

**RUTHERFORD
COUNTY
DEPARTMENT
OF AGING/
SENIOR
CENTER**

A North Carolina
Certified Center of
Excellence

193 Callahan-Koon
Rd, Suite 132
Spindale, NC 28160
828-287-6409

Monday
7:30 a.m. – 5:00 p.m.

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



JULY 2013

OUR MISSION

Rutherford County Senior Center provides opportunities for senior adults to help them maintain and enhance their quality of life.



**A UNITED WAY
MEMBER AGENCY**

THE SENIOR CENTER NEWSLETTER

FROM THE DESK OF ANGELA EZELL:

Dear Friends:

Independence Day is just around the corner. As we all know, Independence Day, commonly known as the Fourth of July, is a federal holiday in the United States since 1941, commemorating the adoption of the Declaration of Independence on July 4, 1776. This day is a celebration of freedom and the right to make choices. This celebration of freedom is a reminder of how lucky we are to be Americans and to enjoy our freedom. It is also a reminder of how important freedom and choices are to a person, no matter what our age is.

We all strive for and enjoy independence. When we were younger, our parents taught us how to take care of ourselves. When we reached adulthood, many of us began teaching our own children the value of doing things for themselves. We can attribute most of our success, happiness and achievements to doing things on our own. The desire to be independent does not diminish with age. Independence actually becomes more important to seniors.

The Senior Center is a place for community members to gather to offer support to each other, a place where services and activities can enhance independence and encourage involvement. Studies have shown that continual social contact not only contributes to good health, but also increases overall life expectancy and enhances intellectual stimulation. Nutrition service programs help older individuals to remain independent and in their communities. Participants in the congregate meal program have the opportunity to socialize, laugh, and entertain each other while enjoying nutritionally balanced meals.

We also strive to help seniors achieve independence for as long as possible through our Home Delivered Meals program. Home delivered meals are intended to help maintain and improve the health of impaired home-bound older persons by providing nutritionally balanced meals served in the home. With these nutritious meals, many seniors are able to remain at home and stay independent in the community.

So on our nation's birthday, let us reflect and be thankful for our independence and the freedoms we all share. I would like to wish each of you a happy and safe Fourth of July!

Sincerely,

Angela Ezell

REGISTERING FOR LUNCH

IN ORDER TO BE SURE THAT YOU WILL BE SERVED LUNCH, PLEASE **REGISTER BY 12:00 p.m. THE DAY BEFORE YOU PLAN TO EAT.** For your convenience you can go ahead

and schedule your lunches for up to 4 weeks when you scan your card at the Senior Center. **If circumstances change and you are UNABLE to come for lunch on a day you previously pre-registered for, please call the Senior Center at 287-6409 by 9:30 a.m. so your lunch can be canceled for that day.**



It's **RED, WHITE, & YOU WEEK**
JULY 1 – 5

On Monday, July 1 ----- Wear **RED**
On Tuesday, July 2 ----- Wear **WHITE**
On Wednesday, July 3 ----- Wear **BLUE**
On Friday, July 5 ----- Wear it **ALL**
COME DECKED OUT IN YOUR BEST RED, WHITE, & BLUE OUTFIT!

THE SENIOR CENTER WILL BE CLOSED
THURSDAY, JULY 4
HAPPY INDEPENDENCE DAY



INDEPENDENCE DAY SCAVENGER HUNT



On **TUESDAY, JULY 2** as you walk through the Senior Center be on the lookout for **PATRIOTIC SYMBOLS** that have been hidden throughout the building. The symbols can include a flag, eagle, liberty bell, etc. Only ONE symbol per participant PLEASE. **Bring your symbol to the dining room at 11:15 a.m. and exchange them for a special prize!**



DIABETIC SUPPORT GROUP

There will be no **DIABETIC SUPPORT GROUP** meeting this month.

CRAFT TIME WITH LAVADA WALL

(rescheduled from July 27)

Join Lavada Wall **TUESDAY, JULY 2** at **10:30 a.m.** and make a patriotic July 4th bag to hold all your summer essentials. The cost for this class is \$1, which covers all supplies. Don't forget to add your name to the sign-up sheet outside Barbara's office if you plan on attending.



