



**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.**

**FEBRUARY 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**

**♥ ♥ THE SENIOR CENTER  
NEWSLETTER ♥ ♥**

**FROM THE DIRECTOR'S DESK**

Dear Friends:

February is the month that we celebrate Valentine's Day. We focus on the ones that we love by trying to purchase the right gift and spending quality time with them. February is also American Heart Month. Research has found that the more satisfied you are with your life, the lower your danger of coronary heart disease. If you stay positive and increase your happiness, you will have a healthy heart. It's been known for a long time that negative emotions, such as depression and anxiety, put you at risk for heart disease. While it's not yet clear exactly how feeling good about your life helps your heart, it's well established that happiness is vital to your health. Studies have repeatedly found that happy people produce fewer stress-related hormones, have stronger immune systems, and live longer. Happy people tend to sleep better, eat better, smoke less, and get more exercise. All of these things lower heart disease risk. We all deserve happiness, and our emotional and physical health depends on it.

Follow these seven steps to happiness and good health:

1. **Use positive self-talk.** Trade self-put-downs for encouraging words.
2. **Connect with friends.** Really talk with people you care about.
3. **Keep a daily gratitude journal.** Writing down what you're thankful for makes you healthier and more optimistic.
4. **Exercise your way to a better mood.** Being active at least 30 minutes a day increases happiness.
5. **Meditate to stay happy.** Meditation eases stress, strengthens immunity, and increases happiness.
6. **Understand unhappiness.** When it happens, learn from it. It's a chance for you to make positive changes.
7. **Pay it forward.** The real secret to being happy is to realize that true peace comes when you recognize the gifts you have...gifts you can pass along to others.

Show yourself some love this Valentine's Day by making the right choices for your health!



*Angela Egell*



## REMINDER PRE-REGISTER FOR LUNCH

TO ENSURE THAT YOU WILL BE SERVED LUNCH, PLEASE PRE-REGISTER BY 12:00 NOON THE DAY BEFORE YOU PLAN TO EAT. For your convenience, you may pre-register up to 4 weeks in advance by using your scan card. **Then if circumstances change and you are UNABLE to come on a day that you have pre-registered for, just call the Senior Center at 287-6409 before 9:30 a.m. and 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.



## DAILY DROP-IN ACTIVITIES

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, Newspaper and Magazines, Coupon Room, Computer Lab, Chair Fitness Videos, Exercise Equipment, TV, Conversation, Library, Puzzles. **The Center is on Transit's Fixed Route Bus Schedule - Times: 10:42 a.m. and 12:53 p.m.**



## VOLUNTEER OPPORTUNITIES:

### MEALS ON WHEELS PROGRAM

The Senior Center is averaging delivery of approximately 2,000 meals each month to 100 or so seniors currently participating in the Meals on Wheels program. There are additional seniors that could be helped if we had more volunteers to deliver the meals, and/or additional funding. Please contact Angela Ezell at 287-6411 for more information.

### COUPON ROOM

The Senior Center needs volunteers to help in the Coupon Room with clipping coupons, sorting the coupons in the appropriate baskets, and going through the baskets to discard any expired coupons. Please contact Barbara Hill at 287-6413 or Crystal Upton at 287-1239 for more information.

## SENIOR CENTER CANCELLATIONS YOGA CANCELLED – FEBRUARY 18



## AARP FOUNDATION TAX-AIDE

The AARP Foundation Tax-Aide is a program that provides free tax preparation. This service is for low to moderate income individuals — with special attention to those aged 60 and over. The trained volunteer tax preparers will be available, by appointment only, on Thursdays and Fridays beginning February 6 – April 11. **No drop-ins will be accepted. To schedule an appointment, call 287-6409 or see the receptionist at the front desk.**



## COMING IN MARCH.....

### SENIOR GAMES REGISTRATION

It's that time of year to start gearing up for the 2014 Senior Games! Registration will run March 3 – 14. If you want to participate in any aspect of the 2014 Senior Games (SilverArts, Performing Arts, or the Sporting Events) **you must register by the March 14<sup>th</sup> deadline.** The dates of the events are as follows:



**SilverArts-----March 24 - 28**

**Performing Arts-----April 4**

**Sporting Events-----April 10 - 25**

The cost of registration is \$12 (covers all events). Pick up your registration packet from Barbara or Crystal.

The Center encourages everyone to get involved with Senior Games this year. For example, SilverArts has a multitude of categories so **there is something for EVERYONE!**

These categories and subcategories include:

**VISUAL ARTS** (acrylics, drawing, mixed media, oil, pastels, photography, sculpture, watercolor, and charcoal)

**HERITAGE ARTS** (basket weaving, needlework, tole and decorative painting, china painting, thrown or hand built pottery, crocheting, quilting, weaving, jewelry, hooked, braided, or woven rugs, knitting, stained glass, woodturning, dolls, plastic canvas, woodcarving, ceramics, tatting and needle lace, and woodworking)

**LITERARY ARTS** (essay, life experiences, poem, short story-fictional)

**PERFORMING ARTS** (comedy/drama, vocal, dance, line dance, instrumental)

For more information, or to volunteer during our local senior games, please call Barbara Hill at 287-6413.

