

Rutherford County Senior Center

~ A North Carolina Certified Center of Excellence ~ A United Way Member Agency ~
~Our Mission: Rutherford County Senior Center provides opportunities for
senior adults to help them maintain and enhance their quality of life.~

FEBRUARY 2015 NEWSLETTER

193 Callahan Koon Rd, Suite 132 Spindale NC 28160 ~ Telephone: 828-287-6409
Hours: Monday: 7:30 a.m. – 5:00 p.m. Tuesday – Friday: 8:30 a.m. – 5:00 p.m.

Each year on February 14th many people exchange cards, candy, gifts or flowers with their special “valentine.” This is a day where we express our love to our family and friends. February is also American Heart Month, a time to show yourself love. The hope is that this month long campaign of awareness will convince you to help your own heart too. Learn about the risks for heart disease and stroke and stay “heart healthy” for yourself and your loved ones.

Cardiovascular disease (CVD)—including heart disease, stroke, and high blood pressure—is the leading killer of men and women in the United States. According to the CDC (Centers for Disease Control and Prevention), many of these deaths could have been prevented through healthier habits, healthier living spaces, and better management of conditions like high blood pressure and diabetes. You can control a number of risk factors for CVD, including: diet, physical activity, tobacco use, obesity, high blood pressure, high blood cholesterol, and diabetes.

As you begin your journey to better heart health, keep these things in mind:

- Try not to become overwhelmed. Every step brings you closer to a healthier heart, and every healthy choice makes a difference.
- Partner up. The journey is more fun—and often more successful—when you have company. Ask friends and family to join you.
- Don't get discouraged. You may not be able to take all of the steps at one time. Get a good night's sleep—also important for a healthy heart—and do what you can tomorrow.
- Reward yourself. Find fun things to do to decrease your stress.

We have several special activities and events planned for American Heart Month at the Senior Center. On February 6th, wear red in recognition of heart disease in women. Debra Yager from the Cardiac Rehab department at Rutherford Regional Medical Center will be at the Center to do a presentation on February 12th. On February 25th, Dr. Kersey will do a presentation on heart health and we will have body mass index and blood pressure screenings from 9:30-10:15 and 11:30-12:15. Be sure to come to the Senior Center this month and learn more about staying “heart healthy”!

Angela Ezell, Director



DON'T FORGET TO PRE-REGISTER FOR LUNCH TO ENSURE THAT YOU WILL BE SERVED

We ask that you please pre-register by 12:00 noon the day before you plan to eat, or you can pre-register, for several weeks in advance, by using your MySenior scan card. If circumstances change and you are UNABLE to come on a day that you have pre-registered for, please call the Senior Center at 287-6409 before 9:30 a.m. to cancel.

BOX TOPS FOR EDUCATION

The Senior Center has an ongoing project of collecting box tops for education for local schools.



So clip those box tops and drop them in the jar located in the Center's coupon room. Box Tops for Education is one of the nation's largest school fundraising

loyalty programs and has been helping schools succeed since 1996.



VOLUNTEERS NEEDED:

Volunteers are always welcomed and needed at the Senior Center.

Following are the multiple areas that are in need of volunteers:

MEALS ON WHEELS VOLUNTEER:

Volunteers are the backbone of Rutherford County Senior Center's Meals on Wheels program. Approximately 2,000 meals are delivered each month to an average of 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 VOLUNTEER:

SHIIP is a division of North Carolina's Department of Insurance which strives to assist Medicare beneficiaries in making well-informed health insurance choices. Trained SHIIP volunteers offer free unbiased health information and assist seniors with questions regarding Medicare, Supplement Plans, claims processing, Advantage, Prescription Drug Plans, and long-term care insurance. ***Please contact Angela Ezell at 287-6411 for more information on how you can become a certified SHIIP counselor volunteer.***

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.***



TRIPS & SIGN-UP SHEETS

The activity department works very hard to arrange a variety of special programs, activities, and trips. Most trips and some events are limited to a certain number of participants and require pre-registration by signing a sheet posted on the bulletin board outside Barbara's office. **All sign-up sheets are always posted on the FIRST day of the month – this allow everyone a fair and equal opportunity to sign up for a trip or event.**



Also, we have been experiencing an increasing problem with participants signing up for an event or trip and then not showing up or calling and cancelling in a timely manner - this prevents us from contacting those on the waiting list and delays the departure time while we wait to see if you are just running a little late.