RED, WHITE, & BLUE B-I-N-G-O

WE WANT YOU! --- Be here **WEDNESDAY, JULY 3** at **10:30 a.m.** as we play BINGO with a "twist" --- a red, white, and blue twist! Come and join the fun – all the prizes will be red, white, or blue.



BLOOD PRESSURE CLINIC

A Rutherford Regional Medical Center nurse will be taking blood pressures **MONDAY, JULY 8** from **9-11:00 a.m.** at the Senior Center. Be sure to stop by the front desk, and pick up your Blood Pressure History Card and a number from the receptionist.



ZUMBA CLASSES

For a limited time only this summer, we will have **free ZUMBA CLASSES** at **5:30 p.m.** the **Monday evening's of July 8, 15, 22, and 29.** Wavolyn



Norville, certified instructor, has generously volunteered to teach these classes for us at the Senior Center.

Remember anyone **age 55** or older can join and participate in any of our activities and exercise programs. Many of you in this age group are still working and have asked that we offer activities after 5 --- so call today and sign up for these upcoming classes.



CHESS, ANYONE?

If you are interested in learning to play Chess, or you already know how please see Barbara or call her at 287-6413. She has someone that would like to play and is willing to teach those who would like to learn.





JUST DANCE

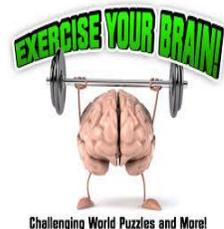
By popular demand, we are going to dance on through the summer! Join the fun each **THURSDAY at 1:00 p.m.** and “Just Dance.” **The dates will be: JULY 11, 18, & 25** so get your dancing shoes ready.

“USE IT OR LOSE IT” TRIVIA FUN

The importance of brain exercise, especially for seniors, is not as commonly emphasized as physical exercise – but studies show that the brain requires a solid, consistent workout to stay sharp just like the body does to stay strong!

Be here **TUESDAY, JULY 9 at 10:30 a.m.** and give your brain cells a good workout as we work together to solve some crossword puzzles, word search, and picture puzzles. We will also toss in a few fun tongue twisters for good measure! Let’s keep those

brain cells awake and active!



Challenging World Puzzles and More!

ARCHERY PRACTICE

Don’t let your archery skills get rusty over the summer! The archery equipment will be available **WEDNESDAY, JULY 10 at 10:00 a.m.** and Jim Venerra will be here to share his expertise and knowledge as we hone our archery skills. Come on and give it a “shot!”



CRAFT TIME WITH LAVADA WALL

Join Lavada Wall on **THURSDAY, JULY 11 at 10:30 a.m.** as she demonstrates how to make a travel jewelry bag. This bag is not only pretty, but it protects your jewelry as you travel, plus it would be a great gift items for all your friends. Cost is \$1 to cover supplies. Don’t forget to sign-up on the bulletin board outside Barbara’s office, if you plan on attending this class.



SENIOR GAMES COMMITTEE

The Senior Games Committee will meet **FRIDAY, JULY 12 at 10:30 a.m.** This is a **very important meeting** and **required** for us to do for our sanctioning application. Please let Barbara know if you will be unable to attend.



“DOG DAYS OF SUMMER”

We have all heard the expression “dog days of summer” but what exactly does that mean? Some suggest that because this 40 day period running from July 3 – August 11 is the hottest part of the year it makes folks want to just “lie around” like a dog! In reality the term comes from the Ancient Romans who noticed the brightest star in the sky, Sirius or The Dog Star, happened to rise and fall right with the sun during the hottest time of the year – hence “dog days of summer.” In recognition of this time, what better way to spend a steamy summer afternoon than at the “cool” Senior Center watching a funny movie and enjoying good friends and popcorn!



“DOG DAYS” MOVIE TIME

Our first “dog days of summer” movie **“THE SHAGGY DOG”** will air **FRIDAY, JULY 12 at 1:00 p.m.** This hilarious updated version of a famous Disney classic stars comedian, Tim Allen. The adventures begin when workaholic Dave Douglas is accidentally transformed into a loveable dog. Now as Dave digs to uncover the mystery, this overworked dad wants nothing more than to stop fetching...and get back to fathering. But, before he does, he’s about to discover that being man’s best friend gives him a curious insight into what it takes to be a great dad! Be here for a guaranteed dog-gone good time!



