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.~

MAY 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.

Older Americans Month 2016: *"Blaze a Trail"*

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, *"Blaze a Trail,"* emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.

While Rutherford County Senior Center provides congregate meals, home-delivered meals, transportation to the Center, and SHIIP counseling to older adults year-round, we will use OAM 2016 to focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own. Throughout the month, Rutherford County Senior Center will conduct activities and events to celebrate Older Americans Month. We encourage you to get involved and to check out our calendar of events for May and come visit the Rutherford County Senior Center or one of our nutrition sites!

Angela Ezell, Director

Discover OAM: Visit http://acl.gov/olderamericansmonth
To learn more about the Center: Contact Angela Ezell 828-287-6411 or angela.ezell@rutherfordcountync.gov
To contact your Area Agency on Aging: Visit http://www.eldercare.gov/ or call 1-800- 677-1116

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!

"GIVE 5 READ 5" PROGRAM

The "Give 5 Read 5" program is where school's collects new or gently used books to redistribute to every student at the end of the school year. The student takes home 5 books to read during the summer while they are out of school.

The Senior Center and our satellites nutrition sites will be collecting new or gently used books to donate to elementary schools in our districts during the entire month of 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. The 2016 Older Americans Month theme is ***"Blaze a Trail."*** The Administration for Community Living will use this opportunity to raise awareness about important issues facing older adults, and highlight the ways that older Americans are advocating for themselves, their peers, and their communities. Join the Rutherford County Senior Center as we celebrate "Older American's Month" the entire month of May. Barbara and Crystal have the month jammed packed with special programs, speakers, and fun entertaining activities. There will be something for everyone!

IT'S NATIONAL "GRUMP OUT" WEEK…

Monday – Friday (May 2 – 6) lets all "Lighten Up!" Why you say? Well, it's ***"National Grump Out Week!"*** All this week let's all try to be nice to each other. It's not going to be easy, but we can all get through it together. ***"Grump Out Week"*** encourages everyone to refrain from being grumpy, frowning, grousing, or complaining for **ONE WHOLE WEEK**. But, but...No "Buts"---We got this! Here are some help tips that will help you "lighten up":

- Wear anything that might make people smile...buttons, shirts, hats
- Forward funny emails/texts to your friends
- Make smile cards and give them to random people
- Sit down and write down some jokes on a small piece of paper and pass them out to people

Big or small – even a smile and a kind word goes a LONG way in changing someone's bad day around.

WALKING MINUTES:

"RED HOT CHILI STEPPERS"

Judy Baguskis	**1,140 minutes walked**
Norma Jean Cooper	**620 minutes walked**
Nan Thompson	**715 minutes walked**

ZUMBA

Mondays: May 2, 9, 16
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.

"ALL ABOUT VINEGAR"

Date: Tuesday, May 3
Time: 10:30 a.m.
May is National Vinegar Month. Join us today for a fun informative activity to learn all about the many uses of vinegar. From cooking to cleaning and a myriad of other uses, vinegar has earned a premier reputation as a must-have household item. When cooking, a dash or two of vinegar is the perfect solution to add zest to a dish or to balance out flavors. Each variety of vinegar offers its own distinct flavor and appeal, and there are multiple varieties. Cleaning with vinegar can help save time and money. White distilled vinegar is a cost-effective, all in one cleaner that can be used in all rooms of the house. This is one you will not want to miss!

"BAG" B-I-N-G-0

Date: Wednesday, May 4
Time: 10:30 a.m.
Bingo is always a center favorite. Join us for a fun morning of "BAG" Bingo.

B-I-N-G-0

Date: Wednesday, May 4
Time: 1:00 P.m.
Twice in one day! Did you Bingo this morning, join us at 1:00 for another fun round of BINGO.

CRAFT TIME WITH BOBBIE ALLEN

Date: Thursday, May 5
Time: 10:30 a.m.
Cost: $1.00 (covers all supplies)
Please sign up on the board outside Barbara's office if you plan on attending. Class is limited to the first 12 who sign up.
Join Bobbie Allen as she demonstrates and assists crafters in making a cute and useful keychain. Bobbie is a great "crafter" and we appreciate her sharing her talents with us today.

