



Seniors' artistic talents shine in SilverArts competition

BY JUDIE HOLCOMB-PACK
THE CHRONICLE

N.C. Senior Games began in 1983 with a goal to create a year-round health promotion and education program for North Carolinians 50 years of age and better and to provide a holistic approach to body, mind and spirit, staying fit while enjoying the company of other seniors. Today, there are over 60,000 participants in 53 local games that serve all 100 counties across the state.

Our local Piedmont Plus Senior Games/Silver Arts offers numerous athletic and skill events, including traditional track and field events, team sports such as basketball and softball, recreational sports such as golf and bowling, and tests of skill such as football throwing and spin casting.

However, the "SilverArts" part of Senior Games doesn't garner as much at-

tention, even though it is growing as more people age 50 and above find out about what all it offers our creative seniors. Todd Collins, Senior Games coordinator, has just finished his first year with Recreation and Parks. He said, "I have been impressed with the variety of talent we have in our community." Collins continued, "I have also noticed the new friendships that have developed through participation in Senior Games and especially among the SilverArts participants, who have the opportunity to showcase their talent among their peers and family."

Unlike the sporting events, where participants compete in age groups, SilverArts' participants compete individually in a large range of categories. Seniors can submit one entry per subcategory.

In the Heritage Arts category, subcategories

are: basket weaving, china painting, crocheting, jewelry, knitting, needlework, pottery, quilting, rugs, stained glass, tating and needlepoint, tole/decorative painting, wall hangings, weaving, woodcarving, woodworking and woodturning.

In the Visual Arts category, subcategories are: acrylics, drawing, mixed media, oil, pastels, photography, sculpture, watercolor, and adult coloring.

In the Literary Arts category, subcategories are: essay, poem, life experience/memoir, and short story.

In the Performance category, entries range from individual to group performances, such as singing, playing a musical instrument, dancing (including line dancing, interpretive dance, and couples), tai chi routines, cheerleading, and stand-up comedy.

Entry fee for Senior Games is \$12 and there



Some of the Heritage Arts entries in the 2018 SilverArts competition.

Photo by Judie Holcomb-Pack

is no additional fee to enter SilverArts. The official age for participation is 50, so you need to be age 50 by December 31, 2020, to participate in this year's games. Many older adults don't start until their late 50s or wait until they are retired before "taking the leap" into Senior Games competition. But the ear-

lier you start, the more fun you'll have!

Without a doubt, today's seniors are more active than ever. When it comes to participating in Senior Games, one comment often heard is, "If I had known how much fun it was, I would have started earlier!"

For more information

contact: Piedmont Plus Senior Games, 2301 N. Patterson Ave., Brown-Phillips-Smith Building, Winston-Salem 27105. Contact Chuck Vestal at 336-727-2325 or Todd Collins at 336-727-2978. Entry forms are available at all local recreation centers.

Not happy with your Medicare Advantage plan?

You can make changes through March 31 during Medicare Advantage Open Enrollment

By Iora Primary Care

Are you not feeling the "advantage" in your current Medicare Advantage plan? Are you unhappy with the network's providers or pharmacy options, or just feeling regret about your fall selection?

Unfortunately, you're not alone. Fortunately, if you enrolled in a Medicare Advantage plan, now may be the perfect time to make a switch.

Each year, seniors on Medicare have two opportunities to change their plans. And while most are familiar with the initial Fall Annual Enrollment Period, Oct. 15-Dec. 7, many are less familiar with the newer Medicare Advantage Open Enrollment Period, given its recent introduction just last year.

Happening now through March 31, this new period provides a second chance to those on Medicare Advantage plans

to change their selections. However, unlike the fall annual enrollment period, enrollees are permitted to make only one change during this time, so making an informed decision is all the more important.

Here are some important things to consider:

What changes can I make now during the new Open Enrollment Period?

For those on Medicare Advantage plans, this new period presents a limited, three-month opportunity (Jan. 1 - March 31) to compare, reassess and make changes to an existing advantage plan. (Note: If you're enrolled in Original Medicare (Part A and Part B), the new open enrollment period doesn't apply to you).

During this new period, MA enrollees can:

- *Switch to another Medicare Advantage plan.
- *Drop your Medicare Advantage plan

and return to Original Medicare.

*Make changes to your Part D prescription drug coverage, if: (1) switching from a Medicare Advantage plan without prescription drug coverage to another Advantage plan that includes it; or (2) dropping a Medicare Advantage plan to return to Original Medicare, in which case you may enroll in a stand-alone Part D prescription drug plan.

