

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.~

APRIL 2016 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.

Physical activity is an important part of a healthy lifestyle. Daily exercise can lower your risk for many diseases and may improve your quality of life by enhancing flexibility, stamina and energy. Exercising can have mental health benefits too. Older adults who are beginning athletes should consider the following tips in order to maximize positive results and reduce the risk of injury:

- Start slowly. Walk three times a week and gradually move up to more exercise.
- Be patient. As you age, it's easier to get injured, and it takes longer to recover
- Listen to your body. Stop if something hurts and don't push yourself too hard.
- Stick with something you enjoy. Consistency will maintain fitness.
- Be sure to stretch. Flexibility builds resistance to injury.
- Eat a healthy diet. Good nutrition is essential to fitness.
- See your doctor. Make an appointment for a checkup and ask for advice.

Exercise doesn't have to be boring. Find something that you love to do in order to be successful. The Senior Games sporting events are a good way to stay active. These games help you stay mobile, so join in and enjoy the competition and fellowship. Even if you are not able to be a part of Senior Games, remember we have regularly scheduled exercise activities at the Senior Center. Please come join us in the many activities and programs we have planned at the Senior Center. Remember to stay healthy and active to help ensure independence and successful aging!

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 145 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 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!



WALKING MINUTES:



"RED HOT CHILI STEPPERS"



Judy Baguskis	1,065 minutes walked
Shirley Broughton	515 minutes walked
Norma Jean Cooper	620 minutes walked
Nan Thompson	675 minutes walked

"SILVERSTRIDERS"

Annabelle Smith	610 minutes walked
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APRIL CANCELLATIONS:

- "BATTERS, SPLATTERS, & PLATTERS" (RECIPE CLUB)
- RED HOT CHILI STEPPERS WALKING CLUB
- TEA PARTY
- MEET & EAT
- AEROBICS (April 8 & 11)
- FELLOWSHIP & SINGING



AARP TAX-AIDE TAX PREPARATION

The April 15th tax deadline is right around the corner. AARP Tax-Aide is a **free** tax preparation service for low to moderate income individuals — with special attention to people age 50 and over.



The trained tax preparers are available, **by appointment only**, each Thursday and Friday until April 15, 2016. Call ASAP as appointments are filling up fast! *No drop-ins will be accepted.* If you are filing married, both you and your spouse have to be present.

Additionally you will need to bring the following: picture ID(s); proof of social security number(s) for yourself and ALL dependents; a copy of your 2014 tax return; all your 2015 tax documents (W-2, etc); bank account information for direct deposit - *will need to see an actual check*; and health insurance information – proof of insurance, form 1095 if received. Additionally a Pisgah Legal representative is planning on being available for questions regarding the Affordable Care Act each Friday.

PERFORMING ARTS "FOLLIES"

Date: Friday, April 1

Time: 7:00 p.m. (doors open 6:45)

Donation: \$2.00/person

Join us for an exciting and entertaining evening of performing talent. We encourage everyone to come out and support all the senior participants in this year's show. There will be vocal, comedy, drama, dancing, line dancing and instrumental performances. The general public is welcome and invited to attend this special event. The winners of the "Follies" will be announced at the end of this event, and the overall winner will be eligible to advance to the state finals.



SENIOR GAME PRACTICE

Date: Monday - Thursday, April 4 - 7

Time: 9:00 – 11:30 a.m.

Be here each morning Monday – Thursday to practice for the upcoming games. Weather permitting the equipment will be out for each of the following events each day:

- ❖ Corn Hole
- ❖ Shuffleboard
- ❖ Football Throw
- ❖ Horseshoes
- ❖ Bocce



This is a great opportunity to hone your skills before the official games April 8 – 25.

ZUMBA

Mondays: April 4, 11, 18, 25

Time: 6:00 p.m.

(Doors open at 5:45 pm)

Zumba is such a fun and unique exercise program that you may even forget what a good work out you are receiving. Come join the class and meet Wavolyn Norville our instructor. She does an amazing job teaching and makes everyone feel welcome and comfortable in the class.



FUN WALK & BALLOON RELEASE

Date: Friday, April 8

Time: 9:00 a.m.

Location: Balloon release in front of Center then onto the Walking Trail for the Fun Walk

What a fun way to kick off the start of the sporting event portion of the Senior Games...with a balloon release. Immediately following the balloon release we will have a FUN WALK on the walking trail. After the FUN WALK participants will meet in the Dining Room for the OPENING DAY ceremony.