## ZUMBA

Day: Mondays

Dates: February 3, 10, 17

Time: 5:30 p.m.

Instructor: Wavolyn Norville

Zumba is different from other aerobic classes, because its focus is to burn calories by using Latin dance moves and music. The upbeat music and dance moves are packed with so much personality that people are forgetting that they are exercising! When attempting to lose weight, finding exercise that is fun, easy, and modifiable for different fitness levels is crucial to one's success. Zumba classes start off with muscle-warming exercises set to a fast pace by Latin music. More and more movements are added as the routine progresses. Each routine starts with basic steps and arm work. As the music speeds up, the steps are altered to incorporate more complex moves. The heart rate is sped up and slowed down to maximize weight loss as part of interval training. Core muscle groups are used during the workouts to tone and strengthen.

Wavolyn does a fantastic job instructing this class. Everyone is guaranteed to feel great before, during, and after the class. But most importantly you will achieve this at YOUR fitness level. Wavolyn is a pro at showing modifications to each movement so no matter what your fitness level is you achieve your maximum workout!

## FEBRUARY IS NATIONAL BLACK HISTORY MONTH.

It is an annual celebration of achievements of black Americans and a time for recognizing the central role of African Americans in U.S. history.



The event grew out of "Negro History Week," and was the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976 every U.S. President has officially designated the month of February as Black

History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating black history.

## BLACK HISTORY MONTH TRIVIA FUN and DISCUSSION

Date: Tuesday, February 4

Time: 10:30 a.m.

Location: Art Room

Join us today and test your knowledge of black history milestones as we have a fun trivia game and discussion in recognition of Black History month. We will learn about famous firsts of black Americans, and find information about milestones in black history.



## ROSA PARKS VIDEO

Date: Tuesday, February 4

Time: 1:00 p.m.

Location: Craft Room

We continue our recognition of Black History month with a special video showing of the *Rosa Parks Story*. Mrs. Parks was the civil rights heroine who is best known for her refusal to obey racial bus segregation. Be with us today as we watch this amazing video. We will journey through Mrs. Parks' life and learn how she made her mark in history and of her acts in the fight for justice.



## FEBRUARY IS NATIONAL HEART MONTH

Heart disease, including stroke, is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths is caused by heart disease. The good news is that heart disease can often be prevented when people make healthy choices and manage their health conditions. Managing your diet, keeping fit, and watching your blood pressure are just a few important factors.



## HEART HEALTH SCAVENGER HUNT

Date: Wednesday, February 5

Time: 8:30 – 11:00 a.m.

LIMIT (1) HEART PER PERSON

For this fun event, hidden throughout the building will be "red healthy hearts" with healthy heart facts and tips written on them. Search and when you find a "healthy heart" bring it to the dining room, by 11:00 a.m., and exchange it for a heart-healthy snack. Limit ONE "healthy heart" per participant.



## CRAFTING WITH CRYSTAL

Date: Thursday, February 6

Time: 10:30 a.m.

Instructor: Crystal Upton

Location: Art Room

Cost: \$1.00

Pre-register: Be sure to sign up on the board outside Barbara's office

Today Crystal will assist and demonstrate how to make beautiful valentine cards. Then with your unique imagination and creativity you will design a one-of-a-kind card for that special someone in your life.



## TRIP TO GLASSICAL HEIRLOOMS

Date: Thursday, February 6

Time: 1:00 p.m.

**Pre-registration is required** – van riders are limited to the first 10 who sign up on the sheet outside Barbara's office.

After 25 years Glassical Heirlooms is closing their store and everything must go! Come prepared for some awesome bargains and do so extra early holiday shopping.

## WEAR RED FRIDAYS

Day: Every Friday

Dates: February 7, 14, 21, 28

**WEAR RED EVERY FRIDAY** this month in recognition of Women's Heart Health. Heart disease is the number one killer of women in the United States, claiming more lives than all forms of cancer combined. For more than ten years, the American Heart Association has sponsored National Wear Red Day to raise awareness in the fight against heart disease in women. Looking back over the years of this campaign, the ADA has made tremendous strides that include: 21% fewer women dying from heart disease, and 23% more women aware that heart disease is their number one health threat. By publishing gender-specific results, established differences in symptoms and responses to medications, and defining women-specific guidelines for prevention and treatment all have helped raise awareness of this #1 killer of women. **LET'S SHOW OUR SUPPORT and HELP RAISE AWARENESS BY WEARING RED EACH FRIDAY IN FEBRUARY.**



## RANDOM ACTS OF KINDNESS WEEK FEBRUARY 10 - 16

The Random Acts of Kindness Foundation believes people should **practice kindness every day**, but during Random Acts of Kindness Week, they hope everyone will go above and beyond to make others feel special! Some examples include: if you're going out to eat, pay for someone else's meal, or give the server a big tip. If you are light on money, think about volunteering your time at a local charity. If you don't live near family or close friends, make an extra effort to reach out to them with a phone call or hand-written letter instead of a text or email. The possibilities are limited to only your imagination.



