

Rutherford County Senior Center

~ North Carolina Certified Center of Excellence ~ United Way Member Agency ~
~ Our Mission: Rutherford County Senior Center provides opportunities for
senior adults to help them maintain and enhance their quality of life. ~

JUNE 2015 NEWSLETTER

193 Callahan Koon Rd, Suite 132 Spindale NC 28160

Telephone: 828-287-6409

Hours: Monday: 7:30 a.m. – 5:00 p.m. Tuesday – Friday: 8:30 a.m. – 5:00 p.m.

Vulnerable Adult & Elder Abuse Awareness Month: May 8 – June 22, 2015

Each year, more than two million vulnerable and older adults are victims of abuse, neglect, and exploitation. Research has shown that older adults who are abused, neglected and exploited are three times more likely to die within 10 years than those who are not. In Fiscal Year 2014 there were almost 23,000 reports of abuse, neglect or exploitation of vulnerable and older adults made to North Carolina's 100 county departments of social services. Reports are made by doctors and other professionals and by family members and concerned citizens in our communities. Anyone who suspects that a vulnerable or older adult is in need of protection is required by North Carolina General Statute (GS 108A-102) to report this information to the department of social services in the county where the adult resides. May 8 through June 22 is **Vulnerable Adult and Elder Abuse Awareness Month** in North Carolina. This timeframe ties the awareness period to both the Mother's Day and Father's Day weekends, in the hopes of reinforcing the spirit of respecting and valuing not just parents, but all elders.

TAKE AN ACTIVE ROLE IN PROTECTING VULNERABLE AND OLDER ADULTS

- **SHOW THE WORLD THAT YOU CARE** - wear something purple to observe World Elder Abuse Awareness Day on June 15, 2015.
- **SPEAK OUT**- Don't ignore this problem – it is not going away.
- **REPORT**- suspected abuse, neglect, or exploitation to Adult Protective Services in the North Carolina County where the adult lives. Contact information for County Departments of Social Services is at this website: www.ncdhhs.gov/dss/local
- **VOLUNTEER**- in local programs that provide assistance and support for vulnerable and older adults in your community and long term care facilities.
- **EDUCATE**- yourself, family, and community about Elder Abuse by visiting the following websites: Elder Justice Coalition website <http://www.elderjusticecoalition.com>; National Center on Elder Abuse website www.ncea.aoa.gov; National Adult Protective Services Association website www.apsnetwork.org; National Long Term Care Ombudsman Association website www.ltombudsman.org; North Carolina Division of Aging and Adult Services at www.ncdhhs.gov/aging.

Article Source: www.ncdhhs.gov



DON'T FORGET TO PRE-REGISTER FOR LUNCH TO ENSURE THAT YOU WILL BE SERVED

We ask that you please pre-register by 12:00 noon the day before you plan to eat, or you can pre-register, for several weeks in advance, by using your MySenior scan card. If circumstances change and you are UNABLE to come on a day that you have pre-registered for, please call the Senior Center at 287-6409 before 9:30 a.m. to cancel.

BOX TOPS FOR EDUCATION

The Senior Center has an ongoing project of collecting box tops for education for local schools. So clip those box tops and drop them in the jar located in the Center's coupon room. Box Tops for Education is one of the nation's largest school fundraising loyalty programs and has been helping schools succeed since 1996.



VOLUNTEERS NEEDED:

Volunteers are always welcomed and needed at the Senior Center. Following are the multiple areas that are in need of volunteers:

MEALS ON WHEELS VOLUNTEER:

Volunteers are the backbone of Rutherford County Senior Center's Meals on Wheels program. Approximately 2,000 meals are delivered each month to an average of 100 participants of this worthwhile program. In addition to delivering a fresh, hot meal M-F, the MOWs volunteer provides a "mini visit" and a warm, friendly smile to individuals who might not see anyone on a daily basis. ***For more information or to volunteer, please contact Michelle Smith at 287-6362.***

SENIORS' HEALTH INSURANCE INFORMATION PROGRAM VOLUNTEER:

SHIIP is a division of North Carolina's Department of Insurance which strives to assist Medicare beneficiaries in making well-informed health insurance choices. Trained SHIIP volunteers offer free unbiased health information and assist seniors with questions regarding Medicare, Supplement Plans, claims processing, Advantage, Prescription Drug Plans, and long-term care insurance. ***Please contact Angela Ezell at 287-6411 for more information on how you can become a certified SHIIP counselor volunteer.***

