

THE SENIOR CENTER NEWSLETTER



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.

OCTOBER 2014

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**

From Director Angela Ezell's Desk:

October is National Breast Cancer Awareness Month. Breast cancer is one of the most common cancers in American women. It is more common among older women than younger women. Men can get breast cancer too, but they only account for one percent of all reported cases. More women are surviving breast cancer today than ever before. There are several ways to treat breast cancer, but all treatments work best when the disease is found early. The goal of screening exams for breast cancer is to find the cancer early before symptoms appear. When someone is already experiencing symptoms, the cancer tends to be larger and may have already spread beyond the breast. Breast cancers that are found during screening exams are more likely to be smaller and still confined to the breast. Health screenings and tests can be lifesavers. Positive test results will give you peace of mind. And if something needs medical attention, the sooner it's detected the better. Be sure to follow the cancer screening schedule your doctor advises. Remember, the best protection is early detection!



In recognition of Breast Cancer Awareness Month, we are asking you to wear "PINK" each Friday. The Center will host a "PINK Walk" on October 1st where you can walk for someone battling breast cancer or in memory of someone. On Monday, October 6th, Tips-to-Toes will be at the Center giving "PINK Nails for the Ladies", and Wavolyn Norville has declared each Monday "PINK" Zumba and challenges participants to wear something PINK each class. On Tuesday, October 7th, we will have a special "PINK Bingo" – and this just names a few of our many "PINK" activities we have planned for this special awareness month. Please come out and show your support for these special events.

The Senior Center performers will present "Murder in the Magnolia's" Friday, October 17th. They have worked hard on this comedy, and it is a show you will not want to miss – so mark those calendars right now! We will also be having our annual Health Fair and flu shots on Thursday, October 30th. 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!



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.

PRAYER SHAWLS & LAP BLANKETS

The Silver Threads & Needles group is continuing making Prayer Shawls and Lap Blankets to donate to area nursing home residents. The Prayer Shawl Ministry began over 15 years ago. The shawl maker begins with prayers and blessings for the recipient of the shawl they are making and continues throughout the creation with a final blessing before it is sent on its way to someone needing comfort and solace. *If you would like to*



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participate but don't know how to crochet, quilt, or knit – don't let that stop you – The Silver Threads and Needles group of crafters love to share and help each other and someone will be glad to show you how to get started on your way to making one of these items to donate.

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 90 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 (SHIIP) 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, Medicare Supplement Plans, Medicare claims processing, Medicare Advantage, Medicare 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.**

AARP FOUNDATION TAX-AIDE VOLUNTEER

Each year the AARP Foundation Tax-Aide offers free face-to-face tax preparation for low-to-moderate income taxpayers – with special attention to those aged 60+. Each year volunteers working from Rutherford County's Senior Center file hundreds of individuals Federal and State tax returns. In addition they assisted approximately 200 people with information and questions. We need (trained*) volunteers to help prepare tax returns for the 2015 tax season, as well as, greet people, translate, and/or assist with general office-type work. **Free training will be provided in December and January.* Please consider joining this dedicated group of volunteers for the 2015 tax season or recommend this great opportunity to someone. You will get to work your mind and warm your heart by assisting your fellow county members. **Call Angela Ezell at 287-6411 for more information on how you can become an AARP Tax-Aide volunteer.**

AFTERNOON RECEPTIONIST VOLUNTEER

This is the perfect volunteer opportunity for a variety of people. **Our greatest need is 12:30 to 2:30 p.m. each day, but any day and any time between 12:30 – 5:00 p.m. M-F a person could volunteer would be greatly welcomed and appreciated!** Duties include greeting visitors and seniors, and answering the telephone. **For more information on volunteering, please contact Debbie Conard at 287-6409.**





October is National Breast Cancer Awareness Month. Look for "PINK" activities throughout the month!

PINK WALK

Date: Wednesday, October 1
Time: 10:00 a.m.

To start National Breast Cancer Awareness Month on the "right foot" – join us today for our "PINK" WALK. Barbara and Crystal will be at the front entrance at 9:45 giving out "pink" ribbons for walkers to wear "in honor" or "in memory" of someone special – or yourself. Everyone will then start the Center's "PINK WALK" together at 10:00 sharp.