**Seniors, during announcements each day of this special week we will give you a chance to tell what you have done for someone or what some special someone has done as a kindness to you.**

## BLOOD PRESSURE CHECK

Date: Monday, February 10

Time: 9:00 – 11:00 a.m.

Sponsor: Rutherford Regional

February is National Heart Month.

Managing your blood pressure is an excellent way to help keep your heart healthy. A nurse from Rutherford Regional comes to the Senior Center the second Monday of each month and conducts blood pressure checks. The Center keeps a BP record card for participating seniors for the nurse to record their BP reading on.



## WEDDING PHOTOS ON DISPLAY

When: Thursday/Friday – February 13 and 14

Where: Lobby of Senior Center

Bring one of your wedding photos to Barbara or Crystal anytime Monday – Wednesday (February 10-13.) **Then in celebration of Valentine's Day, all wedding photographs will be displayed in the lobby of the Senior Center THURSDAY and FRIDAY, FEBRUARY 13 and 14 for everyone to enjoy!**

**NOTE: Everyone who brings in a wedding photo will receive a special valentine surprise!** Photos can be picked up Monday/Feb 17.



## PEN PALS

Date: Tuesday, February 11

Time: 10:30 a.m.

Location: Art Room

This month, in addition to writing to your Pen Pal in their Pen Pal Journals, you will be making a special Valentine card to send to them. This is sure to be something that will make your Pal feel extra special!



## MEET and EAT DINNER CLUB

Date: Tuesday, February 11

Time: 5:15 p.m.

Location: Tri-City Cafeteria (formerly Rollins Cafeteria)  
**Pre-registration is required – sign-up sheet on bulletin board outside Barbara's office.**

After a short break for the holidays, the Meet and Eat Club is back on schedule and meeting monthly for a time of fellowship with friends and some good food at a different restaurant in Rutherford County each month. Join everyone tonight for a fun evening out with friends at the Tri-City Cafeteria. There is sure to be a wide variety of selections to please even to the pickiest of diners. NOTE: You are responsible for paying for your own meal.



## WRITING CLUB

Day: Wednesday

Dates: February 12 and 26

Time: 10:00 a.m.

Location: Conference Room

The writing club, led by Linda Tomblin, meets twice a month. Writers will be given pointers to help enhance their writing, and time to share with the group if they would like to. Remember this is an ongoing group, and participants can join at any time.



*Linda Tomblin has been writing for over 30 years, and was a contributing editor for Guideposts magazine. She has co-written 2 books, been published in numerous magazines, and has taught writing at conferences and workshops nationwide.*

## OPPOSITES ATTRACT AND FAMOUS COUPLES ACTIVITY

Date: Wednesday, February 12

Time: 10:30 a.m.

Location: Art Room

Hardly a day goes by when we are watching TV, browsing the internet, or flipping through a magazine that we are not blasted with the latest gossip and whatnots of celebrity couples. These "famous" couples can be from the film industry, television industry, sports, literature, or even cartoons, and for a lot of us, being involved in the "happenings of their lives" has become a thing of interest to us! When we are asked to think about famous couples throughout history, names such as Romeo and Juliet, Cleopatra and Mark Antony, Adam and Eve come to mind. But, in reality the list is almost endless when it comes to the many couples in the history that have made an equal, perhaps more, impact on mankind. **Join us today as we do some fun activities and discuss famous couples. It will be interesting to hear who different folks count as their "favorite famous couple?"**



## DISCUSSION AND FUN ACTIVITY – "HOW MANY OF YOU.....???"

Date: Thursday, February 13

Time: 10:30 a.m.

Location: Art Room

"How many of you..???" is FUN activity, as well as, a great discussion activity for a group. Join us today as we have discussions on topics such as: your wedding day; how old you were when you got married; who, if any family members were at your wedding; what is the one thing that you remember most about your wedding day, and so on. It will be a fun trip down memory lane, and a great way to learn more about your friends here at the Center!



## "RED" PARADE

Date: Friday, February 14

Time: 11:15 a.m.

Location: Dining Room

How "RED" can you get? Wear "RED" from head-to-toe and join the RED PARADE today in the Dining Room. The man and woman who have the "most RED" will receive a special "RED" prize!



## "PARADE OF TABLES" EVENT AND FUNDRAISER

Date: Friday, February 14

Time: 6:30 p.m.

Location: Dining Room

Cost: \$10 per person

See Barbara Hill for more

information and to purchase tickets

Join us for a magical night of entertainment, a delicious dinner, and chance at fabulous door prizes – all this while surrounded by a spectacular array of uniquely and beautifully decorated tables by Senior Center staff, Advisory Board members, and sponsors. It will be a feast for ALL your senses!



The money raised from this fundraiser is slated to be used to purchase additional exercise equipment for the Senior Center.

## "BATTERS, SPLATTERS, and PLATTERS" (RECIPE CLUB)

Date: Monday, February 17

Time: 10:30 a.m.

