

**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
7:30 a.m. – 5:00 p.m.

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



**VOLUME 12
NUMBER 9
MARCH 2013**

OUR MISSION

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



**A UNITED WAY
MEMBER AGENCY**

THE SENIOR CENTER NEWSLETTER

FROM THE “NEW” DIRECTOR’S DESK:

Dear Friends:

I am so excited about the new opportunities to come at the Senior Center! Not only for me professionally, but for all of us as a family. I look forward to getting to know everyone involved in the operations at the Center. The excellent reputation of staff and participants precedes you! Not to mention all the great activities you are involved with. I am just thrilled to have the pleasure of working with such an amazing group.

Just a little about me: I have lived in Rutherford County all of my life. I was raised in Bostic, and graduated from East Rutherford High School. I then attended Appalachian State University, and received a Bachelor’s Degree in Accounting. I was employed at Rutherford Regional Health System for the past 15 years in the Accounting Department. I served as the Accounting Director for six of those years.

I am married to Keith Ezell, who is the principal at Mt. Vernon-Ruth Elementary School. We are blessed with three precious sons: Noah, Jacob, and Jonah. Their ages are 8, 6, and 3. Our family is very active at Sulphur Springs Baptist Church. I serve as the church’s secretary/treasurer.

Again, I am very excited about the chance to be a part of one of Rutherford County’s best kept secrets—The Senior Center!

Sincerely,

Angela Ezell

*Our Motto:
Someone to Love,
Somewhere to Go,
Something to Do*



REMINDER
THE SENIOR CENTER OPENS
EARLY ON MONDAYS:
7:30 a.m. – 5:00 p.m.

This would be a great time to visit our Exercise Room, and start the day off the “healthy way.” Remember anyone ages 55 and over can join the Center and take full advantage of all our exercise equipment and toning tables.



DAYLIGHT SAVINGS TIME
DON'T FORGET TO “SPRING
FORWARD” SUNDAY, MARCH 10

HOLIDAY CLOSING
THE SENIOR CENTER
WILL BE CLOSED
GOOD FRIDAY— MARCH 29



LUNCH RESERVATION REQUIRED



Everyone can empathize that with today’s economy, it is difficult to stay within one’s budget. In order to plan with greater accuracy the number of meals to prepare each day for the Senior Center, we are asking **EVERYONE TO PRE-REGISTER FOR THEIR NEXT DAY’S MEAL.** *For your convenience, you can pre-register up to 4 weeks in advance. If something changes and you are unable to attend on a day you have previously pre-registered, please call the Senior Center at 287-6409 between 8:30-10:00 a.m. and let the receptionist know so your meal can be canceled. Or, if you plan to come for lunch and have not registered, please call by 10:00 a.m. and reserve a meal for that day.* We sincerely appreciate your patience and cooperation with this new procedure.

DIABETIC SUPPORT GROUP

Lesley Koonce, RPH from Spindale Drug, will conduct our monthly Diabetic Support Group meeting on **TUESDAY, MARCH 5 at 1:00 p.m.** Everyone is encouraged to attend.



ARCHERY PRACTICE

Join us on **MARCH 5 at 1:00 p.m. for ARCHERY PRACTICE** at **Green Creek Family Center, in Columbus** at their indoor shooting range. Please sign up on the bulletin board outside Barbara’s office, or call 287-6413 if you plan on attending.



TRIP TO HAMRICK’S

Join us for a fun day of shopping, fun, and fellowship as we travel to Hamrick’s of Gaffney. The van will leave at **8:45 a.m. sharp on WEDNESDAY, MARCH 6,** and will be returning around 2:00 p.m. After an enjoyable morning at Hamrick’s, we will hop across the road for lunch at Cracker Barrel, then shop a little more at the Outlet mall before heading home.



Barbara in the SHOES!

If you plan on going, please sign up on the bulletin board outside Barbara’s office. Don’t delay, only the first 11 participants will be able to ride the van. (Others may follow in their own vehicle.) The cost for the trip is \$2. Additionally, if you haven’t completed a “Trip Release Form” for 2013, you must do so before this trip.

CHAIR VOLLEYBALL



What a fun game that can be enjoyed by all abilities and activity levels. From wheelchair bound to the regularly active participant— everyone is on a level playing field—**their seat!** This is a great way to increase flexibility, stamina, and your mood—because *laughter is a requirement!* Come and join the fun **THURSDAY, MARCH 7 at 10:30 a.m.** You are guaranteed to have a “ball!”