ICE CREAM SHOP

Date: Thursday, May 5
Time: 1:00 p.m.
Cost: 50 cent per scoop; 10 cents per topping

I scream, you scream…we ALL scream for ICE CREAM!!! Join us this afternoon for a cool refreshing treat.

COMPUTER ASSISTANCE

Dates: Thursdays – May 5, 12, 19, 26
Time: 12:30 p.m. – 2:00 p.m.
Volunteer: Jim Cole

Take advantage of Jim's computer knowledge as he assists participants with their computer related questions on Thursday afternoons.

SQUARE DANCE

Dates: Thursdays – May 5, 12, 19, 26
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!

SPECIAL SPEAKER: SERVICES FOR THE BLIND

NC Division of Services for the Blind

Date: Friday, May 6
Time: 11:00 a.m.
Speaker: Marian Corn

Join Marian Corn, Social Worker III with the NC Division of Services for the Blind and NC Department of Health and Human Services today as she talks about the various services available for the blind or visually impaired and answers your questions relating to vision loss and programs and resources available. Established in 1935, the NC Division of Services for the Blind serves the visually impaired of the state. The agency offers many services to assist those with visual impairment in meeting the challenges of daily living. Services include low vision evaluations, instruction in adaptive techniques, use of low vision aids, and specialists in the areas of Orientation and Mobility, Assistive Technology or Independent Living Rehabilitation.

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). This ceremony is always a great time to end this year's Senior Games. You know that Barbara and Crystal will have something fun planned and a few surprises up their sleeves, so this is one event you will not want to miss! ***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

MUFFINS FOR MOMS

Date: Monday, May 9
Time: 9:00 – 10:00 a.m.
Happy Mother's Day to all ladies!
We invite **all ladies** to join us for muffins and coffee in your honor today.

BLOOD PRESSURE CHECK

Date: Monday, May 9
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***

MOTHER'S DAY ACTIVITY & RECOGNITION OF MOMS

Date: Monday, May 9
Time: 10:45 a.m.
Join us in the dining room to share something special about your mom. Some examples include: *what is one thing about her you will never forget, something she did that made a lasting impression on you, what would you say to her today if you had the opportunity, or tell some of the fun things you did with your mom as you were growing up?* We will also recognize our **"oldest mom"** and the **"mom with the most children."**

VOLUNTEER APPRECIATION BREAKFAST

Date: Tuesday, May 10
Time: 8:30 – 9:30 a.m. (drop-in)

The Senior Center would not be able to offer the numerous activities or serve the thousands of meals without the help from our many awesome volunteers! Whether you deliver meals, call tables, serve lunch, fold newsletters, work at the reception desk, library or coupon room plus anything and everything both big and small you do to assist the Center…

TO ALL THESE WONDERFUL VOLUNTEERS we want to say "THANK YOU" and show you our sincere APPRECIATION by inviting you to attend our annual VOLUNTEER APPRECIATION BREAKFAST. Please drop by at your convenience between 8:30 – 9:30 a.m.

PEN PALS

Day: Tuesday, May 10
Time: 10:30 a.m.
This year's pen pal class is quickly coming to an end so please continue with your commitment and be here for today's activity. **Also, we will be visiting the pen pals at Spindale Elementary on Wednesday, May 25th at 9:30 for you to say your final good-bye before this school year is finished.** If you are unable to attend to write your last installment, please see Barbara or Crystal before or by May 10th.

"ELDER LAW"

Day: Wednesday, May 11
Time: 10:30 a.m.
Speaker: Greg McIntyre
Join Greg from McIntyre Elder Law in Shelby as he discusses legal topics of special interest to seniors. Anyone attending his talk at 10:30 can sign up for a free consultation to discuss your individual legal issues. **A sign-up sheet will be posted on the bulletin board outside Barbara's office and you must attend the talk at 10:30 today before you can request an individual appointment.**

CRAFT TIME w/CRYSTAL UPTON

Date: Thursday, May 12
Time: 10:30 a.m.
Cost $1.00 (covers all supplies)
Class limited to the first 11 who sign up on the board outside Barbara's office.
Join Crystal today as she demonstrates and assists crafters in making a beautiful "spring" bracelet.

