

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.~

OCTOBER 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.

October is National Breast Cancer Awareness Month. This is the perfect time to help lower your risk of developing breast cancer. There are certain risk factors that you can't change such as genetics and aging. But there are things you can do that may lower your breast cancer risk. According to the American Cancer Society, here are 4 ways to help protect your breast health:

1. **Watch your weight.** Being overweight increases breast cancer risk. This is especially true after menopause and for women who gain weight as adults. The major source of estrogen for postmenopausal women is not the ovaries, but fat tissue. The increased risk may be due in part to more estrogen being made in fatty tissue. There's evidence that losing weight may lower breast cancer risk. One easy goal to get started is to try losing 5% to 10% of your current weight over 6 months. For most women, that means dropping just half a pound per week.
2. **Exercise regularly.** Many studies have found that exercise is a breast-healthy habit. As little as 75 to 150 minutes of brisk walking each week has been shown to lower risk. Ramping up your exercise routine even more may lower your breast cancer risk even further. The American Cancer Society recommends getting at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous activity each week. (Or a combination of both.) And don't cram it all into a single workout—spread it out over the week.
3. **Limit alcohol.** Women who have 2 or more alcoholic drinks a day have about 1 ½ times the risk of breast cancer compared to women who don't drink at all. Follow the American Cancer Society's recommendation of no more than 1 drink per day for women and 2 drinks per day for men.
4. **Avoid or limit menopausal hormone therapy.** Taking hormones such as estrogen and progesterone had long been used for night sweats, hot flashes, and other troublesome symptoms of menopause. But in 2002, researchers found that postmenopausal women who took a combination of estrogen and progestin were more likely to develop breast cancer. Breast cancer risk appears to return to normal within 5 years after stopping the combination of hormones. Talk with your doctor about all the options to control your menopause symptoms, and the risks and benefits of each. If you decide to try Hormone Replacement Therapy, it is best to use it at the lowest dose that works for you and for as short a time as possible.

Be sure to take part in the different activities we have planned for Breast Cancer Awareness Month. We will also be having our annual Health Fair and flu shots on Thursday, October 29th. A variety of screenings are scheduled, as well as multiple agencies that will be giving out useful information. I hope you will take advantage of all the health-related events that are being offered at the Senior Center!

Angela Ezell, Director



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. **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. 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.) No phone calls reservations will be 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 our office supply budget.*



....The Senior Center accepts old eyeglasses and gives them to a local Lion's Club for recycling? You can drop any of these items off at the front desk of the Senior Center at any time or place in the Center's mailbox.



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. Couponing is a great way to stretch your monthly food and cleaning supply budget.



CHECK IN REMINDER

Please remember that anytime you come to the Senior Center to scan your membership card for all the activities you plan on doing that day – or if you do not have your card tell the receptionist what activities you are here for and we will manually add these for you.

The "MySenior" program tracks how many people are participating in each of our different activities and programs. This information is used as justification to obtain grants, request additional funding, or to add or delete programs depending on their usage, etc.



CHILDREN AT THE SENIOR CENTER

Please remember that the Senior Center is designed for those 55 and older. Children should not be brought to activities or events unless the information about the event specifically says “children and grandchildren allowed” or “Intergenerational activities.”

**SORRY
NO CHILDREN
ALLOWED**

Children may NOT sit in on exercise or other classes or activities. This is for the child and the senior’s protection. Thank you for your cooperation and understanding in this matter.

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. For more information call 287-6409.

SENIOR GAMES T-SHIRTS

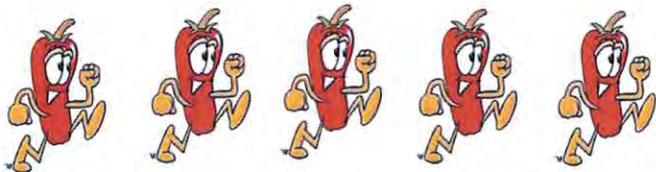
We have a miscellaneous selection of the past several year’s Senior Games t-shirts in multiple sizes. The cost is each shirt is \$5, and they will be sold “as is” and on a “first come first served basis.”



If you would like to purchase one of these t-shirts please see Barbara or Crystal.