“BATTERS, SPLATTERS, & PLATTERS” (Recipe Club)

Did you know that in 1984 Ronald Regan officially declared JULY as National Ice Cream Month! Although there are numerous accounts, the history of ice cream possibly dates back as far as the 1st century A.D. On this note, the **“BATTERS, SPLATTERS, & PLATTERS” Recipe Club** will meet **MONDAY, JULY 15 at 10:30 a.m.** and share their favorite homemade ice cream recipes. Maybe somebody will even bring a sample! Yum-Yum.



SPECIAL PROGRAM

"Your Air Conditioning System – Preventive Maintenance & Ways to Save Energy"



Eric Fensterer, president and owner of Rutherford Heating and Air, will be here **TUESDAY, JULY 16 at 10:30 a.m.** to present a program on preventative maintenance and ways to save energy for your air conditioning system.

MEET AND EAT CLUB

Join the **MEET AND EAT CLUB TUESDAY, JULY 16 at 5:15 p.m.** as we travel "south of the border" to **EL LIMON**, located at 420 South Broadway in Forest City, for their night of food, fellowship, and FUN. Don't forget to sign up on the bulletin board outside Barbara's office if you plan on attending, so she can reserve a table for the entire group.



"COOL" TEA PARTY

It's hot outside, but the Senior Center is always a "cool" place to be to share your favorite summer time treat with your friends! New participants are encouraged and welcome to join the **TEA PARTY on WEDNESDAY, JULY 17 at 9:30 a.m.** This is a great way to make new friends in a fun setting! Remember to sign-up on the sheet at the front desk if you plan on attending, and bring a "cool" summer-time treat to share with the entire group.



LEMONADE & LAUGHS

What is better on a hot summer day than a cold glass of lemonade? ...a cold glass of lemonade AND laughing with friends, that's what!

Join the fun **THURSDAY, JULY 18 at 10:30 a.m.** as we share jokes, funny stories, and ice-cold lemonade.

Laughter is always good for the soul any time of the year!



"NOVEL APPROACH"

(Book Club)

The Senior Center's book club "**NOVEL APPROACH**" will meet **FRIDAY, JULY 19 at 10:30 a.m.** Come and join our book club and share about your favorite book. We would love to have some new folks join us! You choose the book you want to read, and then share about it – whether it's a thumbs up or thumbs down. It's a great way to make new friends and hear about some books that you will enjoy reading.



ICE CREAM SUNDAE'S ON A "MONDAY"

What is your favorite topping on an ice cream sundae? Join us **MONDAY, JULY 22 at 1:00 p.m.** and pick your favorite toppings or try some new ones. There will be plenty to choose from. Ice cream is 50¢ per scoop, and toppings are 10¢ each. Don't miss out on this "cool" Sundae/Monday treat!



"USE IT OR LOSE IT" TRIVIA FUN

For the second time this month, we will give our brain cells a workout. Join the fun on **TUESDAY, JULY 23 at 10:30 a.m.** as we work our brains to learn some new words, solve riddles, and find "what's wrong with this picture." We will also have some more fun tongue twisters! **REMEMBER TO EXERCISE YOUR BRAIN DAILY!**



TAKE ME OUT TO THE BALLGAME

Let's go support our local team, the Forest City Owls! Meet Barbara **TUESDAY, JULY 23 at 7:00 p.m.** at the ballpark where everyone will sit together and cheer on our Forest City Owls! Tickets and sodas are only \$2.00 tonight. Be sure and sign up on the bulletin board if you plan on attending. **GO OWLS!**



MAGAZINE SCAVENGER HUNT



Do you like a good challenge? Players will be divided into two teams and each will be given a list of various items to locate in the magazines. It is a fun way to check out how well you can work together as a team, and how much you can remember as you browse through the magazines. This activity is always a lot of fun, if you are a new player or a seasoned "hunter" come and join the fun on **WEDNESDAY, JULY 24 at 10:30 a.m.** for our magazine "scavenger hunt" adventure.

CHAIR VOLLEYBALL

A Senior Center favorite – a **CHAIR VOLLEYBALL** game is scheduled for **THURSDAY, JULY 25 at 10:30 a.m.** The only skills needed or required is the ability to laugh your socks off, and a good sportsman's like attitude.