"WRAPPING PAPER" B-I-N-G-0

Date: Thursday, May 12
Time: 1:00 p.m.
BINGO again this month!! WOW! Today you will be playing for wrapping paper.

DRAWING FOR SPACES/TAILGATE YARD SALE

Day: Thursday, May 12
Time: 11:15 a.m. in the Dining Room
Cost: $5.00 per parking space
Sellers in tomorrow's Tailgate Yard Sale will draw a number to determine the space you will be assigned. **You must have signed up on the sheet posted outside Barbara's office, and paid the $5.00 per parking space fee. NO TABLES WILL BE PROVIDED.**

TAIL-GATE YARD SALE

Day: Friday, May 13
Time: 8:00 a.m. – 11:00 a.m.
Cost: $5.00 per parking space
If you would like to participate in this year's tailgate yard sale please sign up on the bulletin board outside Barbara's office. The money is due when you sign up, and no additional paper work is required) **Rain date will be Friday, May 20**
Shoppers tell your friends and neighbors and everyone come and support the Center's **TAIL-GATE YARD & CRAFT SALE!** There will be a large variety of items for sell by multiple "sellers." There is sure to be something for everyone!

TRIP TO GREEN ROOM THEATER TO SEE: "THE ADDAMS FAMILY"

Date: Sunday, May 15
Time: 1:15 p.m. sharp – leaving the Senior Center (the matinee begins at 3 p.m.)
Cost: $16.00 (due when you sign up)
Be sure and sign up on the bulletin board outside Barbara's office – the van riders are limited to first 12 who sign up.
Join the fun as we travel to Newton, NC to see the matinee showing of the ***"The Addams Family."*** ***"The Addams Family"*** features an original story, and it's every father's nightmare. Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family. A man her parents have never met, and if that weren't upsetting enough, she confides in her father and begs him not to tell her mother! Now, Gomez Addams must do something he's never done before---keep a secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night that they host a dinner for Wednesday's "normal" boyfriend and his parents. You will stop for dinner before returning home.

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

Date: Monday, May 16
Time: 10:30 a.m.
May is National BBQ Month. It the time of year that everyone wants to get outside and enjoy the warm weather and cook on the grill. This month we are asking you to bring your favorite BBQ grill recipes.

FYI...*The local Farmer's Market is now open from 8 am to 12 noon Tuesdays & Saturdays. Go get those fresh veggies!*

POPCORN

Date: Monday, May 16
TIME: 1:00 p.m. Cost: .50 cents
We will have the Senior Center smelling good when we pop some fresh popcorn after lunch. We will have bags of popcorn for sale for only .50 per bag. What a great afternoon snack!

BAKING COOKIES

Date: Tuesday, May 17
Time: 9:45 a.m.
Cost: $1.00 (bring a small container to take your cookies home in)
You must sign up on the board outside Barbara's office by May 16th if you wish to participate to ensure we have enough supplies and ingredients available.
Today is "***National Chocolate Chip Day***!" Chocolate chips are an essential ingredient in dozens of delicious baked goods such as, chocolate chip cookies, chocolate chip pancakes, chocolate chip muffins, chocolate chip brownies etc. Did you know that 25% of all the cookies baked in the United States are chocolate chip? Join the fun today as we recognize this "national day" by baking some delicious chocolate chip cookies for you to take home with you.

BUTTERBEAN AUCTION

Date: Tuesday, May 17
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 and join us today for this fun activity!

MEET & EAT – BIG DAVE'S

Date: Tuesday, May 17
Time: 5:15 p.m.
Please sign the sheet posted outside Barbara's office if you plan on attending so Barbara will not what size table to reserve.
Join friends this evening at Big Dave's in Forest City for a fun night of socialization and good dining. Don't forget it is "Dutch treat" – so bring your wallet.