*As a policyholder of a Medicare Advantage plan, you are able to make one switch to your policy during this time, and your chosen coverage goes into effect on the first day of the next month from when you make the change. For example, if you switch Medicare Advantage plans in March, then your new coverage becomes effective April 1.

How do I choose a plan or doctor that's right for me?

Along with switching plans, the Open

Enrollment Period is a great opportunity to evaluate if your current primary care provider is working for you. However, with so many options, it's often helpful to sit down with an insurance representative or agent who can help you choose a plan that best suits your lifestyle and goals.

At Iora Primary Care, a local doctor's office for adults on Medicare, our Patient Enrollment team can connect you to trusted insurance agents that can help explore your options and make the decision that's right for you. With an office conveniently located in Winston-Salem, our team is happy to help answer your questions and refer you to someone to help you find the right plan for you.

For more information or to schedule a tour of Iora Primary care, call 336-355-4635 or visit: <http://www.iorawinstonsalem.com>.

90-year-old SilverArts participant publishes second book

BY JUDIE HOLCOMB-PACK
THE CHRONICLE

There are people who write. And then there are people who WRITE! Jessie Crockett is one of the latter. She has been writing for as long as she can remember. Even as a little

gift and writing my book gives me a chance to use my gift."

Jessie graduated from Atkins High School in 1947 and wrote the class song and history. She also wrote the gossip column for the school newspaper, the "Maroon Wave." Clin-

sometimes I write when I get up in the morning and sometimes I write when I wake up at night." And she doesn't use a computer; she writes everything by hand, "in cursive," she states.

Jessie has participated in the Piedmont Senior Games/SilverArts competitions since 1991 and has won 21 medals. Chuck Vestal, Recreation and Parks Special Populations supervisor, said, "Over my

years with the Piedmont Plus Senior Games/SilverArts, Jessie has become a dear friend. Every so often she makes time to come by and visit. It is during these special visits at which I learn what she is writing at the current time. She loves to share her passion for writing and I am excited to hear what she has in store for us next. She is a long-time SilverArts participant and we are excited to see her 2020 entries."

Jessie would like to encourage seniors and others to write. She said, "We have things that have happened to us that we could tell about. I would like people to put their talents to use."

Jessie, who will celebrate her 90th birthday in March, said, "Who would have thought that at my age I would have two books published?" Her advice to seniors: "Don't sit on your talent - do it!"

Jesse Crocker's latest book, "Encouraging Stories and Essays," as well as her first book, "Expressions from the Heart," are available on Amazon.com.

SilverArts accepts poems, short stories, essays and memoir that are blind-judged by members of Winston-Salem Writers. Entry forms are available at all recreation centers or by going to www.weplay.com and clicking on the Seniors link.

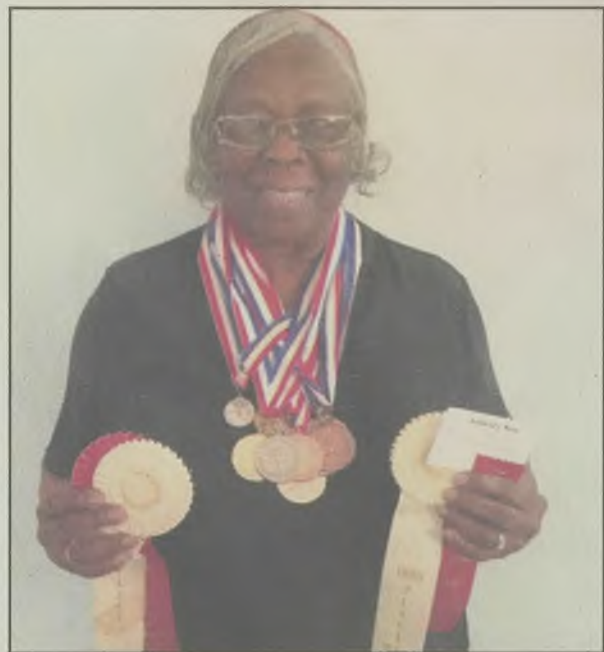


Photo by Judie Holcomb-Pack

Jessie Crockett shows off some of the many medals she has won in the SilverArts competition.

girl, Jessie wrote rhymes and poetry. "I get up in the morning and I just start writing," she said.

Crockett's writing has earned her 21 medals in the SilverArts literary competition of Senior Games and recently she published her second book of short stories and essays, "Encouraging Stories and Essays." Jessie said, "Writing is my

ton Lockhart wrote as her yearbook class prophecy, "Jessie Meadows will be the editor of the New York Times." She had wanted to be a journalist, but ended up working at and retiring from R. J. Reynolds.

Jessie said that "I feel at home when I'm writing" and writes when she feels inspired. She said, "I am a creative writer and

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