SILVER STRIDERS TOTALS:

Annabelle Smith 1,140 minutes walked



“RED HOT CHILI STEPPERS” (WALKING CLUB) TOTALS:

Cindy Allison 936 minutes walked
Judy Baguskis 1,025 minutes walked
Shirley Broughton 1,104 minutes walked
Norma Jean Cooper 600 minutes walked
Nan Thompson 998 minutes walked

MEDICARE ANNUAL OPEN ENROLLMENT October 15 – December 7

During open enrollment a Medicare subscriber can change their Medicare supplement health plan

**MEDICARE
OPEN
ENROLLMENT**
Health & Drug
Plans for 2016

(Part B) and/or their Medicare prescription drug coverage (Part D) for the upcoming calendar year. A certified SHIP counselor will review your current plan(s) and ensure they are the best Medicare health care products for your individual needs. **CALL 287-6409 OR STOP BY THE SENIOR CENTER FOR AN APPOINTMENT.**

ATTENTION ALL VETERAN'S

We want to make to get an individual photo of each of our Veteran's *during the month of October* for a special recognition and tribute we have planned in the November. If you are a Veteran, please see Barbara or Crystal some time during this month. Also, if you have a picture of yourself during your time of service we would like for you to bring that in as well for us to use in our display. All photos will be returned.



SPECIAL PROGRAM: “PROCESS OF THE EMERGENCY ROOM”

Date: Thursday, October 1

Time: 10:30 a.m.

Speaker: Jason Carney,
Rutherford Regional ER Department Director

Join Jason as he discusses the process and function of the emergency room and the improvements they have made to the emergency room at Rutherford Regional.



COMPUTER ASSISTANCE

Thursdays – October 1, 8, 15, 22, 29

Time: 12:30 p.m. – 2:00 p.m.

Wednesdays – October 14, 21, 28

Time: 9:30 a.m. – 11:00 a.m.

Volunteers, Jim Cole and Sandra Boyd will be available to assist individuals with their questions about computers, on the above dates. Be sure to take advantage of this great opportunity to refresh your computer skills or learn something new.



Did you know....breast Cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that many women can survive breast cancer if it's found and treated early.

October is National Breast Cancer Awareness Month. Look for “PINK” activities this coming week...

“PINK NAILS FOR THE LADIES”

Date: Monday, October 5

Time: 9:00 – 11:00 a.m.

*Appointments required – schedule posted outside Barbara’s office.



Michelle McClain and Shelly Crocker from Tips to Toes in Rutherfordton will be providing “pink nails” for the ladies in recognition of National Breast Cancer Awareness month. You must schedule an appointment as outlined above – no walk-ins.

ZUMBA

Date: Mondays, October 5, 12, 19, 26

Time: 6:45 p.m. *NEW time*

Instructor: Wavolyn Norville



Don’t forget Zumba is at the new time of 6:45 p.m. Zumba is a great exercise because it combines fun dance moves and upbeat music – some people say they “do not even feel like they are exercising!”

“LIVING HEALTHY WITH A CHRONIC PAIN” WORKSHOP (6 week)

Date: Tuesdays, Oct. 6, 13, 20, 27, Nov. 3, 10

Time: 8:45 a.m. – 11:15 a.m.

In you plan on attending, please sign up on the sheet posted outside Barbara’s office

The Senior Center will be hosting a FREE 6 week workshop entitled: “Living Healthy with a Chronic Pain.” Each 2 ½ hour workshop will be held weekly on Tuesday morning over the course of six weeks. Each session is facilitated by 2 trained

leaders who follow a detailed manual, so that each workshop is highly consistent. This workshop is appropriate for people living or caring for someone with a wide variety of chronic health conditions, such as arthritis, diabetes, heart disease, and other or multiple chronic conditions. Weekly topics are as follows:

Week 1- Differences between Acute & Chronic Pain

Week 2- Dealing with Difficult Emotions

Week 3- Making Decisions

Week 4- Better Breathing

Week 5- Medication Usage

Week 6- Working with your Health Care

Professional & the Health Care System

To register please call the Senior Center at 828-287-6409 by October 2, 2015. Attendees need to commit to attend at least 4 out of 6 sessions - if you attend all 6 sessions, you will receive a free pedometer.