TEA PARTY

Date: Wednesday, May 18
Time: 9:30 a.m.
A sign-up sheet is at the front desk if you plan on attending.
Join friends today for a cup of your favorite tea and some delicious goodies at this month's tea party. Don't forget to bring a treat to share with everyone.

TRIVIA FUN WITH MARIA DAVIS

Date: Wednesday, March 18
Time: 10:30 a.m.
Maria Davis will be with us again today to test your knowledge with some trivia fun. Today's topic will be the "Fabulous 50's." This is a great activity to help keep those brain cells active.

"STRESS & DIABETES"

Date: Thursday, May 19
Time: 10:30 a.m.
Speaker: Anita Phillips, RN
Anita Phillips, RN and Diabetes Educator from Rutherford Regional will be here to discuss the effects of stress for people with diabetes, and how to manage your stress. Diabetes management is a constant process; for many, it is an ongoing challenge that may be complicated by the impact of stress. Excessive stress is a major barrier to effective glucose control and a danger to one's general health. Excessive stress works against diabetes management by: increasing blood glucose levels, inciting strong negative emotions, impairing sound thinking and decision making, tempting compulsive, poor eating. Whether or not you have diabetes, over time stress is harmful because it causes so much wear and tear on the body.

TRIP TO STRAWBERRY HILL

Date: Thursday, May 19
Time: 10:45 a.m. – leave the Center
Cost: $1.00
Be sure and sign up on the bulletin board outside Barbara's office – van riders are limited to first 11 who sign up.
Today you will travel for lunch at Strawberry Hill's old-fashioned café where home-cooked southern meals are always in season for lunch, and then go over to the produce center for strawberries and other goodies. Then wrap up the outing by having some delicious ice cream.

CHAT WITH THE DIRECTOR

Date: Friday, May 20
Time: 9:30 a.m.
Preregistration is required by signing up on the sheet posted outside Barbara's office.
Join the Senior Center's director, Angela Ezell, and "chat" in an informal relaxed atmosphere to learn more about the Center, the staff, volunteer opportunities, and the many programs and activities that are offered at the Senior Center.

CHEERFUL VOICES CHOIR

Date: Friday, May 20
Time: 10:45 a.m.
Directed by: Tony Spencer
Be here today to hear some beautiful voices as the Cheerful Voices Choir serenades you with a mini concert before lunch. This is one you will not want to miss.

"HOW TO START THE DE-CLUTTERING PROCESS"

Date: Tuesday, May 24
Time: 10:30 a.m.
Speaker: Jane Armstrong, former owner of De-Clutter for Real Life
Do you know the difference between collecting and hoarding? Jane is an expert in helping people get more organized without becoming overwhelmed! This class will help you jump start your spring cleaning if you have not started already!

HAMRICK'S SHOPPING TRIP

Date: Tuesday, May 24
Time: 12:45 a.m. – leaving the Center – will be back by 5:00 p.m.
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.
Hamrick's is having a one day sale with an extra 20% off for seniors on May 24th. Shoppers will have time to shop at Hamrick's and then go for ice cream before returning to the center. You will be back by 5:00 p.m.

MASTER GARDENER PROGRAM

Date: Thursday, May 26
Time: 10:30 a.m.
Nancy Milleman, master gardener, will be here to tell us all about day lilies. Discover the fun of hybridizing your own daylilies. You will learn how to choose parent plants, how to cross pollinate, store the seeds and start them. You don't need a farm or even a large garden; this is something you can do in your own yard! Come and see beautiful examples of these wonderful carefree flowers.

THE SENIOR CENTER WILL BE CLOSED MONDAY, MAY 30 FOR MEMORIAL DAY

LAKE LURE CLOGGERS

Date: Tuesday, May 31
Time: 10:30 a.m.
Location: Dining Room
The Lake Lure Cloggers are fantastic dancers and put on a great show. They are always a hit no matter where they perform! Bring a friend and be here for some great entertainment – you will not be disappointed!

BIRTHDAY RECOGNITION

Date: Tuesday, May 31
Time: 11:30 a.m.
Join us in the dining room today as we celebrate all the May birthdays.