Effective January 2015: If you do not show up for a trip, you will not be allowed to sign up for any special trips for the next 3 months.

Additionally, you must come in and sign up and pay (if there is a charge) – THERE WILL BE NO PHONE CALLS RESERVATIONS ACCEPTED FOR TRIPS OR EVENTS.

AARP TAX-AIDE TAX PREPARATION

AARP Tax-Aide is a **free** tax preparation service for low to moderate income individuals — with special attention to people age 60 and over. The trained tax preparers are available, *by appointment only*, each Thursday and Friday from February 5 – April 10, 2015. *No drop-ins will be accepted.* If you are filing married, both you and your spouse have to be present. Additionally you will need to bring the following: picture ID(s); proof of social security number(s) for yourself and ALL dependents; a copy of your 2013 tax return; all your 2014 tax documents (W-2, etc); bank account information for direct deposit - *will need to see an actual check*; and health insurance information – proof of insurance, form 1095 if received.



GROUNDHOG DAY

Monday, February 2 is

Groundhog Day. According to folklore, if it is cloudy when a groundhog emerges from its burrow on this day, then spring will come early; if it is sunny, the groundhog will supposedly see its shadow and retreat back into its burrow, and the winter weather will persist for six more weeks. Are you hoping that he sees his shadow, or not?



Happy Groundhog Day!

ZUMBA

Mondays – February 2, 9, 16, 23

Time: 5:30 p.m.

Instructor: Wavolyn Norville

Join us each Monday in February and let's dance off those winter pounds. 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: anyone 55 and older can participate.*



"USE IT OR LOSE IT"

Date: Tuesday, February 3

Time: 10:15 a.m.

In recognition of President's Day, today's "Use It or Lose It" will consist of fun facts, trivia games, puzzles, and interesting stories about our past presidents. For example: *Did you know that there have been 44 U.S. Presidential administrations, but only 43 presidents? Grover Cleveland served for two non-consecutive terms making him our 22nd and 24th president.*



Presidential Humor - When Will Rogers was at the White House to meet President Calvin Coolidge, Vice President Dawes warned him to not try to be funny because the President did not have a sense of humor. Rogers responded by betting Dawes that he could have Coolidge laughing within 20 seconds. When the formal introduction was made, Dawes said, "Mr. President, may I introduce my friend, Mr. Will Rogers." Rogers held out his hand with a questioning look and said, "Pardon me, I didn't quite get the name." Coolidge roared with laughter and Rogers won the wager.

COMPUTER ASSISTANCE

Tuesdays – February 3, 10, 17, 24

Time: 9:30 a.m. – 11:30 a.m.

Many of you took advantage of this wonderful opportunity to receive computer assistance from our new volunteer, Sandra Boyd last month. Take advantage of this great opportunity to refresh your computer skills or just learning about the computer in general. Sandra has many years of experience and is willing and happy to share her knowledge with you.



CELEBRATING BLACK HISTORY

MONTH: "A Tribute to Maya Angelou"

Date: Wednesday, February 4

Time: 10:30 a.m.

February is Black History Month, and in recognition we have a special tribute to Maya Angelou planned for this morning. Mrs. Angelou was an author, poet, historian, songwriter, playwright, dancer, stage and screen producer, director, performer, singer, and civil rights activist. Be here as we discuss many of her accomplishments, read some of her poetry, and share a list of the autobiographical books that she is best known for.

CRAFTING WITH CRYSTAL

Thursday, February 5

Time: 10:30 a.m.

Cost: \$1 - covers all supplies

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

Join Crystal today as she demonstrates and assists crafters with making a Valentine Bird feeder. Yes, you heard right... birds love popcorn and we all love to watch our birds – so let's make them a special valentine to show them how much we care! Join in this fun activity as we string popcorn and then shape it into a heart to hang out for the birds to enjoy.



