

THE SENIOR CENTER NEWSLETTER

RUTHERFORD
COUNTY
DEPARTMENT
OF AGING/
SENIOR CENTER

*A North Carolina
Certified Center of
Excellence*

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

Monday - Friday
8:30 a.m. - 5:00 p.m.



VOLUME 12
NUMBER 7
JANUARY 2013

OUR MISSION

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

A
UNITED
WAY
MEMBER



From the Director's Desk.....

As a new year begins it seems only natural to take time to reflect on where we are and what the new year will bring. You may find yourself thinking about the traditions each of us has and how personal histories shape our homes.

In order to have a successful new year we need to review what happened last year. What were we able to accomplish this past year? Assessing the accomplishments is a reminder that we can create our own future and become the master of our destiny.

I wish for all of you a prosperous 2013. Make the Senior Center part of your activities this coming year. I hope you enjoy the following:

THE MONTH AFTER CHRISTMAS

(A New Year's Classic Joke!)

T'was the month after Christmas, and all through the house,
nothing would fit me, not even a blouse.

The cookies I'd nibbled, the eggnog I'd taste
at the holiday parties had gone to my waist.

When I got on the scales there arose such a number!
When I walked to the store (less a walk than a lumber.)

I'd remember the marvelous meals I'd prepared;

the gravies and sauces and beef nicely rared,
the cakes and the pies, the bread and the cheese
and the way I'd never said, "No thank you, please."

As I dressed myself in my husband's old shirt
and prepared once again to do battle with dirt,

I said to myself, as I only can,

"You can't spend a winter disguised as a man!"

So, away with the last of the sour cream dip,
get rid of the fruit cake, every cracker and chip.

Every last bit of food that I like must be banished
till all the additional ounces have vanished.

I won't have a cookie, not even a lick,

I'll only chew on a long celery stick.

I won't have hot biscuits, or corn bread, or pie,

I'll munch on a carrot and quietly cry



REMINDER
THE SENIOR CENTER
WILL BE CLOSED
TUESDAY, JANUARY 1

JANUARY YOGA
CLASSES CANCELLED

For the month of January only, all Yoga classes are cancelled. We are sorry for any inconvenience.



NEW YEAR'S HOPES FOR 2013

The New Year has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make, and resolve to follow through on those changes.



Join us **Wednesday, January 2 at 10:30 a.m.** and share your New Year's Hopes for 2013.



Listed below are some of the most common resolutions. Do any sound familiar? Just for fun compare how many of these you have you made in the past? Did you keep them?

TOP 10 RESOLUTIONS

1. Spend more time with family & friends
2. Fit in fitness
3. Tame the bulge
4. Quit smoking
5. Enjoy life more
6. Quit drinking
7. Get out of debt
8. Learn something new
9. Help others
10. Get organized

JUST FOR FUN...
PAST RESOLUTIONS

- 2006:** I will get my weight down below 180.
- 2007:** I will watch my calories until I get below 190.
- 2008:** I will follow my new diet religiously until I get below 200.
- 2009:** I will try to develop a realistic attitude about my weight.
- 2010:** I will work out 5 days a week.
- 2011:** I will work out 3 days a week.
- 2012:** I will try to drive past a gym once a week.

CHAIR VOLLEYBALL

Don't let the winter blues get you down! Join us **Thursday, January 3 at 10:30 a.m.** for a fun-filled morning of chair volleyball. This unique game is sure to change your mood, and laughter is the main skill required to participate in this challenging game of fun!



The month of January brings cold winter weather to many parts of the United States, and that means snowflakes. Whether natural or generated by a snow-making machine, most will agree—snowflakes equal fun!

Do you know how a snowflake is made? The short answer is that a snowflake begins to form when an extremely cold water droplet freezes onto a pollen or dust particle in the sky. This creates an ice crystal. As the ice crystal falls to the ground, water vapor freezes onto the primary crystal, building new crystals – the six arms of the snowflake.

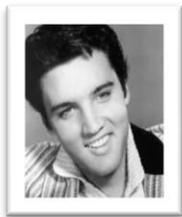


No two snowflakes are alike.



GUESS THE FIRST SNOW OF 2013

Do you have a special “sense” or know an “old wives tale” to predict the first snowfall? **Between 8:30 – 5:00 on Friday, January 4** stop by the bulletin board outside Barbara’s office and pick up a snowflake to write your prediction of the date, the time, and the amount of 2013’s first snowfall. The person who predicts the closest will win a special “surprise.”



