THE SENIOR CENTER NEWSLETTER

SAFE TODAY. HEALTHY TOMORROW.
OLDER AMERICANS MONTH 2014

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.

MAY 2014

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

A UNITED WAY MEMBER AGENCY

FROM DIRECTOR ANGELA EZELL'S DESK

Dear Friends:

Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to helping them stay healthy and active.

This year's theme for Older Americans Month is: "Safe Today - Healthy Tomorrow." The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.

Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With an emphasis on safety during Older Americans Month, we encourage older adults to learn about the variety of ways they can avoid the leading causes of injury, like falls.

The following are safety tips to help prevent falls:

- Install handrails and grab bars wherever they are helpful, especially around stairs and in the bathrooms.
- Ensure ample lighting inside and outside of your home, particularly around frequently used walkways. Add one or more nightlights between your bedroom and bathroom.
- Choose shoes with non-slip soles that provide support without bulk that could cause you to trip.
- Use a walking aid, if needed to improve balance and stability

While the Rutherford County Senior Center provides services, support, and resources to older adults year-round, Older Americans Month is a great opportunity to show special appreciation! Barbara Hill, our Program/Activity Coordinator, has many activities and events planned to celebrate Older Americans Month at the Senior Center. Be sure to come participate and enjoy the many different activities!

See you at the Center soon!

Angela Ezell

REMINDER
PRE-REGISTER FOR LUNCH

TO ENSURE THAT YOU WILL BE SERVED LUNCH, PLEASE PRE-REGISTER BY 12:00 NOON THE DAY <u>BEFORE</u> YOU PLAN TO EAT. For your convenience, you may pre-register up to 4 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, just call the Senior Center at 287-6409 before 9:30 a.m. and cancel.**

VOLUNTEERS NEEDED:

Volunteers are always welcomed and needed at the Senior Center. Current volunteer opportunities include:

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 each weekday, the Meals on Wheels volunteer is providing a "mini visit" and a warm, friendly smile to individuals who might not see anyone on a daily basis. Please contact Angela Ezell at 287-6411 for information on how to become a volunteer with Meals on Wheels.

SENIORS' HEALTH INSURANCE INFORMATON PROGRAM (SHIIP) VOLUNTEER:

SHIIP volunteers help seniors at the Rutherford County Senior Center with questions regarding Medicare, Medicare supplements, Medicare claims processing, Medicare Advantage, Medicare prescription drug plans, and long-term care insurance. Please contact Angela Ezell at 287-6411 for more information on how you can become a certified SHIIP counselor today.

COUPON ROOM VOLUNTEER:

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 remove the expired coupons. Please contact Barbara 287-6413 or Crystal 287-1239 for more information.

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.

MAY IS OLDER AMERICAN'S MONTH

SAFE TODAY. HEALTHY TOMORROW.
OLDER AMERICANS MONTH 2014

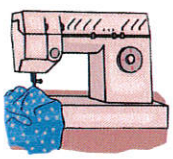
THIS YEAR'S THEME IS:
"SAFE TODAY – HEALTHY TOMMOROW"
FOCUSING ON INJURY PREVENTION

Older adults are at a much higher risk of unintentional injury and even death than the rest of the population. In fact, in 2012 in North Carolina – 756 older adults died as a result of an unintentional fall (with more than half of these coming from adults age 85 and older) and 1,689 older adults that died of an injury-related death. Please take time to review and implement safety measures in your home and life to help ensure a ***Safe Today, Healthy Tomorrow***!

QUILTING CLASS

Date: Thursday, May 1 then
Continuing each Tues & Thurs in May
Time: 9:00 – 11:00 a.m.
Instructor: Judy Smith

Whether you are an experienced quilter or this is a new art form that you want to explore – this series of quilting classes is one you will not want miss! **<u>During the 1st meeting on May 1, you will discuss supplies and projects only.</u>**



BREAKFAST WITH THE DIRECTOR

Date: Thursday, May 1
Time: 10:00 a.m.
PRE-REGISTRATION IS REQUIRED
Limited to the first 10 who sign up on the sheet outside Barbara's Office.
Please Note: IF YOU PREVIOUSLY ATTENDED BREAKFAST WITH THE DIRECTOR IN SEPT 2013 OR JAN 2014 PLEASE DO NOT SIGN UP AGAIN SO EVERYONE HAS A FAIR CHANCE AT ATTENDING.

