

Y TEAMS WITH ACCLAIMED SENIORS EXERCISE PROGRAM

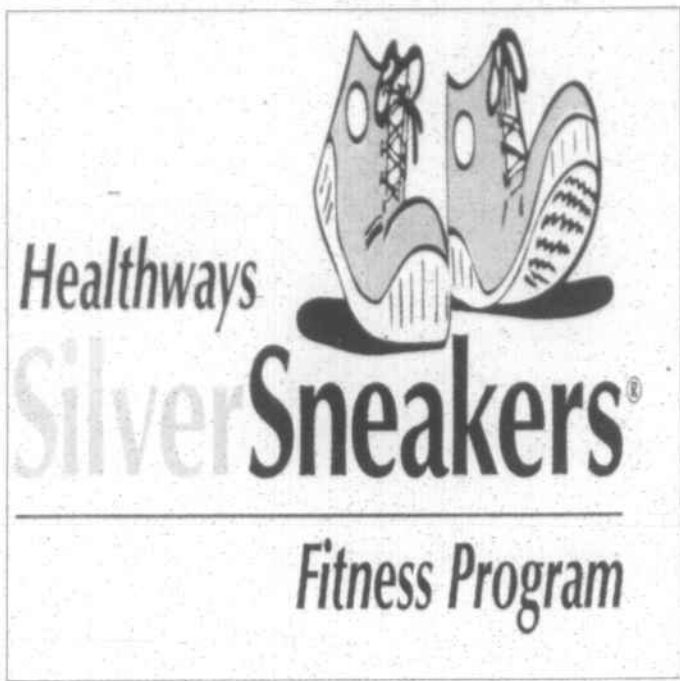
SPECIAL TO THE CHRONICLE

The Winston Lake Family YMCA, 901 Waterworks Road, is recognizing the unique needs of the older adults in the community by partnering with the nationally-recognized Healthways SilverSneakers Fitness Program.

The Y will now offer older adults a way to increase their levels of physical activity while motivating them to remain active. SilverSneakers is the nation's leading exercise program designed exclusively for older adults and is available at no additional cost (beyond any monthly premium) to eligible Medicare health plan and group retiree members.

"Research points to the significant health benefits of regular exercise for older adults," says the Y's Crystal Morris. "In addition to helping our members stay physically healthy, SilverSneakers also offers a great way for them to socialize, meet new friends and have fun."

With the SilverSneakers premier network, members have a complimentary membership, with access to a variety of participating locations throughout the country. Many sites offer amenities such as fitness equipment, treadmills and free weights, and the signature SilverSneakers Fitness Program classes, designed specifically for older adults and taught by certified instructors. Additional signature classes, such as YogaStretch, SilverSplash and Cardio Circuit, may be available at select locations. A designated staff member will assist members along the way.



To find out if you are eligible for SilverSneakers, contact your health plan provider. For more information regarding the SilverSneakers Fitness Program, visit www.silversneakers.com or call 888-423-4632.

Grant will help Group Homes offer new adult skills classes

SPECIAL TO THE CHRONICLE

Group Homes of Forsyth Inc. (GHF) has received a \$20,000 grant from the Winston-Salem Foundation for its new Adult Daily Living (ADL) Skills classroom program.

This grant is made from multiple funds provided by the Eugene and Iola Daniels Memorial Trust Fund for the Mentally Handicapped and the Walter V. and Martha W. Murray Advised Fund. Additionally, this classroom program will operate as a Forsyth Technical Compensatory Program in which support is provided by Forsyth Tech.

GHF's mission is to provide quality residential care, CAP and classroom training for adults who have developmental disabilities/mental retardation, and consistently look for innovative resources and means for the expansion of services for this targeted disability group. GHF identifies those clients having the potential to move on to a less restrictive environment, and provides those persons the necessary programming to mainstream into the community if and when appropriate. This ADL class teaches the skills necessary to gain independence and self sufficiency. The agency wants to prevent these individuals from failing as they desire to become more independent. It is GHF's goal to educate them to accept their disability and learn how to maneuver around it to reach their goal of independence and self sufficiency whenever possible. Another goal is to change their attitudes and build their confidence.

Adult applicants interested in attending this ADL class or getting CAP information may contact Carolyn Richards at 336-831-1300 ext. 303.

Education group to meet on July 27

SPECIAL TO THE CHRONICLE

The fourth monthly meeting of the Concerned Citizens for Accountability and Achievement (formerly the Dr. Larry Fields Community Advisory Board on Public Education), will take place Monday, July 27 from 6 to 7:30pm at Dellabrook Presbyterian Church, 115 Dellabrook Road.

Dr. Willette Nash will make a presentation on multicultural curriculum infusion, and there will be a discussion on how to guarantee high school graduation for all children living in East Winston.

Convened by Virginia K. Newell and Carlton A. G. Eversley, the group was started in the spring. Its Executive Committee is made up of Cecelia McDaniel, Barbara Puryear, Paulette Marshall, Betty Alexander, Eugene Baskin, Doris Harell, Rodney Mitchell, Todd Fulton and Newell and Eversley. The committee has decided to follow-up on a meeting with School System Superintendent Dr. Donald Martin, where he agreed to work on fulfilling the committee's six-point agenda and suggested senior school staff to work with the group.

The committee is also following Attorney J. Griffin Morgan's lead in getting a 501 (c) (3) non-profit organization status by suggesting a \$50 individual membership fee; \$75 for family membership dues and \$100 for Executive Committee membership.

The committee has announced its support for another group recently formed at Emmanuel Baptist Church, under the direction of Rev. John Mendez and Felecia Piggott Long, that focuses on standardized testing. The committee will join that group and CHANGE in an education summit next month.



File Photo
Community advocate Virginia Newell.

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