Did you know....the first Breast Cancer Awareness Month was observed in the United States in 1985? The initial aim of this event was to increase early detection of breast cancer by encouraging women to have mammograms.

SKIN CARE PROGRAM

Date: Thursday, October 2
Time: 10:30 a.m.
Speaker: Blake Willard, Licensed Esthetician



Join us today for a special presentation on the importance of taking proper care of our skin. Blake will demonstrate proper skin care techniques with a couple of our lovely models, and show us how to look and feel younger.

SQUARE DANCING

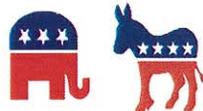
Thursday, October 2, 9, 16, 23, 30
Time: 4:00 p.m.

"Swing your partner round and round." Join the fun anytime – whether you're a beginner or you've been square dancing for years. This group meets each Thursday, and you can join at any time.



CANDIDATE FORUM

Thursday, October 2
Time: 6:00 p.m.



The Senior Center is excited to be co-sponsoring this Candidate's Forum with the Rutherford County 4-H Council and United Way Youth Council. All parties from the following offices have been invited to attend: County Commissioners, Clerk of Court, Sheriff, District Attorney, and the North Carolina

House District 112. This will be a wonderful opportunity to hear first hand from the candidates. Everyone is encouraged to invite friends and neighbors and to attend this important event.

TAILGATE YARD SALE

Date: Friday, October 3
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 those basements and closets to help your journey on the road to being organized and clutter free. Seniors who wish to participate in this year's Tailgate Yard Sale 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 2 at 11:15 in the dining room.



"WEAR PINK" FRIDAYS

Dates: October 3, 10, 17, 24, 31
In recognition of National Breast Cancer Awareness month, the Senior Center has proclaimed each Friday in October "PINK FRIDAY." **We ask that everyone wear pink each Friday to show your support.**



"PINK NAILS FOR THE LADIES"

Date: Monday, October 6
Time: 9:00 – 11:00 a.m.
***Appointments required – the schedule is posted outside Barbara's office.**



In recognition of National Breast Cancer Awareness month, Michelle McClain and Shelly Crocker from Tips to Toes will be providing "pink nails" for the ladies. You must schedule an appointment time in advance.*

SILVERSTRIDER'S AUGUST TOTALS:

Annabelle Smith	870 minutes walked
Nan Thompson	663 minutes walked



"PINK" ZUMBA

Mondays – October 6, 13, 20, 27

Time: 5:30 p.m.

Instructor: Wavolyn Norville

In recognition of breast cancer awareness, wear your favorite "PINK" exercise clothes when you come to Zumba this month.



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!"

Wavolyn is a "pro" at showing modifications to each movement, so no matter what your fitness level is you can achieve your maximum workout – and have fun doing it! Reminder - everyone 55 and older can participate.



"PINK" SCAVENGER HUNT

Date: Tuesday, October 7

Time: 8:30 a.m. – 11:00 a.m.

Hidden throughout the Senior Center this morning will be "pink" symbols with health tips and information about breast cancer written on them. Find one and bring to the dining room at **11:00 sharp** to exchange it for a "pink" prize.

Limit ONE "pink" symbol per person!



CRAFTING WITH CRYSTAL

Date: Wednesday, October 8

Time: 10:30

Cost: \$1.00 (for supplies)

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

Just in time for fall decorating. Join Crystal today as she demonstrates and assists crafters in making a very unique pumpkin. How is this pumpkin different, you say? It is created from recycled books! – What an innovative way to give "new life" to books that are torn, falling apart, missing covers or pages and would otherwise be thrown away.



"USE IT OR LOSE IT"

Date: Thursday, October 9

Time: 10:30 a.m.

Older people learn to be more efficient with memory by ditching useless information in order to focus on what's most important. They may not remember a name after a chance encounter, but they sure won't forget their granddaughter's birthday or their wedding day. Keeping our brains in tip-top shape reduces our risk for serious brain problems, including Alzheimer's disease and other forms of dementia. Join us today for new puzzles and activities to exercise our brain muscles!



CHAT WITH THE DIRECTOR

Friday, October 10

Time: 9:00 a.m.

Pre-registration is required – the sign-up sheet is posted outside Barbara's office.