FRIDAY, APRIL 8

PARTICIPANTS BE SURE TO WEAR YOUR SENIOR GAME T-SHIRT TODAY IN ORDER TO PARTICIPATE IN ALL THE OPENING DAY ACTIVITIES & GAMES!



SENIOR GAMES OPENING DAY CEREMONY & ACTIVITIES

Date: Friday, April 8

Time: 10:30 a.m. Location: Dining Room

If you are a Senior Games participant then get ready for a morning of fun filled activities! After the balloon release and FUN WALK everyone will meet in the dining room for the OPEN CEREMONY. This special ceremony will begin with special music from Mrs. Summey's third grade class from Spindale Elementary, and then we will light the torch and let the "Games Begin!"



Following the Light of the Torch Ceremony, **Senior Game participants** will travel to the large dance room where there can play and win prizes at multiple fun activity/game stations. There will also be freshly-popped popcorn and special surprises throughout the morning.



NOTE: THESE SPECIAL GAMES ARE FOR SENIOR GAME PARTICIPANTS ONLY.

NOTE TO ALL SENIOR GAME PARTICIPANTS:

Please pay attention to your schedule of Sporting Events so that you will be where you need to be on the correct date and time. **It is YOUR responsibility to know the events you signed up for and to be there at the correct time/date.** Please remember that sometimes you may have to wait to play your event, and we ask you be patient. We will keep all events running as smoothly as possible.

BLOOD PRESSURE CHECK

Date: Monday, April 11

Time: 9:00 – 11:00 a.m. **sharp**

Sponsor: Rutherford Regional

Keep your health on track by having your Blood Pressure checked at our monthly BP clinic. 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**



PEN PALS

Day: Wednesday, April 13

Time: 10:30 a.m.

Be here today for the April installment in your Pen Pals journal. If you are unable to attend on this day, please see Barbara or Crystal beforehand.

Senior Pen Pals

SPECIAL SPEAKER: "2016 LEGISLATIVE PRIORITIES"

Day: Thursday, April 28

Time: 10:45 a.m.

Speaker: Larry Gregg, Rutherford County's NC Senior Tar Heel Delegate

The NC Senior Tar Heel Legislature was created to provide information to seniors on the legislative process and matters being considered by the North Carolina General Assembly, and to promote citizen involvement and advocacy. Be here this morning as Larry addresses and discusses the following (5) Legislative Priorities Topics for 2016:

- Home & Community Care Block Grant Funding
- Uniform Adult Guardianship
- Strengthen & Fund NC's Adult Protective Services Program
- Preserve or Restore Optional Medicaid Services
- Sustain & Expand Project C.A.R.E.

These are all issues that concern senior adults, so come out and learn more.

BIRTHDAY RECOGNITION

Date: Friday, April 29

Time: 11:30 a.m.

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



CLASS OPPORTUNITIES WITH COOPERATIVE EXTENSION...

-Cooking With Herbs & Spices (April 21)

-Eat Smart, Move More, Take Control – A

Nutrition Program for Adults (once a week class from Apr 27 – Jun 8)

For more information or to register for one of these classes, call Cooperative Extension at 287-6010.

SENIOR GAMES CLOSING & AWARDS CEREMONY

Date: Friday, May 6 Time: 6:00 p.m.

Join us tonight for the wrap up of 2016's Senior Games. The winners from the sporting events will be recognized and presented their award(s). There will be a big celebration with lots of SURPRISES! You do not want to miss the fun! **All Senior Game participants (SilverArts, Performing Arts, and Sporting Events) are welcome and encouraged to attend, as well as, family members and the general public.**





**A SPECIAL THANK YOU
TO ALL OUR 2016
SENIOR GAMES SPONSORS:**

SILVER:

Humana MarketPOINT, Inc

BRONZE:

Gentiva Home Health
Lifestyle Wellness & Spa
Smith's Drugs of Forest City, Inc
Willow Ridge Rehabilitation & Living Center

COPPER:

Sam & Liz Blanton
Broad River Area Medical & Aesthetics
Brookdale of Forest City
Crowe's Mortuary & Crematory
Duffie's Copiers
Frame House Gallery & Gifts
Goforth Pest Control
Golden Valley Missionary Methodist Church
G.W.R.R.A Cross Country Wings NC P-2
Making Ends Meet Consignment Shop
Medicine Box
Moore's Auto Sale
Moose Vending, Inc
Norville Auction & Real Estate
PNC Bank of Forest City
Randy McKinney Allstate Insurance
Senior Center Participants of Table #18
The Happenstance Shop
White Oak of Rutherfordton Nursing & Rehabilitation