“MEET THE STAFF & ADVISORY BOARD MEMBERS”

One thing that is certain is that change is inevitable. In the past several months, the Senior Center staff has had its fair share. Many of you may know a face, and not know a name, or you may know a name and are unsure of what that staff member’s job title is. Additionally, the Center has an Advisory Board that meets quarterly. Join us **FRIDAY, MARCH 8 at 10:15 a.m. for “MEET THE STAFF & ADVISORY BOARD MEMBERS.”** This will be your opportunity to ask any questions, and get to know our staff and Board members a little better. All participants are encouraged to attend this program.

BLOOD PRESSURE CLINIC

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



CRAFTS WITH LAVADA WALL:

This month crafters will have two special opportunities to make something beautiful and unique.



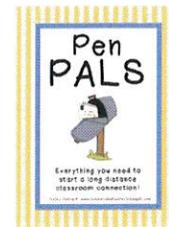
Join Lavada **WEDNESDAY, MARCH 12 at 10:30 a.m.** as she assists crafters as they create their own **FAMILY TREE**. Cost for this class is \$1, which covers all supplies. If you plan on attending, please sign the sheet posted on the bulletin board outside Barbara’s office.



Come back **THURSDAY, MARCH 13 at 10:30 a.m.** as crafters will be making a beautiful **EASTER CANDY HOLDER**. This will hold all those favorite Easter treats and more. Cost for this class is also \$1, which covers the supplies. If you plan on attending this crafting session, please sign the sheet posted on the bulletin board outside Barbara’s office.

PEN PALS

Be here **THURSDAY, MARCH 14 at 10:30 a.m.** for the latest installment from your Spindale Elementary pen pal. You then can spend some time catching your pal up to date with your latest news and pearls of wisdom.



“NOVEL APPROACH” (BOOK CLUB)

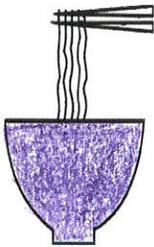
Spring is just around the corner, and we have switched to daylight savings time, so this affords us the perfect opportunity to spend a little time outside soaking up nature while enjoying a great book. What have you read lately? Come share with the group **FRIDAY, MARCH 15 at 10:30 a.m.** It’s not too late to start thinking of the books you want to take on your upcoming vacations.



TRIP TO GREEN ROOM THEATER’S MATINEE SHOWING OF:



“Quilters” dramatizes the lives of American pioneer women through a series of short stories and music—focusing on the challenges and realities of frontier life. Discover school days, courtship, weddings, childbirth, country roads, religion, raising children, aging, and even log cabins. See how the various “quilt blocks” of their lives are stitched into one glorious and brilliantly colorful quilt. Join us as we leave the Senior Center on **SUNDAY, MARCH 17 at 1:15 p.m.** and head to Newton for the **3:00 MATINEE** of “**QUILTERS.**” After the play, we will stop at J & S Cafeteria for dinner, and arrive back at the Center around 7:30 p.m. **The cost for the matinee is \$15, and seating is limited to first 12 who sign up and pay.** The sign-up sheet is located outside Barbara’s office. Additionally, please complete a “2013 Trip Release Form” prior to the outing.



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

March is National Noodle Month. According to legend, noodles were first made by German bakers in the 13th

century, who fashioned dough into symbolic shapes, such as birds, words and stars. They were then baked and served as bread. One-half cup of noodles contains just one fat gram, 106 calories, and 5 mg of sodium, as well as important nutrients including B-vitamins, iron, and protein. Using this as our theme, the **RECIPE CLUB** will meet **MONDAY, MARCH 18 at 10:30 a.m.** Everyone is asked to bring in their favorite recipe(s) using noodles—anything from soup to casseroles.