This is a great way to learn more about the Senior Center – especially if you are "new" to the senior center. From the variety of fun and educational activities to resource information that is available on a wide selection of topics – this is the perfect opportunity for you to meet and talk in an informal, relaxed atmosphere with our director.

Please Note: If You Have Previously Attended a "Chat With The Director" - Please Let Those Who Have Never Attended Sign Up First.



BLOOD PRESSURE CHECK

Monday, October 13

Time: 9:00 a.m. – 11:00 a.m. **sharp**

Sponsor: Rutherford Regional Medical Center

Don't forget to pick up your BP record card at the front desk to have your BP reading recorded on. Rutherford

Regional System is very gracious to allow their employees to come and provide this free service for us; therefore, we need to be accommodating and understand they have obligations and need to get back to work in a timely manner. **NO CARDS WILL BE GIVEN OUT AFTER 10:45 SO THIS EVENT CAN WRAP UP AT 11:00 SHARP.**



SPECIAL PROGRAM:

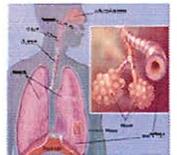
"PULMONARY DISEASES"

Date: Tuesday, October 14

Time: 10:30 a.m.

Speaker: Joyce McCain & Radical Randy™, Rutherford Regional Medical Systems

Join Joyce and Radical Randy as they explore the cardio pulmonary system - concentrating on lung function and lung diseases - such as asthma and COPD. Radical Randy™ is part of an award-winning Asthma education program. His "chest" opens to "show" how asthma affects the body.



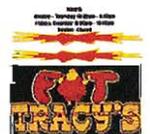
MEET & EAT

Tuesday, October 14

Time: 5:15 p.m.

Location: Fat Tracy's - Spindale

Join friends tonight for fun, fellowship, and good food – Dutch treat, of course. Additionally invite a guest to join you that doesn't come to the Center so they can learn more about us! Fat Tracy's is located at 135 West Main Street, Spindale.



“HALLOWEEN”TEA PARTY

Wednesday, October 15

Time: 9:30 a.m.

Join friends today for a cup of your favorite tea and some delicious goodies at the monthly tea party! This month's theme is “Halloween” so keep that in mind when you plan your outfit and “treat” to share with everyone. Be sure to sign-up on the sheet at the front desk if you plan on attending.



CAROLINA SINGERS & DANCERS FROM SHELBY

Date: Wednesday, October 15

Time: 10:30 a.m.

This returning group always puts on an entertaining program with a lot of fun music and songs that will take you down memory lane. Get there early so you won't miss a minute of this delightful program.



PEN PALS

Date: Thursday, October 16

Time: 10:30 a.m.

Today you will be making a special treat to send to your Pen Pals for Halloween, in addition, to writing an entry into their Pen Pal Journal. All pen pals are encouraged to attend.



“MURDER IN THE MAGNOLIA'S” DRESS REHEARSAL – MATINEE PERFORMANCE

Date: Thursday, October 16

Time: 1:00 p.m.

Join us this afternoon as the Senior Center performers go all out in a full dress rehearsal – matinee performance of this year's play: “*Murder in the Magnolia's*.” This play is a delightful comedy with a cast of quirky characters such as Bubba Kamrowski, who juggles bowling balls in a luncheonette; Blanche De Blank, whose fiancé drowned in the quarry behind the Veronica Lake Casino; Thornbird, the flaky poet, whose



personality is split so many ways, he's fractured; and Lawyer Possum whose only paying client is an alligator – and these are just a few of the zany characters that will hold you spellbound as this talented cast brings this year's play to life. You will probably not be able to resist coming back tomorrow night for the main performance and bringing along family and friends to share in the enjoyment of local entertainment at its best!

“NOVEL APPROACH” Book Club

Date: Friday, October 17

Time: 10:30 a.m.

Book groups are a great way to meet new people while exploring and discussing good books. What's more, being a part of a book club helps keep you motivated to read and gives your brain a “workout” to boot! You can join at any time – the book club meets monthly on the third Friday.



TRIP TO JEWELRY SALE AT RUTHERFORD REGIONAL

Friday, October 17

Time: 1:00 p.m.

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

Whether you are treating yourself or starting your holiday shopping early – the \$5 dollar Jewelry Sale is hard to beat for finding great deals.



