

NAVIGATION PROGRAM

Allows Older Adults to Live Independently in their Homes

By Rebecca Holder

Do you live in a NORC with a SSP or a Village? Would you want to live in one?

Believe it or not, those questions are being answered by growing numbers of older adults throughout the US seeking to remain independent in their homes and communities. In the Piedmont Triad, a third question is now being posed—**Do you want Navigation by Salemtowne?**

For the unfamiliar, NORCs with SSPs (Naturally Occurring Retirement Communities with Supportive Services Programs) and Villages came about in the 1980s and 1990s as a way for older adults to remain in their homes while accessing the services needed to make independence possible. In addition to traditional home health care, among some of the services NORC/Village participants can access are transportation, housekeeping, home repair and maintenance, and social activities. Rather than move into a Continuing Care Retirement Community (CCRC) to receive a complete continuum of care and services, the care and services come to them.

"Navigation by Salemtowne is the first 'life care program' of its kind licensed by the North Carolina Department of Insurance," explains Victoria P. Moreno, Executive Director of Navigation by Salemtowne. "A life care program provides a continuum of care, services, and care coordination on a contractual basis in conjunction with a CCRC. More simply, the program allows you to enjoy the autonomy and independence of living in your own home with the security of a CCRC—the main difference is geography."

Though licensed through the Department of Insurance, Moreno notes that Navigation by Salemtowne "isn't a long-term care insurance policy." According to Moreno, "It offers much more than just insurance. We offer personalized, member-focused services in a membership-based program." Applicants must meet certain criteria and then they simply pay a one-time membership fee and an affordable monthly fee after that. There are three membership options to choose from.

The services include care coordination from a personal Wellness Navigator, emergency response system, home inspections, meal delivery, transportation, home health aides, companion/homemakers, live-in companions, adult day care, assisted living care, and skilled nursing care. At the heart of the program is the care coordination by a Wellness Navigator (available 24 hours a day, 7 days a week) who guides the member in creating a personalized plan aimed at making the most of now and anticipating the future.

Membership Director Elizabeth Hipsher finds potential members enthusiastic about the program and filled with questions. In scheduled informational seminars and one-on-one conversations with applicants, Hipsher states many feel they do not need care now, so why do they need Navigation by

Salemtowne? "This is a proactive approach to keeping them healthy and independent as long as possible," notes Hipsher. "And sometimes the application process helps shine a light on issues that applicants don't realize they have." If an applicant is denied for medical reasons, Hipsher uses the opportunity to provide information and resources to address those issues. "Having a plan, whether you're a member of Navigation by Salemtowne or not, is important. I try to help everyone continue in the planning process."

"Navigation by Salemtowne offers another choice to individuals wanting to remain in their homes," says Moreno. "Having that choice is reflective of our vision—impacting, educating and empowering the older adult to live a full and dynamic life!"

February
is National
Senior
Independence
Month.

Piedmont Plus Senior Games & SilverArts Coming in May!

Applications to enter available now; early deadline is February 27

The kickoff for the 2015 Piedmont Plus Senior Games and SilverArts was held on January 30 and by the number of people attending, it will be another great success.

Jessi Garrett, Senior Recreation Leader and Silver Arts Coordinator, said, "The Senior Games provide an opportunity for amazing fellowship. Participants cheer each other on, so it's not just about winning."

This is the 31st year that the Senior Games, a part of the national program, has been held. Games begin April 30 and the awards reception will be held on May 8. The SilverArts awards ceremony and reception will be held on May 15.

The SilverArts division provides a stage to showcase the creative talents of seniors, including visual arts, literary pieces, and performing artists. The Heritage, Literary and Visual Exhibit will be held May 5-15 at South Fork Community Center.

The Piedmont Plus Senior Games is the third largest in NC and winners from these games go on to compete at the state and national levels.

Applications to enter the Senior Games or the SilverArts are available from the City of Winston-Salem Recreation and Parks Department or by going online to www.cityofws.org/departments/recreation-parks/seniors.