TRIPS & SIGN-UP SHEETS

The activity department works very hard to arrange a variety of special programs, activities, and trips. Most trips and some events are limited to a certain number of participants and require pre-registration by signing a sheet posted on the bulletin board outside Barbara's office. **All sign-up sheets are always posted on the FIRST day of the month – this allows everyone a fair and equal opportunity to sign up for a trip or event.** Also, we have been experiencing an increasing problem with participants signing up for an event or trip and then not showing up or calling and cancelling in a timely manner - this prevents us from contacting those on the waiting list and delays the departure time while we wait to see if you are just running a little late. **Effective January 2015: If you do not show up for a trip, you will not be allowed to sign up for any special trips for the next 3 months. Additionally, you must come in and sign up and pay (if there is a charge.) There will be no phone calls reservations accepted for trips or events.**

DID YOU KNOW....*The Senior Center accepts empty toner cartridges from printers and copiers as one of its recycling programs? This helps us extend and reduce our office supply budget. You can drop these items off at the front desk of the Senior Center at any time or place in our mailbox if the Center is closed.*



DID YOU KNOW...*The Senior Center accepts old eyeglasses and gives them to a local Lion's Club for recycling?*

COUPONS NEEDED:

Please bring any coupons you don't plan on using for our Coupon Room. You don't even have to clip them out of the inserts – we have volunteers who do this. Also this is a reminder for participants to take advantage of this great service at the Center - whether you're a beginner or a seasoned coupon user, it is a fact that using coupons is a smart and easy way to help stretch your food budget dollars!



SILVER STRIDERS TOTALS:

Betty McFarland	900 minutes walked
Annabelle Smith	1,050 minutes walked
Nan Thompson	745 minutes walked





WALKING CLUB

Dates: Tuesdays, June 2, 9, 16, 23, 30

Time: 8:45 a.m. **note time change**

Walking is one of the most effective forms of physical activity that delivers substantial health benefits and improves heart health. Walking is easy to start and continue and it has the lowest dropout rate of any physical activity. Join the new Senior Center's Walking Club, and connect with others who share your goals, lifestyles, schedules and hobbies, and it's FREE! It's not too late to get started - call Barbara or Crystal today or be at the Walking Club's meeting on Monday, June 8 at 10:00 for more information.

"TO KEEP OR NOT TO KEEP....THIS IS THE QUESTION"

Date: Tuesday, June 2

Time: 10:30 a.m.

Speaker: Jane Armstrong, former owner of De-Clutter for Real Life

Do you ever feel like this...*"the papers are piling up, my file drawers are filled, and I don't have a clue what I should save and what I should toss!"* If so, then this month's session is just for you! Jane will review techniques of keeping important documents, and continues with more great organizational tips. Whether you have attended any of Jane's classes these past several months, or today will be your first time – you will not be sorry that you came. Jane has already shared some great information and tips, and today's session will not be an exception. Be here today and take that first step in getting organized.

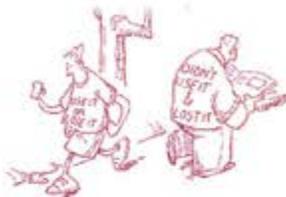


"USE IT OR LOSE IT"

Day: Wednesday, June 3

Time: 10:30 a.m.

Have you watched a young child in action lately? They don't walk; they run. They don't sit; they fidget. As we get older, our bodies slow down. The same goes for our brains. We can learn and remember almost as well as we used to, but it might take our brains a bit longer – we need to exercise it daily – just like our bodies! Join us today for the Center's version of "USE IT OR LOSE IT." We will challenge and exercise your brain to help keep it working at its optimal level!



CRAFTING WITH CRYSTAL

Date: Thursday, June 4

Time: 10:30 a.m. **Cost:** \$1.00

If you would like to participate, please sign up on the bulletin board outside Barbara's office.

It seems like every time you need a pencil or pen you just can't seem to find one. Join Crystal today as she assists crafters and demonstrates how to make a craft stick pencil/pen holder. This fun and useful craft will allow you to create a piece that reflects your unique style.



COMPUTER ASSISTANCE

Thursdays – June 4, 11, 18, 25

Time: 12:30 p.m. – 2:00 p.m.

Take advantage of volunteer, Jim Cole's computer knowledge as he assists participants with their computer related questions on Thursday afternoons. This is a perfect opportunity to refresh your computer skills or learn something new.



SQUARE DANCE

Thursdays – June 4, 11, 18, 25

Time: 4:00 p.m.

Come out and "doe-see-doe" your partner around the dance floor on Thursday afternoons at the Senior Center – and get some good exercise to boot! If you do not know how to square dance, no problem! – The caller will break down the steps and moves so everyone will be "swinging their partner" in no time at all!



"CHAT WITH THE DIRECTOR"

Date: Friday, June 5

Time: 9:30 a.m.

Please sign up on the sheet posted outside Barbara's office if you plan to attend. New participants are especially encouraged to "meet and chat" with the Center's director, Angela Ezell to learn more about the Senior Center and the variety of things it has to offer. If you have recently attended a "Chat with the Director" please don't sign up this time so that all participants have an opportunity to attend.