“MURDER IN THE MAGNOLIA'S” PERFORMANCE & FUNDRAISER

Date: Friday, October 17 - public welcome!

Time: 6:00 p.m. (doors open 5:45)

Cost: \$3.00 each or \$5.00 per couple

Invite a friend, and join us tonight for this year's Senior Center play production – “*Murder in the Magnolia's*.” This delightful comedy begins with Colonel Rance Chickenwing “kicking the bucket” and leaving the secret of his buried treasure to a houseful of demented relatives. With a cast of characters that parody almost every Southern play ever made, and sprinkled with the flavor of “*Gone with the Wind*” this year's play is sure to be a hilarious success! Proceeds from this fundraising event are slated toward the purchase of a projector for the Center.



“BATTERS, SPLATTERS, & PLATTERS” (RECIPE CLUB)

Monday, October 20

Time: 10:30 a.m.

October is National Cheese Month. Cheese is so very versatile in that it's great for most all cooking methods or just eating as it is. Some of the more common varieties include: cheddar, American, sharp, Colby-Jack, Swiss, mozzarella, parmesan, ricotta, Somerset, provolone, Munster, brie, etc., etc, etc, - the list goes on and on! Keeping this in mind, we are asking everyone to bring their favorite recipes that use cheese – from main dishes, appetizers, desserts, and so on to share with the group.



“PINK” B-I-N-G-O

Tuesday, October 21

Time: 10:30 a.m.

Location: Large Craft Room

A Center favorite – BINGO! If you haven't guessed by now all of the prizes will be pink!

NOTE: The Silver Threads & Needles group will meet in the conference room today.



TRIP TO STRAWBERRY HILL HAYRIDE & ICE CREAM

Date: Tuesday, October 21

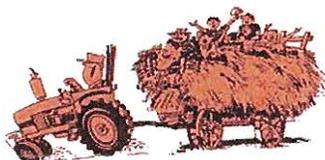
Time: 1:00 a.m. (leaving Center)

Cost: \$10.00

Pre-registration required. The sign-up sheet is posted outside Barbara's office – Van riders limited to first 11 who sign up. Others can follow in their own vehicle.

Join us for a fabulous fall afternoon of fun at Cooley Farm's Strawberry Hill. The adventure begins with an afternoon hayride around the farm viewing the gorgeous fall foliage and ends with delicious home-made ice cream.

(The cost includes the hayride, ice cream, and transportation, and is due when you sign up.)



CRAFTING WITH CRYSTAL

Date: Thursday, October 23

Time: 10:30 a.m.

Cost: \$1.00

Pre-registration is required – the sign-up sheet is posted outside Barbara's office

What is Halloween without candy corn? Join Crystal as she demonstrates and assists crafters in making a cute candy corn – just in time for Halloween! It will be a great “treat” for a friend, grandchild, or even yourself!



“BLACK OUT” DANCE

Friday, October 24

6:00 p.m. – 9:00 p.m.

Rusty & Chiquita Collins Band

Cost: \$5.00 each

Shine up your dancing shoes and come dressed **ALL BLACK** while you and friends dance the night away at the Center's “Black Out” Dance! There will be great live music by Rusty & Chiquita Collins and band. Be sure to tell all your friends! This is one you will not want to miss! *The doors will open at 5:45 p.m.*



PUMPKIN BOCCE

Date: Monday, October 27

Time: 10:00 a.m.

Bocce is a Center favorite each year during Senior Games. Come play today, but with an interesting “twist” – you roll pumpkins instead of a ball! Each player will roll a small pumpkin towards the target pumpkin and whoever is closest wins the game. The pumpkin bocce field will be set up outside, near the shuffleboard courts. This is guaranteed to be a fun and hilarious event!



AARP SAFE/SMART DRIVING CLASS

Date: Tuesday, October 28

Times: 9:00 a.m. - 11:30 a.m. – break for lunch
class resumes – 12:30 p.m. - 2:00 p.m.