DID YOU KNOW.... The Senior Center accepts empty toner cartridges from printers and copiers as one of its recycling programs? This helps us extend and reduce our office supply budget. You can drop these items off at the front desk of the Senior Center at any time or place in our mailbox if the Center is closed.



CHAT WITH THE DIRECTOR

Friday, February 6

Time: 9:30 a.m.

Location: Conference Room

Pre-registration is required, seats are limited. The sign-up sheet is posted on bulletin board outside Barbara's office.

Join director, Angela Ezell and "chat" in an informal, relaxed atmosphere to learn more about the Center. Such as the large variety of fun and educational activities and programs, to the available resource information the Center staff can assist you with. This "chat" is a great way to learn more about your Center – especially if you are "new." **Please Note: If You Have Previously Attended a "Chat With The Director" - Please Give Those Who Have Never Attended the Chance to Sign Up First.**



HOW TO DE-CLUTTER -

"PART II: TIPS & TECHNIQUES FOR DE-CLUTTERING MY SPACE"

Date: Tuesday, February 10

Time: 10:30 a.m.

Speaker: Jane Armstrong, former owner of De-Clutter for Real Life

Last month Part 1, of this three part series, was well attended and a huge success! Even if you were unable to attend, be here today for "Part II" as Jane discusses "**Tips for De-Cluttering Your Space.**" When your home is filled with clutter, trying to tackle a mountain of stuff can be quite overwhelming! Taking "baby steps" is very important – start by attending this presentation and getting the tips and tools you need to help you focus on "de-cluttering" once and for all! Remember, Part III: "*How to Set Goals When I Feel Overwhelmed with My Things*" will conclude this three part series in March.

"We don't need to increase our goods nearly as much as we need to scale down our wants. Not wanting something is as good as possessing it."



NATIONAL WEAR RED DAY

Friday, February 6, marks the 12th anniversary of "National Wear Red Day." Tremendous strides have been made in raising awareness and educating women about the risks of heart disease, but we must continue to get the word out about this number one killer of women.



JOIN US IN SHOWING SUPPORT BY WEARING RED TODAY. "GO RED FOR WOMEN!"

SENIOR GAMES COMMITTEE AND AMBASSADOR MEETING

Friday, February 6

Time: 10:30 a.m.

Believe it or not, it's that time to start preparing for the upcoming 2015 Senior Games. Committee members will meet to discuss the 2015 schedule, registration, volunteer opportunities, t-shirts, and so forth. ***If you will be unable to attend, or you are unsure that you are a member of this committee, contact Barbara Hill at 287-6413.***



BLOOD PRESSURE CHECK

Date: Monday, February 9

Time: 9:00 – 11:00 a.m. **sharp**

Sponsor: Rutherford Regional Medical Center

Keep your health on track by having your BP checked at our monthly BP clinics. Don't forget to pick up your BP record card at the front desk to have your BP reading recorded on. ***Reminder: no cards will be given out after 10:45 so this event can wrap up at 11:00 sharp.***



PEN PALS

Date: Wednesday, February 11

Time: 10:30 a.m.

As you write to your Pen Pal this month, don't forget Valentine's Day is just around the corner. You might want to add a little something extra special and sweet in their Pen Pal Journal – it is sure to make your Pal's day!



SPECIAL SPEAKER: "CARDIAC REHAB"

Date: Thursday, February 12

Time: 10:30 a.m.

Speaker: Debra Yager, RN, Rutherford Regional Medical System

Cardiovascular disease - including heart disease, stroke, and high blood pressure, is the number one killer of women and men in the United States. It is a leading cause of disability, preventing Americans from working and enjoying family activities. Be in the dining room today as Debra discusses the Cardiac Rehab department and the services they provide, risks for heart disease and stroke, and tips to stay "heart healthy" for you and your loved ones. This is a program that you will not want to miss!



DID YOU KNOW... *The Senior Center accepts old eyeglasses and gives them to a local Lion's Club for recycling?*



SENIOR HOUSING ROUND TABLE DISCUSSION

Friday, February 13

Time: 10:15 a.m.