ELVIS WEEK

(January 7 – 11)



“ELVIS” TRIVIA FUN



No matter your age, everyone remembers Elvis and all of his accomplishments. Have fun and test your “Elvis” knowledge as we play “Elvis Trivia” on **Tuesday, January 8 at 10:30 a.m.** You may even learn something you didn’t know about this famous legend. For example: *What was the first National TV show that Elvis appeared on?*



DIABETIC SUPPORT GROUP

Lesley Koonce RPH from Spindale Drug will be with us for the monthly Diabetic Support Group on **Tuesday, January 8 at 1:00 p.m.** Everyone is encouraged to attend this group to learn more about this disease.

“ELVIS MOVIES & MUSIC” TRIVIA FUN

Let’s have another round of trivia fun! Join us **Wednesday, January 9 at 10:30 a.m.** as we test our trivia skills on Elvis’ movies and music. For example: *What was Elvis’s last number 1 song on the American charts?*



ELVIS IS IN THE BUILDING!

Mark your calendars for this special event! “Elvis” will have a special musical performance at **10:30 a.m. on Thursday, January 10** in the Center’s dining room.

That’s right “Elvis” (also known as Kevin Pleasant) will be back to sing some of your favorite Elvis songs. Be sure to get a seat early because you don’t want to miss a single note. There will be a whole lot of shakin’ going on. (Kevin’s parents are Roger and Lavonda Pleasant)



ELVIS MOVIE TIME

As our week of Elvis winds down, join us **Friday, January 11 at 1:00 p.m.** for an afternoon matinee of one of Elvis’ classic movies.



BLOOD PRESSURE CLINIC

Have your blood pressure checked by the nurse **Monday, January 14 from 9:00 a.m. – 11:00 a.m.** Be sure to stop by the front desk and pick up your Blood Pressure History Card and a number.



“BATTERS, SPLATTERS, & PLATTERS” RECIPE CLUB

The weather is colder and the days are shorter—it’s the perfect time of year for a comforting bowl of homemade soup. The recipe club “Batters, Splatters and Platters” will meet on **Monday, January 14 at 10:30 a.m.** Everyone is to bring their favorite soup recipe.

Be sure to check out the Broccoli Cheese Soup recipe on the back cover. The green broccoli florets and the brilliant orange carrots make this creamy soup a colorful and tasty addition to any table.



CRAFT TIME WITH LAVADA WALL

To start off the new year on a positive note, Lavada Wall will demonstrate how to make a beautiful “inspiration/quote jar” on **Tuesday, January 15 at 10:30 a.m.** This would make a great gift as well. If you would like to participate in the craft, please sign up on the bulletin board outside Barbara’s office. The cost is \$1 to cover supplies.

JANUARY’S TEA PARTY

January is National Hot Tea Month. Nothing can warm the body and heart better on a chilly winter day than a nice cup of hot tea. Share fun, fellowship, tea and treats with us



Wednesday, January 16 at 9:30 a.m.

Be sure to sign up at the front desk if you plan on attending. Also, don’t forget to bring in your special winter-time treat to share with the group.



ROAD TRIP TO CREATIVE PACKING

Wow! Due to the overwhelming positive response to last month’s decorative mesh wreath demonstration, we will be taking a group to Creative Packing in Sandy Mesh for a class on **Wednesday, January 16** where you will make your own mesh wreath.

We will leave the Senior Center at 4:00 p.m. and return after the 1½ hour class. The cost for the class is \$25, which includes all supplies needed— unless you want to make it more extravagant with some of the pricier metallic mesh. If you would like to attend this class, sign up on the bulletin board outside Barbara’s office or call 287-6409. But hurry, this one is sure to fill up fast!



REMINDER: If you plan to go on any Senior Center outings this coming year, you must complete a “**2013 Trip Release Form.**” See Barbara or Crystal to get a copy of the form.



PEN PALS

What a blast the kids and senior alike had at the December’s face-to-face meeting of the pen pals! Get the year started off “right” by being here to “write” to your pen pal from Spindale Elementary on **Thursday, January 17 at 10:30 a.m.** You are sure to have a lot more to “talk” about since you have met each other.