“RED HOT CHILI STEPPERS”

(WALKING CLUB)

Dates: Tuesdays, Oct. 6, 13, 20, 27

Time: 8:45 a.m.



Walking is one of the most effective forms of physical activity that delivers substantial health benefits and improves heart health. Join the “Red Hot Chili Steppers”, and connect with others who share your goals, lifestyles, schedules and hobbies, plus it’s FREE! You can join at any time - see Barbara or Crystal.

DECORATE A “PINK” PUMPKIN

Day: Tuesday, October 6

Time: 10:00 a.m.

Cost: \$2.00 (covers all supplies)

Sign up on the bulletin board outside Barbara’s office if you plan on participating.

Everybody has seen “orange” pumpkins, but in today’s activity we will paint our pumpkins “PINK” and decorate them in recognition of Breast Cancer Awareness. Also, we will display the pumpkins in the Center’s lobby for everyone to see and enjoy.



“PINK OUT” DAY

Dates: Wednesday, October 7

In recognition of National Breast Cancer Awareness month, we are asking everyone to wear PINK today.



“PINK” WALK

Date: Wednesday, October 7

Time: 9:00 a.m.

If you would like to walk in recognition or memory of someone with breast cancer, please meet Barbara and Crystal at the front entrance and we will walk together on the walking trail.



HEALTHY STEPS DEMO

Date: Wednesday, October 7

Time: 10:45 a.m.

Instructor: Sally Dimuzio, Certified Healthy Steps Instructor

Join Sally this morning for a demonstration of this fun and beneficial movement program set to music. Stretch, breathe, bend, tap, clap, shimmy, shake, wiggle, jiggle, and laugh! You’ll see how your body loves to move to upbeat music in a follow-the-leader format, whether seated or standing. You will experience first-hand the benefits of this therapeutic, research-based program. Your body will thank you, and your mind will thank you!



“PINK” BINGO

Day: Wednesday, October 7

Time: 1:00 p.m.

In recognition of Breast Cancer Awareness Month, the Center is hosting a fun and unique version of Bingo where all prizes will be PINK! Bring a friend and come join the fun and show your support at the same time.



LET'S MAKE “PINK” MINTS

Date: Thursday, October 8

Time: 10:15 a.m. Cost: \$ 1

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

In recognition of Breast Cancer Awareness Month, you will be making beautiful “PINK” mints – not only will they be tasty, they will also be pretty!



TAILGATE YARD SALE

Date: Friday, October 9

Time: 8:00 – 11:00 a.m.

Cost: \$10 (refundable deposit*)

Pre-registration required – sign-up on the bulletin board outside Barbara's office

The temperatures are cooling down and it's a great time to clean out your closet and help you on the road to being organized and clutter free. Seniors who wish to participate should stop by and see Barbara or Crystal and sign a “yard sale agreement and acceptance of conditions” form, and pay a \$10 **refundable** deposit. (Your deposit will be refunded if you stay the entire time of the yard sale.) **NO TABLES PROVIDED.** Each participant will be assigned a parking space in the small parking lot.



A drawing for spaces will be held Thursday, October 8 at 11:15 in the dining room.

“PINK” ZUMBATHON

Date: Saturday, October 10

Time: 9:00 a.m. – 12:00

noon (registration 8:00 a.m.)

Cost: \$10.00*

Instructors: Wavolyn Norville, Pam Baker, & others from Changing Lives Fitness

WEAR PINK and come and exercise/dance the morning away while supporting a worthwhile cause.

*All the money raised will go to the Cancer Resource Center to assist someone that is going through breast cancer. **ALL AGES ARE WELCOME** for this special event, and pre-registration is requested by calling the Senior Center at 287-6409 or stopping by and signing the



sheet posted on the bulletin board outside Barbara's office. Registration and Release Forms need to be filled out before participating – the Center will open at 8:00 a.m. on Saturday, Oct. 10.

BLOOD PRESSURE CHECK

Date: Monday, October 12

Time: 9:00 – 11:00 a.m. **sharp**

Sponsor: Rutherford Regional

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.**



“RED HOT CHILI STEPPERS” WALKING CLUB MEETING

Date: Monday, October 12

Time: 10:30 a.m.

It's never too late to start walking or to get involved with the walking club. If you enjoy walking and want to be a part of a fun energetic group join us today for more information.