Instructor: Mike Martin

Cost: \$15 for AARP members; \$20 non-AARP
(make checks to AARP or have correct change)

Pre-registration is required – the sign-up sheet is posted outside Barbara's office

For most adult drivers, it's been decades since they first got their driver's license---and a lot has changed on the roads, in our vehicles, and in our selves. This class is designed specifically for older drivers. You will learn research-based safety strategies that can reduce the likelihood of you having a crash, such as:

- Understand the links among the driver, vehicle, and road environment, and how this awareness encourages safer behavior;
- Learn how aging, medications, alcohol, and other health-related issues affect driving ability, and ways to adjust to allow for these changes;
- Increase confidence;
- Know how to drive safely when sharing the road with other road users;
- Learn the newest safety and advanced features in vehicles;
- Learn when driving may no longer be safe; and
- Explore other ways to travel.

It is critically important that older drivers make driving safely a personal priority.

HALLOWEEN GAMES

Date: Tuesday, October 28

Time: 10:30 a.m.

Let's have some fun with a few Halloween games. Join us and play pumpkin bean bag toss, eyeball bounce, candy corn catch, and pumpkin pass just to name a few. Everyone is invited and encouraged to join the fun! There might even be a few fun “tricks” and/or some yummy “treats.”



TRIP TO JUSTUS FAMILY ORCHARD

Date: Wednesday, October 29

Time: 9:00 a.m. (leaving Center)

Cost: \$1.00

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.

What a glorious fall adventure! The leaves should be beautiful as you travel to Justus Family Orchard this morning. Located in the beautiful western North Carolina Mountains of Hendersonville, this 4th generation orchard and farm has "u pick" or "we pick" apples, blackberries, and pumpkins – just in time for your fall baking! There is something for everyone to enjoy – from touring the orchard picking apples, stopping by the pond to see the ducks, or visiting with some of the farm animals – everyone is guaranteed an entertaining outing.

WEAR ORANGE, BLACK, & PURPLE TODAY

Date: Thursday, October 30

Time: ALL DAY

Let's see who can be the most creative and channel the most pre-Halloween "spirit" by dressing in orange, black, and purple today.



ANNUAL HEALTH FAIR

Date: Thursday, October 30

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:



- Carolina Community Care/Home Care
- Fair Haven
- Hospice
- Seniors' Health Ins. Info. Program (SHIP)
- Senior Healthcare Solutions
- Smith Drug
- Willow Ridge



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:

Blood Glucose (*Rutherford Regional*)

Blood Pressure & Pulse

Blood Profile (*Rutherford Health Department*)

Body Fat (*Rutherford Regional*)

Depression Screenings (*St. Luke's Hospital*)

Flu Shots (*Rutherford Health Department*)

Foot Evaluations (*Smith Drug*)

Hearing Screening

Height & Weight (*Gentiva*)

Oral Screenings

Prosthetic Fitting (*Smith Drug*)

Skin Cancer

Spinal Evaluation (*Carolina Chiropractic Plus*)

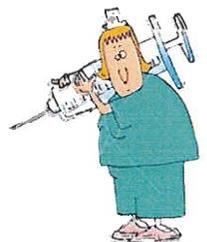
Vision Screening (*Morganton Eye*)

FLU SHOT CLINIC

Date: Thursday, October 30

ALL DAY: 8:30 a.m. – 4:30 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

ANNUAL MEDICARE OPEN ENROLLMENT October 15 – December 7

This year's annual enrollment runs from October 15 to December 5. During this time each year person's with Medicare can change their Medicare supplement health plan (Part B) and/or their



Medicare prescription drug coverage (Part D) for the upcoming year. Information on 2015 plans will be available beginning in October. If a person is satisfied that their current

plan will meet their needs for the upcoming year, then they don't need to do anything.

All Medicare subscribers are strongly encouraged to take advantage of SHIIP's free, unbiased informational service offered through the Senior Center and schedule an appointment for a consultation with a trained SHIIP counselor to review your current plans and ensure they are the best Medicare health care products for your individual needs. Call 287-6409 to schedule an appointment or stop by front desk at the Center.

North Carolina Senior Games



Congratulations to all the State Final participants from Rutherford County:

**Diana Alverson
Henry Boelens
Judy Creighton
Leroy Forney
Dale Hertweck
William Hood
Robert Judd
Alfred Urban
Jim Vennera
James Whiteside**

PRESCRIPTION DRUG ASSISTANCE FOR LOW-INCOME MEDICARE BENEFICIARIES

Do you ever have difficulty paying for your prescription drugs? Do you have limited income and assets? If you answered "yes" to either of these questions and you are a person with Medicare, Extra Help may be available for you.