“NOVEL APPROACH” (BOOK CLUB)

There is a popular saying that goes— “Books are the best friends.” How true this is! What does one gain from reading? Well, the most logical thing is knowledge. Knowledge grows and evolves and enhances our lives. Reading fosters mental development, spiritual enlightenment, improves vocabulary, and social development. In today’s fast-paced world people seem find it difficult to dedicate a set time for reading. The popularity of computers and video games supersede reading books—and unfortunately the love of reading is fading away. Luckily there are those who recognize the benefits, and have developed reading as a habit and interest.



Reading also has health benefits. When you read it acts as a stress buster by diverting the mind, and it opens up a big world of imagination—which improves one’s mood.

Be here **Friday, January 18 at 10:30 a.m.** as the Center’s Book Club, “Novel Approach” meets. Everyone is welcome and encouraged to join.

REMINDER

THE SENIOR CENTER WILL BE CLOSED MONDAY, JANUARY 21 IN OBSERVANCE OF MARTIN LUTHER KING, JR’S DAY





PINE CONE BIRD FEEDERS

Making bird feeders with pine cones is a fun, easy, and inexpensive project. The bird feeders encourage local birds to come into your yard, and they serve as

decorative pieces in your garden. Join us **Tuesday, January 22 at 10:30 a.m.** and make your own birdfeeder. Please sign up on the bulletin board if you plan on attending. The cost is \$2 for materials.

MEDICAL SPEAKER

Urologist Dr Glover Little is a new employee of Rutherford Regional Health System. His office will open January 28, and will be located in the Outpatient



Department of Rutherford Regional. Dr. Little will be in the dining room on **Wednesday January, 23 at 10:30 a.m.** discussing urological problems and the various services he will be offering.

NATIONAL BELLY LAUGH DAY

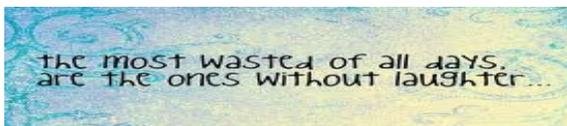
There are thousands of spoken languages in the world, and along with that, lots of different traditions and ways of life. But what unites everyone? Laughter! Having a good chuckle causes



the tissue lining our blood vessels to expand and increases blood flow. This makes us feel more positive, boosts our immune

systems, increases pain tolerance, and in general just makes us feel happier and more energetic!

January 24 is "National Belly Laugh Day." Bring your jokes and funnies, and come prepared to share and laugh with the group on **Thursday, January 24 at 10:30 a.m.** Let's remember to make laughter one of our daily requirements!



WHAT'S IN YOUR POCKETBOOK

OR POCKET?



Do you dream of being on a Game Show? Do you like the game from "Let's Make a Deal" in which the host asks if you have a certain item in your pocket or pocketbook? Well you are in luck! Be here **Tuesday, January 29 at 10:30 a.m.**, and play the Center's version of "What's in Your Pocket or Pocketbook?"



A prize will be awarded to the man and to the woman who has the most matches for the items Barbara asks for. So, fill up your purse or pockets with a variety of items, and come prepared to have a great time!

LET'S GET ORGANIZED



Organizing your home may seem like an enormous task if the closets, cupboards, and shelves are currently overflowing with items in advanced stages of disarray. Sometimes the biggest obstacle is just knowing where to start! That's when you need a plan and some sound advice. Well, you are in luck—Tracy Davis, from the Cooperative Extension office, will be here

Wednesday, January 30 at 10:30 a.m. to discuss getting organized and being less cluttered. Your home did not become a shambles



overnight, but with Tracy's tips and the sense of empowerment you will have after this motivational class, you will have all the necessary tools to get started on your journey to organization!

TABLE TENNIS

Barbara will set the "ping-pong" table up in the art room at **1:00 p.m.** the following (2) afternoons for your playing pleasure:

Thursday, January 3
Thursday, January 31





NATIONAL COMPLIMENT DAY

Sometimes a compliment really goes a long way, and apparently there's a sentiment that Americans---as conscientious and hard-working as they are---don't spread enough praise and admiration around during the course of the year. That's why, according to the official website of Compliment Day, in 1998 two very insightful experts in human connections created *National Compliment Day* to be celebrated on January 24 every year.