TORCH CLUB:

Barry's Tire & Exhaust
Express Car Wash
Fast Way Oil Change
Forest City Tire
Kirk & Nancy Milleman

**SENIOR HEALTH INSURANCE
INFORMATION PROGRAM (SHIIP)
INFORMATION:**

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 \$1,485.00 per month with assets up to \$13,640 if you are single, and \$2,002.50 per month with assets up to \$27,250 if you are a married couple living together. 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 \$2.65 for a generic drug and up to \$6.60 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.



ELLENBORO CONGREGATE MEAL PROGRAM – APRIL EVENTS

Bethel Baptist Church 479 Main Street, Ellenboro

Site Manager: Diane Hill (453-8668)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:30 Walking & Exercise 1 10:00 Word Search 11:00 Best April Fool's Joke Ever
9:30 Walking & Exercise 4 10:00 Word Search 11:00 Coffee & Chatter	9:00 Walking & Exercise 5 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 6 10:00 Word Search 11:00 Senior Safety w/Lt. Godlock	9:00 Walking & Exercise 7 10:00 Word Search 11:00 Making Easter Craft	9:30 Walking & Exercise 8 10:00 Word Search 11:00 Scattergories
9:30 Walking & Exercise 11 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking & Exercise 12 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 13 10:00 Word Search 11:00 Coffee & Chatter	9:00 Walking & Exercise 14 10:00 Word Search 11:00 Scattergories	9:30 Walking & Exercise 15 10:00 Word Search 11:00 Scattergories
9:30 Walking & Exercise 18 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking & Exercise 19 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 20 10:00 Word Search 11:00 Updated Medicare Facts w/Diane Trainor	9:00 Walking & Exercise 21 10:00 Word Search 11:00 Scattergories	9:30 Walking & Exercise 22 10:00 Word Search 11:00 Scattergories
9:30 Walking & Exercise 25 10:00 What on Earth is Easter? 10:30 Blood Pressure Check	9:00 Walking & Exercise 26 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 27 10:00 Word Search 11:00 Recognition of April Birthdays	9:00 Walking & Exercise 28 10:00 Word Search 11:00 Biblical History w/Linda McCurry	9:30 Walking & Exercise 29 10:00 Word Search 11:00 Scattergories

HENRIETTA CONGREGATE MEAL PROGRAM – APRIL EVENTS

Henrietta 1st Bpt 2736 Harris-Henrietta Rd, Henrietta

Site Manager: Kay Aldridge (657-5441)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:30 Walking Inside 1 10:00 Favorite April Fool Pranks 10:45 Exercise 11:00 Biblical History w/BMoore
9:30 Blood Pressure Ck 4 10:30 Spring Cleaning Ideas 11:00 Exercise	9:00 Coffee & Chatter 5 9:30 Piano Music w/ Barbara Moore 10:30 Church Bulletin's Bloopers	9:00 Coffee & Chatter 6 9:30 Piano Music w/ Barbara Moore 10:30 Getting the flower garden ready	9:00 Coffee & Chatter 7 9:30 Piano Music w/Barbara Moore 10:00 Bird Quiz 10:50 Bingo	9:30 Walking Inside 8 10:00 Riddles 10:45 Exercise 11:00 Biblical History w/Barbara Moore
9:30 Blood Pressure Ck 11 10:15 Remembering your favorite pets 11:00 Exercise	9:00 Coffee & Chatter 12 9:30 Piano Music w/ Barbara Moore 10:30 Favorite 8 track tapes	9:00 Coffee & Chatter 13 9:30 Piano Music w/ Barbara Moore 10:30 Ready, Set, Grow – Planting a Garden 11:00 Exercise	9:00 Coffee & Chatter 14 9:30 Piano Music w/Barbara Moore 10:00 Riddles 10:50 Bingo	9:30 Walking Inside 15 10:00 Income Tax laugh lines 10:45 Exercise 11:00 Biblical History w/Barbara Moore
9:30 Blood Pressure Ck 18 10:30 Wear your favorite straw hat 11:00 Exercise	9:00 Coffee & Chatter 19 9:30 Piano Music w/ Barbara Moore 10:30 Clichés & Idioms 11:00 Chat w/the Director	9:00 Coffee & Chatter 20 9:30 Piano Music w/ Barbara Moore 10:00 Cindy Street, Master Gardner 10:45 Exercise	9:00 Coffee & Chatter 21 9:30 Piano Music w/Barbara Moore 10:00 Ode to Volunteers 10:50 Bingo	9:30 Walking Inside 22 10:00 Goofy Definitions 10:45 Exercise 11:00 Biblical History w/Barbara Moore
9:30 Blood Pressure Ck 25 10:30 Take someone to a ball game 11:00 Exercise	9:00 Coffee & Chatter 26 9:30 Piano Music w/ Barbara Moore 10:30 Spring time word game	9:00 Coffee & Chatter 27 9:30 Piano Music w/ Barbara Moore 10:00 Tell your favorite story day 10:45 Exercise	9:00 Coffee & Chatter 28 9:30 Piano Music w/Barbara Moore 10:00 Kiss your mate 10:50 Bingo	9:30 Walking Inside 29 10:00 Patent of the Zipper...(1913) 10:45 Exercise 11:00 Biblical History w/BMoore