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. There are more than 70,000 Medicare beneficiaries in North Carolina who may be eligible for this program but have yet to apply.

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 \$13,440 if you are single, and \$1,966.25 per month with assets up to \$26,860 if you are married.



Income includes monthly earnings, Social Security and Veterans' benefits, disability payments, cash contributions, retirements and pensions. Resources and assets include the value of items that the person owns, 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. Resources do not include appliances and other household furnishings, clothing or other personal items, such as jewelry. Assets excluded from the evaluation process are a home, all property attached to the home, personal belongings, one vehicle and irrevocable burial contracts and plots.

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.

For SHIIP assistance call the Senior Center at 287-6409 for an appointment with a trained SHIIP counselor. SHIIP volunteers offer one-on-one counseling and provide free, unbiased information about Medicare, Medicare supplements, Medicare Part D, Medicare Advantage and health plan options and long-term care insurance.



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.

HALLOWEEN COSTUME PARADE & CONTEST

Date: Friday, October 31
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 sure to be entertaining!

BIRTHDAY CELEBRATION

On Friday, October 31 at 11:30 a.m. we will celebrate all the October birthdays.



"MYSTERY" B-I-N-G-O

Date: Friday, October 31
Time: 1:00 p.m.

Be here for this fun B-I-N-G-O with a "twist." What's the twist you ask? Why, all of the prizes will be..... a "mystery!"



DAILY DROP-IN EVENTS

In addition to the many varied activities scheduled throughout the month, the following daily events are always available for participants to enjoy: Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Computer Lab, Exercise Equipment, TV & Conversation, Puzzles, and more.

SERVICES AVAILABLE

Library, Newspaper & Magazines, Coupon Room, Medical Equipment, Notary Services, Wi-Fi, and the Center is a scheduled Public Transportation Stop.



WEEK OF CARING

The Week of Caring is a partnership between United Way of Rutherfordton and Rutherford Housing Partnership (RHP) in conjunction with National Make a Difference Day. **It will be held October 18-25, 2014 and seniors who need yard work, light housekeeping, or minor repairs done can complete an application at the Senior Center or call 287-6409 to submit one by phone.**

Applications need to be in by OCTOBER 3. Priority will be given to Senior Adults with limited income or physical disabilities who did not receive help during last year's Week of Caring.

OTHER AREA EVENTS

"LIVING HEALTHY WITH DIABETES"

Sponsored by/Location: Cooperative Extension
Dates: Oct. 8, 15, 22 & Nov. 5, 12, 19
Time: 2:00 p.m. – 4:00 p.m.

To Register: Call Cooperative Ext. 287-6010
This FREE workshop meets 6 weeks on Wednesdays to help individuals "take control of their diabetes rather than letting it control them!" Topics that will be covered include:

- Manage symptoms -
- Communicate effectively with your doctor
- Lessen your frustration
- Fight fatigue & pain
- Eat healthier & read nutrition labels
- Keep blood sugar in check
- Make daily tasks easier

Those who attend all 6 sessions will receive a free pedometer. Call 287-6010 today, space is limited.

AGING SENSITIVITY ISSUES

On Wednesday, October 22 Lori Simpson, Aging Specialist/Ombudsman with Isothermal Planning and Development, along with Barbara Hill, and Crystal Upton from the Senior Center will visit the Center's Pen Pal class at Spindale Elementary to discuss Aging Sensitivity Issues. This is a wonderful intergenerational experience, as well as a wonderful learning activity for these students to "experience" first-hand what it is like to live every day as an older adult facing one or more age-related health challenges – such as vision loss, hearing loss, neuropathy, mobility and balance issues.



A SPECIAL THANK YOU TO EATON CORPORATION....

for their recent generous donation of \$15,000 to the Rutherford County Senior Center's Home-Delivered Meals Program.



Shown are: Angela Ezell, Senior Center Director, Barbara Hill, Senior Center Activity Coordinator, and Steve Hyso, Eaton Plant Manager, Forest City.