“BE SEEN IN GREEN” DAY

In honor and recognition of St. Patrick’s Day, dress all in green on **MONDAY, MARCH 18.**



SHIIP PROGRAM: MEDICARE FRAUD & ABUSE, SCAMS, IDENTITY THEFT

Seniors mark your calendars and be in the dining room **TUESDAY, MARCH 19 at 10:30 a.m.** to hear Diane Trainor, as she discusses “**MEDICARE FRAUD AND ABUSE, CURRENT SCAMS TARGETING SENIORS, THE IMPORTANCE OF PROTECTING ONE’S IDENTITY, ALONG WITH TIPS ON HOW TO PREVENT BECOMING A VICTIM OF SCAM ARTIST.**” Diane is a Senior Medicare Patrol Outreach Specialist for the Seniors Health Insurance Information Program (SHIIP) through the NC Department of Insurance in Raleigh, NC. She works out of her Asheville home, and presents programs such as this to senior centers, nutrition sites, retirement centers, church groups, and civic organizations across 22 counties. Useful materials will be distributed to attendees that they can share with their family and friends.

“IN LIKE A LION OR LAMB” TEA PARTY



Share fun, fellowship, tea, and treats with us **WEDNESDAY, MARCH 20 at 9:30 a.m.** at our “**IN LIKE A LION OR LAMB” TEA PARTY.** Bring your favorite dish to share, and join the group for a spot of tea, yummy snacks, and heart-felt fellowship. Don’t forget to sign up at the front desk if you plan on attending.



FREE HEARING SREENINGS

Cynthia Harmon, the Hard of Hearing Services Specialist, from the North Carolina Division of Services for the Deaf and the Hard of Hearing, will be conducting **FREE HEARING SCREENINGS** for seniors by appointment only on **WEDNESDAY, MARCH 20.** Appointments will be available every 15 minutes between **9-11:00 a.m.** and **12:30-2:00 p.m.** You must schedule your appointment before hand by signing up on the bulletin board outside Barbara’s office.



MEDICINE DROP



The United Way and Rutherford County Sheriff’s Department will host a **MEDICINE DROP** at the Senior Center on **FRIDAY, MARCH 22 from 9:00 a.m. – 1:00 p.m.** All prescription and over-the-counter medicines will be accepted—(except radioactive chemotherapy drugs) and properly disposed of. All pills must be in a bottle, blister pack, or sealed plastic food storage bag. All bottles of liquid medication must be placed inside a sealed plastic food storage bag.

Don’t let your old medications fall into the wrong hands, or pollute our ground water by disposing of them incorrectly. For your information, a permanent drop box is located in the lobby of the Sheriff’s office in Rutherfordton.



MEET AND EAT CLUB

Have you been craving salt and pepper catfish, or maybe crispy popcorn shrimp? You are in luck!

The Meet and Eat Club will visit **Big Dave's Family Seafood**, in Forest City on **THURSDAY, MARCH 21 at 5:15 p.m.** Don't forget to sign up on the bulletin board outside Barbara's office if you plan on attending.

Wii FUN

The Wii will be set up the following afternoons at **1:00 p.m.** for your enjoyment:

Thursday, March 7
Thursday, March 14
Tuesday, March 19

CHAIR EXERCISES

Barbara will lead everyone in Chair Exercises at **11:15 p.m.** the following days:

Tuesday, March 5
Tuesday, March 26

TAX PREPARATION



It's not too late to get an appointment to have your taxes prepared. This **FREE** service is for those aged 60 and over, and low to moderate income. The trained AARP Tax-Aide Service tax preparers are available every **THURSDAY & FRIDAY now thru April 12 by appointment only**—*no drop-ins accepted*. Call 287-6409 or see the Senior Center's front receptionist to schedule an appointment.

SILVERSTRIDERS

Keep burning up those miles on the walking trail. Congratulations SilverStriders for your great totals.

January Totals:

Sally Glover	1,145 minutes walked
Betty McFarland	884 minutes walked
Annabelle Smith	360 minutes walked
Kay Smith	575 minutes walked



BIRTHDAY RECOGNITION

Join in the fun as we recognize and celebrate all the March birthdays **THURSDAY, MARCH 28 at 11:30 a.m.**



SHOPPING TRIP

Mark your calendars now for the upcoming **SHOPPING TRIP TO CONCORD MILLS** on **TUESDAY, APRIL 9, 2013**. We will leave from the Senior Center at 8:30 sharp and travel by Travel

Lynx bus. Lunch will be on your own at Concord Mills. The bus will leave the mall at 3:00 p.m. and head back to Spindale. If you plan on going, please sign the sheet posted on the bulletin board outside Barbara's office, or call 287-6413. **The cost of trip is \$15, and is due when you sign up.**
NOTE: DEADLINE TO SIGN UP IS THURSDAY, MARCH 28.