CRAFTING W/CRYSTAL: DECORATE/BEDAZZLE A PUMPKIN FOR HALLOWEEN

Day: Tuesday, October 13

Time: 10:00 a.m.

Cost: \$2 (covers all supplies)

Please sign the sign posted outside Barbara's office if you plan on participating. Class is limited to the first 12 who sign up.

Today we will bedazzle pumpkins in unique ways and transform it into something extra special.



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.**



PEN PALS

Day: Wednesday, October 14

Time: 10:30 a.m.

All pen pals are encouraged to be here today to write an installment in their Pen Pal journal. See Barbara or Crystal to pick up your book if you are unable to attend today's meeting.



bring in your favorite seafood recipe to share with the group.

CRAFTING W/CRYSTAL: MAKING CARDS FOR HALLOWEEN

Day: Thursday, October 15

Time: 10:00 a.m.

Cost: \$1

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

Creating your own cards can be lots of fun as you add your own personal touches to make a unique Halloween card.



MEET & EAT

Day: Thursday, October 15

Time: 5:15 p.m.

Location: Scott's Country

Sign up on the board outside Barbara's office if you plan on attending.

Join friends tonight at Scott's Country Cooking in Forest City – always a popular choice since they offer a variety of delicious menu items. Don't forget it is "Dutch treat" – so bring your wallet.



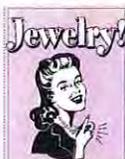
TRIP TO HOSPITAL JEWELRY SALE

Day: Friday, October 16

Time: 10:00 a.m.

Please sign the sign posted outside Barbara's office if you plan on participating – van is limited to the first 12 who sign up.

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!



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

Date: Monday, October 16

Time: 10:30 a.m.

The start of autumn may not typically trigger thoughts of seafood, but there's good reason it should---October is National Seafood Month. Hot or cold outside, seafood is in. In case you don't know or need a reminder, eating seafood as part of your weekly diet has health benefits across the lifecycle. Scientific studies have attributed most of the health benefits to the "good" omega-3 fats. This month



"LET'S MAKE HALLOWEEN TREATS"

Date: Tuesday, October 20

Time: 10:30 a.m.

Cost: \$1 – all supplies will be furnished

Be sure to sign up on the bulletin board outside Barbara's office if you plan on participating. Join today's fun activity in making edible Halloween spiders.



HALLOWEEN TEA PARTY

Date: Wednesday, October 21

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 Halloween treat to share.



TRIP TO MCABEE'S PRODUCE

Date: Wednesday, October 21

Time: 9:45 a.m. (leaving Center)

Cost: \$2.00 – due when you sign up

Pre-registration is required and van riders are limited to the first 11 who sign up (others can follow in their own vehicles)

The sign-up sheet is located on the bulletin board outside Barbara's office.

It's that time of year to take a drive to see the beautiful fall colors and to get some delicious apples. In today's adventure we will travel to the majestic western NC Mountains of Hendersonville to McAbee's produce stand, *the best place at the best price*, for many apple varieties! This will be followed by lunch at Cracker Barrel, and then a little shopping at the Hendersonville Mall before returning home mid-afternoon. A fun day for sure!



EMERGENCY INFORMATION

The Rutherford County Sheriff Office uses NIXLE as a tool for important alerts, advisories, and county updates. NIXLE offers free communications service to public safety departments. Anyone who is interested in getting free updates from NIXLE by text and/or email can sign up for this service at http://www.rutherfordcountync.gov/dept/sheriffs/Mai_n.php and completing the NIXLE form or at <http://www.nixle.com> and signing in by entering the zip code of the area you want to follow.

ANNUAL HEALTH FAIR & FLU SHOT CLINIC

Date: Thursday, October 29

Time: 8:30 – 11:30 a.m.



We invite seniors, age 55 and older, to come and take advantage of all the health-related offerings at the Center's annual health fair today. There will be numerous representatives from area health agencies offering a wide array of screenings and flu shots, as well as, multiple agencies giving out useful information about the services they provide. They include:

- Foothill's Credit Counseling
- Gentiva
- Miracle Ear
- McIntyre Elder Law
- MyoBalance
- Oak Grove
- Seniors' Health Ins. Info. Program (SHIIP)
- St. Luke's Hospital
- White Oak
- Willow Ridge Rehabilitation



Blood Work

The Rutherford Health Department will be offering blood profiles which include: a complete Metabolic Panel (14 different tests including kidney, liver, blood sugar, and electrolytes) and a Lipid Panel (cholesterol, triglycerides, hemoglobin, white and red cells, and platelets.)