Location: Conference Room

Speakers: Rhonda Hames, Harmony Hills; Tommy Hutchins, Oakwood Village Julie Bumgardner, Forest City Housing Authority; and representatives from Timber Ridge and Creek Side Crossing

If you or a family member wants to learn more about housing options for seniors, then you need to attend this round table discussion today. Local representatives from the Forest City Housing Authority and multiple senior housing locations will be available to answer questions and distribute handouts about their properties. There will be a discussion about eligibility and what it takes to qualify to live in rent base housing, and also the different HUD Programs available.



SPECIAL MUSICAL PERFORMANCE - FOREST CITY DUNBAR 2nd GRADERS

Date: Tuesday, February 17

Time: 10:30 a.m.

Directed by: Norman Moore

Be in the dining room today for a special treat of "February Holiday" music performed by the 2nd graders at Forest City Dunbar. They will be singing about ALL the February Holidays - including Groundhog's Day!



"LIVING HEALTHY WITH DIABETES"

Date: February 18, 24, March 4, 11, 18, 25

(This is a 6-week series)

Time: 9:00 – 11:30 a.m.

Living Healthy with Diabetes is a highly participatory workshop offered once a week for 6 weeks. Each session is 2 ½ hours long, and all the workshops are facilitated by trained leaders who follow a detailed manual, so that each workshop is highly consistent. Participants who sign up will need to attend each class to receive the full benefit of the course. The sessions are designed to build skills in managing the chronic health concerns of diabetes. Topics will include: techniques to deal with problems such as frustration, fatigue, pain, and isolation; how to manage symptoms of depression; skills for effectively communicating with friends, family, and health care providers; healthy eating guidelines and exercise tips; foot care; and much more. This workshop is free, and everyone who attends will receive the book "Living a Healthy Life with Chronic Conditions." Additionally, if a participant attends all 6 classes they will receive a pedometer. Snacks will be provided.



VALENTINE'S DANCE

Friday, February 13

Time: 6:00 – 9:00 p.m.

Cost: \$5.00/person

What a romantic way to start your Valentine's weekend – by dancing the night away with someone special to the musical stylings of the Rusty and Chiquita Collins Band! Mark your calendar, and call your friends and family to join you for this special evening. Light refreshments will be served, and doors will open at 5:45 p.m.



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

Date: Monday, February 16

Time: 10:30 a.m.

Chocolate recipes seem to be gaining popularity in food magazines, cookbooks, and cooking contests. Additionally February just happens to be "Chocolate Lover's Month." In recognition of this rich delicious food we are asking everyone to bring your favorite recipe using chocolate to share with the group. There is sure to be a wide variety of favorites with this versatile product.



B-I-N-G-O

Date: Monday, February 16

Time: 1:00 p.m.

Always a Center favorite! Join everyone this afternoon for some fun and fellowship as you play B-I-N-G-O. Don't forget to invite a friend to share in the fun.



VALENTINE TEA PARTY

Date: Wednesday, February 18

Time: 9:30 a.m.

Join friends today for a cup of your favorite tea and some delicious goodies at this month's tea party. This month's theme is "valentines" so think about that when planning your outfit and treat to bring and share with everyone. A sign-up sheet is located at the front desk if you plan on attending.



TRIP TO JEWELRY SALE

Date: Wednesday, February 18

Time: 10:00 a.m.

Pre-registration is required and van space is limited to the first 12 persons who sign up on the board outside Barbara's office The right jewelry can change the "look" of an outfit! Take a trip today to the hospital \$5 Jewelry sale. You are bound to find something you like!



“KICKING WINTER BLAHS TO THE CURB!”

Date: Thursday, February 19

Time: 10:30 a.m.

Location: Dining Room

Speaker: Rebecca Brodar,
RN and Community Outreach

Coordinator/St. Luke's Hospital

Winter is in full force. As the days get shorter and the nights get colder, even the best of us can get a little down. The "winter blues" are characterized by mild depression, lack of motivation, and low energy. Luckily, there's a lot you can do to both prevent the "blues or blahs" from coming on and get yourself back to normal if they're already here. Be here today as Rebecca discusses Seasonal Affective Disorder and the "winter blues." She will give you tips to help combat the winter blues like exercise, eating a healthy diet, getting some sun, acting on your resolutions, etc.