Location: Conference Room

**FEBRUARY IS POTATO LOVER'S MONTH!** Since

potatoes can be prepared and enjoyed in SO many different ways, it's not like folks don't naturally

"celebrate" them all year long! Since

February is touted as "their special

month" we will also pay special tribute

to them as our highlighted item for the

Recipe Club. Potatoes are a

quintessential ingredient in almost

any comfort food dish, and why not?

They're warming, buttery, creamy,

and hearty. Whether pureed into a rich hearty soup, pan

fried into crispy pancakes, oven roasted into perfect

French fries, or smashed with melting herb butter,

potatoes are guaranteed to be a main staple in most

families. **For today's meeting everyone should bring**

**their favorite potato recipes to share. Remember**

**participants can attend a Recipe Club meeting at any time.**



## Wii SKI FUN

**Dates:** February 17, 20, 24, 27

**Time:** 1:00 p.m.

**Location:** Art Room

In recognition of the Winter Olympics in Sochi, Russia we will host the Senior Center's "Wii Ski Fun" (4) times this month. This is an excellent form of exercise, and also just plain FUN! Mark your calendars and come out on the above dates to Wii Ski – you will be a pro by the end of the month!



## STROKE SCREENING

**Date:** Tuesday, February 18

**Time:** 8:00 – 12:00

**Location:** Big Dance Room & Conference Room  
**YOU MUST SCHEDULE AN APPOINTMENT BY CALLING 828-213-9961 AND ANSWERING SOME HEALTH QUESTIONS**

The Senior Center along with Mission Neurosciences and Mission Heart is conducting a **HEALTH EDUCATION and PREVENTION SCREENING FOR STROKE**. The following services/screenings will be offered: blood pressure, cholesterol labs, glucose labs, body mass index, health consulting, stroke risk score, and a free healthy breakfast. Appointments are necessary. **Again, remember you must schedule an appointment by calling 828-213-9961 and answering some health questions. If you need assistance making this call, see either Barbara or Crystal at the Senior Center.**



## TEA PARTY

**Date:** Wednesday, February 19

**Time:** 9:30 a.m.

**Be sure to sign-up at the front desk if you plan on attending** February is the month of love and hearts. Join friends today and share a cup of your favorite hot tea and delicious goodies. **Be sure to bring a favorite treat to share with the group.**



## FUN GAME ACTIVITY – "YOU HAVE GOT TO BE KIDDING!"

**Date:** Thursday, February 20

**Time:** 10:30 a.m.

**Location:** Art Room

In this fun game there will be lots of laughs while you have to make "choices" that aren't real....but are



fun to think and talk about. For example, would you rather eat a bucket of apple stems OR eat 20 banana peels? Gross, huh? But when playing this game you cannot say "neither" - you must make a "choice" even though nobody would be crazy enough to eat that stuff. Join the fun - it will be hilarious hearing everyone's responses and their reasoning why they chose what they did!

## NOVEL APPROACH BOOK CLUB

**Date:** Friday, February 21

**Time:** 10:30 a.m.

**Location:** Conference Room

Do you love to read? The Senior Center book club is a great place to get started. There is not a required book list - you choose whatever book you want to read. Everyone is invited and encouraged to join this fun club at any time.



## "LIVING A HEALTHIER LIFE" PROGRAM

**Date:** Tuesday, February 25

**Time:** 10:30 a.m.

**Speaker:** Dr Drew Wilson, Carolina Chiropractic Plus

**Location:** Dining Room

February is National Health Month. Be here today as Dr. Morris discusses good nutrition, exercise, and weight loss tips that will help improve your over all heart health. This is one program you will not want to miss!



## "TOOTSIE ROLL" B-I-N-G-O

**Date:** Tuesday, February 25

**Time:** 1:00 p.m.

**Location:** Big Craft Room

Two things everyone loves – tootsie rolls and B-I-N-G-O – put them together and WOW! Did you know the Tootsie Roll was introduced in 1896 by Leo Hirschfield, an Austrian immigrant, who opened a small candy shop in New York City? The tootsie roll was the first individually wrapped penny candy from an original recipe that Hirschfield brought from Europe – and that same recipe is still being used today. The long-lasting, delightfully chewable candy is the number one selling chewy chocolate candy in America.



Join everyone this afternoon as we play "Tootsie Roll" B-I-N-G-O, it is sure to be a sweet deal.

## “USE IT OR LOSE IT”

Date: Wednesday, February 26

Time: 10:30 a.m.

Location: Art Room

This is your chance to improve your memory and lower your brain age. We all know that keeping our bodies in good shape with routine workouts can help us stay young, active, and flexible. It's equally important to put your mind to work in order to keep your brain fit and flexible. Many gerontologists and physicians recommend working puzzles as a great way to do this. In fact, just think of puzzles as mini workouts for the brain!



Join us today for this installment of “USE IT OR LOSE IT.” We will have a variety of new puzzles and memory boosting activities that use words, numbers, and visuals to help your flex those “memory muscles”.

## CHAIR VOLLEYBALL

Date: Thursday, February 27

Time: 10:30 a.m.

Location: Art/Music Room

Always a Center's favorite – join us today for a rousing game of chair volleyball. No special skills are necessary, except you must remain seated at all times, and you must be able to laugh at yourself! We promise players and spectators alike will have a fun time and you are getting exercise as a bonus!