- **Cost for the blood profiles is \$9.00.** If you plan to have blood work, you will need to pick up a registration form at the Senior Center's front desk to complete before the Health Fair.
- **YOU MUST BE FASTING (no food or drink for 12 hours, except water)**
- **If you are planning on getting the flu shot today—BE SURE AND HAVE YOUR BLOOD TEST FIRST.**

SCREENINGS AVAILABLE:

- Balance Testing (*Pro Physical Therapy*)
- Blood Glucose (*Rutherford Regional*)
- Blood Pressure (*Willow Ridge Rehabilitation*)
- Blood Profile (*Rutherford Health Department*)
- Cervical Posture (*St. Luke's Hospital*)
- Flu Shots (*Rutherford Health Department*)
- Foot Evaluations (*Smith Drug*)
- Hearing Screening (*Beltone*)
- Height & Weight (*Forest City Health & Rehab*)
- Memory Screening (*Laurel Woods*)
- Neck & Shoulder Massage (*Linda Bedow*)
- Oxygen Level (*Forest City Health & Rehab*)
- Pulmonary Function (*Rutherford Regional*)
- Spinal Evaluation (*Carolina Chiropractic Plus*)
- Strength Testing (*Rutherford Regional*)
- Vision Screening (*Morganton Eye*)



FLU SHOT CLINIC

Date: Thursday, October 29

ALL DAY: 8:30 a.m. – 4:00 p.m.

The Rutherford Health Department will be administering **flu shots** during the Health Fair for seniors 60 years of age or older. **Medicare B will cover the cost of the shot, so be sure and bring your Medicare card. If you do not have Medicare, the cost of the shot will be \$30.**

NOTE: There are limited funds available to assist the seniors who are not qualified for Medicare, and would like to receive a flu shot. See Angela Ezell, Senior Center Director or call her at 828-287-6411.

“A BED TURNING” – A QUILT LOVER’S PROGRAM

Date: Thursday, October 22

Time: 10:30 a.m.

Speaker: Connie Wells



Just what is a "bed turning" anyway? It is a way of introducing quilters and non-quilters to the beauty of quilts in an interesting and different way. Quilts are stacked and placed and as each quilt is turned and held up for the audience, the narrator describes the quilt, and gives information on the pattern and the historical and personal significance behind the making of that particular masterpiece. Join Connie as she does a special "show and tell" of many of her beautiful quilts.

MYSTERY TRIP

Date: Friday, October 23

Time: 8:00 a.m. - leaving Center

Cost: \$12 – due when you sign up

Trip is limited to 11 van riders – please sign up on the bulletin board outside Barbara’s office



Who does not love a Mystery? Join us for a special "mystery" day trip. To where? Who knows? That is all part of the charm of this special outfitting – you will not know what, where, until you get there! You will return late in the afternoon back to the Center – and you are promised a fun-filled day of adventure. The trip will require some walking – but that is all the information you get beforehand for this mystery filled day. Why not add a little mystery into your life and join us for this fun packed day!

SPECIAL PROGRAM: “AN APPLE A DAY”

Date: Tuesday, October 27

Time: 10:30 a.m.

There are nine main benefits of apples: apples contain vitamin C; help prevent heart diseases; they are low in calories; help to prevent cancers; they contain phenols - which have a double effect on cholesterol; they help prevent tooth decay; they protect your brain from brain disease; they help improve respiratory problems - including asthma; and mainly apples just taste great! So, what is your



favorite apple - Red Delicious, Pink Lady, Granny Smith, McIntosh? The list goes on and on. Also, is there really a significant difference in the taste of different apples? Join us

today as we put your taste buds to the test. This is one fun activity you will not want to miss!

HALLOWEEN COSTUME PARADE & CONTEST

Date: Friday, October 30

Time: 11:00 a.m.