This is **YOUR** opportunity to meet and talk with Angela in a relaxed and informal setting and share any concerns, make suggestions, and/or express how you feel things are going at the Center. It's also a great way for new participants to learn more about the Center. A light breakfast will be served.

DIABETIC SHOE CLINIC

Date: Friday, May 2
Time: 10:30 a.m. – 1:00 p.m.

Allen Church, a diabetic shoe specialist, will be at the Senior Center conducting a Diabetic Shoe Clinic.

SENIOR GAMES CLOSING & AWARDS CEREMONY

Date: Friday, May 2
Time: 6:00 p.m.

Everyone is invited to join us tonight for the **2014's SENIOR GAMES CLOSING AND AWARDS CEREMONY.** The winners from all sporting events will be recognized and presented their medals. A reception will follow at the close of the ceremony. **All Senior Game participants (SilverArts, Performing Arts, and Sporting Events) are encouraged to attend.**

SPECIAL THANKS TO OUR 2014 SENIOR GAMES SPONSORS:

Henry Boelens

Brew House

Gentiva Home Health

Go-Forth Services, Inc.

Golden Valley Missionary Methodist Church

Healing Touch Chiropractic Center

Henson Building Materials

Holland & Hamrick Architects PA

Humana MarketPOINT, Inc.

Making Ends Meet Consignment Store

Moore's Auto Sales

Moose Vending, Inc.

PNC Bank of Forest City

Rentals Unlimited

Rotary Club of Rutherford Club

Smith's Drugs of Forest City

ZUMBA

Days: Monday - May 5 & 19
Time: 5:30 p.m.
Instructor: Wavolyn Norville

When attempting to "tone up" or lose weight, finding exercise that is fun, easy, and modifiable for different fitness levels is crucial to a person's success. Zumba is a great choice 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!

SPECIAL PROGRAM: "FRAUD, SCAMS, IDENTITY THEFT, PHONE SCAMS, ETC"

Date: Tuesday, May 6
Time: 10:30 a.m.
Location: Dining Room
Speaker: Kim Roberson, PNC Bank of Forest City

Mark your calendars and be here today for this important program on various fraud and scams. While everyone is vulnerable to scams, seniors seem to be especially attractive "prey" for con artist because they are more likely to have a "nest egg", excellent credit, and/or own their own home. Additionally, seniors tend to be more trusting and polite because of the era they grew up in. This is one you will not want to miss!

ICE CREAM SHOP

Date: Tuesday, May 6
Time: 1:00 p.m.
Cost: .50 per scoop & .10 per topping
Location: Dining Room

"I scream", "You scream", "We ALL scream for ICE CREAM!" Join us after lunch today for a Senior Center favorite – our very own **ICE CREAM SHOP**. We will have a large variety of delicious toppings. What a great bargain for a warm spring day!

PEN PAL EVENTS:

WRITING IN JOURNAL

Date: Wednesday, May 7
Time: 10:30 a.m.

Pals be sure and be here today as this will be your last chance to write in your Spindale Elementary Pen Pal's journal before this school year is over! (Can you believe school will be out in just a few short weeks?) This journal is sure to become a treasured keepsake for the student and an experience they will never forget!

PEN PALS VISIT SPINDALE ELEMENTRY

Date: Wednesday, May 21
Time: Leave Center at 9:30
Be sure to sign on the sheet posted outside Barbara's office if you plan to ride the van to the school.

The Senior Pen Pals will travel to Spindale Elementary for a face-to-face "good-bye visit" with their student pal. What a perfect way to wrap up the school year and opportunity to wish your pal a happy and safe summer! Seniors will return to the Center before lunch.