This year the Senior Center will be celebrating our own **COMPLIMENT DAY all day JANUARY 31**. Your assignment is simple—launch sincere flattery attacks on random people throughout the day, especially those who wouldn't expect it. Give yourself a challenge and find compliments for everyone--even those you don't like. You might be pleasantly surprised by the results!



TAX PREPARATION

Do you need help filling your income tax return for 2012?



The AARP Tax-Aide Service will be available at the Senior Center again this year. This service is for low to moderate income individuals— with special attention to people age 60 and over. The trained tax preparers will be available on Thursdays and Fridays beginning January 31. No drop-ins will be accepted. To schedule an appointment call the Senior Center at 287-6409 or see the receptionist at the front desk.

Please bring a copy of your last year's tax return, W-2 forms from each employer, unemployment compensation statements, SSA-1099 form— if you were paid Social Security Benefits, and all 1099 forms showing interest, dividends, and any miscellaneous income you may have received in 2012.



SHIIP NEWS

Do you have questions about your Medicare, Medicare Part D Prescription Plans, or anything to do with Medicare? If so, please call the Senior Center at 287-6409 for an appointment with our SHIIP Counselor. The Senior Health Insurance Information Program is a free program. It assists individuals, Medicare beneficiaries, and caregivers with questions they have on items such as:

- Medicare
- Medicare Prescription Drug Plans
- Long-Term Care Insurance
- Medicare & Medicaid Fraud and Abuse
- Medicare & Medicaid Billing Errors
- Other Health Insurance Concerns

Since SHIIP's creation, it has become a role model for other states, and has received two national awards for innovative and exemplary service. We are proud to have Amideus Athougies as a SHIIP counselor at the Senior Center. He has received awards from the State recognizing his volunteer hours of working with SHIIP. The Senior Center appreciates his expertise and willingness to spend his time helping seniors with their Medicare issues.

SILVERSTRIDERS

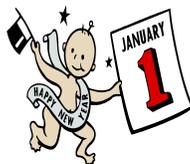
Keep on burning up those miles on the walking trail. Congratulations SilverStriders for your awesome totals this month!



November Totals:

Wanda Bland	865 minutes walked
Sally Glover	710 minutes walked
Bee Heaslip	595 minutes walked
Betty McFarland	890 minutes walked
Clyde Patterson	750 minutes walked
Marjorie Patterson	750 minutes walked
Annabelle Smith	570 minutes walked

ALL MEALS SITES ARE CLOSED
TUESDAY, JANUARY 1



ALL MEALS SITES ARE CLOSED
MONDAY, JANUARY 21



JANUARY EVENTS FOR:

ELLENBORO NUTRITION CENTER BETHEL BAPTIST CHURCH

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|---|---|
| January 2 10:30 Group Discussion – Looking Back on 2012 Events | January 17 11:00 Group – Things To Do When Your Power Goes Out |
| January 3 11:00 Group Discussion – Sharing New Year's Resolutions | January 18 11:00 Scattergories |
| January 4 10:00 Blood Pressure Checks | January 22 10:00 Chat Time – What's New With You? |
| January 7 10:00 Tea Party w/cookies & fun | 10:30 Recipe Exchange – Favorite Soup Recipe |
| January 8 10:30 Group Discussion – What Do You Do For Fun? | January 23 11:00 Group – Today's Economy Compared to the Depression |
| January 9 11:00 Scattergories | January 24 11:00 Group – What Makes You Happy? |
| January 10 10:00 Game Time -- Bring Your Own Board Game | January 25 10:00 Compliment Day – Be Sure to Share |
| 11:00 Spelling Bee | 11:00 Tell a Joke |
| January 11 11:00 How To Make Your Own Laundry Detergent | January 28 10:00 Craft Day – Making Pot Holders |
| January 14 10:30 Spelling Bee | January 30 10:00 Magazine Swap |
| 11:00 Group – Special Childhood Memories | January 31 10:00 Group – Current Events |
| January 15 10:30 Book Lover's Day – What's Your Favorite & Why? | 11:00 Funny Talk with Leonard Goforth |
| January 16 11:00 Biblical History with Linda McCurry | |