Location: Dining Room

Come dressed today in your best Halloween Costume for the Center’s annual “Costume Parade and Contest” Everyone be in the dining room at 11:00 sharp for the parade and contest! It’s is sure to be entertaining!



BIRTHDAY RECOGNITION

Date: Friday, October 30

Time: 11:15 a.m.

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



HALLOWEEN DANCE

Date: Friday, October 30

Time: 6:00 p.m. – 9:00 p.m.

Rusty & Chiquita Collins Band

Cost: \$5.00 each

Join the party tonight and dance to the live music by Rusty & Chiquita Collins and band. Be sure to tell all your friends! This is one you will not want to miss! **COSTUMES OPTIONAL.** The doors will open at 5:45 p.m.



COMING IN NOVEMBER:

VETERAN'S APPRECIATION WEEK

We will have a week-long celebration and special recognition of our Veteran's.



TRIP TO SOUTHERN CHRISTMAS SHOW

Date: Thursday, November 12

Time: 8:00 a.m. leaving & returning 5-5:30 p.m.

Cost: \$27.00 each (due when you sign up)



SQUARE DANCE CLASSES

Square Dance classes will begin again in November. If you are interested please sign up on the bulletin board outside Barbara's office. The class needs at least 6 couples.



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.

MEDICARE ANNUAL OPEN ENROLLMENT

October 15 – December 7

During open enrollment a Medicare subscriber can change their Medicare supplement health plan (Part B) and/or their Medicare prescription drug coverage (Part D) for the upcoming calendar year. A certified SHIIP counselor will review your current plan(s) and ensure they are the best Medicare health care products for your individual needs.

CALL 287-6409 OR STOP BY THE SENIOR CENTER FOR AN APPOINTMENT.

**MEDICARE
OPEN
ENROLLMENT**
Health & Drug
Plans for 2016

SPECIAL PROGRAM: “MEDICARE CHOICES MADE EASY”

Date: Wednesday, October 7

Time: 2:00 – 4:00 p.m.

Location: Immaculate Conception Catholic Church at 1024 West Main St, Forest City

To Register: Log onto www.coabc.org or call the Council on Aging at 828-277-8288 or Sandra Breakfield at 704-370-3220. Walk-ins welcome

Are you new or confused about Medicare? This FREE class is for individuals who are on, or plan to apply for Medicare, as well as, caregivers or anyone with questions about Medicare. It will help explain Medicare, when to sign up, and how to save money. Also, a

representative from Social Security will briefly discuss social security accounts and how to sign up for Medicare on line, etc.



DID YOU KNOW....the Senior Center has many daily drop-in activities and services available such as: billiards, board games, bocce ball, horseshoes, table tennis, playing cards, walking trail, shuffleboard, exercise equipment, TV and conversation, computer room, free WiFi, daily local newspaper, current magazines, coupon room, medical equipment, paper shredder, Notary Public, scheduled public Transit stop, and many more.

SENIOR CENTER ADVISORY BOARD MEMBERS:

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

SENIOR CENTER STAFF:

Kay Aldridge, Henrietta Site Manager

Tom Allen, Title V Receptionist

Ron Atchley, Meal Deliveries

Joyce Bailey, Shingle Hollow Site Manager

Wanda Bland, Exercise Instructor

Louann Camilletti, Senior Center Site Manager

Michael Carpenter, Meal Deliveries

Debbie Conard, Admin. Assist./Transportation

Frank Ensley, Custodian

Angela Ezell, Director

Alex Goodman, Meal Deliveries

Lee Henderson, Title V Custodian

Barbara Hill, Activity & Senior Games Coordinator

Charles Hill, Meal Deliveries

Diane Hill, Ellenboro Site Manager

Helen Mudge, Title V Food Service Worker

Michelle Smith, Nutrition/Home-Delivered Meals

Mary Street, Food Service Supervisor

Kayla Traver, Data Entry

Susan Toney, Food Service Assistant

Crystal Upton, Activity & Senior Games Assistant

Sandy White, Nutrition Assistant



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

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
SPINDALE, NC
PERMIT NO. 34

RETURN SERVICE REQUESTED

Help Save a Stamp
Sign up to receive your
newsletter electronically.
Just e-mail a request to
debbie.conard@rutherfordcountync.gov

October is Breast Cancer Awareness Month