WALKING CLUB MEETING

Date: Monday, June 8

Time: 10:00 a.m.

There is already a great group of seniors walking together each Tuesday morning. Be here today to discuss the new Senior Center walking club and/or learn more about this great group – if you have not joined in already.



BLOOD PRESSURE CHECK

Date: Monday, June 8

Time: 9:00 – 11:00 a.m. sharp

Sponsor: Rutherford Regional Medical Center



Keep your health on track by having your BP checked at our monthly BP clinics. Don't forget to pick up your BP record card at the front desk to have your BP reading recorded on. **Reminder: no cards will be given out after 10:45 so this event can wrap up at 11:00 sharp.**

PEN PALS VISITING SPINDALE ELEMENTARY

Date: Tuesday, June 9

Time: leaving Center 9:45 a.m. (will return before lunch)



There is a limit of 12 that can ride in the van, please sign up on the bulletin board outside Barbara's office if you need a ride, or if you take your own vehicle meet us at the school at 10:00

Pen Pal participants will visit Spindale Elementary School for this school year's last visit with their pals before they get out of school for the summer. **All pen pals are encouraged to attend.**

"LET'S BAKE COOKIES"

Date: Wednesday, June 10

Time: 10:00 a.m.

Cost: \$1.00



If you would like to participate, please sign up on the bulletin board outside Barbara's office.

YUM-YUM! Who does not like home-made, fresh-baked peanut butter cookies? Today you will have the opportunity to make some with the group. Please bring a small container to put your finished cookies in. Whether you take them all home or share with your friends....that's entirely up to you!

TRIP TO SWEET FROGS

Date: Wednesday, June 10

Time: 1:00 p.m.

Pre-registration is required.

Van riders are limited to the first 12 who sign up on the bulletin board outside Barbara's office.



Just what will hit the spot on a hot afternoon – some delicious frozen yogurt! For those of you who want to drive yourself, no problem – just meet us at Sweet Frog's at 1:00 p.m. Remember it is Dutch treat.

TRIP TO HAMRICK'S & PRIME OUTLET MALL

Date: Thursday, June 11

Time: 8:45 a.m. – leave the Center

Cost: \$1.00

Be sure and sign up on the bulletin board outside Barbara's office – the van riders are limited to first 11 who sign up.

Join us for a fun morning of shopping at Hamrick's followed by lunch at Chick-fil-A. Then it's onto the Prime Outlet malls for a bit more shopping before returning to the Center around 2:30 or 3:00 p.m.



"THIS IS PROGRESSIVE RUTHERFORD COUNTY" VIDEO PRESENTATION

Date: Thursday, June 11

Time: 10:30 a.m.



"This is Progressive Rutherford County", is a charming industrial film produced and directed by Don Parish in late 1948, and was meant to promote industry and business in Rutherford County. The original 35 MM, full studio quality film premiered in January 1949 in movie theaters across Rutherford County. The Rutherford County Historical Society had the film restored after almost 70 years of relative obscurity from a copy donated to them by the son of the late owners of the Sylvan Theater in Rutherfordton. Some of the scenes include the following: the former J.J.Hamlin dairy farm where the Boy Scout Camp Bud Schiele is located today; Collins & Evans Company, Davis Sisters, Smith Drugs, and the Forest City Courier; local churches, schools, town council, city hall, city officials and other businesses in downtown Forest City; Stonecutter Mills, in Spindale; and then to Rutherfordton where there is a feature about "Millie Tanner and Doncaster." Other features include: the Union Mills (old Alexander) school, Chimney Rock, Lake Lure, local agriculture, dairy farms and cotton production.

This is one video you will not want to miss, invite a friend and come to this special viewing in our dining room today.

SENIOR GAMES COMMITTEE MEETING

Date: Friday, June 12

Time: 10:30 a.m.

There will be a Senior Games Committee Meeting today in the Conference Room. All committee members & ambassadors are encouraged to attend.



INTERGENERATIONAL EVENT: SENIORS & 4-H'ers "LEARN TO CROCHET"

Dates: Mon. – Wed. (June 15 – 17)
Time: 9:00 a.m. – 11:30 a.m.

Location: Co-Op Dining Room

"Silver Threads & Needles" members, Gene Blanton, Syble Lee, and Mary Tesseniar will be assisting 4H'ers to learn to crochet the chain stitch and the basic single and double stitch during these three days of one of the 4H'ers summer fun classes. If any other seniors would like to assist these 4H'ers in learning to crochet, they are encouraged and welcome to come. This is a great opportunity to bring the older and younger generations together for a positive learning experience that is fun and beneficial for all.



"BATTERS, SPLATTERS, & PLATTERS" (RECIPE CLUB)

Date: Monday, June 15
Time: 10:30 a.m.