TRIP TO SHELBY THRIFT STORES

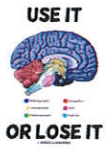
Date: Wednesday, May 7
Time: Leaving Center at 10:00 a.m.
Cost: $1.00
Pre-registration is required. Van riders are limited to the first 11 who sign up on sheet outside Barbara's office.

What a FUN day! You will travel to several Thrift Stores in the Shelby area searching for the ultimate bargain! The group will stop for a pizza buffet lunch. Sign up early – this one will fill up fast!

"USE IT OR LOSE IT"

Day: Thursday, May 8
Time: 10:30 a.m.

Your brain is no different from any other muscle in your body – either *use it or lose it*! The brain is a learning machine. To keep it strong you must continually develop new skills. Keep activities challenging and progressive. Join us today for the Center's version of "USE IT OR LOSE IT." We will exercise and challenge your brain to help keep it working at its optimal level!



DRAWING FOR SPACES/TAILGATE SALE

Day: Thursday, May 8
Time: 11:15 a.m.

Sellers in tomorrow's Tailgate Yard Sale will draw a number to determine the space you will be assigned. **You must have signed up on the sign-up sheet outside Barbara's office, completed a "Tail-Gate Yard Sale Agreement form" and paid a $10 deposit to participate.** Your deposit will be refunded after you stay the entire length of the sale, or give a 24-hour notice if you are unable to attend. **NO TABLES WILL BE PROVIDED.**

TAIL-GATE YARD SALE

Day: Friday, May 9
Time: 8:00 a.m. – 11:00 a.m.
(Rain date: May 16)

Shoppers tell your friends and neighbors and everyone come and support the Center's **TAIL-GATE YARD SALE!** There will be a large variety of items for sell by multiple "sellers." There is sure to be something for everyone!

BLOOD PRESSURE CHECK

Date: Monday, May 12
Time: 9:00 – 11:00 a.m.
Sponsor: Rutherford Regional

It's time for the nurse from Rutherford Regional to come and conduct our monthly blood pressure checks. Don't forget to pick up your BP record card at the front desk for the nurse to record on.

MUFFINS FOR MOMS

Date: Monday, May 12
Time: 9:00 – 10:00 a.m.

Happy Mother's Day to all ladies! We invite you to join us for muffins and coffee in your honor today.

SPECIAL SPEAKER: "CHIROPRACTIC ACCUPUNCTURE"

Date: Tuesday, May 13
Time: 10:30 a.m.
Speaker: Dr. Drew Morris

Dr Morris from Chiropractic Plus will speak to us today on chiropractic acupuncture and how it works.

COKE FLOATS

Date: Tuesday, May 13
Time: 1:00 p.m.
Cost: .50 small or $1.00 large

Coke was invented in May 1886 by Dr. John Pemberton a pharmacist from Atlanta, Georgia. It was first sold to the public at the soda fountain in Jacob's Pharmacy in Atlanta on May 8, 1886, and until 1905 the drink was marketed as a "tonic" and contained extracts of cocaine and the caffeine-rich kola nut. Dr. Pemberton sold the formula in 1887 to Atlanta pharmacist and businessman, Asa Candler for $2,300, and by the late 1890s Coca Cola was one of America's most popular fountain drinks! (I bet Dr Pemberton's descendants still think about "THE ONE" that got away!") While the coke formula has changed a little over the years, it has not changed that it is still one of the most popular drinks in America! **Stop by the Center and enjoy a delicious Coke Float this afternoon!**

LAKE LURE CLOGGERS

Date: Wednesday, May 14
Time: 10:30 a.m.

The Lake Lure Cloggers are great dancers and they are always a hit no matter where they perform! Bring a friend and come today for a great show!

DIABETIC SUPPORT GROUP

Date: Thursday, May 15
Time: 10:30 a.m.
Speaker: Anita Phillips, RN
Location: Conference Room

Anita Phillips, RN and Diabetes Educator from Rutherford Regional will be here today discussing "Exercise and Diabetes." Remember you do not have to be a diabetic to attend this meeting. This is good health information for everyone.

B-I-N-G-O

Date: Friday, May 16
Time: 1:00 p.m.