## SENIOR GAMES COMMITTEE MEETING

Date: Friday, February 28

Time: 10:30 a.m.

Believe it or not, it's that time to start preparing for the upcoming Senior Games. Committee members will meet to discuss the 2014 schedule, registration, volunteer opportunities, t-shirts, and so forth. Registration will be held from March 3 – 14. The dates of the games are as follows:



**SilverArts**-----March 24 - 28

**Performing Arts**-----April 4

**Sporting Events**-----April 10 - 25

## BIRTHDAY RECOGNITION

Date: Friday, February 28

Time: 11:30 a.m.

We will recognize all those who celebrated birthdays in February.



## Take Advantage of Disenrollment and Special Enrollment Periods for Medicare Advantage



As we begin the New Year, SHIIP, the Seniors' Health Insurance Information Program, wants to remind North Carolinians about two special enrollment periods for people who have Medicare Advantage plans. The Medicare Advantage Disenrollment period runs from Jan. 1 through Feb. 14, 2014. The Medicare Advantage Special Enrollment Period began on Dec. 8, 2013, and ends on Feb. 28, 2014.

### Medicare Advantage Disenrollment Period

Jan. 1 to Feb. 14 marks the annual Medicare Advantage Disenrollment Period. During this time Medicare beneficiaries who are enrolled in a Medicare Advantage Plan may leave their plan and return to Original Medicare.

What can you do?

- If you currently have a Medicare Advantage Plan, you can leave your plan and switch to Original Medicare.
- If you switch to Original Medicare during this period, you have until Feb. 14 to join a Medicare Prescription Drug Plan to add drug coverage to your benefits. Your prescription drug coverage will begin the first day of the month after the drug plan receives your enrollment form.

What can't you do?

- Switch from Original Medicare to a Medicare Advantage Plan
- Switch from one Medicare Advantage Plan to another
- Switch from one Medicare Prescription Drug Plan to another

### Medicare Advantage Special Enrollment Period

If your 2013 Medicare Advantage Plan did not renew its contract in your area or reduced its service area for 2014, then you have a Medicare Advantage Special Enrollment Period that began Dec. 8, 2013, and runs through Feb. 28, 2014. Enrollments received in January will have an effective date of Feb. 1, and those received in February will have an effective date of March 1, 2014.

What can you do?

- Join another Medicare Advantage Plan in your service area

- If you **did not** enroll in another Medicare Advantage Plan by Dec. 31, you were automatically enrolled in Original Medicare and need to select a Medicare Prescription Drug Plan now.

If you have questions about the special enrollment period, trained SHIP counselors are available, by appointment at the Senior Center, to assist Medicare beneficiaries and caregivers with free, unbiased information about Medicare health care products. **Call 287-6409 to schedule an appointment today.**



## **EXTRA HELP, THE MEDICARE LOW-INCOME SUBSIDY (LIS)**

The Extra Help Program – or the Low-Income Subsidy (LIS) – helps qualified Medicare recipients pay for their Medicare prescription drug program costs, such as premiums, deductibles and coinsurance.

**It's important to consider that any level of assistance provides:**

- **Elimination of a Part D coverage gap (donut hole)**
- **The opportunity to change Prescription Drug Plans at any time**
- **A reduced Part D deductible**
- **A reduced Part D co-pay**
- **A reduced cost of the drugs**
- **Elimination of a Late Enrollment Penalty if, when you apply for LIS, you haven't already signed up for a Part D plan**

**People who qualify for full Extra Help/LIS assistance will also receive these benefits:**

- **No Part D premium, based on plan selection**
- **No Part D deductible**
- **The lowest Part D co-pays, ranging from \$2.65 up to \$6.60**

**Eligibility guidelines for LIS are based on income and assets and change from year to year. The 2013 eligibility guidelines for this type of assistance are:**

### LIMITS FOR AN INDIVIDUAL

Income - \$1,436.25/month  
Assets - \$13,300

### LIMITS FOR A MARRIED COUPLE

Income - \$1,938.75/month  
Assets - \$26,580

**Assets that are NOT counted in determining eligibility are your home, car and burial assets of up to \$1,500 in value per person.**

### FREQUENTLY ASKED QUESTIONS:

#### **What is the Extra Help/Low-Income (LIS) Subsidy Program?**

The Extra Help/LIS Program helps beneficiaries pay for Medicare Part D prescription drug costs, including Part D premiums, deductibles, coverage gaps and co-pays.

#### **Who can apply for the Extra Help/LIS Program?**

Any person who is enrolled in Medicare, either because of age or disability, and living with limited income and assets can apply for Extra Help/LIS.

#### **If I qualify, what kind of benefits will I get with the Extra Help/LIS program?**

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.

#### **What kind of information do I have to share to apply for Extra Help/LIS assistance?**

The Social Security Administration will need to have a complete picture of your total annual income and assets. This means you will need to list a wide variety of resources, including your Social Security benefit amount, any VA benefit amounts, Railroad Retirement benefit amounts, other pension or annuity amounts, alimony, net rental income or workers' compensation awards. You'll also need to report things like how much cash you have on hand, as well as your holdings in your bank accounts, certificates of deposit, independent retirement accounts (IRAs), stocks, bonds and trust funds. If you are married and live with your spouse, include financial information for both people.