SHINGLE HOLLOW CONGREGATE MEAL PROGRAM – APRIL EVENTS

Shingle Hollow Community Center 2630 Cove Rd, Rutherfordton

Site Manager: Joyce Bailey (287-0960)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:30 Coffee & Chatter 1 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Ck 10:50 Bingo
9:30 Coffee & Chatter 4 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 5 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 6 9:30 Walking 10:00 Word Search 10:30 Favorite Spring flowers 11:00 Tell A Joke	9:00 Coffee & Chatter 7 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 8 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Ck 10:50 Bingo
9:30 Coffee & Chatter 11 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 12 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 13 9:30 Walking 10:00 Word Search 10:30 Cookie Day – Bring your favorite cookies 11:00 Current Events	9:00 Coffee & Chatter 14 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 15 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Ck 10:50 Bingo
9:00 Coffee & Chatter 18 9:30 Walking 10:00 Word Search 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 19 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 20 9:30 Walking 10:00 Word Search 10:30 Craft – Pine Cone Center Pieces - Flowers	9:00 Coffee & Chatter 21 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 22 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Ck 10:50 Bingo
9:00 Coffee & Chatter 25 9:30 Walking 10:00 Word Search 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 26 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 27 9:30 Walking 10:00 Word Search 10:30 Telling Stories 11:00 Tell A Joke	9:00 Coffee & Chatter 28 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 29 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Ck 10:50 Bingo

THE SENIOR CENTER'S UPCOMING EVENTS IN MAY:



MAY IS OLDER AMERICAN' MONTH...

May is a month of fresh beginnings. Perennials bloom once again, blazing a trail of bright color. May is also when Older American's Month (OAM) is celebrated. This special month is a time to acknowledge the perennial contributions of older adults to our nation. This year's theme is "Blaze a Trail." The Administration for Community Living will use this opportunity to raise awareness about important issues facing older adults.

The Rutherford County Senior Center will be joining in and celebrating "Older American's Month" all May long. Barbara and Crystal have a month jammed packed with special programs, speakers, and fun entertaining activities. This will be something for everyone!

VOLUNTEER APPRECIATION BREAKFAST...

Also, coming on Tuesday, May 10 from 8:30 – 9:30 a.m. we will have our annual VOLUNTEER APPRECIATION BREAKFAST. This is a special time for the Senior Center to say "Thank You" to all those who give of their time and talents to help the Senior Center so we are able to serve the seniors of Rutherford County.

SENIOR CENTER ADVISORY BOARD MEMBERS:

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

SENIOR CENTER STAFF:

Kay Aldridge, Henrietta Site Manager

Tom Allen, Title V Receptionist

Danny Arrowood, Title V Food Service Worker

Ron Atchley, Meal Deliveries

Joyce Bailey, Shingle Hollow Site Manager

Wanda Bland, Exercise Instructor

John Blanton, Title V Food Service Worker

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

Mike Nanney, Meal Deliveries

Michelle Smith, Nutrition/Home-Delivered Meals

Mary Street, Food Service Supervisor

Ron Tomlinson, Title V Receptionist

Susan Toney, Food Service Assistant

Kayla Traver, Data Entry

Crystal Upton, Activity & Senior Games Assistant

Sandy White, Nutrition Assistant



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

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electronically. Just e-
mail a request to
debbie.conard@rutherfordcountync.gov