B—I—N—G—O! Always a crowd pleaser! Join Barbara and Crystal for a fast paced, full-filled session of afternoon bingo!

TRIP TO GREEN ROOM THEATER

Day: Sunday, May 18
Time: leave Center at 1:15 p.m.
Cost: $15
Pre-registration is required – sign up on sheet outside Barbara's office. Van riders limited to first 12 who sign up.

Travel to the Green Room Theater in Newton, NC to see "Rex's Exes" – the sequel to last year's "The Red Velvet Cake War." The Verdeen cousins of Sweetgum, Texas are teetering on the brink of disaster again! From unwanted birthday parties to hilarities at the "Wide Bride" (a wedding boutique for big gals) to unexpected funerals, you'll find yourself hoping your next family celebration is even half this much fun! After the matinee, the group will stop by J&S Cafeteria for dinner before traveling back to the Center.

RECIPE CLUB

Date: Monday, May 19
Time: 1:00 a.m.

The "Incredible Egg" – at 70 calories each, eggs are rich in almost every essential vitamin and mineral needed by humans. Eggs contain over 6 grams of protein – and are what all other protein sources are measured against. Even the American Heart Association has amended its guideline on eggs – there is now "no longer a specific recommendation on the number of egg yolks a person may consume in a week." **Today the Recipe Club will share their favorite recipes featuring eggs.**

FLOWER ARRANGING DEMONSTRATION

Date: Tuesday, May 20
Time: 10:30 a.m.
Instructor: Gerry Roberts

May is "Gifts from the Garden" month. Today Gerry will have a variety of beautiful flowers and share several creative and unique ways for displaying and arranging them.

TEA PARTY

Date: Wednesday, May 21
Time: 9:30 a.m.

Join friends today and share a cup of your favorite tea and delicious goodies. Be sure to sign-up at the front desk if you plan on attending. Don't forget to bring your favorite treat to share with everyone.

SPECIAL PROGRAM: "ADVANCE PLANNING, RETIREMENT INCOME, AND FINAL EXPENSES"

Date: Thursday, May 22
Time: 10:30 a.m.
Speaker: Tim Francis & Josh Francis

Tim is the area manager of the Woodmen of the World. Today he will speak on the topics of: "**Planning for Change**"- advance planning in the event of illness or death. Additionally he will discuss "**Savings and Retirement Income**" and the effects that Longevity Risk (outliving our money) and Withdrawal Risk (taking too much too often during our lifespan) has on the lifestyle. He will give strategies to try and ensure that this doesn't happen. Lastly Tim will address "**Final Expenses**" and how life insurance is the best way to pay for funeral expenses and ease your family's mind in their time of sadness.

MEET AND EAT

Date: Thursday, May 22
Time: 5:15 p.m.
Location: Big Dave's of Forest City
Pre-registration is required – the sign-up sheet is outside Barbara's office

Who doesn't enjoy having a good meal at a local restaurant with friends? Join us tonight at Big Dave's in Forest City for some delicious seafood. Note: You are responsible for paying for your own meal.

ROYAL QUARTET – GOSPEL SINGING

Date: Friday, May 23
Time: 10:30 a.m.

Did you know that Southern Gospel is sometimes called "quartet music" by fans because of the originally all-male, tenor-lead-baritone-bass quartet make-up? Be here this morning for some good gospel singing and bring a friend. You will not be disappointed!

CHAIR VOLLEYBALL

Date: Tuesday, May 27
Time: 10:30 a.m.

Chair Volleyball is FUN, it will make you laugh, AND you will get some good exercise for your upper body as well! A Center Favorite!

PRICE IS RIGHT

Date: Wednesday, May 28
Time: 10:30 a.m.

"COME ON DOWN" who would not LOVE to hear the announcer call your name and that phrase? Well, since we are not in California, the Center will host their own "Rutherford County" version of The Price is Right! You might not win a car or a trip, but you are guaranteed to have FUN!