MEET & EAT – SCOTT'S TRI-CITY FISH CAMP & COUNTRY COOKING

Date: Thursday, February 19

Time: 5:15 p.m.

Location: 2064 Oakland Rd,
Forest City

Join everyone tonight for dinner (Dutch treat) and have great food, fun and fellowship. *Don't forget to sign the sheet outside Barbara's office if you plan on attending.*



2nd ANNUAL PARADE OF TABLES FUNDRAISER

Date: Friday, February 20

Time: 6:00 p.m.

Cost: \$12 per person

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. Doors will open at 5:30 p.m. for guests.



The money raised from this fundraiser is slated to be used to purchase a projector for the Senior Center. For information or to purchase a ticket, please see a senior center staff member.

(In case of inclement weather date this event will be rescheduled until February 27, 2015.)

NOTE to those sponsoring a table: you may come anytime between 3:00 & 5:00 p.m. to decorate your table.

SENIOR GAMES REGISTRATION & DATES

Registration for the 2015 Senior Games will be held from February 23 – March 6. Cost is \$12 - but "special" this year – if you are a 1st time participant then your cost is only \$10. Registration cost includes a t-shirt and covers all the events in all categories of the Senior Games. Pick up your registration packet from Barbara or Crystal. The dates of the events are as follows:

SilverArts-----March 16 - 20

Performing Arts-----March 27

Sporting Events-----April 2 – 17



SPECIAL SPEAKER – “HEART HEALTH”

Date: Wednesday, February 25

Time: 10:30 a.m.

Speaker: Dr. Kersey

February is National Heart Health Month. In recognition of this important month, join Dr. Kersey in our dining room for a presentation about heart health. Additionally special screenings will be held before and after this presentation. They are as follows:

BODY MASS INDEX & BLOOD PRESSURES SCREENINGS

9:30 - 10:15 a.m. & 11:30 - 12:15 p.m.



CHAIR VOLLEYBALL

Date: Thursday, February 26

Time: 10:30 a.m.

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!



BIRTHDAY RECOGNITION

Date: Friday, February 27

Time: 11:30 a.m.

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



FINANCIAL REPORT

A copy of Rutherford County's Comprehensive Annual Financial Report for the year ended June 30, 2014 is available for review. A printed copy is located at the front reception desk, or you can view it on-line.



Please note: This month's SHIIP NEWS and LOW-INCOME SUBSIDY articles are printed on the back of the Senior Center's Calendar of Events.

ELLENBORO CONGREGATE MEAL PROGRAM - FEBRUARY EVENTS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Walking & Exercise 2 10:00 Will he see his shadow 10:30 Blood Pressure Ck 11:00 Word Search	9:00 Walking & Exercise 3 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 4 10:00 Coffee & Chatter 11:00 Are You Keeping Your New Year's Resolutions?	9:00 Walking & Exercise 5 10:00 Word Search 11:00 Bring in your favorite "RED" Recipes to share	9:00 Walking & Exercise 6 10:00 Word Search 11:00 Scattergories
9:00 Walking & Exercise 9 10:30 Blood Pressure Ck 11:00 Word Search	9:00 Walking & Exercise 10 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 11 10:00 Coffee & Chatter 11:00 "You Gotta Have Heart" Sing-A-Long	9:00 Walking & Exercise 12 10:00 Word Search 11:00 History of Valentine's Day	9:00 Walking & Exercise 13 10:00 Word Search 11:00 Scattergories VALENTINE'S PARTY
9:00 Walking & Exercise 16 10:30 Blood Pressure Ck 11:00 Word Search	9:00 Walking & Exercise 17 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 18 10:00 Presidential Facts 11:00 Word Search Celebrate President's Day	9:00 Walking & Exercise 19 10:00 Word Search 11:00 Favorite home remedy recipe to share	9:00 Walking & Exercise 20 10:00 Word Search 11:00 Scattergories
9:00 Walking & Exercise 23 10:30 Blood Pressure Ck 11:00 B.Hill "Sr Games Reg."	9:00 Walking & Exercise 24 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 25 10:00 Go Red for Women 11:00 Bible History w/LMcCurry	9:00 Walking & Exercise 26 10:00 Word Search 11:00 Show & Tell	9:00 Walking & Exercise 27 10:00 Word Search 11:00 Scattergories