"DOG DAYS" MOVIE TIME

Our second "dog days of summer" movie "**MARLEY & ME**" will air **FRIDAY, JULY 26 at 1:00 p.m.** The movie begins with John getting a cute little puppy (Marley) and journalizes their lives as the years roll by. Watch as John marries and he and his wife, Jennifer,



Marley & Me
GET AND GO WITH THE WORLD'S WORST DOG

contemplate having babies and moving across the country, while Marley grows into 100 lbs. of funny, wild, completely untrainable canine companionship -- as well as one of the most important people in the family. Be sure and bring some tissues for this one!

VACATION PHOTOS

Bring in your travel/vacation photos on **TUESDAY, JULY 30 at 10:30 p.m.** and share with everyone about some of the exciting places you have visited. Summer is always a great time to take



pictures with your family and friends. Whether you have been on a cruise, took a camping trip, or went to the "Big Apple" bring in your photos to share with the group. We cannot wait to hear and see about all your vacation adventures!

SPECIAL PROGRAM

Welcome to the Senior Center for the first time, the **drama team** from **Golden Valley Missionary Methodist Church.** They will join us **THURSDAY, JULY 31 at 10:30 a.m.** to share some Christian songs while they do the hand signs for the words. Maybe they can teach us a chorus or two.



BIRTHDAY RECOGNITION

Join in the fun as we celebrate all **JULY** birthdays on **THURSDAY, JULY 31 at 11:30 a.m.**



SILVERSTRIDERS

Keep walking and burning up those miles! If it gets too hot outside, come to our exercise room and use one of treadmills.



MAY TOTALS:

Sally Glover	435 minutes walked
Betty McFarland	650 minutes walked
Annabelle Smith	560 minutes walked
Susan Taylor	735 minutes walked
Jerry Thornton	1,106 minutes walked

"A LEGAL MINUTE"

by: **Ben Many, Attorney**
"Heathcare Power of Attorney & Living Wills"



Unfortunately, we cannot say with any kind of certainty that an accident or illness will not occur to us or a loved one. It is our responsibility to plan for these events the best that we can ahead of time. Proper planning for our death or

incapacity is a responsibility that we owe to ourselves and to our families.

One powerful tool that allows us to take the burden off of our families during times of extreme illness is the **Healthcare Power of Attorney and Living Will**. Properly executing these documents allows an individual to make healthcare decisions ahead of time, thus avoiding a large amount of family discord and possible disagreement.

It is important to consult a lawyer before attempting to execute a Healthcare Power of Attorney and Living Will to ensure that the document clearly expresses one's wishes. **If you are interested in obtaining a Healthcare Power of Attorney and Living Will or any other planning document, Pisgah Legal may be able to help you at no charge.** For 35 years Pisgah Legal Services (PLS) has provided free civil legal help to people who meet certain income requirements, and who live in Western North Carolina. Last year PLS helped more than 13,000 people meet their basic needs, such as food, shelter, protection from abuse and health care. For more information, please contact PLS Attorney Ben Many in the Spindale office, located at 187 West Main Street, at 247-0297 or visit www.pisgahlegal.org.



SENIOR'S HEALTH INSURANCE INFORMATION PROGRAM (SHIIP)

SHIIP is a consumer information division of the North Carolina Department of Insurance that assists people with Medicare, Medicare Part D, Medicare Supplements, Medicare Advantage and long-term care insurance questions. They also assist people to recognize and prevent Medicare billing errors and possible fraud and abuse through the NCSMP Program.

Call the Senior Center at 287-6409 and set up an appointment for a free personalized consultation with one of our trained volunteer counselors to discuss your Medicare questions and needs.

RECYCLE TONER CARTRIDGES



The Senior Center accepts empty toner cartridges from your printers and copiers for a recycling program that raises money for the Senior Center and its programs.

RECYCLE EYE GLASSES

A collection box to recycle your prescription, reading, and sun glasses as well as plastic and metal frames is located in the Senior Center's library. This on-going recycle program is sponsored by the Lion's Club.



