Estate Tax Planning, Living Wills, Health Care Power of Attorney, Charitable Trusts, and more.

### Karena Stipp, Southern Accent Homes

**Tuesday, June 10<sup>th</sup> 8:30AM**

Karena Stipp is a dedicated real estate agent specializing in helping seniors navigate the real estate process with ease and confidence. As a certified Seniors Real Estate Specialist® (SRES®) and a Certified Senior Housing Professional™ (CSHP), Karena has the expertise to guide older adults and their families through transitions like downsizing, relocating, or selling their homes.



# Books for people of all ages with visual, physical, or reading/learning disabilities.

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These services are brought to you by the State Library of North Carolina's Accessible Books and Library Services. Learn more about the program at the SLNC website.