NEWSLETTER MAILING LIST



As thrifty individuals can understand, the Center is always looking at ways to save money on our daily operating costs. Currently we are reviewing our extremely large mailing list for the newsletters, and hope to cut it by 40 to 50 percent. Here are several ways that you can assist:

- If you come to the Center, please pick up a Newsletter instead of asking us to mail you a copy—PLEASE let a staff member know to remove your name from our mailing list;
- View the newsletter online. Go to: **rutherfordcountync.gov**; select **departments**; select **Senior Center**;
- Send your email address to: debbie.conard@rutherfordcountync.gov and you will be emailed a full-color copy of the Newsletter each month.

Thank you for your assistance.

SENIOR GAMES EVENTS

“GEARING UP FOR THE GAMES”

NORTH
CAROLINA
Senior Games



It's that time of year again, and it's your time to create, perform, and play. **SENIOR GAMES REGISTRATION WILL BE FROM MARCH 1-15.** Whether you take part in the SilverArts or the Sporting Events **everyone has to be registered by March 15. No Exceptions!** We will have several practice sessions in the sporting events so be sure to watch your calendars so you will get in some practice before the events begin.

REGISTRATION ASSISTANCE



Barbara and Crystal will be available to assist with completing your Senior Games Registration Form and answering any questions that you may have on **FRIDAY, MARCH 1** and **MONDAY, MARCH 4** from **9:30—11:00 a.m.** both days.

SILVERARTS

SilverArts Categories included: Heritage Arts, Visual Arts, and Literary Arts. Each year we have many talented seniors showcasing their art in one or all of these categories. Following is the timeline of events for SilverArts:

- **MARCH 21 and 22 (Thursday & Friday)** between **9:00 a.m. -1:00 p.m.** SilverArts participants bring in your work.
- **MARCH 25 (Monday)** SilverArts Judging. (The craft room will be closed all day.)
- **MARCH 26 – MARCH 28 (Tuesday-Thursday)** SilverArts on display (open to public)
- **MARCH 28 (Thursday) SILVERARTS**
 - **9:00 a.m. RECEPTION**
 - **10:45 a.m. AWARDS PRESENTATION**
 - All SilverArts participants are encouraged to attend.
 - Please pick up your work to take home after lunch.

TEMPORARY RELOCATION

All of the needlework, stitchery, and knitting classes will temporarily relocate to the **CONFERENCE ROOM** from **THURSDAY, MARCH 21** until **THURSDAY MARCH 28**, due to the SilverArts display.



PERFORMING ARTS FOLLIES

Join us for a night of fun and entertainment on **FRIDAY, APRIL 5 at 7:00 p.m.** for the Senior Performing Arts Follies. This event is open to the public, and admission is only \$2.00. There will be a large variety of acts such as: dance, singing, comedy, and many more surprises! You will not want to miss this one!



SENIOR GAMES

What an exciting time of year it is! Spring is upon us, and it's time for Rutherford County seniors to "Go for the Gold." **THE SENIOR GAMES WILL RUN FROM APRIL 12 – 26.**

Join in the kick-off by attending the following opening events on **FRIDAY, APRIL 12:**

- **SILVERSTRIDERS FUN WALK - 9:00 a.m.** (Senior Walking Trail)
- **10:15 a.m. OPENING FESTIVITIES**
Everyone will gather in the dining room for the official opening of the Senior Games. There will be a special speaker to motivate everyone for all the upcoming events.

UPCOMING PRACTICES:

Practices will be held for the following at both **10:00 a.m. and 1:00 p.m.** on the dates listed:

SHUFFLEBOARD – Monday, March 25

CORN HOLE – Tuesday, March 26

FOOTBALL THROW – Wednesday, March 27



MARCH EVENTS FOR:



ELLENBORO NUTRITION CENTER BETHEL BAPTIST CHURCH

March 1 11:00 Ten Tips for Healthy Meals
 March 4 9:30 Bible History w/Leonard Goforth 11:00 Tell a Joke Day
 March 5 10:00 Bible History w/Leonard Goforth 10:30 Word Search
 March 6 10:00 Making Pot Holders; 10:30 Spelling Bee
 11:00 Guest Speaker-Sheila White from Autumn Care
 March 7 10:00 Tea Party w/cookies 11:00 Remembering Barbie (1959)
 March 8 11:00 Share something special about your best friend
 March 11 10:30 Mind Games 11:00 Spelling Bee
 March 12 10:00 Coupon Club – bring coupons to exchange
 March 13 10:00 Checkers, Bridge, Crosswords 11:00 Bible History
 March 14 10:00 Popcorn & Fellowship 11:00 Current Events