SENIOR HEALTH INSURANCE INFORMATION PROGRAM (SHIIP): VOLUNTEERS ARE KEY TO SHIIP'S SUCCESS…

Did you know that North Carolina has more than 1.77 million Medicare beneficiaries? And all those beneficiaries are served by more than 900 volunteers and coordinators from SHIIP, the Seniors' Health Insurance Information Program. That equates to more than 1,600 beneficiaries for every SHIIP volunteer. A division of the North Carolina Department of Insurance, SHIIP was established in 1986 to help educate Medicare beneficiaries and their caregivers about Medicare, Medicare supplements, long-term care insurance, Medicare Advantage, Medicare Part D prescription drug plans and other health insurance options for people with Medicare. In addition to the program's professionally-operated call center, SHIIP has a volunteer base of 120 county coordinators and 973 volunteers who provide free, unbiased counseling about Medicare in all 100 counties of North Carolina. Without its remarkable and dedicated volunteers, SHIIP could not reach out to all the people using Medicare in our state. Volunteers for SHIIP must successfully complete a computerized training course to become certified to better help people with Medicare. They are required to attend quarterly follow-up trainings and must provide 40 hours of counseling services annually to maintain their certification. Volunteers are also required to submit reports on each client they assist. These records show they have helped 108,094 Medicare beneficiaries in one-on-one counseling sessions last year alone and hosted 7,909 public and media events. This is an outstanding accomplishment equal to about 87,000 hours of service!

SHIIP staff is very grateful for the volunteers' hard work, and we can never thank them enough for all that they do to assist people with Medicare. SHIIP is always looking for new volunteers. Would you like to give back to your community? Do you have computer skills? Are you a people person? Do you have the ability to easily explain things to others? If you answered 'yes' to any of these questions, you may be a great addition to the SHIIP family of volunteers. To learn more about becoming a SHIIP volunteer, call Angela Ezell at the Rutherford County Senior Center 828-287-6411.

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 – MAY EVENTS

Bethel Baptist Church 479 Main Street, Ellenboro Site Manager: Diane Hill (453-8668)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Walking & Exercise 10:00 Word Search 11:00 Coffee & Chatter	3 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	4 9:00 Walking & Exercise 10:00 Word Search 11:00 **Adult Coloring**	5 9:00 Walking & Exercise 10:00 Word Search 11:00 **Discussion – Stroke Risk Factors**	6 9:30 Walking & Exercise 10:00 Word Search 11:00 **Special Mom stories Mother's Day Poem**
9 9:30 Walking & Exercise 10:00 Word Search 11:00 **Adult Coloring**	10 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	11 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bible History w/LMcCurry**	12 9:00 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**	13 9:30 Walking & Exercise 10:00 Word Search 11:00 **Scattergories**
16 9:30 Walking & Exercise 10:30 **Blood Pressure Check** 11:00 Word Search	17 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	18 9:00 Walking & Exercise 10:00 Word Search 11:00 **Wood Carving w/JWeber**	19 9:00 Walking & Exercise 10:00 Word Search 11:00 **Sing-a-long w/N.Murray**	20 9:30 Walking & Exercise 10:00 Word Search 11:00 **Wood Carving w/J Weber**
23 9:30 Walking & Exercise 10:30 **Blood Pressure Check** 11:00 Word Search	24 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**	25 9:00 Walking & Exercise 10:00 Word Search 11:00 **Birthday Celebrations**	26 9:00 Walking & Exercise 10:00 Word Search 11:00 **Scattergories/Puzzle**	27 9:30 Walking & Exercise 10:00 Word Search 11:00 **Memorial Day Program**
30 **CLOSED FOR MEMORIAL DAY**	31 9:00 Walking & Exercise 10:00 Word Search 11:00 **Bingo**			