OCTOBER EVENTS

ELLENBORO CONGREGATE MEAL PROGRAM

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Walking & Exercise 1 Family Life Center 10:00 Coffee and Chatter 10:30 Word Search 11:00 Celebrating Apples	9:00 Coffee & Chatter 2 10:00 Word Search 10:30 Decorating for Fall 11:00 Bible Trivia	9:30 Walking & Exercise 3 Family Life Center 10:00 Word Search 10:30 This was the year.....1975 11:00 Scattergories
9:30 Walking & Exercise 6 Family Life Center 10:00 Coffee & Chatter 10:30 Blood Pressure 11:00 Word Search	9:00 Walking & Exercise 7 Family Life Center 10:00 Word Search 10:30 Coffee & Chatter 11:00 Bingo	9:00 Walking & Exercise 8 Family Life Center 10:00 Word Search 11:00 Biblical History w/Leonard Goforth	9:00 Coffee & Chatter 9 10:00 Word Search 10:30 Show & Tell – Odd or funny objects	9:30 Walking & Exercise 10 Family Life Center 10:00 Word Search 10:30 Person, Place or Thing 11:00 Scattergories
9:30 Walking & Exercise 13 Family Life Center 10:00 Discuss “Superstitions” 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking & Exercise 14 Family Life Center 10:00 Things to remember when calling 911 w/Tammy Aldridge & Chris Francis	9:00 Walking & Exercise 15 Family Life Center 10:00 Word Search 11:00 Bingo	9:00 Coffee & Chatter 16 10:00 Word Search 10:30 Birthday Quiz 11:00 Birthday Celebration	9:30 Walking & Exercise 17 Family Life Center 10:00 Word Search 10:30 October Fest 11:00 Scattergories
9:30 Walking & Exercise 20 Family Life Center 10:00 Mural of favorite Halloween things 10:30 Blood Pressure Check 11:00 Word Search	9:00 Walking & Exercise 21 Family Life Center 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 22 Family Life Center 10:00 Word Search 11:00 Piano Music w/Laverne Rogers	9:00 Coffee & Chatter 23 10:00 Word Search 10:30 Biblical History w/Linda McCurry	9:30 Walking & Exercise 24 Family Life Center 10:00 Word Search 10:30 Frankenstein Friday 11:00 Scattergories
9:30 Walking & Exercise 27 Family Life Center 10:30 Blood Pressure Check 11:00 Word Search	9:30 Walking & Exercise 28 Family Life Center 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 29 Family Life Center 10:00 Word Search 11:00 Planning Halloween Party	9:00 Coffee & Chatter 30 10:00 Word Search 10:30 Scary Stories 11:00 Discussion – What was your favorite Halloween Costumes	9:30 Walking & Exercise 31 Family Life Center 10:00 Word Search 10:30 Halloween Party 11:00 Scattergories

OCTOBER EVENTS

HENRIETTA CONGREGATE MEAL PROGRAM

Location: Henrietta First Baptist Church 2736 Harris-Henrietta Rd, Henrietta
Site Manager: Kay Aldridge Telephone: 657-5441

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Coffee & Chatter 1 9:30 Piano Music w/ Barbara Moore 11:00 Exercise National Denim Day – Wear Denim	9:00 Coffee & Chatter 2 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 Bingo	9:30 Walking Inside 3 10:00 Peanuts Crossword Puzzle 10:45 Exercise 11:00 Biblical History w/Barbara Moore
9:30 Blood Pressure Check 10:15 This was the year.....1987 10:45 Things that start with “O” 11:00 Exercise	9:00 Coffee & Chatter 7 9:30 Piano Music w/ Barbara Moore 10:45 Types of Pizzas	9:00 Coffee & Chatter 8 9:30 Piano Music w/ Barbara Moore 10:30 Things to remember when calling 911 11:00 Exercise	9:00 Coffee & Chatter 9 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 Bingo	9:30 Walking Inside 10 10:00 “Pasta Month” Word Search 10:45 Exercise 11:00 Biblical History w/Barbara Moore