March 15 10:00 Recognizing St Patrick's Day 10:30 Green Fun Facts
 March 18 11:00 Group: "Old Time Remedies – Do They Work?"
 March 19 10:00 Puzzle Time
 March 20 10:00 Group: "Likes and Dislikes?" 11:00 Make Hand Lotion
 March 21 10:00 It was the Year-1958 11:00 Current Events Discussion
 March 22 11:00 Tell A Joke Today
 March 25 10:00 Master Detective Game 11:00 Animal Humor
 March 26 10:00 Bring Magazines to Swap
 March 27 10:00 Recognition of March B'days 10:30 Favorite B'day Memory
 March 28 10:00 Wear Your Easter Bonnet;
 11:00 Tell Someone You Love Them Day

Also, Walking & Team Spirit Exercise every day at 9:00 at the Life Center; Bingo every Tuesday at 11:00; Scattergories 15 & 22 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

March 1 10:00 National Pig Day – Pig Facts
 March 4 10:00 St. Patrick's Day Craft – Shamrock Wreath
 March 5 10:30 Paper Crafts
 March 6 10:30 St. Patrick's Day Mix-Up 11:00 Celebrate Your Name
 March 7 10:30 Recognition of March's Birthdays
 March 8 10:00 80th Anniversary of Monopoly
 March 11 10:30 National Peanut Butter Day – Favorite Recipe
 11:00 Debut of Barbie 1959–Who Has the Oldest Barbie Doll?
 March 12 10:30 Red Cross Month-Wear Red 11:00 Favorite GS Cookie
 March 13 10:30 National Quilting Day 11:00 Guest Speaker-Sheila White

March 14 10:30 Irish Blessings and Toasts
 March 15 10:45 Wear Green – St. Patrick's Day Facts
 March 18 10:00 Easter Craft 11:00 This Was the Year-1994
 March 19 10:30 Easter Craft 11:00 RCSD Senior Fraud w/Phillip Bailey
 March 20 10:45 Gardening w/Cindy Street
 March 21 10:00 Doctor's Crossword Puzzle
 March 22 10:00 Trivia Plus
 March 25 10:00 Animal Humor 11:00 This Was the Year-1946
 March 26 10:30 What is Your Nickname? 11:00 Name Gnome Game
 March 27 10:30 Favorite Easter Memory 11:00 Crucifixion Eggs
 March 28 10:30 Group: When will you plan your garden? 11:00 Easter Party

Also, Coffee & Chatter every day at 9:00; Blood Pressure Check at 9:30 every Monday; Walking Inside at 9:30 every Tuesday-Fridays; Piano Music with Barbara Moore every Tuesday at 10:00; Scattergories every Wednesday at 10:00; Bingo every Thursday; Biblical History w/Rev. Glenn Wilson every Friday at 10:50 or 11:00; games, fellowship, and more daily. Call Kay at 657-5441 for more information.

SHINGLE HOLLOW NUTRITION CENTER SHINGLE HOLLOW COMMUNITY BUILDING

March 6 10:30 Jewelry Making – Betty Parker, Instructor
 March 7 10:30 Learn How to Crochet – Stephanie Deese, Instructor
 March 13 10:30 Making Spring Wreaths
 March 14 10:30 Finish Making Spring Wreaths
 March 20 10:30 Jewelry Making Continued – Betty Parker, Instructor

March 21 10:30 Learn How to Crochet – Stephanie Deese, Instructor
 March 27 10:30 Blood Pressure Check (closed this coming Friday)
 11:00 Bingo (closed this coming Friday)
 March 28 10:30 Easter Party & Games

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



ALL CONGREGATE MEAL SITES WILL BE CLOSED: GOOD FRIDAY – MARCH 29.

SENIOR CENTER ADVISORY BOARD MEMBERS:

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

SENIOR CENTER STAFF:

Angela Ezell, Director

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



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

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