VOLUNTEER APPRECIATION BREAKFAST

Date: Thursday, May 29
Time: 8:30 – 10:00 a.m. (drop-in)

The Senior Center would not be able to offer all the numerous activities or serve the thousands of meals without the help from our many, many awesome volunteers! Whether you deliver meals, call tables, serve lunch, fold newsletters, or anything and everything both big and small you do to assist the Center…We want to say THANK YOU and show you our sincere APPRECIATION by inviting you to attend our annual **VOLUNTEER APPRECIATION BREAKFAST.** Please drop by at your convenience between 8:30 – 10:00 a.m.

FAMILY FEUD

Date: Thursday, May 29
Time: 10:30 a.m.

Since its premiere in 1976, *Family Feud* has aired during 31 non-consecutive seasons and is a favorite among American game shows. Be here as the Center hosts its own version. This is sure to become a Center favorite!

TRIP TO STRAWBERRY HILL

Date: Friday, May 30
Time: 10:45 a.m. – leave the Center
Cost: $1.00
Be sure and sign up on the bulletin board outside Barbara's office – van riders limited to first 11 who sign up.

At the J.E. Cooley Farm, delicious red strawberries, tree-ripened peaches, and sweet, plump blackberries, are hand-picked for you daily in season. We have fresh churned strawberry and peach ice cream. Join us today as we travel to get fresh produce and enjoy a home-cooked southern meal in their old-fashioned café.

BIRTHDAY RECOGNITION

Date: Friday, May 30
Time: 11:30 a.m.
We will recognize all those who celebrated May birthdays.

SilverStriders

MARCH WALKING TOTALS:

Joanie Gaultney	540 minutes walked
Reid Gaultney	735 minutes walked
Betty McFarland	695 minutes walked
Annabelle Smith	780 minutes walked
Jerry Thorton	786 minutes walked

CAROLINA CROSS CONNECTION

Carolina Cross Connection volunteers will be assisting seniors with various home projects such as: painting, cleaning up yards, window washing, building ramps, etc. *(no electrical, masonry,or plumbing)* on the following dates:

June 16 – July 26

If you would like to be considered for this service, please see Barbara Hill or Crystal Upton to fill out an application form before June 3.

SHIIP NEWS

Dental Insurance for Medicare Beneficiaries

We all know that Medicare does NOT cover most dental services, as noted in the 2014 "Your Medicare Benefits" publication:

> *Medicare doesn't cover most dental care, dental procedures, or supplies, like cleanings, fillings, tooth extractions, dentures, dental plates, or other dental devices. Part A will pay for certain dental services that you get when you're in a hospital. Part A can pay for hospital stays if you need to have emergency or complicated dental procedures, even though the dental care isn't covered.*

Medicare beneficiaries living in North Carolina are allowed to purchase a stand-alone dental plan.

Medicare and Eye Care

It would appear that the most recent guidance from CMS supports some limited coverage of eyeglasses or contact lenses following cataract surgery. It would also appear, however, that paying for the refraction for those lenses (of whatever sort) is the responsibility of the beneficiary.

Please see below an excerpt from the "Your Medicare Benefits" 2014 publication from CMS:

> ***Eye exams***
>
> *Medicare doesn't cover routine eye exams (sometimes called "eye refractions") for eyeglasses or contact lenses. Medicare covers some preventive and diagnostic eye exams:*
>
> - *See Yearly eye exam under Diabetes services & supplies on pages 21–23.*
> - *See Glaucoma tests on page 29.*
> - *See Macular degeneration on page 35.*
>
> ***Eyeglasses/contact lenses***
>
> *Generally, Medicare doesn't cover eyeglasses or contact lenses. However, following cataract surgery that implants an intraocular lens, Part B helps pay for corrective lenses (one pair of eyeglasses or one set of contact lenses).*
>
> *In 2014, you pay 100% for non-covered services, including most eyeglasses or contact lenses. You pay 20% of the Medicare-approved amount for one pair of eyeglasses or one set of contact lenses after each cataract surgery with an intraocular lens, and the Part B deductible applies. You pay any additional costs for upgraded frames. Medicare will only pay for contact lenses or eyeglasses from a supplier enrolled in Medicare.*

Review of the Self-Administered Drug (SAD) List

Beneficiaries have called with questions about drugs that had previously been administered in a physician's office and are no longer available there. Additionally, they have shared their concern that since they must now purchase those drugs through their Part D coverage (rather than Part B),

they must pay much higher prices for the same drug. What recourse do they have?