HENRIETTA CONGREGATE MEAL PROGRAM – MAY EVENTS

Henrietta 1st Bpt 2736 Harris-Henrietta Rd, Henrietta Site Manager: Kay Aldridge (657-5441)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Blood Pressure Check 10:15 **Mother Quotes** 11:00 Exercise	3 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:45 **Top 10 Momism's**	4 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:45 **Principles of Motherhood**	5 9:00 Walking Inside 9:30 Piano Music w/BMoore 10:15 **Motherly Sayings** 10:50 **Bingo**	6 9:30 Walking Inside 10:00 **Bring pictures of mother's** 10:45 Exercise 11:00 Biblical History w/BMoore
9 9:30 Blood Pressure Check 10:15 **May Showers, Flowers and Mothers** 11:00 Exercise	10 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:30 **What flowers will you plant?**	11 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:30 **Favorite Strawberry Recipes**	12 9:00 Coffee & Chatter 9:30 Piano Music w/BMoore 10:00 **Eat What You Want Day** 10:50 **Bingo**	13 9:30 Walking Inside 10:00 **Limericks** 10:45 Exercise 11:00 Biblical History w/BMoore
16 9:30 Blood Pressure Check 10:15 **Peace Day – Wear Purple** 11:00 Exercise	17 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:30 **What is your favorite food?**	18 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:00 **Cindy Street, Master Gardner** 10:45 Exercise	19 9:00 Coffee & Chatter 9:30 Piano Music w/BMoore 10:00 **Reason's you are TEArrific** 10:50 **Bingo**	20 9:30 Walking Inside 10:00 **Vacation Word Game** 10:45 Exercise 11:00 Biblical History w/BMoore
23 9:30 Blood Pressure Check 10:30 **What will a Penny buy?** 11:00 **Chat w/the Director**	24 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:30 **Cover Word Game**	25 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:00 **Military Humor** 10:45 Exercise	26 9:00 Coffee & Chatter 9:30 Piano Music w/BMoore 10:00 **Flag Etiquette Quiz** 10:50 **Bingo**	27 9:30 Walking Inside 10:00 **Memorial Day tribute** 10:45 Exercise 11:00 Biblical History w/B Moore
30 **CLOSED FOR MEMORIAL DAY**	31 9:00 Coffee & Chatter 9:30 Piano Music w/ BMoore 10:30 **Favorite Macaroons**		**Piano Music is by: Barbara Moore**	**Biblical History is by: Barbara Moore**

SHINGLE HOLLOW CONGREGATE MEAL PROGRAM – MAY EVENTS

Shingle Hollow Community Cnt 2630 Cove Rd, Rfdton Site Manager: Joyce Bailey (287-0960)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Coffee & Chatter 10:00 Walking 10:50 **Singing** 11:00 Biblical History	3 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	4 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Honoring Mothers – Making corsages**	5 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet *** ***Celebrate Cinco De Mayo***	6 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure** 10:50 **Bingo**
9 9:30 Coffee & Chatter 10:00 Walking 10:50 **Singing** 11:00 Biblical History	10 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	11 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Name Five Game** 11:00 **Tell A Joke**	12 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet ***	13 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure** 10:50 **Bingo**
16 9:30 Coffee & Chatter 10:00 Walking 10:50 **Singing** 11:00 Biblical History	17 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	18 9:00 Coffee & Chatter 9:30 Walking 10:00 **Word Search** 10:30 **Coloring Book Pages**	19 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet ***	20 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure** 10:50 **Bingo**
23 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:50 **Singing** 11:00 Biblical History	24 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search	25 9:00 Coffee & Chatter 9:30 Walking 10:00 **Word Search** 10:30 **Craft Jars Red/White/Blue**	26 9:00 Coffee & Chatter 9:30 Walking 10:00 Word Search 10:30 **Learn How to Crochet***	27 9:30 Coffee & Chatter 10:00 Word Search 10:15 Walking 10:30 **Blood Pressure** 10:50 **Bingo**
30 **CLOSED FOR MEMORIAL DAY**	31 9:00 Coffee & Chatter 9:30 **Choir** 10:00 Walking 10:30 Word Search		***Thursdays "Learn to Crochet" are taught by: Stephanie Deese**	

Senior Center Advisory Board Members:

Amideus Athougies; Kim Freeman; Wanda Harris (Vice Chair); Junior Johnson; Jeanette Klutts (Chair); Sylvester McDowell; 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

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