FARMERS MARKET

The Seniors Farmers' Market Nutrition Program provides congregate nutrition site participants with coupons to purchase fresh fruits and vegetables from the local farmers markets. **To be eligible for these coupons, an individual's monthly income cannot exceed \$1,772 or \$2,392 monthly income combined per couple.** Each coupon is valued at \$3 and seven are given to each eligible participant, for a total of \$21 worth of coupons. These coupons have to be used by October 15, 2013. Lost or stolen coupons cannot be replaced. Change cannot be given if a participant buys less than \$3.00 increments of produce. However, if a participant purchases an amount in excess of the value of the coupon(s), he/she may pay the difference to the farmer. You may purchase only fresh fruits and vegetables. You may not use these coupons for baked goods, crafts, cooked foods, honey, eggs, plants, or other non-food items. **WE HAVE A LIMITED SUPPLY OF THESE COUPONS AVAILABLE. TO BE FAIR TO ALL, A LOTTERY WILL BE HELD OF ALL THE NAMES SUBMITTED.**



We are planning a van trip to the Farmer's Market on Hwy 74 Business on **THURSDAY, JULY 25 at 1:00 p.m.** Be sure to put your name on the sign-up sheet outside Barbara's office if you plan on going.

JULY EVENTS

ELLENBORO NUTRITION CENTER BETHEL BAPTIST CHURCH

- | | |
|---|--|
| JULY 1 10:00 Master Detective Game 11:00: Spelling Bee | JULY 18 10:30 Milton Berle's Humor 11:00 Scattergories |
| JULY 2 10:00 Newspaper & Current Event Discussion 10:30 Puzzle Fun | JULY 19 10:00 Biblical History w/L. Goforth 11:00 Puzzles & Checkers |
| JULY 3 10:00 Chat Time w/tea & coffee 11:00 Patriotic Music w/N. Frady | JULY 22 10:00 Word Search 11:00 Scattergories |
| JULY 5 10:00 Crosswords 11:00 GROUP: How did you celebrate the 4 th ? | JULY 23 10:00 Craft Time - Making Flowers from Coffee Filters |
| JULY 8 10:00 Puzzle Fun 11:00 Share a Riddle Today | JULY 24 10:00 This was the Year – 1962 10:30 Puzzles
11:00 Person, Place, or Thing |
| JULY 9 10:00 Chat Time w/tea & coffee 10:30 Word Search | JULY 25 10:00 Chat Time w/tea & coffee 10:30 Master Detective Game |
| JULY 10 10:00 This was the Year--1949 | JULY 26 10:00 Biblical History with L. Goforth 11:00 Recognize July b'days |
| JULY 11 10:00 Newspaper Reading 10:30 Rutherford Weekly Reader
11:00 Current Events Discussion | JULY 29 10:00 Current Event Discussion
11:00 Group Discussion: Your Favorite Vacation Spot |
| JULY 12 10:00 Bridge 11:00 Scattergories | JULY 30 10:00 Chat time w/tea & coffee 10:30 Puzzles |
| JULY 15 10:00 Exercise for the Mind 11:00 Monopoly | JULY 31 10:30 What is your Favorite Board Game? Bring yours to share.
11:00 Bulletin Board Trivia |
| JULY 16 10:00 Chat Time w/popcorn 10:30 Magazine Swap | |
| JULY 17 10:00 Magazine Swap 11:00 Word Search | |

**Also, Walking & Team Spirit Exercise every day at 9:00 at the Life Center; Blood Pressure Checks every Monday at 10:30; Bingo every Tuesday at 11:00; games, puzzles, coffee, conversation, fellowship, and much more.
Call Betty Dodson at 453-8668 for more information.**

HENRIETTA NUTRITION CENTER HENRIETTA FIRST BAPTIST CHURCH

- | | |
|--|---|
| JULY 1 11:00 Tell a Joke Day | JULY 16 10:45 Trivia Plus |
| JULY 2 10:30 Recalling favorite foods serviced in July | JULY 17 10:00 Scattergories 10:45 Tea Party with Cindy Street, Master Gardner |
| JULY 3 10:00 Celebrate the 4 th 11:00 Dog Days Crossword Puzzle | JULY 19 10:00 America the Beautiful Word Search |
| JULY 5 10:00 This was the Year--1998 | JULY 22 11:00 Justin McCluney, Rfd Co Sheriffs Dept. Program: Sex Offenders |
| JULY 8 10:30 Celebrating Ice Cream Month – Making Sundaes | JULY 23 10:30 Ways to beat the Summer Heat – Making Ice Cream Cones |
| JULY 9 10:00 Bring your favorite Sugar Cookie recipe to exchange | JULY 24 10:00 Summertime Humor 10:30 Famous Dogs Crossword Puzzle |
| JULY 10 10:00 Old Time Gardening Tips | JULY 26 10:00 Word Search |
| JULY 12 10:00 Famous Left Handers Word Search | JULY 30 10:00 Puzzle Fun |
| JULY 15 11:00 Bring your favorite Tapioca Pudding Recipe to exchange | JULY 31 10:00 July Birthday Celebration |