Drugs administered in doctors' offices are covered under Part B, and those services are administered by the area's Medicare Administrative Contractor (MAC). In North Carolina the MAC is Palmetto GBA. All MACs have the authority to look regularly at statistics reflecting how much of the population are self-administering a particular drug; and when at least 50% of the population are self-administering, then the MAC can re-classify the prescription they are looking at as a Part D-covered drug and determine that it should be self-administered. When this determination is made, the drug is put on what is known as a Self-Administered Drug (SAD) list. CMS regulations only require that a SAD list be published annually, but the SAD list can be updated at any time a determination is made. If the beneficiary and his health care provider feel that a drug newly placed on the SAD list cannot be self-administered by the beneficiary who's taking the drug, then the provider and the beneficiary need to work together to file an appeal with Palmetto GBA. While it's true that the beneficiary can file the appeal on his own, he will also, however, need the help of the provider in documenting the medical necessity of the drug's administration in a doctor's office. The provider can also contact Palmetto GBA through the provider line and try to accomplish a benefit category denial appeal that way. The provider line number is: 1-855-696-0705 and available Monday through Friday, 8 am to 4:30 pm.

Luckily for you, the Rutherford County Senior Center has trained certified SHIIP counselors who can help interpret and answer your Medicare questions. Call 287-6409 or stop by the front reception desk and make an appointment today. You will receive free, unbiased information about Medicare health care products.

BOX TOPS FOR EDUCATION

The Senior Center has an ongoing project 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.

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. Paper and pen are provided and you do not have to sign your name – please include the date with your suggestion though. Additionally, you can always stop by our Director's office – Angela is willing to listen to your suggestions or comments. ***This is YOUR Center and we welcome your feedback.***

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

Reminder, 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.

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.

MAY 2014

ELLENBORO CONGREGATE MEAL PROGRAM

Located at: Bethel Baptist Church
479 Main Street, Ellenboro NC 28040
Site Manager: Susan Toney

Telephone: 453-8668

NOTE NEW HOURS:

10:00 a.m. – 1:00 p.m. (MONDAYS ONLY)