#### **I own a home. Will that count as an asset or resource?**

No. Your primary home and property, furniture, personal items, one licensed vehicle and some burial assets (up

to \$1,500 per person) will not count as resources. Some of the assets that are taken into consideration during the application process include additional properties, such as rental properties, vacation homes or other properties that are not your primary residence.

**How do I apply for the Extra Help/LIS Program?**

There are a couple of ways you can apply. You can work with SHIIP to get assistance completing an online application, or you can call the Social Security Administration (SSA) at 1-800-772-1213 to have a paper application sent to you. If you already receive some assistance with your medical expenses through a Medicare Savings Program (MSP), then you don't need to apply for Extra Help/LIS – you will be automatically enrolled. Also, remember that when you complete an application for Extra Help/LIS, you can elect to start your application process for an MSP.

**How will I know if I am approved for the Extra Help/LIS Program?**

SSA processes the applications, and then you will be notified by mail whether you qualify for assistance and, if you do, at what level.

If you have questions about Extra Help/Low-Income (LIS) Subsidy Program, trained SHIIP counselors are available, by appointment at the Senior Center, to answer your questions and help you apply for this program. **Call 287-6409 to schedule an appointment today.**

**LET US KNOW WHAT YOU THINK**

Your opinion and input is so important to us to know how to plan for the future. One way to give us your input is through our **SUGGESTION BOX** – located in the main lobby of the Senior Center.



***This is YOUR Center and we welcome your feedback.***

**DOCUMENT SHREDDING**

In order to protect your identity, it is recommended that you shred any documents that you want to discard that have personal information on them such as: **Social Security numbers, Medicare numbers, bank or credit card numbers, your name, telephone or address, and/or medical and legal documents.**



As a reminder, the Senior Center has a paper shredder that you may use (at no charge) to shred your documents to ensure you are protecting your identity.

**RECYCLE USED 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 YOUR OLD 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. They collect used eyeglasses and frames and deliver them to regional Lions Eyeglass Recycling Centers. The glasses are cleaned, sorted by prescription strength, and packaged so they can be redistributed to those with the greatest need.



**TELESENSORY—AID FOR THE VISUAL IMPAIRED**

As a reminder, the Senior Center has a Telesensory machine located in our library that all seniors are welcome to use. This machine aids people with visual impairments, including legal blindness, to be able to read ordinary printed materials. The printed material is shown in high-contrast black text on a white background. It also features an extremely large depth of field for viewing three-dimensional objects and a smooth, non-glare reading table which permits reading heavy books. This machine was donated to the Center by the Lion's Club.



**December Totals:**

Bobby Davis	480 minutes walked
Rachel Davis	480 minutes walked
Joanie Gaultney	230 minutes walked
Reid Gaultney	300 minutes walked
Betty McFarland	186 minutes walked
Annabelle Smith	960 minutes walked
Jerry Thornton	638 minutes walked

Walking is an EXCELLENT exercise for all ages. See Crystal for a SilverStrider calendar to record your walking minutes. Keeping a record is a great motivator. Don't delay, enjoy a brisk walk today!