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

HENRIETTA NUTRITION CENTER HENRIETTA FIRST BAPTIST CHURCH

- | | |
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| January 2 9:30 A Fresh Start for the New Year | January 16 9:30 Group – Are you keeping your New Year's Resolutions? |
| 10:30 Favorite New Year's Food | 10:00 Crafts – Making Paper Snowflakes |
| January 3 10:00 Tell Someone Thank You Day | January 22 10:30 National Pizza Day – What's Your Favorite Pizza |
| January 7 10:00 Group Discussion – Current Events | January 23 10:00 Compliment Day – Who Can Give the Most Compliments |
| January 8 10:30 National Hobby Day – What's Your Favorite Hobby? | January 24 10:00 Group Discussion – Squirrel Appreciation Day |
| 10:40 Sheila White from Autumn Care | January 28 10:00 Group Discussion – Current Events |
| January 9 9:30 Group Discussion – Biggest Snowfall You Remember | January 28 10:30 National Pie Day – What's Your favorite Pie? (Bring Recipe) |
| 10:00 Crafts – Decorate a Foam Snowman | January 29 10:30 National Puzzle Day |
| January 14 10:00 Group Discussion – Current Events | January 30 9:30 Super Bowl Predictions |
| 10:30 Trivia Plus | 10:00 Birthday Party |
| January 15 10:30 Group Discussion – Your Favorite Place to Eat | January 31 10:00 This Was The Year....1968 |

Also, Coffee & Chatter every day at 9:00; Blood Pressure Check at 9:30 every Monday; Walking Inside at 9:30 every Tuesday & Thursday; Piano Music with Barbara Moore every Tuesday at 10:00; Bingo 10:50 every Thursday; Scattergories every Friday at 9:30; Puzzles every Friday at 10:00 Biblical History w/Rev. Glenn Wilson every Friday at 10:50; games, fellowship, and more daily. Call Kay at 657-5441 for more information.

SHINGLE HOLLOW NUTRITION CENTER SHINGLE HOLLOW COMMUNITY BUILDING

- | | |
|--|---|
| January 2 10:30 Story Telling -- Doug Elliott | January 24 10:30 Discussion: How to Prepare for Winter Storms |
| January 3 10:30 Learn How to Crochet – Stephanie Deese | 11:00 The Biggest Snowfall You Remember |
| January 9 10:30 Learn How to Make Your Own Jewelry – Betty Parker | January 30 10:30 Discussion – Current Events |
| January 10 10:30 National Hot Tea Month – Serving Tea & Cookies | 11:00 Are You Keeping Your New Year's Resolutions |
| January 16 10:30 Canned Soup Bingo (Bring a can of soup) | January 31 10:30 National Pie Day – What's Your Favorite Pie |
| January 17 10:30 Learn How to Crochet – Stephanie Deese | (Bring the recipe to share) |
| January 23 10:30 Learn How to Make Your Own Jewelry – Betty Parker | |

Also, you'll find Walking Inside every day at 10:00; every Monday singing at 10:50 followed by Biblical history at 11:00; Choir every Tuesday at 9:30; Word Search at 9:30 every Monday, Wednesday, Thursday, and Friday; Bingo every Friday at 10:50; Blood Pressure Checks every Friday at 10:30; coffee, chatter, fun, fellowship and much more every day. Call Joyce at 287-0960 for more information.

Broccoli Cheese Soup Recipe

Ingredients

- 2 cups *sliced fresh carrots*
- 2 cups *broccoli florets*
- 1 cup *sliced celery*
- 1-1/2 cups *chopped onion*
- 1/2 cup *butter*
- 3/4 cup *all-purpose flour*
- 1 can (10-1/2 ounces) *condensed chicken broth, undiluted*
- 4 cups *whole milk*
- 1/2 pound *process cheese (Velveeta), cubed*

Directions

- In a large saucepan, bring 2 quarts water to a boil. Add carrots, broccoli and celery; cover and boil for 5 minutes. Drain and set aside.
- In the same saucepan, saute onion in butter. Add flour and stir to make smooth paste. Gradually add chicken broth and milk. Cook until mixture thickens, about 8-10 minutes. Add vegetables; heat until tender. Add cheese; heat until cheese is melted. **Yield:** 6-8 servings (2 quarts).

Nutritional Facts 1 serving (1 cup) equals 472 calories, 31 g fat (19 g saturated fat), 88 mg cholesterol, 1,033 mg sodium, 32 g carbohydrate, 3 g fiber, 18 g protein.



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