9:00 a.m. – 1:00 p.m. (TUESDAY – FRIDAY)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PLEASE NOTE: **STARTING MAY 5 ALL SATELITE CONGREGATE MEAL SITES WILL NOT OPEN UNTIL 10:00 a.m. ON MONDAYS ONLY**	**THE REMAINER OF THE WEEK (TUESDAY-FRIDAY) WILL OPEN AT 9:00 a.m.**		9:00 Walking & Exercise **1** Family Life Center 10:00 **There's A Hymn for Everyone** 11:00 **"Flowers" Word Search**	9:00 Walking & Exercise **2** Family Life Center 10:00 **Blood Pressure Check** 11:00 **Rhubarb History, Facts & Recipes**
5 10:00 **Things to Avoid in a White Shirt** 11:00 **Hypoglycemia Information Sheet**	9:00 Walking & Exercise **6** Family Life Center 10:00 **Trivia Plus** 10:30 Coffee & Conversation 11:00 **Bingo**	9:00 Walking & Exercise **7** Family Life Center 10:00 **Do You Know Your Cars?** 11:00 **"Spring Flowers" Word Search**	9:00 Walking & Exercise **8** Family Life Center 10:00 **Blood Pressure Check** 11:00 **Medical Notes "Arthritis"**	9:00 Walking & Exercise **9** Family Life Center 10:00 **"Mom"isms Crossword** 10:30 **"Mother's Day" Picture Words** 11:00 **"Mother's Day" Recognition**
12 10:00 **The Year That Was... 1949** 11:00 **"Apple" Word Search**	9:00 Walking & Exercise **13** Family Life Center 10:00 **"When Your Doctor Says....."** 11:00 **Bingo**	9:00 Walking & Exercise **14** Family Life Center 10:00 **Poetry** 10:30 **Who Served in the Military?** 11:00 **"Weather" Word Search**	9:00 Walking & Exercise **15** Family Life Center 10:00 **What's on a Lincoln Penny?** 11:00 **"Taps" - The Story Behind the Song**	9:00 Walking & Exercise **16** Family Life Center 10:00 **Blood Pressure Check** 11:00 **Armed Forces Day (17th)**
19 10:00 **"National Rivers" Crossword Puzzle** 11:00 **"Pies" Word Search**	9:00 Walking & Exercise **0** Family Life Center 10:00 **Quotes About Getting Older** 11:00 **Bingo**	9:00 Walking & Exercise **21** Family Life Center 10:00 **Bulletin Board Trivia** 11:00 **"Breast Cancer Awareness" Word Search**	9:00 Walking & Exercise **22** Family Life Center 10:00 **Person, Place, or Thing** 11:00 **"Vegetables" Word Search**	9:00 Walking & Exercise **23** Family Life Center 10:00 **Blood Pressure Check** 10:30 **Vacation Plans** 11:00 **"Ice Cream" Word Search**
26 **CLOSED FOR MEMORIAL DAY**	9:00 Walking & Exercise **27** Family Life Center 10:00 **"Famous Dogs" Crossword Puzzle** 11:00 **Bingo**	9:00 Walking & Exercise **28** Family Life Center 10:00 **Name That Candy** 11:00 **"Summer" Word Search**	9:00 Walking & Exercise **29** Family Life Center 10:00 **"This was the year...1972"** 11:00 **Speaker: "Medicare Fraud"**	9:00 Walking & Exercise **30** Family Life Center 10:00 **Blood Pressure Check** 11:00 **"The Beach" Word Search**

MAY 2014

HENRIETTA CONGREGATE MEAL PROGRAM

Located: Henrietta 1st Baptist Church Social Hall
2736 Harris-Henrietta Rd, Henrietta, NC 28076
Site Manager: Kay Aldridge

Telephone: 657-5441

NOTE NEW HOURS:

10:00 a.m. – 1:00 p.m. (MONDAYS ONLY)

9:00 a.m. – 1:00 p.m. (TUESDAY – FRIDAY)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PLEASE NOTE: STARTING MAY 5 ALL SATELITE CONGREGATE MEAL SITES WILL NOT OPEN UNTIL 10:00 a.m. ON MONDAYS ONLY	THE REMAINER OF THE WEEK (TUESDAY-FRIDAY) WILL OPEN AT 9:00 a.m.	*Strawberry Month*	1 9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 **Bingo**	2 9:00 Coffee & Chatter 9:30 Walking Inside 10:30 **"John Wayne" Word Search** 11:00 Biblical History w/Barbara Moore
5 10:00 **Blood Pressure Check** 10:30 **Craft Time – May Craft – Simple things that make your day**	6 9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:00 **Discussion – My mother was special because……**	7 9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:00 **Mothers Day Poem & Crossword Puzzle**	8 9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 **Bingo**	9 9:00 Coffee & Chatter 9:30 Walking Inside 10:00 **Bring pictures of your mother to share** 10:50 **Recognition of Mothers**
12 10:00 **Blood Pressure Check** 10:30 **Discussion – Where are you going on vacation?**	13 9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:00 **Bring your favorite Apple Pie recipe to share**	14 9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:00 **Diane Trainor speaking on Medicare Fraud**	15 9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories	16 9:00 Coffee & Chatter 9:30 Walking Inside 11:00 Biblical History w/Barbara Moore **Wear Purple for Peace Day**
19 10:00 **Blood Pressure Check** 10:30 **Discussion – What is your favorite Strawberry recipe? Please bring and share**	20 9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:30 **Chocolate Chip Cookie Day – Serve cookies**	21 9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:00 **Discussion – What flowers did you plant this month?**	22 9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 **Bingo**	23 9:00 Coffee & Chatter 9:30 Walking Inside 11:00 Biblical History w/Barbara Moore **Memorial Day Program**
26 **CLOSED FOR MEMORIAL DAY**	27 9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:30 **20 Reasons we think your TEA-rriffic**	28 9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:00 **Trivia Plus** 10:30 **Recognition of May Birthdays**	29 9:00 Coffee & Chatter 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 **Bingo**	30 9:00 Coffee & Chatter 9:30 Walking Inside 11:00 Biblical History w/Barbara Moore 10:50 **Trivia Plus**