## ELLENBORO CONGREGATE MEAL PROGRAM FEBRUARY 2014

Located at: Bethel Baptist Church - 479 Main Street, Ellenboro NC 28040  
Site Manager: Susan Toney Telephone: 453-8668 Hours: 9:00 a.m. – 1:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Walking/Exercise 3 Family Life Center 10:00 <b>Children's Book Authors Crossword Puzzle</b> 11:00 <b>Group Discussion – What is your favorite type of cheese?</b>	9:00 Walking/Exercise 4 Family Life Center 10:00 <b>Bird Facts</b> 11:00 <b>Bingo</b>	9:00 Walking/Exercise 5 Family Life Center 10:00 <b>Discussion on Alcatraz</b> 11:00 <b>Circus – Share your favorite circus memories</b>	9:00 Walking/Exercise 6 Family Life Center 10:00 <b>Trivia Plus</b> 11:00 <b>Popular Spots in the South</b>	9:00 Walking/Exercise 7 Family Life Center 10:00 <b>Blood Pressure Check</b> 11:00 <b>Game Day</b>
9:00 Walking/Exercise 10 Family Life Center 10:00 <b>Snack Time</b> 11:00 <b>Safety Advice</b>	9:00 Walking/Exercise 11 Family Life Center 10:00 <b>Pancake Toppings – Word Search</b> 11:00 <b>Bingo</b>	9:00 Walking/Exercise 12 Family Life Center 10:00 <b>Bulletin Board Trivia</b> 11:00 <b>Biblical History w/Linda McCurry</b>	9:00 Walking/Exercise 13 Family Life Center 10:00 <b>Discussion - Stress Management</b> 11:00 <b>Creative Musings – Valentine Poetry</b>	9:00 Walking/Exercise 14 Family Life Center 10:00 <b>Blood Pressure Check</b> 11:00 <b>Valentine's Party</b>
9:00 Walking/Exercise 17 Family Life Center 10:00 <b>Coupon Exchange</b> 11:00 <b>Brag Day- Bring in pictures of your children, grandchildren and great-grandchildren to share</b>	9:00 Walking/Exercise 18 Family Life Center 10:00 <b>This was the year.....1993</b> 11:00 <b>Bingo</b>	9:00 Walking/Exercise 19 Family Life Center 10:00 <b>Person, Place or Thing?</b> 11:00 <b>Highway Patrol speaking on Safety</b>	9:00 Walking/Exercise 20 Family Life Center 10:00 <b>Only in the movies</b> 11:00 <b>Old postage stamps</b>	9:00 Walking/Exercise 21 Family Life Center 10:00 <b>Blood Pressure Check</b> 11:00 <b>"6 Ways to Lower Blood Pressure"</b>
9:00 Walking/Exercise 24 Family Life Center 10:00 <b>Discussion – What schools have you attended?</b> 11:00 <b>Coffee and News</b>	9:00 Walking/Exercise 25 Family Life Center 10:00 <b>Antique Day – Bring one of yours to show and tell about</b> 11:00 <b>Bingo</b>	9:00 Walking/Exercise 26 Family Life Center 10:00 <b>Your favorite car – Bring pictures to share</b> 11:00 <b>Biblical History w/Leonard Goforth</b>	9:00 Walking/Exercise 27 Family Life Center 10:00 <b>Tales of Military Service</b> 11:00 <b>Music Day</b>	9:00 Walking/Exercise 28 Family Life Center 10:00 <b>Blood Pressure Check</b> 11:00 <b>Your favorite shopping places</b>

## HENRIETTA CONGREGATE MEAL PROGRAM FEBRUARY 2014

Located at: Henrietta 1<sup>st</sup> Baptist Church Social Hall - 2736 Harris-Henrietta Rd, Henrietta, NC 28076  
Site Manager: Kay Aldridge Telephone: 657-5441 Hours: 9:00 a.m. – 1:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee & Chatter 3 9:30 <b>Blood Pressure Check</b> 10:30 <b>Group Discussion – History of the Groundhog</b> 11:00 <b>Will the Groundhog see his shadow?</b>	9:00 Coffee & Chatter 4 9:30 Piano Music w/ Barbara Moore 10:30 <b>Wear Red Day for Women</b> 10:50 <b>What is your favorite Girl Scout Cookies?</b>	9:00 Coffee & Chatter 5 9:30 Piano Music w/ Barbara Moore 10:30 <b>Baby Boomers 1946-1964</b>  <b>TELL SOMEONE YOU LOVE THEM DAY</b>	9:00 Coffee & Chatter 6 9:30 Piano Music w/ Barbara Moore 10:00 <b>Scattergories</b> 10:50 <b>Bingo</b>	9:00 Coffee & Chatter 7 9:30 <b>Walking Inside</b> 10:30 <b>Love Humor</b> 10:50 <b>Biblical History w/Rev. Robert Harris</b>
9:00 Coffee & Chatter 10 9:30 <b>Blood Pressure Check</b> 10:30 <b>Craft Time – Valentine Paper Hearts</b>	9:00 Coffee & Chatter 11 9:30 Piano Music w/ Barbara Moore 10:00 <b>Valentine One-Liners</b> 10:50 <b>Drink Jingles – Word Search</b>	9:00 Coffee & Chatter 12 9:30 Piano Music w/ Barbara Moore 10:00 <b>When and where did you meet your Sweetheart?</b> 11:00 <b>Chat Time with the Director</b>	9:00 Coffee & Chatter 13 9:30 Piano Music w/ Barbara Moore 10:00 <b>Scattergories</b> 10:50 <b>Bingo</b>	9:00 Coffee & Chatter 14 9:30 <b>Walking Inside</b> 10:00 <b>This was the year.....1981</b> 10:50 <b>Biblical History w/Rev. Robert Harris and Valentine Party</b>

## HENRIETTA CONGREGATE FEBRUARY CALENDAR - CONTINUED FROM PAGE 10

9:00 Coffee & Chatter 17 9:30 <b>Blood Pressure Check</b> 10:00 <b>Bring your Potato Soup Recipe to share</b> 10:50 <b>Thought of the Day</b>	9:00 Coffee & Chatter 18 9:30 Piano Music w/ Barbara Moore 10:00 <b>Group Discussion – What's your favorite snack?</b> 10:50 <b>Winter Humor</b>	9:00 Coffee & Chatter 19 9:30 Piano Music w/ Barbara Moore 10:00 <b>Presidents Day – Trivia</b> 10:50 <b>Presidents Day – Crossword Puzzle</b>	9:00 Coffee & Chatter 20 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 <b>Bingo</b>	9:00 Coffee & Chatter 21 9:30 Walking Inside 10:00 <b>Group Discussion – What is Love?</b> 10:50 Biblical History w/Rev. Robert Harris
9:00 Coffee & Chatter 24 9:30 <b>Blood Pressure Check</b> 10:50 <b>Tortilla Chip Day – Serve chips &amp; Salsa</b>	9:00 Coffee & Chatter 25 9:30 Piano Music w/ Barbara Moore 10:30 <b>Discussion – How to treat the winter blues</b>	9:00 Coffee & Chatter 26 9:30 Piano Music w/ Barbara Moore 10:00 <b>Levi Strauss B'day - Wear Blue Jeans Day</b> 11:00 <b>Recognition of February Birthdays</b>	9:00 Coffee & Chatter 27 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 <b>Bingo</b>	9:00 Coffee & Chatter 28 9:30 Walking Inside 10:00 <b>Boy Scouts of America Day – How many of you were Scouts?</b> 10:50 Biblical History w/Rev. Robert Harris