Is there a dish that always reminds you of your father or grandfather whenever you cook it? Have you made new traditions of favorite dishes for your husband or sons that they always request you cook? In recognition of Father's Day and men in general, we are asking you to bring in your favorite "man" dish. Share those favorite recipes and a special memory as well!



"LET'S MAKE SMOOTHIES"

Date: Tuesday, June 16
Time: 10:00 a.m.

Cost \$1.00

Please sign up on the bulletin board outside Barbara's office if you would like to make and sample some tasty refreshing fruit smoothies. Smoothies are always a tasty treat – but especially on a warm summer day. Join us as we try several different recipes. You might discover a new favorite!



BUTTERBEAN AUCTION

Date: Tuesday, June 16
Time: 1:00 p.m.

It's a fine line to not bid all your beans too soon, on the other hand, who wants the auction to end and still have a handful of beans! Whew....this can be a nail-bitter! But it's great fun, so be sure to mark your calendar so you do not miss this fun activity!



MEET & EAT

Date: Tuesday, June 16
Time: 5:15 p.m.
Location: El Limon Mexican
Restaurant

Please sign the sheet posted outside Barbara's office if you plan on attending.

Join everyone tonight for festive dinner and have fun, fellowship, as well as great food! Remember: You are responsible for paying for your own meal.



TEA PARTY

Date: Wednesday, June 17
Time: 9:30 a.m.

Join friends today and share a cup of your favorite tea and delicious goodies. Be sure to sign-up at the front desk if you plan on attending, and remember to bring your favorite treat to share.



"MEDICAL B-I-N-G-O"

Date: Wednesday, June 17
Time: 10:30 a.m.

Location: Dining Room

Join representatives from Rutherford Regional this morning as they sponsor "**MEDICAL BINGO!**" No matter the "type", Bingo is always a crowd pleaser! Following Bingo Dr. Grover Little will speak on "men's health issues." (see below)



SPECIAL SPEAKER – "MEN'S HEALTH ISSUES"

Date: Wednesday, June 17
Time: 11:00 a.m.

Speaker: Dr. Grover Little

June is national *Men's Health Month*. In recognition of this special month and following "Medical B-I-N-G-O", remain in the dining room as Dr. Grover Little presents a special program on "men's health issues."



CHAIR VOLLEYBALL

Date: Thursday, June 18
Time: 10:30 a.m.

Always a Center's favorite – join us today for a rousing game of chair volleyball. No special skills are necessary, except you must remain seated at all times, and you must be able to laugh at yourself! We promise players and spectators alike will have a fun time and you are getting exercise as a bonus!



BOWLING WITH THE GRANDKIDS

Date: Thursday, June 18

Time: 1:00 p.m.

Location: Autumn Lane

If you plan on participating, please sign up on the bulletin board outside Barbara's office.

School is out, and summer is "officially" just three days away so this is a perfect day to make a special memory with your grandkid(s)! Join us at Autumn Lanes for a fun game or two of bowling. Each bowling game is only \$1, and there are also some \$1 food and drinks specials.



DOUGHNUTS FOR DADS

Date: Monday, June 22

Time: 9:00 – 10:00 a.m.

Happy Father's Day to all the men!

We invite all men to join us today for doughnuts and coffee in the conference room in your honor.



TRIP TO LOCAL FARMER'S MARKET

Two Dates: Tuesday, June 23 & 30

Time: 9:30 a.m.

Van riders are limited to the first 11 who sign up on the bulletin board outside Barbara's office.

Who does not love fresh produce? This month you will have two separate opportunities to travel to the local farmers market.



"IT'S A MAN'S WORLD"

Date: Tuesday, June 23

Time: 10:30 a.m.

Whether it's a special place like their garage, workshop, or attic, a special story or event, or an item they left you like a knife or war medal – take a stroll down memory lane and recall some special memories that you have of your dad or grandfather with today's activity "It's a Man's World." This is one you will not want to miss!



CRAFT TIME FOR SENIORS AND THEIR GRANDKID(S)

Date: Tuesday, June 23

Time: 1:00 p.m. Cost: \$1 each

If you would like to participate please sign up on the bulletin board outside Barbara's office. What a fun and "goopy" way to spend an afternoon with your grandkid(s) AND make special memories together! Together you will be making "slime and dirt cups." This is sure to be great fun for the "big" and the small kids alike!



SPECIAL SPEAKER: "WHAT IS YOUR SUN SAFETY IQ?"

Date: Wednesday, June 24

Time 10:45 in dining room

Special Speaker: Dr. Joe Godfrey

May is "Skin Cancer and Sun Safety Awareness Month." Join Dr. Godfrey in the dining room this morning as he discusses skin cancers and sun safety. He will be answering questions on this subject as time permits.



"SUMMER TIME SCAVENGER HUNT"

Date: Thursday, June 25

Time 8:30-11:15 a.m.