MAY 2014

SHINGLE HOLLOW CONGREGATE MEAL PROGRAM

Located: Shingle Hollow Community Center
2630 Cove Rd, Rutherfordton NC 28139
Site Manager: Joyce Bailey Telephone: 287-0960

NOTE NEW HOURS:

10:00 a.m. – 1:00 p.m. (MONDAYS ONLY)

9:00 a.m. – 1:00 p.m. (TUESDAY – FRIDAY)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PLEASE NOTE: **STARTING MAY 5 ALL SATELITE CONGREGATE MEAL SITES WILL NOT OPEN UNTIL 10:00 a.m. ON MONDAYS ONLY**	**THE REMAINER OF THE WEEK (TUESDAY-FRIDAY) WILL OPEN AT 9:00 a.m.**		9:00 Coffee & Chatter **1** 9:30 Word Search 10:00 Walking 10:30 **Learn How to Crochet – Stephanie Deese, Instructor**	9:00 Coffee & Chatter **2** 9:30 Word Search 10:00 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
10:00 Coffee & Chatter **5** 10:30 Walking 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter **6** 9:30 **Choir** 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter **7** 9:30 Word Search 10:00 **Muffins for Mothers** 10:30 **Discussion on Medicare with Diane Trainor**	9:00 Coffee & Chatter **8** 9:30 Word Search 10:00 Walking 10:30 **Learn How to Crochet – Stephanie Deese, Instructor**	9:00 Coffee & Chatter **9** 9:30 Word Search 10:00 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
10:00 Coffee & Chatter **12** 10:30 Walking 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter **13** 9:30 **Choir** 10:00 Walking 10:30 Word Search 11:00 **Recognition of April Birthdays**	9:00 Coffee & Chatter **14** 9:30 Word Search 10:00 Walking 10:30 **Craft Time - Monograms on drinking glasses**	9:00 Coffee & Chatter **15** 9:30 Word Search 10:00 Walking 10:30 **Learn How to Crochet – Stephanie Deese, Instructor**	9:00 Coffee & Chatter **16** 9:30 Word Search 10:00 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
10:00 Coffee & Chatter **19** 10:30 Walking 10:50 **Singing** 11:00 Biblical History	9:00 Coffee & Chatter **20** 9:30 **Choir** 10:00 Walking 10:30 Word Search 11:00 **Recognition of May Birthdays**	9:00 Coffee & Chatter **21** 9:30 Word Search 10:00 Walking 10:30 **Three Places To Remember Memorial Day** 11:00 **Remembering Our Soldiers**	9:00 Coffee & Chatter **22** 9:30 Word Search 10:00 Walking 10:30 **Learn How to Crochet – Stephanie Deese, Instructor**	9:00 Coffee & Chatter **23** 9:30 Word Search 10:00 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**
26 **CLOSED FOR MEMORIAL DAY**	9:00 Coffee & Chatter **27** 9:30 **Choir** 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter **28** 9:30 Walking 10:00 **Making Ice Cream Sundaes**	9:00 Coffee & Chatter **29** 9:30 Word Search 10:00 Walking 10:30 **Learn How to Crochet – Stephanie Deese, Instructor**	9:00 Coffee & Chatter **30** 9:30 Word Search 10:00 Walking 10:30 **Blood Pressure Check** 10:50 **Bingo**

Senior Center Advisory Board Members:

President, Kim Freeman; President-Elect, Junior Johnson;
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, SHIIP Counselor

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

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