## SHINGLE HOLLOW CONGREGATE MEAL PROGRAM

**FEBRUARY 2014**

Located at: Shingle Hollow Community Center 2630 Cove Rd, Rutherfordton NC 28139

Site Manager: Joyce Bailey Telephone: 287-0960 Hours: 9:00 a.m. – 1:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee & Chatter 3 9:30 Word Search 10:00 Walking 10:50 <b>Singing</b> 11:00 Biblical History	9:00 Coffee & Chatter 4 9:30 <b>Choir</b> 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 5 9:30 Word Search 10:00 Walking 10:30 <b>Craft Time – Making Valentine Cards</b>	9:00 Coffee & Chatter 6 9:30 Word Search 10:00 Walking 10:30 <b>Learn How to Crochet – Stephanie Deese, Instructor</b>	9:00 Coffee & Chatter 7 9:30 Word Search 10:00 Walking 10:30 <b>Blood Pressure Check</b> 10:50 <b>Bingo</b>
9:00 Coffee & Chatter 10 9:30 Word Search 10:00 Walking 10:50 <b>Singing</b> 11:00 Biblical History	9:00 Coffee & Chatter 11 9:30 <b>Choir</b> 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 12 9:30 Word Search 10:00 Walking 10:30 <b>Craft Time – Cupcake Candy Holders</b> 10:50 <b>Bingo</b>	9:00 Coffee & Chatter 13 9:30 Word Search 10:00 Walking 10:30 <b>Learn How to Crochet – Stephanie Deese, Instructor</b>	9:00 Coffee & Chatter 14 9:30 Word Search 10:00 Walking 10:15 <b>Blood Pressure Check</b> 10:30 <b>Sweethearts Party and Games</b>
9:00 Coffee & Chatter 17 9:30 Word Search 10:00 Walking 10:50 <b>Singing</b> 11:00 Biblical History	9:00 Coffee & Chatter 18 9:30 <b>Choir</b> 10:00 Walking 10:30 Word Search 11:00 <b>Recognition of February Birthdays</b>	9:00 Coffee & Chatter 19 9:30 Word Search 10:00 Walking 10:30 <b>Soup Bingo – Bring a Can of Soup</b>	9:00 Coffee & Chatter 20 9:30 Word Search 10:00 Walking 10:30 <b>Learn How to Crochet – Stephanie Deese, Instructor</b>	9:00 Coffee & Chatter 21 9:30 Word Search 10:00 Walking 10:30 <b>Blood Pressure Check</b> 10:50 <b>Bingo</b>
9:00 Coffee & Chatter 24 9:30 Word Search 10:00 Walking 10:50 <b>Singing</b> 11:00 Biblical History	9:00 Coffee & Chatter 25 9:30 <b>Choir</b> 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 26 9:30 Word Search 10:00 Walking 10:30 <b>Most unusual item in your purse or wallet</b>	9:00 Coffee & Chatter 27 9:30 Word Search 10:00 Walking 10:30 <b>Learn How to Crochet – Stephanie Deese, Instructor</b>	9:00 Coffee & Chatter 28 9:30 Word Search 10:00 Walking 10:30 <b>Blood Pressure Check</b> 10:50 <b>Bingo</b>

## SENIOR CENTER ADVISORY BOARD MEMBERS:

President, Kim Freeman; President-Elect, Junior Johnson;  
Lee Allen; Wanda Harris; Robert Judd; Jeanette Klutts; Grace Quick; Lila Simpson; Sybil Walker  
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   **Susan Toney**, 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**, Activity & Senior Games Coordinator   **Crystal Upton**, Activity & Senior Games Assistant  
**Debbie Conard**, Administrative Assistant/Transportation Coordinator   **Michelle Smith**, Data Entry  
**Selena McEntrye**, Title V Morning Receptionist   **Lynn Scruggs**, Title V Afternoon Receptionist  
**Wanda Bland**, Exercise Instructor   **Frank Ensley**, Custodian   **Lee Henderson**, Title V Custodian  
**Amideus Athougies, Pat Zito** SHIP Counselors



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

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The Senior Center strives to offer free programs and services that will best meet the needs of the aging adults in Rutherford County regardless of economic status, race, creed, education, or other circumstances. Anyone 55 or older can become involved in our activities. For more information call 287-6409.

**RETURN SERVICE REQUESTED**