Hidden throughout the Senior Center will be "summer symbols." Please find one ONLY ONE and bring it to the dining room in exchange it for a prize at 11:15 sharp. (Do not find or save summer symbols for others, let everyone enjoy the game by allowing them to find their own symbol.)



TRIP TO JEWELRY SALE

Date: Thursday, June 25

Time: 9:30 a.m.

Pre-registration is required. Van space is limited to the first 12 persons who sign up on the board outside Barbara's office

The right jewelry can change the "look" of an outfit! Take a trip today to the hospital \$5 Jewelry sale. You are bound to find something you like!



ICE CREAM SHOP – FOR SENIORS & GRANDCHILDREN

Date: Thursday, June 25

Time: 1:00 p.m.

Cost: .50 per scoop & .10 per topping

This month's ice cream shop is for both seniors and their grandchildren. Bring your grandkid(s) for a cool summertime treat and enjoy a special time together. There will be a large variety of yummy toppings.



"SUMMERTIME REFLECTIONS"

Date: Tuesday, June 30

Time 10:30 a.m.

Join everyone and share "reflections of our summers past" while drinking delicious cold lemonade. Think back to memorable vacations, what you did while school was out, summer-time foods, what you grew in the garden, games you played, etc. Bring your special summer photos to share with the group, as well.



BIRTHDAY RECOGNITION

Date: Tuesday, June 30

Time: 11:30 a.m.

Join us in the dining room today as we celebrate all the June birthdays.



SHIIP NEWS: Scammers Fake Caller ID to Pose as Health Care Providers

Watch out for crooks manipulating Caller ID to pose as hospital staff or health insurance representatives. Scammers are using this ploy to try to pry Social Security numbers and other private, confidential information from you or to sell you products.

North Carolinians living in the Onslow County area recently got calls like these from scammers posing as officials with Onslow Memorial Hospital or TRICARE, which provides health insurance for members of the military. While former patients sometimes get legitimate follow-up calls from the hospital to check on their status or to get insurance information, hospitals won't call to sell you something or seek data like Social Security numbers that should already be in their files.



TO AVOID THIS SCAM:

- Always be skeptical of unsolicited calls, and don't rely on Caller ID to help you decide if a call is legitimate since scammers can fake the number that appears.
- Don't share your personal or private information unless you are absolutely positive you are talking to a real health care worker who has a legitimate need for the information.
- If you can't tell if a call is legitimate, hang up and dial the hospital, your health care provider or your insurance company using a telephone number you know is valid, such as one listed on a recent bill, in the phone book, or on the organization's website.

Be sure to report possible scams to the Consumer Protection Division by calling 1-877-5-NO-SCAM or by filing a complaint online at www.ncdoj.gov.

The Seniors' Health Insurance Information Program (SHIIP) is a



consumer information division of the NC Department of Insurance that provides free, unbiased counseling about Medicare not just to seniors, but also to people on Medicare due to disability. They assist with questions about your health insurance options, Medicare, Medicare Part D, Medicare supplements, Medicare Advantage and long term care insurance. SHIIP also helps people recognize and prevent Medicare billing errors and possible fraud and abuse through the NC Senior Medicare Patrol program. **For free, unbiased counseling and to answer questions you may have about Medicare or the LIS Program, call Rutherford County Senior Center at 287-6409 and schedule an appointment with our trained SHIIP counselor – or contact SHIIP direct at 1-855-408-1212 or www.ncshiip.com.**

Prescription Drug Assistance for Low-Income Medicare Beneficiaries

The Low-Income Subsidy (LIS) program, also known as *Extra Help*, assists qualified Medicare beneficiaries with out-of-pocket expenses associated with Medicare Part D prescription drug expenses. To qualify for *Extra Help*, a Medicare beneficiary must meet certain income, resource and asset level requirements. The income and asset limits for Extra Help are \$1,458.75 per month with assets up to **\$13,640** if you are single, and \$1,966.25 per month with assets up to **\$27,250** if you are married. This includes your monthly earnings, Social Security and Veterans' benefits, disability payments, cash contributions, retirements and pensions. Resources and assets include the value of items you own, such as cash, stocks, bonds, retirement accounts, the value of a second car, boats and any real property that is not the primary residence and does not produce income. Depending on your income and asset levels and the Part D plan you choose, you may have either a reduced premium or no premium; your deductible may be covered or lowered; and your prescription copayments will be very small – from \$2.55 for a generic drug and up to \$6.35 for a brand-name drug. But perhaps the two biggest benefits to any amount of Extra Help/LIS assistance will be the elimination of a Part D coverage gap, also known as the "donut hole," and the opportunity to change Prescription Drug Plans at any time.