**Also, Coffee & Chatter every day at 9:00; Blood Pressure Check every Monday at 9:30; Learn to Crochet with Gene Blanton, Instructor every Monday at 10:00; Walking Inside every Tuesday-Fridays 9:30; Piano Music with Barbara Moore every Tuesday at 10:00; Scattergories every Thursday at 10:00; Bingo every Thursday at 11:00; Biblical History w/Rev. Glenn Wilson 1st, 3rd, & 4th Friday at 11:00 and 10:50 on the 2nd Friday; games, fellowship, and more daily.
Call Kay Aldridge at 657-5441 for more information.**

SHINGLE HOLLOW NUTRITION CENTER SHINGLE HOLLOW COMMUNITY BUILDING

- | | |
|---|---|
| JULY 2 11:00 Recognition of July Birthdays | JULY 18 10:30 Learn to Crochet with Stephanie Deese, Instructor |
| JULY 3 WEAR RED, WHITE, AND BLUE TODAY
10:30 Craft Time/Making 4 th Center Pieces | JULY 24 10:30 Christmas BINGO
11:00 Discussion: The Importance of Hydration in Seniors |
| JULY 10 10:00 CHRISTMAS IN JULY – Making Christmas Centerpieces | JULY 25 10:30 CHRISTMAS PARTY |
| JULY 11 10:30 Learn to Crochet with Stephanie Deese, Instructor | JULY 31 NATIONAL ICE CREAM MONTH
10:30 Making Ice Cream Sundaes |
| JULY 17 10:30 Craft Time – Making Christmas Cards (supplies included) | |

**Also, you'll find Coffee & Chatter every day at 9:00; Walking every day at 10:00; Singing every Monday at 10:50 followed by Biblical History at 11:00; Choir every Tuesday at 9:30; Word Search everyday at 9:30 except on Tuesdays it's at 10:30; Blood Pressure Checks every Fridays at 10:30; Bingo every Friday at 10:50; fun, fellowship, and much more every day.
Call Joyce Bailey at 287-0960 for more information.**

**ALL NUTRITION CENTERS WILL BE CLOSED THURSDAY, JULY 4.
Have a Safe and Happy 4th of July!**

SENIOR CENTER ADVISORY BOARD MEMBERS:

President, **Sybil Walker**; President-Elect, **Kim Freeman**;
Leon Godlock; **Chuck Hill**; **Junior Johnson**; **Robert Judd**; **Jeanette Klutts**;
Grace Quick; **Lila Simpson**; Ex Officio members, **Carl Classen**; **Bill Eckler**

SENIOR CENTER STAFF:

Angela Ezell, Director

Diane Allen, Nutrition Coordinator/Home-Delivered Meals Coordinator **Sandy White**, Nutrition Assistant
Mary Street, Food Service Supervisor **Carolyn Jamerson**, Food Service Assistant
Helen Hamilton, **Alex Goodman**, Title V Food Service Workers
Louann Camilletti, Senior Center Site Manager **Betty Dodson**, Ellenboro Site Manager
Kay Aldridge, Henrietta Site Manager **Joyce Bailey**, Shingle Hollow Site Manager
Ron Atchley, **Michael Carpenter**, **Ronnie Driver**, **Charles Hill**, Meal Deliveries
Barbara Hill, Program/Activity Coordinator **Crystal Upton**, Program/Activity Assistant
Debbie Conard, Administrative Assistant/Transportation Coordinator **Michelle Smith**, Data Entry
Gloria Nance, Title V Morning Receptionist **Ruby Baker**, Title V Afternoon Receptionist
Wanda Bland, Exercise Instructor **Frank Ensley**, Custodian **Amideus Athougies**, SHIP Volunteer



RUTHERFORD COUNTY SENIOR CENTER
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