HENRIETTA CONGREGATE MEAL PROGRAM - FEBRUARY EVENTS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Blood Pressure Ck 2 10:30 Will the ground hog see his shadow? 11:00 B.Hill "Senior Games"	9:00 Coffee & Chatter 3 9:30 Piano Music w/ B.Moore 10:00 Silly Valentine Letter Bubble Gum Day	9:00 Coffee & Chatter 4 9:30 Piano Music w/B.Moore 11:00 Exercise National Wear "Red" Day	9:00 Coffee & Chatter 5 9:30 Piano Music w/B.Moore 10:00 Fav. Girl Scout Cookie 10:50 Bingo	9:30 Walking Inside 6 10:00 Popcorn Tasting Day 10:45 Exercise 11:00 Biblical History w/B.Moore
9:30 Blood Pressure Ck 9 10:30 Valentine Craft 11:00 Exercise	9:00 Coffee & Chatter 10 9:30 Piano Music w/B.Moore 10:00 Tell your own love story 11:00 Conversation Heart Sayings	9:00 Coffee & Chatter 11 9:30 Piano Music w/B.Moore 10:15 Favorite Valentine Memory 11:00 Exercise	9:00 Coffee & Chatter 12 9:30 Piano Music w/B.Moore 10:00 Traits of a successful marriage 10:50 Bingo	9:30 Walking Inside 13 10:00 How kissing became an expression of love 10:45 Exercise 11:00 Biblical History w/B.Moore
9:30 Blood Pressure Ck 16 10:15 President's Day Trivia & Crossword 11:00 Special Speaker - Phil Bailey on "Senior Fraud"	9:00 Coffee & Chatter 17 9:30 Piano Music w/B.Moore 10:00 Chocolate Crossword Puzzle	9:00 Coffee & Chatter 18 9:30 Piano Music w/B.Moore 10:00 How to treat the "Winter Blues" 11:00 Exercise	9:00 Coffee & Chatter 19 9:30 Piano Music w/B.Moore 10:00 Chores you did Growing Up 10:50 Bingo	9:30 Walking Inside 20 10:00 Recalling a big snowfall 10:45 Exercise 11:00 Biblical History w/B.Moore
9:30 Blood Pressure Ck 23 10:30 Exercise 11:00 Recognition of February Birthdays	9:00 Coffee & Chatter 24 9:30 Piano Music w/B.Moore 10:00 Tortilla Chip Day - Serving chips & salsa	9:00 Coffee & Chatter 25 9:30 Piano Music w/B.Moore 10:00 Anniversary of Levi's 10:45 Exercise Wear Jeans Day	9:00 Coffee & Chatter 26 9:30 Piano Music w/B.Moore 10:00 Johnny Cash 83rd Birthday 10:50 Bingo	9:30 Walking Inside 27 10:00 Winter Humor 10:45 Exercise 11:00 Barbara Hill on "Senior Games Registration"

SHINGLE HOLLOW CONGREGATE MEAL PROGRAM - FEBRUARY EVENTS

Location: Shingle Hollow Community Center 2630 Cove Rd, Rutherfordton Site Manager: Joyce Bailey Telephone: 287-0960