**2015 SENIOR GAMES
SPORTING EVENTS**
CONGRATULATIONS TO ALL
THE PARTICIPANTS AND
ALL THE WINNERS OF THIS
YEARS' SPORTING EVENTS
DURING THE 2015
RUTHERFORD COUNTY
SENIOR GAMES.

This year's sporting events included: SilverStriders Fun Walk, Football Throw, Billiards, Golf, Swimming, Tennis, Badminton, Bocce, Shuffleboard, Horseshoes, Croquet, Singles Bowling, Bowling Doubles, Basketball Shooting, Spin Casting, Putt-Putt, Corn Hole, Wii Bowling, Archery, Table Tennis, Bridge, Rummy-O, Mexican Train, Skip-Bo, Hand & Foot



A balloon release was held before the SilverStriders FunWalk on April 2nd. This was the kickoff event for the sporting events that ran through the end of April.

(Appearing in alphabetic order)

**Winners in the
Sporting Events
include:**

Cindy Ammons
Liz Blanton
Hank Boelens
Shirley Broughton
Louann Camilletti
Walter Caradona
Robert Carpenter
Jimmy Cole

Joyce Collier
Robert Covert
Judy Creighton
Martha Dobbins
Patty Eisenhardt
Sandra Elliott
Leroy Forney
Lewis Freeman
Sally Glover
Peg Green
Alvin Greene
Steve Hardin
John Harrill
Sarah Harrison
Dale Hertweck
Hank Heun
Linda Hewitt
Jimmy Hicks
William Hood
Joyce Hoyle
Eldon Humphries
Ronnie Jackson
Hal Jenkins
Junior Johnson
Robert Judd
David Justice
Joe Kimbrell
Tommy Kimbrell
Charlie Lattimore
Billie Lee
David Lewis
Terrell Lewis
Jean Litaker
Wayne Litaker
Al Lopresti
Bobby Lovelace
Joe Macopson
Sylvester McDowell
Betty McFarland
Rosaly McIntosh
Kirk Milleman
Nancy Milleman
Bernice Mitchell
Lilia Moore
Geraldine Morgan
Cherrill Moshier
Mike Nanney
Fred Newman
Donald O'Dell

Lorene O'Dell
Jean Ogren
Danny Owens
Lavonda Pleasant
Roger Pleasant
Bea Proctor
Grace Quick
Barbara Rectenwald
Cecil Reid
Bob Reilly
Gerald Revels
John Ricker
Ed Smeal
Annabelle Smith
Agnes Stilwell
Nan Thompson
Debbie Toney
Al Urban
Jim Vennera
Jimmy Whiteside
Frank Williams
Martha Williams
Linda Wilson

**SENIOR GAMES
STATE FINALS**

REMINDER: Any player that placed first in their event is eligible to represent Rutherford County in the North Carolina State Final Senior Games this fall in Raleigh.

If you need a State Finals entry form or have any questions please see Barbara. **The "early bird" deadline is July 1 and the official deadline is August 1. NO EXCEPTIONS.** Entries may also be done on line at www.ncseniorgames.org.



ELLENBORO CONGREGATE MEAL PROGRAM - JUNE EVENTS

Bethel Baptist Church 479 Main Street, Ellenboro

Site Manager: Diane Hill Telephone: 453-8668

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Walking & Exercise 1 10:00 What I did over the weekend 11:00 Word Search	9:00 Walking & Exercise 2 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 3 10:00 Word Search 11:00 Scattergories	9:00 Walking & Exercise 4 10:00 Word Search 11:00 Scattergories	9:30 Walking & Exercise 5 10:00 Word Search 10:30 Celebrate National Donut Day 11:00 Scattergories
9:30 Walking & Exercise 8 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking & Exercise 9 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 10 10:00 Taking care of roses 11:00 Coffee & Chatter	9:00 Walking & Exercise 11 10:00 Word Search 11:00 A Day at the Beach	9:30 Walking & Exercise 12 10:00 Word Search 10:30 Celebrate Flag Day 11:00 Scattergories
9:30 Walking & Exercise 5 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking & Exercise 16 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 17 10:00 Making clothes pin insects 11:00 Word Search	9:00 Walking & Exercise 18 10:00 Word Search 11:00 Recognition of June Birthdays	9:30 Walking & Exercise 19 10:00 Word Search 11:00 Celebrate Fathers
9:30 Walking & Exercise 22 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking & Exercise 23 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 24 10:00 Word Search 11:00 Bible Study w/Linda McCurry	9:00 Walking & Exercise 25 10:00 Word Search 11:00 Coffee & Chatter	9:30 Walking & Exercise 26 10:00 Word Search 10:30 Scattergories
9:30 Walking & Exercise 29 10:30 Blood Pressure Check 11:00 Chat w/Director	9:00 Walking & Exercise 30 10:00 Word Search 11:00 Bingo			