Continued: HENRIETTA CONGREGATE MEAL PROGRAM – OCTOBER 2014 EVENTS

9:30 Blood Pressure 13 Check 10:30 Remembering when we got power 11:00 Exercise	9:00 Coffee & Chatter 14 9:30 Piano Music w/ Barbara Moore 10:45 Bring your favorite teddy bear to show & tell	9:00 Coffee & Chatter 15 9:30 Piano Music w/ Barbara Moore 10:30 Things you enjoy about fall 10:45 Exercise	9:00 Coffee & Chatter 16 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 Bingo	9:30 Walking Inside 17 10:00 Cadillac's Birthday (1902) 10:45 Exercise 11:00 Biblical History w/Barbara Moore
9:30 Blood Pressure 20 Check 10:45 Share your favorite pet peeves 11:00 Exercise	9:00 Coffee & Chatter 21 9:30 Piano Music w/ Barbara Moore 10:45 Winterizing your home	9:00 Coffee & Chatter 22 9:30 Piano Music w/ Barbara Moore 10:00 Knock Knock Jokes 11:00 Exercise	9:00 Coffee & Chatter 23 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 Bingo	9:30 Walking Inside 24 10:00 History of Halloween 10:45 Exercise 11:00 Biblical History w/Barbara Moore
9:30 Blood Pressure 27 Check 10:00 Sing Pumpkin Carols 11:00 Exercise	9:00 Coffee & Chatter 28 9:30 Piano Music w/ Barbara Moore 10:45 Funny Halloween jokes & riddles	9:00 Coffee & Chatter 29 9:30 Piano Music w/ Barbara Moore 10:00 Candy Corn Day – Guess how many are in the jar 11:00 Exercise	9:00 Coffee & Chatter 30 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 Bingo	9:30 Walking Inside 31 10:45 Exercise 11:00 Biblical History w/Barbara Moore HALLOWEEN – WEAR BLACK & ORANGE

OCTOBER EVENTS SHINGLE HOLLOW CONGREGATE MEAL PROGRAM

Location: Shingle Hollow Community Center 2630 Cove Rd, Rutherfordton

Site Manager: Joyce Bailey Telephone: 287-0960

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Coffee & Chatter 1 9:30 Walking 10:00 Word Search 10:30 County News 11:00 Apple Month-Tasting Apples	9:00 Coffee & Chatter 2 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 3 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 6 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 7 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 8 9:30 Walking 10:00 Word Search 10:30 Halloween Craft – Mummy Candy Holder 11:00 Tell A Joke	9:00 Coffee & Chatter 9 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 10 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 13 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 14 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 15 9:30 Walking 10:00 Word Search 10:30 Visiting the County Fair – What did you like?	9:00 Coffee & Chatter 16 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 17 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 20 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 21 9:30 Choir 10:00 Walking 10:30 Word Search 11:00 Recognition of Birthdays	9:00 Coffee & Chatter 22 9:30 Walking 10:00 Word Search 10:30 Craft Time	9:00 Coffee & Chatter 23 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 24 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 27 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 28 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 29 9:30 Walking 10:00 Word Search 10:30 Recapping Oct. & talking about Nov. & the holidays	9:00 Coffee & Chatter 30 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:30 Coffee & Chatter 31 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo Halloween Party

SENIOR CENTER ADVISORY BOARD MEMBERS:

Kim Freeman; Wanda Harris; Junior Johnson (President); Robert Judd;
Jeanette Klutts (President-Elect); Grace Quick; Ex Officio members: Carl Classen; Bill Eckler, Sybil Walker

SENIOR CENTER STAFF:

Amideus Athougies, SHIP Counselor
Kay Aldridge, Henrietta Site Manager
Joyce Bailey, Shingle Hollow Site Manager
Ron Atchley, Meal Deliveries
Wanda Bland, Exercise Instructor
Michael Carpenter, Meal Deliveries
Louann Camilletti, Senior Center Site Manager
Debbie Conard, Admin. Assist./Transportation Coord.
Ronnie Driver, Meal Deliveries
Frank Ensley, Custodian
Angela Ezell, Director
Alex Goodman, Title V Food Service Worker

Helen Hamilton, Title V Food Service Worker
Lee Henderson, Title V Custodian
Barbara Hill, Activity/Senior Games Coordinator
Charles Hill, Meal Deliveries
Diane Hill, Ellenboro Site Manager
Selena McEntrye, Title V Morning Receptionist
Michelle Smith, Nutrition/Home-Delivered Meals Coord.
Mary Street, Food Service Supervisor
Susan Toney, Food Service Assistant
Crystal Upton, Activity/Senior Games Assistant
Sandy White, Nutrition Assistant



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