

Second Spring Arts Festival

Third annual festival May 29 & 30

Two contests to recognize and reward the finest senior artists and writers in the area will be held during the third annual Second Spring Arts Festival, to be celebrated May 29-30 at the Milton Rhodes Center for Creative Art and the Hanesbrand Theater in Winston-Salem. The general theme of the festival will be the impact of military service on the author or artist.

The Second Spring Festival is held each May in conjunction with the national celebration of the arts among older adults throughout the United States. Each year various local musicians, acting and dance groups join with visual and literary artisans to highlight the talent and abilities of citizens who are 60 and older.

The festival has issued a call for entries for visual art with a deadline of April 1. A wide variety of media will be accepted for display at the Milton Rhodes Center's gallery from May 8 through June 1. Information regarding entries and the specifics of the displays may be found at the www.arts60plus.org.

Entries of poetry, essays, stories and remembrances are also being accepted for the 2015 Second Spring Literary Anthology through May 1. Authors will be asked to write about their own military service or how the service of other individuals impacted their lives and families. Editors will recognize the top three entrants in each category.

There is no cost to submit entries for the literary contest and entrants are asked to limit entries to three in any one category. The best dozen poems, stories and essays will be published in the anthology, which will be available for sale at \$5.

Entries may be typewritten on paper or saved in a digital format (such as an email, a flash drive or DVD). Submissions and questions may be emailed to mike@secondwindpublishing.com or mailed to Second Spring Arts, Anthology, P.O. Box 24306, Winston-Salem NC 27114. This event is free and open to the public.

Factors to Consider When Choosing a Long-Term Care Facility



By Marquita Massenburg

Many people ask the question: how do I know when it is time for long-term care services? The truth is there is no simple answer. Many factors play a part in this decision. The most important things are to be **PREPARED**, have a plan, understand the differences in level of care, and keep an open relationship with your physician. If you do your research beforehand, it can make a stressful or unexpected transition a lot smoother. So what are the different levels of care?

Skilled Nursing (Nursing Homes) is the level of care that most people are familiar with; it is where some people with serious illnesses come to receive 24/7 nursing care. But what many people do not know is that skilled nursing communities are most commonly used for short term stays after a fall, surgery, or sudden illness such as a stroke, where people receive therapeutic services to regain their strength and independence to resume their normal way of life. Myth buster: Everyone in a nursing home is NOT sick!

Assisted Living communities are communities in which people can receive help with medication management, meals, and activities of daily living such as bathing and dressing if needed. Many people who live in assisted living communities just need a little extra help.

Memory Care Communities are specific to those with cognition deficits. Memory care units have staff that are trained and specialize in dealing with behaviors related to memory loss. Memory care units have a high level of secured oversight to help prevent residents from unknowingly wandering and being in danger.

Lastly, are the **Independent Living Communities**. These communities are perfect for older adults who are independent but prefer to live in a safe communal environment. Independent Living Communities offer all the benefits of being independent; with the amenities of not having the responsibilities of lawn care, home maintenance, transportation, etc. Many independent living communities offer choices such as a house or an apartment of one to multiple bedrooms.

Choosing the appropriate level of care for yourself or your loved one can be overwhelming. However, there are many communities that have all of these components on one campus; which makes it easier for many people to transition across the different levels of care seamlessly, if needed.

For free resources on how to choose a long-term care facility and lists of communities that are best fit for the needs of you or your loved one, contact Piedmont Triad Regional Council Area Agency on Aging, and ask to speak with a Long-Term Care Ombudsman at 336.904.0300.

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