HENRIETTA CONGREGATE MEAL PROGRAM - JUNE EVENTS

Henrietta First Baptist Church 2736 Harris-Henrietta Rd, Henrietta NC

Site Manager: Kay Aldridge Telephone: 657-5441

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Say Something Nice to Someone Today 11:00 Exercise	9:00 Coffee & Chatter 2 9:30 Piano Music with Barbara Moore 10:30 1920's Popular Phrases	9:00 Coffee & Chatter 3 9:30 Piano Music with Barbara Moore 10:15 Mothballs in my attic	9:00 Coffee & Chatter 4 9:30 Piano Music with Barbara Moore 10:00 Kids say the darnest things 10:50 Bingo	9:30 Walking Inside 5 10:00 Cabbage Patch Kid Dolls....1983 10:45 Exercise 11:00 Biblical History with Barbara Moore
9:30 Blood Pressure Check 10:30 Best Fatherly Advice 11:00 Exercise Banana Split Day	9:00 Coffee & Chatter 9 9:30 Piano Music with Barbara Moore 10:30 Father's Then & Now	9:00 Coffee & Chatter 10 9:30 Piano Music with Barbara Moore 10:15 Father's Day Laugh Lines	9:00 Coffee & Chatter 11 9:30 Piano Music with Barbara Moore 10:00 Traits of a father 10:50 Bingo	9:30 Walking Inside 12 10:00 Memories of Dad 10:45 Exercise 11:00 Biblical History with Barbara Moore
9:30 Blood Pressure Check 10:15 Wedding Trivia & Memories 11:00 Exercise	9:00 Coffee & Chatter 16 9:30 Piano Music with Barbara Moore 10:00 History of Pepsi Cola - Serve Pepsi Cola	9:00 Coffee & Chatter 17 9:30 Piano Music with Barbara Moore 10:00 Master Gardner - Cindy Street 11:00 Exercise	9:00 Coffee & Chatter 18 9:30 Piano Music with Barbara Moore 10:15 How the times have changed 10:50 Bingo	9:30 Walking Inside 19 10:00 Garfield's Birthday.....1978 10:45 Exercise 11:00 Biblical History with Barbara Moore
9:30 Blood Pressure Check 10:15 Riddles 11:00 Exercise	9:00 Coffee & Chatter 23 9:30 Piano Music with Barbara Moore 10:30 Recognition of Baby Boomers	9:00 Coffee & Chatter 24 9:30 Piano Music with Barbara Moore 10:00 Recall your friends & what they mean to you 11:00 Exercise	9:00 Coffee & Chatter 25 9:30 Piano Music with Barbara Moore 10:15 Candies A - Z 10:50 Bingo	9:30 Walking Inside 26 10:00 Cross the road puns 10:45 Exercise 11:00 Biblical History with Barbara Moore
9:30 Blood Pressure Check 10:15 Recognition of June Birthdays 11:00 Exercise	9:00 Coffee & Chatter 30 9:30 Piano Music with Barbara Moore 10:30 1953: Corvette's Birthday - Who owned one?			

SHINGLE HOLLOW CONGREGATE MEAL PROGRAM - JUNE EVENTS
Shingle Hollow Community Center 2630 Cove Rd, Rutherfordton
Site Manager: Joyce Bailey Telephone: 287-0960

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Coffee & Chatter 1 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 2 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 3 9:30 Walking 10:00 Word Search 10:30 Discussion/Current Events 11:00 Tell A Joke	9:00 Coffee & Chatter 4 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:00 Coffee & Chatter 5 9:30 Walking 10:00 Word Search 10:30 Blood Pressure Check 11:00 Bingo
9:30 Coffee & Chatter 8 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 9 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 10 9:30 Walking 10:00 Word Search 10:30 Donuts for Dads 11:00 Father's Past & Present	9:00 Coffee & Chatter 11 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 12 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 15 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 16 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 17 9:30 Walking 10:00 Word Search 10:30 Have you ever camped? 11:00 Your favorite candy	9:00 Coffee & Chatter 18 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 19 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 22 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 23 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 24 9:30 Walking 10:00 Word Search 10:30 Craft Time – Painting Jars	9:00 Coffee & Chatter 25 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 26 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 29 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 30 9:30 Choir 10:00 Walking 10:30 Word Search 11:00 Recognize June Birthdays			

FINANCIAL REPORT

A copy of Rutherford County's Comprehensive Annual Financial Report for the year ended June 30, 2014 is available for review. A printed copy is located at the front reception desk, or you can view it on-line.