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Coffee & Chatter 2 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 3 9:30 Choir 10:00 Walking 10:30 Word Search 11:00 B.Hill on "Sr Games"	9:00 Coffee & Chatter 4 9:30 Walking 10:00 Word Search 10:30 Tell Jokes 11:00 Feb. Birthstone & Flower	9:00 Coffee & Chatter 5 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet - Stephanie Deese, Instructor	9:30 Coffee & Chatter 6 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:30 Coffee & Chatter 9 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 10 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 11 9:30 Walking 10:00 Word Search 10:30 How you met your spouse 11:00 This was the yr...1941	9:00 Coffee & Chatter 12 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet - Stephanie Deese, Instructor	9:30 Coffee & Chatter 13 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo VALENTINE'S PARTY
9:30 Coffee & Chatter 16 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 17 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 18 9:30 Walking 10:00 Word Search 10:30 Craft - Making a Pine Cone bird feeder	9:00 Coffee & Chatter 19 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet - Stephanie Deese, Instructor	9:30 Coffee & Chatter 20 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:00 Coffee & Chatter 23 9:30 Walking 10:00 Word Search 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 24 9:30 Choir 10:00 Walking 10:30 Word Search 11:00 B.Hill - "Senior Games Registration"	9:00 Coffee & Chatter 25 9:30 Walking 10:00 Word Search 10:30 Snack Month - Enjoy different snacks	9:00 Coffee & Chatter 26 9:30 Walking 10:00 Word Search 10:30 Learn How to Crochet - Stephanie Deese, Instructor	9:30 Coffee & Chatter 27 10:00 Word Search 10:15 Walking 10:30 Blood Pressure Check 10:50 Bingo 11:00 Recognize Feb B'days

SHIIP NEWS....

Medicare Advantage Disenrollment Period (Jan. 1 – Feb. 14)



The Seniors' Health Insurance Information Program (SHIIP) is a consumer information division of the NC Department of Insurance that assists people with Medicare, Medicare Part D, Medicare supplements, Medicare Advantage and long term care insurance questions. SHIIP also helps people recognize and prevent Medicare billing errors and possible fraud and abuse through the NC Senior Medicare Patrol program.

January 1 to February 14, 2015 marks the annual Medicare Advantage disenrollment period. During this time a Medicare beneficiary enrolled in a Medicare Advantage Plan may leave their plan and return to Original Medicare. If you switch to Original Medicare during this period, you will have until February 14 to also join a Medicare Prescription Drug Plan to ensure you will have drug coverage in 2015. Your prescription drug coverage will begin the first day of the month after the drug plan gets your enrollment form.

During this "disenrollment period" you can NOT switch from Original Medicare to a Medicare Advantage Plan, or you can NOT switch from one Medicare Advantage Plan to another, or you can NOT switch from one Medicare Prescription Drug Plan to another. If your 2014 Medicare Advantage Plan did not renew its contract in your area or reduced its service area for 2015, then you have a Special Enrollment Period that began Dec. 8, 2014, and runs through Feb. 28, 2015. 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, 2015. What can you do? You can 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.

Call Rutherford Senior Center at 287-6409 and schedule an appointment with our trained SHIIP counselor for free, unbiased counseling and to answer questions you may have about Medicare costs and coverage. Or you can contact SHIIP direct at 1-855-408-1212 or visit www.ncshiiip.com.

PRESCRIPTION DRUG ASSISTANCE FOR LOW-INCOME MEDICARE BENEFICIARIES

The Low-Income Subsidy (LIS) program, also known as *Extra Help*, assists qualified Medicare beneficiaries with out-of-pocket expenses associated with Medicare Part D prescription drug expenses. To qualify for *Extra Help*, a Medicare beneficiary must meet certain income, resource and asset level requirements. The income and asset limits for Extra Help are \$1,458.75 per month with assets up to \$13,640 if you are single, and \$1,966.25 per month with assets up to \$27,250 if you are married. This includes your monthly earnings, Social Security and Veterans' benefits, disability payments, cash contributions, retirements and pensions. Resources and assets include the value of items you own, such as cash, stocks, bonds, retirement accounts, the value of a second car, boats and any real property that is not the primary residence and does not produce income.



Depending on your income and asset levels and the Part D plan you choose, you may have either a reduced premium or no premium; your deductible may be covered or lowered; and your prescription copayments will be very small – from \$2.55 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.

Call Rutherford Senior Center at 287-6409 and schedule an appointment with our trained SHIIP counselor for free, unbiased counseling and to answer to questions you may have about Medicare costs and coverage. Or you can contact SHIIP direct at 1-855-408-1212 or visit www.ncshiiip.com.

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.

SENIOR CENTER ADVISORY BOARD MEMBERS:

Amideus Athougies; Kim Freeman; Wanda Harris; Junior Johnson (President);
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Angela Ezell, Director	Crystal Upton, Activity & Senior Games Assistant
Helen Hamilton, Title V Food Service Worker	Sandy White, Nutrition Assistant



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