APPALACHIA SERVICE SUMMER PROJECT – PROVIDING FREE HOME REPAIRS

Appalachia Service Project (ASP) is a Christian ministry open to all people that inspires hope and service through volunteer home repair across 30 counties in Appalachia. This year ASP will bring crews of volunteers to Rutherford County to repair homes free of charge this summer for families in need. ASP is working with Rutherford Housing Partnership, a local nonprofit providing urgently needed repairs to the homes of qualified low-income homeowners, and all candidates on the RHP wait list will be considered by the ASP staff. Types of projects include: wheelchair ramps, porch and foundation repairs, insulation, roof repairs, etc. The goal of ASP summer programs to help make homes warmer, safer, and drier. You can pick up an application at the Senior Center or call 287-6409 for more information.



TELESENSORY—AID FOR THE VISUAL IMPAIRED

As a reminder, the Senior Center has a Telesensory machine located in our library that all seniors are welcome to use. This machine aids people with visual impairments, including legal blindness, to be able to read ordinary printed materials. The printed material is shown in high-contrast black text on a white background. It also features an extremely large depth of field for viewing three-dimensional objects and a smooth, non-glare reading table which permits reading heavy books. This machine was donated to the Senior Center by the Lion's Club.

MEMORIALS, HONORARIUMS, AND GIFTS

You can support the work of the Rutherford County Senior Center by making a donation "In Memory Of" or "In Honor Of" a senior or someone you know. **All donations are tax deductible.**

Please make checks payable to: Rutherford County Senior Center. Fill out the information below and return this form with your donation to: 193 Callahan-Koon Rd, Suite 132, Spindale NC 28160.

Name:	_____
Address:	_____
City:	_____ State _____ Zip _____
Amount:	_____
In Memory of:	_____
In Honor of:	_____
SEND AN ACKNOWLEDGEMENT LETTER(S) TO:	
Name:	_____
Address:	_____
City:	_____ State _____ Zip _____
Name:	_____
Address:	_____
City:	_____ State _____ Zip _____
THANK YOU FOR YOUR SUPPORT	

The Senior Center strives to offer free programs and services that will best meet the needs of the aging adults in Rutherford County regardless of economic status, race, creed, education, or other circumstances. Anyone 55 or older can become involved in our activities. So don't delay, please join us today!

SUGGESTION BOX....LET US KNOW WHAT YOU THINK

Your opinion and input is so important to us to know how to plan for the future. One way to give us your input is through our **SUGGESTION BOX** – located in the main lobby of the Senior Center. Paper and pen are provided and you do not have to sign your name if you do not want to. Please include the date with your suggestion. Additionally, you can always stop by our Director's office – Angela is always willing to listen to your ideas and suggestions. **This is YOUR Center and we welcome your feedback.**



DOCUMENT SHREDDING

In order to protect your identity, it is recommended that you shred any documents that you want to discard that have personal information on them such as: Social Security numbers, Medicare numbers, bank or credit card numbers, your name, telephone or address, and/or medical and legal documents. **The Senior Center has a paper shredder that you may use (at no charge) to shred your documents to ensure you are protecting your identity.**



SPECIAL DATES IN JUNE:

June 14: Flag Day

June 21: Father's Day

June 21: First Day of Summer



COMING IN JULY....

"CELEBRATING THE SENIOR CENTER"

THE SENIOR CENTER WILL BE CLOSED FRIDAY, JULY 3RD IN OBSERVANCE OF INDEPENDENCE DAY.

SENIOR CENTER ADVISORY BOARD MEMBERS:

Amideus Athougies; Kim Freeman; Wanda Harris; Junior Johnson (President);
Jeanette Klutts (President-Elect); Sylvester McDowell; Grace Quick; Sybil Walker
Ex Officio members: Steve Garrison; Alan Toney

SENIOR CENTER STAFF:

Kay Aldridge, Henrietta Site Manager	Barbara Hill, Activity & Senior Games Coordinator
Tom Allen, Title V Afternoon Receptionist	Charles Hill, Meal Deliveries
Ron Atchley, Meal Deliveries	Diane Hill, Ellenboro Site Manager
Joyce Bailey, Shingle Hollow Site Manager	Selena McEntrye, Title V Morning Receptionist
Wanda Bland, Exercise Instructor	Helen Mudge, Title V Food Service Worker
Louann Camilletti, Senior Center Site Manager	Joe Ryan, Title V Food Service Worker
Michael Carpenter, Meal Deliveries	Michelle Smith, Nutrition/Home-Delivered Meals
Debbie Conard, Admin. Assist./Transportation	Mary Street, Food Service Supervisor
Ronnie Driver, Meal Deliveries	Kayla Traver, Data Entry
Frank Ensley, Custodian	Susan Toney, Food Service Assistant
Angela Ezell, Director	Crystal Upton, Activity & Senior Games Assistant
Lee Henderson, Title V Custodian	Sandy White, Nutrition Assistant



RUTHERFORD COUNTY SENIOR CENTER
193 CALLAHAN-KOON RD, SUITE 132
SPINDALE NC 28160

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